

# HEALTH NOTES



## Mobile Mammography at HCS

Thanks to everyone who has already scheduled a mammography appointment for Tuesday, October 25th!

Due to overwhelming demand we have added a second date!! The Sentara mobile mammography van will also be at the HCS Employee

Health & Wellness Center and Pharmacy parking lot on Monday, October 31st from 11:00 AM - 3:00 PM. Appointments can be scheduled by calling 757-261-5420, option 1. Each appointment will last about 15 minutes. After receiving a mammogram, eligible employees can log the screening in the Marathon Health portal and receive one wellness point toward a premium incentive for the next school year.



3. Set a timer for 3 minutes (or guess).
4. Take a deep breath.
5. Start at the top of your head and scan down each body part. Notice where you find tension or relaxation. Remember it is about noticing, not judging what you find.
6. Take a deep breath and open your eyes.

## Mindful Bites

Learn mindfulness techniques that take just a few minutes a day. Practicing mindfulness helps you stress less, sleep better, beat anxiety, and smile more.

## Mindful Body Scan

Take a few minutes to scan your body. Do this without judgment and if you find tension, simply notice it and move on to your next body part.

1. Find a comfortable place to sit up straight.
2. Close your eyes if you are comfortable (open eyes will work, too).

## Mindful Breathing

The 4-7-8 Breath (Relaxing Breath) is the perfect portable stress antidote. It is certain to put you in a relaxed state almost immediately. It takes less than two minutes, requires no equipment, and can be done anywhere.

1. Sit straight up and breathe from your diaphragm.
2. Breathe in through your nose for 4 seconds.
3. Hold in the breath for 7 seconds.
4. Breathe out forcefully for 8 seconds through your mouth.
5. Repeat breath cycle 4 times/twice a day.

## Mindful Thoughts

We often don't realize how much is on our minds throughout the day. Identifying what thoughts are swimming around can help us maintain clarity and focus during our present interactions.

1. Find a paper and pen, or electronic device to write notes.
2. Take a minute to write down everything on your mind.
3. Review the list without judgment and with kindness for yourself.

This powerful exercise helps us to process the many thoughts we may have in a given moment. Simply noticing our thoughts can gently release some of our stress and help you be kinder to yourself.

## Health & Wellness Center and Pharmacy Surveys

The companies that administer our Employee Health & Wellness Center and Pharmacy, Marathon Health and On-Site Rx, are asking for employee feedback regarding their respective facilities. These surveys will be distributed via e-mail over the next two months. Keep an eye out for the links to our surveys as there are opportunities for prizes to thank you for your participation.



## How to Prevent Cancer or Find It Early

### What Is Cancer?

Cancer is a term used for diseases in which abnormal cells divide without control and can invade other tissues. Cancer cells can spread to other parts of the body through the blood and lymph systems. Cancer is not just one disease, but many diseases. There are more than 100 kinds of cancer. For more information, visit the National Cancer Institute's What Is Cancer?

<https://www.cancer.gov/about-cancer/understanding/what-is-cancer>

### Contact Us:

Pharmacy • 757-224-9681

Health Center • 757-315-8100

## Preventive Cancer Screenings

Prevention is the best medicine when it comes to cancer. Getting screened and finding cancer early gives you the best head start on treatment.

Healthy Hint: Talk to your doctor about which screenings you should get and when. Did you know most preventive screenings are covered at no cost by your health benefits? They are, so take advantage of them.

Here are the cancer screenings recommended by the U.S. Preventive Services Task Force:

**Breast Cancer:** If you're 50 to 74, getting a mammogram is the best way to detect breast cancer early — when it's easier to treat. Know your family history of cancer and risk factors — ask your doctor if you need a mammogram before age 50 if you have risk factors.

**Cervical Cancer:** Women who are 21 to 65 should get screened every three years. A Pap test can find abnormal cells in the cervix, which can turn into cervical cancer. A Pap test also can detect cervical cancer in its early stages, when treatment is more effective.

**Colon (colorectal) Cancer:** Men and women over age 50 need this screening. In most cases, colon cancer develops from abnormal growths in the colon or rectum. A test can find these growths so they can be removed. A screening also shows colon cancer in its early stages when treatment works best. There are several colon screenings including testing stool.

**Lung Cancer:** You should get a yearly lung cancer screening if you're between 55 and 80, and have a heavy history of smoking. Screening is not recommended if you have not smoked in the last 15 years. Talk with your doctor about your risk factors for lung cancer to see if you should be screened.





## Walking Program

Please join the Marathon Health team from our Employee Health & Wellness Center on upcoming weekly walks. There are multiple benefits gained from participating. This group program provides an opportunity for fellowship with co-workers, family, and the Marathon Health team. This activity promotes healthy low impact exercise, while walking at your own pace. You can come for any length of time you have, enjoy the supportive environment, and get to know your Health and Wellness Center staff.

The program began Tuesday, September 27th at Sandy Bottom Nature Park. The group meets at the nature center every Tuesday and Thursday and walks from 5pm until 6pm. They meet at Kraft Elementary School when the weather is inclement (use the cafeteria entrance). It is not too late to join! We will look for an alternative location when the weather and daylight savings time changes. Interested employees should call the Health & Wellness Center to register at 757-315-8100. This will allow the health center staff to notify employees of schedule changes. A description and directions to the park are included below.

