

HEALTH NOTES



HEALTHY REPLACEMENTS FOR A BUSY SUMMER

Healthy eating is often unfairly associated with bland, tasteless food choices. In reality, there is an abundance of delicious and nutritious foods available. There are endless ways to enjoy healthy foods and easily incorporate them into your diet, especially with all the fresh options available during the summer months!

Stress often increases during the summer months as more is added to your plate; one of the best things you can do to combat your stress is fuel yourself well. Try these ideas to replace some less-nutrient dense options.

- **Instead of potato chips**, try crunchy vegetables such as broccoli, carrot sticks, or kale chips with hummus, salsa, or your own mixture of olive oil, fresh basil, and garlic.
- **Roast chickpeas** sprinkled with smoky spices like cumin and paprika for a crispy snack.



- **Skip the ketchup and barbecue sauce.** Puree fruits such as apples and pears with spices to create sauces for grilled meats.
- **An omelet can be personalized** by adding your favorite summer vegetables such as spinach, squash, peppers, and onions.
- **Spice up a baked potato** by topping it with salsa, beans, and low-fat cheese. Instead of adding salt to foods, try using salt-free herbs and spices or tasty vegetables such as garlic, onion, and peppers for even more flavor.
- **Add fresh summer berries** to low-fat Greek yogurt to satisfy sweet cravings, or blend with frozen berries to make your own healthy "ice cream."
- **Nutritious and tasty smoothies** for snacks or dessert can be easily constructed with your favorite fresh fruit, ice, and yogurt or skim milk.

Eating healthy does not mean your foods must be bland and boring. Mix and match flavors from nutritious foods

– ***your taste buds will thank you!***



MEET THE STAFF



PHARMACY STAFF



Kristin Jennings

Kristin Jennings is the Pharmacy Manager. She received her Doctorate of Pharmacy degree from Virginia Commonwealth University in Richmond, Virginia and has over 7 years experience practicing as a pharmacist. Kristin enjoys traveling, crafts, and spending time with her family in her free time.



Karen Russo

Karen Russo is a Staff Pharmacist. She received her B.S. Degree in Pharmacy from the Medical College of Virginia in Richmond and has over 31 years of experience. In her spare time, Karen enjoys walking, gardening, and spending time with her grandchildren and pets.



Ashley Jonas

Ashley Jonas is a seasoned Pharmacy Technician who came to HCS Employee Pharmacy from another On-Site Rx Pharmacy location in Lexington, Kentucky. She has over 9 years experience as a pharmacy technician. In her free time, Ashley enjoys baking, yoga, and playing with her Maltipoo, Hildy.



Letisha Brown

Letisha Brown is a Pharmacy Technician. She graduated from the Medical Training of Virginia's technician program as valedictorian of her class in 2015 and has over 15 years of customer service experience. Outside of work, Letisha enjoys watching movies, playing with her kids, sewing, and crafts.



HEALTH & WELLNESS CENTER STAFF



Sheree Savage-Artis

Family Nurse Practitioner
She received her master's degree from the University of Cincinnati and a bachelor's degree in nursing from Hampton University. In her free time, she enjoys going to plays, traveling, learning new things, reading, and spending time with her daughter and husband.



Mary Keglemen

Family Nurse Practitioner
She earned her Doctorate of nursing practice and master's degree from Old Dominion University. Her Bachelor's Degree is from St. Mary's College in Indiana. Her nursing experience includes critical care, cardiovascular surgery, home health, GI specialty, CVS Minute Clinics, and family practice. Outside of work Mary loves to walk, exercise, and have fun.



Jasmine Williams

Medical Assistant
She received a bachelor's degree in biological sciences and a master's degree in medical services from Hampton University. In her free time, Jasmine enjoys reading, exercising, traveling, and eating at "Mom & Pop" restaurants.



Niki Crawford

Medical Assistant
She graduated cum laude from Tidewater Community College in 2014 and became a member of the National Leadership Society. In 2015, she attended the Medical Careers Institute of ECPI and graduated with a degree in health sciences, majoring in medical assisting. In her free time, she enjoys drawing, photography, reading and researching.

