

On the Move



CPS Heartbeats

Wellness Works

A Publication of CPS Heartbeats, Chesapeake Public Schools Employee Wellness Program December 2009

A MESSAGE FROM DR. NICHOLS

I would like to remind everyone about a new diabetes program which began in January 2009. This program is available to all employees and retirees who are covered under Chesapeake Public Schools health insurance and their covered dependents. I encourage anyone who has diabetes and is eligible, to participate in this beneficial program.

The Latest News

HealthMap Rx™ Program for Diabetes

The program is offered to our employees and retirees, covered under Chesapeake Public Schools health care plans, and their covered beneficiaries with diabetes. Participation is voluntary and those participating will actively engage in an educational/health monitoring program and work with specially-trained pharmacists to learn how to self-manage their condition. **The program is free.** For participating in this program, your co-pays for diabetes medication and supplies will be waived.

Benefits of the program include:

- Learning more about diabetes
- Learning to better manage diabetes on a daily basis
- Others who have participated in the program experienced reduced blood sugar levels, lower cholesterol, lower blood pressure and better screening for diabetes-related complications.

For more information, visit: www.cpschools.com/departments/risk_management/index.html and click on HealthMap Rx™ or call 547-1343.

Maintain Your Health Holiday Challenge (offered by Anthem)

Research shows that many Americans gain at least one to three pounds over the holiday season and most of them never lose it. Those pounds add up year after year, making holiday weight gain an important factor in adult obesity. And with every added pound, your risk increases for additional health problems.

Instead of giving in to seasonal weight gain, the **Maintain Your Health Holiday Challenge** provides helpful tips and motivation to help you stay within two pounds of your current weight throughout the holiday season.

Healthy Eating & Nutrition

(Source: Anthem Maintain Your Health Holiday Challenge)

Healthy-Up Your Holiday Hurdles

High-fat party foods, big servings of high-calorie side dishes, and lots of snacking can all get in the way of maintaining your health during the holidays. Here are some ways to help keep your holiday spirit while you lose the fat, calories and that uncomfortable feeling that comes with overeating.

Holiday Hurdle: Office pot lucks and cocktail party foods.

Don't attend holiday events hungry. Before you go, have a healthy snack to curb your appetite and once you're there, steer clear of creamy dips, fried foods and high-fat desserts. Instead, spend your eating energy on available fruits and veggies. Chilled shrimp can be a good choice as can a small handful of almonds or a small piece of hard cheese which can be lower in fat than soft cheeses. You can also offer to bring a dish and make it a low-fat one.

Holiday Hurdle: Turkey and mashed potatoes covered in gravy.

White meat turkey without the skin is a good choice as long as you skip the heavy gravy. Instead, make healthier gravy by using defatted pan juices, dry white wine, and low-sodium chicken broth. Substitute vitamin-rich mashed sweet potatoes for white potatoes.

Holiday Hurdle: The big game on TV.

Snacking in front of the TV can mean a lot of extra calories before you even realize. Choose baked snacks over fried and veggies instead of chips for dips. Put snacks in single serving bowls to control portions.

Holiday Hurdle: Generous servings, seconds... and thirds

It's hard to resist another big helping of your family's favorite casserole or another slice of pie. Instead take a very small first serving so you can enjoy the fun of another small serving for seconds. Fill your plate with healthier fruits and veggies and use the less healthy choices as garnish. Take a slice of pie but skip the crust.

For tips and information regarding this program, follow the **Maintain Your Health Holiday Challenge** link on the Chesapeake Public Schools homepage at: www.cpschools.com.

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Upcoming Events

Winter Holidays	Dec. 23 - Jan. 3
Martin Luther King Holiday	Jan. 18
President's Day Holiday	Feb. 15
Safe Toys & Gifts Month	Dec. 1-31

For more information visit: www.preventblindness.org

Fun Facts About Turkeys



The ballroom dance known as the Turkey Trot was named for the short, jerky steps a turkey makes.

A male turkey is called a tom. Females are hens.

Baby turkeys are called poults and are tan and brown.

Toms gobble but hens don't.

They make a clicking noise.