Sandy Bottom Nature Park is an 8.6 mile heavily trafficked loop trail located in Hampton that features a lake and is good for all skill levels. The trail offers a number of activity options and is accessible year-round. Dogs are also able to use this trail but must be kept on leash.

Directions: From Interstate 64 take exit 261-A (Hampton Roads Center Parkway West) then cross over Big Bethel Road (Rt 600) and take a right into Sandy Bottom Nature Park entrance.

## Flu Shot Clinics

We will be offering employee flu shots again this year. We have several companies that will be giving the shots: Farm Fresh, Rite Aid and Walmart. You are able to use your insurance and many of you will not have a co-pay or pay anything for the vaccine. If you have health insurance through Hampton City Schools, the entire process should be free of charge. Most insurances will cover the flu shot BUT before coming out to one of these dates, call your insurance company if you are concerned to make sure that



you do not have a co-pay or have a fee for the vaccine if you are unsure. When you come, make sure you have your insurance card and identification. The two dates with an \* can have children older than 9, otherwise only those 18 and older can get the flu shot on the other dates.

**November 1** - Hampton High School from 3:15 to 5:30

**November 9** - HCS Health & Wellness Center from 3:00 to 5:30. \* 9 years old and up - This date coincides with the start of our Maintain, Don't Gain Challenge. Come in for your flu shot and make sure to register for our program and take care of your first weigh-in while you're at the health center!

**November 17** - SAC Building Conference Room 1st Floor from 2:00 to 5:30 \* 9 years old and up

**IMPORTANT: The flu shot is part of our wellness program for employees. Any employee who receives a flu shot between July 1, 2016 and June 30, 2017 is eligible for a point towards their wellness premium incentive for next year.**

## Maintain, Don't Gain This Holiday Season

The holidays are quickly approaching! Festivities, food, family and friends can get us out of our routines at the holiday time. Please join Hampton City Schools Health & Wellness Team this holiday season in a challenge to maintain our weight. This challenge consists of two weigh-ins, the first will take place the week of Nov. 7 and the final weigh-in will take place the week of Dec. 17. During this time frame, we will provide weekly tips on developing a plan to handle the holidays. Health coaching appointments with the Marathon Health providers are available and free to full-time and job share participants. Any participant who either maintains their weight or loses weight between the two weigh-ins will be entered into a drawing for one of eight Igloo lunch coolers. All other participants who maintain or lose weight between the two weigh-ins will receive a Marathon Health lunch tote.



Participation in both of the weigh-ins during this program will allow employees to earn one wellness incentive point. This point can be logged through the Marathon Health portal in December.

Additional information will be sent prior to November 7th via e-mail about the program. To register or for more information, call Hampton City Schools Health & Wellness at 757-315-8100.

## Fight the Cold & Flu by Boosting your Immune System

While there is no way to cure the common cold or the flu, healthy eating during cold and flu season can help you avoid getting sick. Researchers are finding positive links between immune function and components in food. If you or your kids seem to get one cold after another, you'll want to make sure they eat plenty of immune-building foods.

Garlic may boost your immune system, increasing resistance to infection and stress. To get the immune power from garlic, crush the cloves with the flat side of a knife before adding them to your food. This releases the garlic juice, which has great immune properties.

Cheese and other dairy products contain conjugated linoleic acid, a natural component of dairy fat, which has boosted immune response in animal studies.

Yogurt and other cultured milk products contain probiotics, beneficial bacterial with immune-boosting benefits. Look for the "live active culture" seal, which indicates that probiotics have been added.

Also check milk product labels for vitamin D. Early research suggests low levels of vitamin D may be linked to a seasonal increase in colds and flu and a higher incidence of respiratory infections.

Vitamin C, found in citrus fruits and juices, may also help the body's immune system.

Zinc, found in meat, chicken, peanuts and peanut butter, plays an important role in the proper functioning of the immune system in the body.

Studies have also shown that a session of moderate physical activity produces positive effects on the immune system. Over time, this means catching fewer colds and other upper respiratory tract infections.

## Cough & Cold Season Specials

As the weather becomes colder and we stay indoors more, people often catch colds or other viruses. The cold and flu season can begin as early as October and usually ends sometime in April.

Unfortunately, there is no cure for the common cold, only treatment of your symptoms. We have remedies for cough, congestion, runny nose, fever, and aches/pains. We also have vitamins and other symptomatic relief for what ails you.

## Upcoming Events



October - November - Wellness Program Information Sessions

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

October 31- Mobile Mammography Van at HCS (1 Wellness Point)

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

November 9 - Flu Shot Clinic at Health & Wellness Center

January 18 - Health Fair



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

## Stop by your Hampton City Schools Employee Pharmacy for these great deals!

Item	Our Price	Their Price
Airborne Kids Gummies (21 ct)	\$4.95	\$6.97
Airborne tablets (10 ct)	\$4.95	\$6.44
Emergen-C packets (30 ct)	\$7.67	\$9.97
Zicam Rapidmelts (25 ct)	\$8.21	\$9.97
Mucinex Children's Liquid (4 oz)	\$6.39	\$10.91
Mucinex Extended Release Tablets (20 ct)	\$9.18	\$11.97
Theraflu Severe Cold and Cough Liquid (8 oz)	\$5.01	\$6.49
Delsym Liquid (3 oz)	\$7.84	\$9.61
One-A-Day Tablets (Men or Women) (100 ct)	\$7.04	\$7.97
All Day Allergy Tablets (generic Zyrtec) (90 ct)	\$8.54	\$11.40