Changes to Hours of Operation

Health & Wellness Center:

Monday - Thursday 7:00 a.m. – 6:00 p.m.

Friday - Saturday 8:00 a.m. – 1:00 p.m.

Pharmacy:

Monday – Thursday 8:00 a.m. – 6:00 p.m.

(closed 1:00 p.m. – 2:00 p.m. for lunch)

Friday - Saturday 9:00 a.m. – 1:00 p.m.



Contact Us:

Pharmacy • 757-224-9681

Health Center • 757-315-8100

2016 OPEN ENROLLMENT

Open enrollment begins on Thursday, Aug. 11, with a benefits fair in the School Administration Center (SAC) first floor conference room at 1 Franklin Street from 1:00 until 4:00. All of our vendors will be represented at the event. We will also have an information session about our three Anthem medical plans and our wellness program on Aug. 11, at 11:00 in the second floor conference room at SAC.



If you need to enroll in a flexible spending account for the new benefits plan year or change any of your benefits, you have from Aug. 11, - Aug. 26, to either make the change online through our Employee Resource Center (ERC) or meet with an enrollment counselor who can make that change for you. Instructions on how to use our ERC for open enrollment will be available online by Aug. 11. Employees also have the option to schedule an appointment to meet with an enrollment counselor during the open enrollment period by calling (866) 998-2915. Our enrollers are scheduled to be at each of our schools during this year's enrollment period. Please see the schedule that was included in your open enrollment packet from June for more information.

16/17 WELLNESS PROGRAM

During the previous school year, full-time and job share employees had the opportunity to earn points in our wellness programs toward lower health insurance premiums for the 16/17 school year. During this year's open enrollment, which begins Aug. 11, employees who earned the lower premiums will see those when they either log in to the new Employee Resource Center to complete their enrollment or when they meet with an enrollment counselor.



Due to the high levels of participation and positive feedback from employees about the opportunity to earn lower premiums, we will continue the wellness program for the current school year. Many elements of the wellness program will remain the same, while a few have changed. In order to be eligible for the discounted premiums next year, eligible employees will need to earn another five points between July 1, 2016 and June 20, 2017. All of the points will continue to be logged in the Marathon Health portal. Many of the points are self-reported and logged by employees. Some of the points are logged by our Marathon Health providers at the Employee Health & Wellness Center (see program guide for additional information). Employees can continue to earn points for seeking preventative care services such as annual physicals with their primary care physicians or our health center providers, dental cleanings, annual eye exams, and cancer screenings. In addition, employees will have the opportunity to earn additional points for participating in challenges hosted by our Health & Wellness Center, such as the Maintain, Don't Gain weight maintenance challenge over the holidays.

Beginning this year, an employee who is also covering a spouse under his/her HCS health insurance coverage, can only earn the lower premiums during the following school year if both the employee AND covered spouse each earn five points. Please note that employees can only cover a spouse who is not eligible for coverage through his/her own employer. Employees and covered spouses will also need to earn two of their five points from a health coaching session/comprehensive health review with our Health & Wellness Center providers or a biometric screening at our health center or with an employee's primary care physician.

Additional details about the 16/17 wellness program can be found on the human resources section of the website (<http://www.hampton.k12.va.us/departments/hr/hr.html>) under the wellness program tab.

HEALTH COACHING AND COMPREHENSIVE HEALTH REVIEW PROMOTION

We have two great new nurse practitioners who have recently started at our Employee Health & Wellness Center. If you haven't already stopped in to meet them, here's a great opportunity and incentive to schedule your appointment now! Any eligible employee who schedules either a comprehensive health review or health coaching appointment with Mary or Sheree between now and Sept. 30, will be placed in a drawing. We have two corn hole sets valued at over \$60 each and three \$10 Target gift cards for prizes. In addition, both of these activities earn you two wellness program points so you can get a head start on earning your points during the current school year. This year, either a comprehensive health review, health coaching visit, or biometric screening is required in order for eligible employees to earn their wellness premium incentive for the following school year.

A comprehensive health review (CHR) is a 45-minute appointment to get started on your health journey. The CHR gives you a complete picture of your health to help you understand all of the factors and influences on your health.

