

# On the Move



**CPS Heartbeats**

*Wellness Works*

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

January 2009

## UPCOMING EVENTS:

January 19.....Martin Luther King Day  
 January 20.....Inauguration Day  
 February 2.....Groundhog Day  
 February 8.....Boy Scout Day  
 February 14.....Valentine's Day  
 February 16.....President's Day  
 February 17.....Random Acts of Kindness Day

January 1-30 is **National Blood Donor Month**.  
 For more information, visit: <http://www.aabb.org/>



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## About Diabetes

Source: American Diabetes Association  
<http://www.diabetes.org>

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

There are 23.6 million children and adults in the United States, or 7.8% of the population, who have diabetes. While an estimated 17.9 million have been diagnosed with diabetes, unfortunately, 5.7 million people (or nearly one quarter) are unaware that they have the disease.

For more information about the HealthMapRx™ program, contact the Financial Services/Risk Management office at 547-1343 or visit the following link:  
<http://eclipse.cps.k12.va.us/departments/riskmanagement/Healthmap%20Rx.html>

## A MESSAGE FROM DR. NICHOLS

I am pleased to announce a new diabetes program starting in January. This program is available to all employees and retirees who are covered under Chesapeake Public Schools health insurance and their covered dependents. Information regarding the program is included in this newsletter. I encourage anyone who has diabetes and is eligible, to participate in this beneficial program.

## THE LATEST NEWS...

### HealthMapRx™ 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.
  - As a participant, you will likely:
    - Reduce the long-term risks associated with diabetes
    - Reduce future hospitalization
    - Live longer, more fulfilling life

Pharmacist "coaches" meet one-on-one with participants to help them track and understand their diabetes. You and your pharmacist will decide how frequently and for how much time you need to meet at each session; the initial meeting lasts about one hour. Follow-up visit times will vary, but are typically 30 minutes long, and if your diabetes is well-controlled, you will only need to see your pharmacist quarterly in order to qualify for the waived co-pay incentive.

At each meeting the pharmacist will talk with you about your diabetes and managing your diabetes. This includes monitoring laboratory values that are important, discussing your medications, and setting goals for good lifestyle behaviors. They will also communicate regularly with your physician.

## About Diabetes (continued)

### Major Types of Diabetes

#### **Type 1 diabetes**

Results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5-10% of Americans who are diagnosed with diabetes have type 1 diabetes.

#### **Type 2 diabetes**

Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have type 2 diabetes.

#### **Gestational diabetes**

Immediately after pregnancy, 5% to 10% of women with gestational diabetes are found to have diabetes, usually, type 2.

#### **Pre-diabetes**

Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. There are 57 million Americans who have pre-diabetes, in addition to the 23.6 million with diabetes.

## WELLNESS ACTIVITIES AROUND CPS

### WeightWatchers® at CPS

A WeightWatchers® at Work program will be starting at the following locations. All CPS employees are welcome to join. Anyone interested is invited to participate in the program. Meetings have been scheduled for the following locations:



**Location:** Greenbrier Intermediate  
**Contact:** Bonnie Rasmussen (rasmubbe@cps.k12.va.us)  
**Meeting Day:** Thursday – 3:00 p.m.

**Location:** Hickory High  
**Contact:** Brenna Meserve (meserbmo@cps.k12.va.us)  
**Meeting Day:** Tuesday

**Location:** Hugo Owens Middle  
**Contact:** Janelle Fellone (fellojra@cps.k12.va.us)  
**Meeting Day:** Monday – 4:00 p.m.

**Location:** Truitt Intermediate  
**Contact:** Kim Lowden (lowdenkga@cps.k12.va.us)  
**Meeting Day:** Thursday – 3:30 p.m.

**Location:** Grassfield High  
**Contact:** Chris Wynn (wynncan@cps.k12.va.us)  
**Meeting Day:** Wednesday – 4:00 p.m.

**Location:** Western Branch High  
**Contact:** Paulette McBride (macbrppa@cps.k12.va.us)  
**Meeting Day:** Tuesday – 3:45 p.m.

**Location:** Southeastern Elementary  
**Contact:** Lorie McLaughlin (mclaulew@cps.k12.va.us)  
**Meeting Day:** Wednesday – 2:30 p.m.

For more information regarding these meetings please email the contact person at each location.

**COST:** \$186.00 for 17 week program. Cost includes 19 weeks of E-tools

**Forms of Payment:**

- Cash: Payment in full
- Visa, MasterCard, Discovery and American Express
- Payment in full
- Checks: Payment in full
- Split Payment: Three checks

**Meeting length** – 45 minutes

- 15 minutes for confidential weigh-in
- 30 minutes for presentation

**Meeting purpose**

- Motivation
- Inspiration
- Support from Leader and each other
- Clarification of aspects of the program
- Explanation of concepts and techniques
- Help in developing self-management and exercise habits
- Tips for everyday eating habit

*WeightWatchers® KickStart Kit and calculators will be given to CPS employees who participate in the program.*

*It is easier to **maintain** good health than it is to **recover** it."*

*Antonia Novello, MD  
(Former US Surgeon General)*

### Idida Walk

The famous Iditarod Dog Sled race starts March 7, 2009. The distance is 1,131 miles long because the southern route is used in odd years. In the spirit of the Iditarod, CPS Heartbeats is sponsoring Idida Walk 2009. The objective is to walk 30 minutes for at least 38 days for a total of 1,140 minutes, one minute for each mile of the Iditarod Dog Sled Race. Idida Walk 2009 starts March 7, 2009, and ends April 30, 2009.



Registration forms and information will be coming out soon!

### RECIPE

#### FRIED APPLES

(Warm Mornings, The WEBB Cooks by Robyn Webb, MS, LN)

Serve a little dish of these warm apples with any breakfast



preparation time: 15 minutes  
cook time: about 10 minutes  
exchanges: 1 fruit, 1/2 monounsaturated fat  
calories: 83  
calories from fat: 23  
total fat: 3 g  
saturated fat: 0 g  
cholesterol: 0 mg  
sodium: 2 mg  
carbohydrate: 16 g  
dietary fiber: 1 g  
sugars: 14 g  
protein: 0 g

#### Ingredients

1 Tbsp. canola oil  
3 cups peeled, diced baking apples  
1-2 Tbsp. lemon juice  
3/4 cup unsweetened apple juice  
1 Tbsp. honey  
1-2 tsp. cinnamon  
1/2 tsp. nutmeg  
2 tsp. cornstarch  
2 Tbsp. water

#### Instructions

1. Heat the oil in a skillet over medium heat. Add the apples and lemon juice and sauté for 10 minutes, watching carefully that the apples do not burn.
2. Mix together the remaining ingredients, mixing well to dissolve the cornstarch. Add to the apples and cook until sauce is thickened. Serve warm.

#### Editor's Note

Is there a wellness activity going on at your building that you would like to share with others? *On the Move* is looking for articles regarding Chesapeake Public Schools wellness activities. Please contact Sharon Steele at [steelmsh@cps.k12.va.us](mailto:steelmsh@cps.k12.va.us) or at 547-1343.