

On the Move



CPS Heartbeats

Wellness Works

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

October 2008

UPCOMING EVENTS:

October 13.....Columbus Day
 October 24United Nations Day
 November 3.....Teacher Workday
 November 4.....Election Day
 November 11.....Veterans Day
 November 15.....America Recycles Day
 November 27-28.....Thanksgiving Holidays

Did you know that October 16th is **World Food Day**? For more information, visit:

<http://www.worldfooddayusa.org/>



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During These Times Of Economic Crisis A Cardiologist Warns Against Signs Of A Cardiac Crash. Learn more at:
<http://www.medicalnewstoday.com/articles/124919.php>

Employee Wellness Fair



November 3, 2008
 2:00 -5:00 p.m.
 Indian River High School

A MESSAGE FROM DR. NICHOLS

It is the beginning of a new school year and also a new exciting year for CPS Heartbeats, your employee wellness program. I am pleased to announce the employee wellness fair will be taking place November 3, 2008, at Indian River High School. The fair will feature a guest speaker and various seminars relating to health and wellness. There will be fitness and cooking demonstrations, blood pressure and body mass index screenings and various health and fitness vendors. The fair is open to all CPS employee and retirees. I look forward to seeing all of you at the fair!

THE LATEST NEWS...

October is National Breast Cancer Awareness Month

Source: <http://www.nbcam.org/>

Breast cancer is the most common cancer in women in the United States. According to the American Cancer Society, it's estimated that about 178,480 women in the United States will be found to have invasive breast cancer in 2007. About 40,460 women will die from the disease this year. Right now there are slightly over 2 million women living in the United States who have been treated for breast cancer.

Breast cancer is the second leading cause of cancer death in women (after lung cancer). Although African-American women have a slightly lower incidence of breast cancer after age 40 than Caucasian women, they have a slightly higher incidence rate of breast cancer before age 40. However, African-American women are more likely to die from breast cancer at every age.

Screening Guidelines (Source: <http://www.cancer.org>)

The term screening refers to tests and exams used to find a disease like cancer in people who do not have any symptoms. The earlier breast cancer is found, the better the chances that treatment will work. The goal is to find cancers before they start to cause symptoms. The size of a breast cancer and how far it has spread are the most important factors in predicting the outlook for the patient. Most doctors feel that early detection tests for breast cancer save many thousands of lives each year. Following the guidelines given here improves the chances that breast cancer can be found at an early stage and treated with success.

The ACS recommends the following guidelines for finding breast cancer early in women without symptoms:

Mammogram:

Women age 40 and older should have a screening mammogram every year and should continue to do so for as long as they are in good health. While mammograms can miss some cancers, they are still a very good way to find breast cancer.

Clinical breast exam:

Women in their 20s and 30s should have a clinical breast exam (CBE) as part of a regular exam by a health expert, at least every 3 years. After age 40, women should have a breast exam by a health expert every year. It might be a good idea to have the CBE shortly before the mammogram. You can use the exam to learn what your own breasts feel like.

Breast self-exam (BSE):

BSE is an option for women starting in their 20s. Women should be told about the benefits and limitations of BSE. Women should report any changes in how their breasts look or feel to their health professional right away.

Women at high risk:

Women with a higher risk of breast cancer should talk with their doctor about the best approach for them. This might mean starting mammograms when they are younger, having extra screening tests, or having more frequent exams.

WELLNESS ACTIVITIES AROUND CPS

School Plants

The School Plants' first **Summer Bowling League** was a huge success. At the end of the season we had a bowling party and trophies and certificates were awarded to winning teams.

Stanley Satterfield and Jeff Midgett's team came in first place, winning 24 games. Tim Rountree earned the Highest Male Average and Nancy Ward earned the Highest Female Average. Everyone had fun and a new camaraderie was established between administrative and clerical and shop employees.



Who's the Biggest Loser?



School Plants lost a total of 117 pounds in a Biggest Loser contest held for 12 weeks during the summer. The Biggest Loser was Ted Cherry, losing a total of 32 pounds. Way to go, Ted! Another Biggest Loser contestant was so motivated by our wellness activities that she joined a gym and is now working out 6 days a week, already losing weight and inches.

Keep up the good work, Sherry Jennings!

-Vickie Copperthite

WeightWatchers® at SAB

On July 9, 2008, 32 employees joined an "At Work" WeightWatchers™ meeting to lose weight and become healthier. None of us knew that day how close we would become and how much we would rely on each other in the months ahead to become "big losers!" With the help of our awesome and fabulous leader, Cheryl Wilson, we have achieved some very impressive milestones. To date, the group has lost over 400 pounds!



A recurring comment among the group is that this is NOT a diet. This is an attainable lifelong commitment to a healthier lifestyle. The WeightWatchers™ program allows a great amount of flexibility because all foods can be eaten in moderation. Many members have enjoyed the convenience of having the meeting in or nearby the building where they work. We get support and encouragement from our co-workers and our new friends we have made at the meetings.

It's not too late to join the session already in progress at the School Administration Building. We meet on Wednesday afternoon at 4 pm. If you have questions about the meetings, please call the Financial Services/Risk Management Office at 547-1343.

- Laura Rodgers

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 or at 547-1343.

It is health that is real wealth and not pieces of gold and silver.

- Mohandas Gandhi

Employee Wellness Fair



November 3, 2008

2:00 -5:00 p.m.

Indian River High School

Fred, Schafer, the "Fit Food Dude", will be the guest speaker. He is a dynamic Performance Improvement Expert who specializes in moving others to Perform Better, Live Stronger and Dream Bigger.

In addition to his presentations and workshops, Fred has authored a book and produced two DVD programs, writes a free bi-monthly newsletter and articles for business and lifestyle publications. He is a certified fitness therapist with a Masters Degree in Wellness Promotion/Health Services and his book is titled, "How Anyone Can Become a Lean, Fat-Incinerating, Anti-Aging Wellness Machine."



Other highlights of the employee wellness fair include:

- Cooking Demonstrations
- Diabetes Education Seminars
- Fitness Demonstrations
- Stress Management Seminars
- Health, wellness and fitness vendors
- Door prizes
- Blood pressure and body mass index screenings

Schedule of Events

Fred Schafer, "the Fit Food Dude"

2:15 p.m.

3:00 p.m.

Diabetes Education

2:30 p.m.

3:00 p.m.

3:30 p.m.

Stress Seminars

2:45 p.m.

3:30 p.m.

4:15 p.m.

Cooking/Lunch Packing Demonstrations

Ongoing in the cafeteria

Fitness Demonstrations

Ongoing at two locations