A health coaching visit is a 30-minute appointment that puts you in the driver's seat of your health. Your health coach empowers you to set goals and create a plan of action for health improvement that is consistent with your values and aspirations.

CHR and health coaching visits are FREE for eligible employees. Visit the Marathon eHealth portal, www.marathon-health.com/myphr, or call us today at (757) 315-8100 to schedule your appointment!

HYDRATION, HEAT, AND EXERCISE TIPS FOR THE SUMMER

Staying hydrated throughout the day is an important step in preventing dehydration during and after exercise. If you are looking to add more water and have a smart watch, try using its water log. Other options include the WaterMinder App where you can set reminders and hydration goals.

During exercise it's important to drink 3-8 oz every 15-20 minutes. Wondering if you should drink water or a sports drink? Experts recommend a sports drink for workouts **lasting more than an hour**. After working out in the heat, replenish those lost electrolytes. With all that sweat, sodium replenishment is key to avoiding muscle fatigue, dizziness and nausea.

- Look for drinks that have at least 120-170 mg sodium. Lite Gatorade is a good choice without all the extra sugar.
- If you prefer a snack you could have replacement gels, or salty foods like
 - Peanuts
 - Peanut Butter
 - Tomato Juice
 - Lunch Meat,
 - Jerky

Leafy greens, tomatoes, celery, bananas, yogurt and beans can be another way to restore the rest of the electrolyte team.

Tips for beating the heat:

- Avoid mid-day sun
- Dress appropriately
- Avoid cotton
- Look for light colored, light weight and loose fitting material that is breathable
- Choose wicking material, such as polyester, that cools the body and pulls moisture
- Wear sunscreen

FUN FACT!

Drinking 8 to 10 glasses of water a day can ease back and joint pain for up to 80% of sufferers! Drinking plenty of water is the key to a longer, healthier life and will prevent dehydration. Even minor dehydration can impact your health and increase the aging process.



DID YOU KNOW?

Spending time in the sun increases the risk of skin cancer and early skin aging. To reduce this risk, consumers should regularly use sun protection measures including:

- Use Broad Spectrum sunscreens with SPF values of 15 or higher regularly and as directed
- Reapply sunscreen at least every 2 hours, more often if you're sweating or jumping in and out of the water.
- Limit time in the sun, especially between the hours of 10 a.m. and 2 p.m., when the sun's rays are most intense.
- Wear clothing to cover skin exposed to the sun; for example, long-sleeved shirts, pants, sunglasses, and broad-brimmed hats (www.fda.gov)



RX FOR GOOD HEALTH HABITS – STAY ACTIVE!

A body in motion tends to stay in motion. A body at rest tends to stay at rest. With an abundance of museums, forts, beaches, and parks, there's always something fun to do in Hampton! Take a walk through history as you tour Fort Monroe's Casemate Museum. Enjoy a family fun day at Buckroe Beach and Park. Bluebird Gap Farm is a great place to walk around; they even have small hiking trails for the adventure seekers! Take advantage of summer's harvest and pack a picnic filled with fresh fruits and veggies. Whatever your choice, Stay Active, have fun, drink plenty of water, and don't forget your sunscreen!



Hampton City Schools does not discriminate on the basis of race, color, national origin, sex, disability, age or other protected classes in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the non-discrimination policies: Robbin G. Ruth, Executive Director of Human Resources • One Franklin Street, Hampton, VA 23669 • 757 727-2000

UPCOMING EVENTS

Now - September 30 - Health Coaching/ Comprehensive Health Review Promotion (2 Wellness Points)

August 11 - Information Sessions: Anthem Medical Plans & 16/17 Wellness Program, SAC 2nd Floor Conference Room at 11:00

August 11 - August 26 - Open Enrollment

September - Walking Program Starts (1 Wellness Point after 3,000 minutes spent exercising)

October 25 - Mobile Mammography Van at HCS (1 Wellness Point)

November 7 - December 17 - Maintain, Don't Gain Challenge (1 Wellness Point)

January 18 - Health Fair