Turkey has more protein than chicken or beef.

Sources: National Turkey Federation, U.S.D.A., United States Census Bureau, Minnesota Turkey Growers Association, British Turkey Information Service,



System's Biggest Loser



Get ready to keep that weight loss New Year's Resolution this year! Chesapeake Public Schools is sponsoring, The **System's Biggest Loser** contest starting in mid-January. The system-wide contest will be based on the greatest percentage of body weight lost by an individual and will have First, Second, and Third place monetary prizes.

Joining fee will only be \$10. More information will be coming out when you return from Winter Break so make those resolutions with confidence that support and incentives will be in place for your success!

Free and Clear®

Effective December 1, 2009, smoking is prohibited in restaurants that are open to the public. This ban will also become effective in North Carolina on January 2, 2010. Now is the time to quit smoking and CPS Heartbeats, your employee wellness program, offers **Free and Clear® Quit For Life**, a tobacco cessation program. Quitting tobacco use may be one of the best things you can do for your health. It can also be a very difficult thing to do. The CPS Heartbeats committee feels **Free and Clear® Quit For Life** can help you quit.



Free and Clear® Quit for Life is a tobacco cessation program available to all employees, retirees and spouses. Anyone interested in quitting tobacco, including smokeless tobacco, may enroll in the 12-month program.

- No cost for employee, retiree or spouse
- Quit Coaches who know how to quit tobacco will help you
- Personal Quit plan designed by you and your Quit Coach. You and your coach will decide when to quit and the best techniques to use.

Call 1-866-QUIT-4-LIFE (784-8454) or visit **Free and Clear®** at www.freeclear.com to enroll or find out more information.

30 Day Challenge



The CPS Heartbeats' 30 Day Challenge was accepted by 98 CPS members. Undoubtedly, the weather made this challenge even greater! However, 40 logs were returned meeting the goal! These logs showed almost 50,000 minutes were completed.

Comments referencing treadmills and malls showed the impact of the nor'easter. Of course, one lucky participant commented about walking in sunny Florida while on vacation. The \$50 drawing winners are: Karen Benton, Janet Andrejco, Michelle Williams, and Korin Lester.

Congratulations to them and to ALL who accepted the 30 Day Challenge!

Idida Walk 2010



It's coming!

It's coming!



Idida Walk 2010 is coming soon! This year we are offering a discount for early registration and long sleeve t-shirts with a small logo on front and large logo on back.

Look for the application in early January.



CPS Heartbeats Volunteers

CPS Heartbeats is seeking volunteer Wellness Ambassadors from all school locations and support facilities.

We are looking for volunteers interested in promoting health and wellness at your work location.

Responsibilities include:

- Liaison between the CPS Heartbeats Committee and your work location.
- Forward information to employees regarding CPS Heartbeats events and programs.
- Share current wellness activities at your location with the committee and other buildings.

Mammography Program

Beginning April 1, 2009, The Breast Center at Chesapeake Regional Medical Center began offering Chesapeake Public Schools employees a special employee block schedule.

You may schedule your mammogram any day of the week; however there are blocked schedule times for Chesapeake Public Schools.

For more information follow the link on the Chesapeake Public Schools homepage: www.cpschools.com



This job would not require a lot of time and responsibilities can be shared if several employees from the same location volunteer to be Wellness Ambassadors. Most communication will be done via email and information can be shared electronically.

If you are interested in being a CPS Heartbeats Wellness Ambassador, please contact Sharon Steele at steelms@cps.k12.va.us or at 547-1343.

Employee Assistance Program

When day-to-day problems impact your home life or job, you can turn to your Employee Assistance Program (EAP) for guidance. For more information call: (757) 398-2374 or (800) 327-3257.

Preventive Care

Effective October 1, 2009, co-pays for preventive care are waived for employees enrolled in the Anthem Keycare or Healthkeepers medical plans through Chesapeake Public Schools.

Preventive care includes:

- Cholesterol & lipid levels
- Prostate cancer screenings
- Breast exam & mammography

For more information visit: www.cpschools.com/departments/risk_management/index.html and click on 2009-10 Benefit Information and Forms.