



Pasadena I.S.D. Wellness Newsletter

A newsletter for all PISD employees, with information and updates regarding employee benefits, health and wellness.

April 2014



Welcome to your Benefits Newsletter !

April is Alcohol Awareness Month

When enough is enough

There are many ways people can be diagnosed as being alcohol dependent. Here are common warning signs of an alcohol problem:

Increasing amounts: A drinker needs more and more alcohol to get the same feeling.

Withdrawal: Stopping drinking may cause reactions from a mild hangover to severe shaking.

Loss of control: The urge to drink may become overpowering.

Concern by others: Friends or coworkers may report problems.

Health, family and legal issues: These may include injuries and arrests.

Many problem drinkers are successful people who work every day. It isn't always easy to spot alcohol abuse by how much or how often a person drinks.

Healthy resources

Many people do overcome their alcohol problems. But taking the first step can be hard. Someone you know might have an alcohol problem. Or you could think you have one yourself.

Here's what to do: First try to get help right away. Alcohol problems can lead to other health concerns. You might start by calling your family doctor. Doctors can provide medical advice and treatment options. They can also refer you to other services.

Other ways to get help: Reach out to resources in your state government. Look for a state agency that works with drug and alcohol treatment programs. Another good resource is Alcoholics Anonymous. This is one of the nation's oldest recovery programs. It holds meetings in many cities and towns.

Learn more about handling alcohol problems by visiting the Aetna Intellihealth website at www.intelihealth.com

From aetna.com



5 ways to ease the Stress in Your Life :

It's normal to feel stress

...even good sometimes. A car cuts in front of you on the highway. You break to avoid a crash. Stress helps you react the right way.

Too much stress hurts you, though. It can cause:

- Trouble controlling diabetes and asthma
- Heart problems
- A rise in blood pressure
- A not-so-good night's sleep.

You can manage stress five ways:

Manage your time better: Set priorities. Forgive yourself when not everything's perfect.

Set limits: Don't tackle everything. Tackle what's realistic.

Exercise: It can help you stay calm ... even forget your problems.

Ease your fears: Always ask yourself if any situation deserves as much stress as you feel.

Talk to someone: Talking it through can lessen stress, even solve problems.

If your stress just won't go away, talk to your doctor or a trained counselor.

Human Resources —
Benefits Office
1515 Cherrybrook
Pasadena, TX 77502
713-740-4022 fax

HOURS
Monday—Friday,
8:00am—4:30pm

Staff:
Vonnie Conde,
Benefits
Coordinator
713-740-0121

Cecilia Beltran,
Admin Asst.
713-740-0110

Nancy Silvestre,
Admin Asst.
713-740-0120

Earth Day Houston, Saturday April 12, 2014

Begun in 2006, Earth Day Houston celebrates a day of family entertainment and environmental education. The FREE one-day celebration will focus on the merits of mindful, sustainable living while educating and encouraging Houstonians to preserve, conserve and enhance our city and the Earth. Developed six years ago by Air Alliance Houston, Earth Day Houston is a community centered, family friendly event open to the public and free to all to attend.

Planned activities include eco-focused zones featuring interactive environmental awareness activities highlighting land, air, water, sustainability, healthy living and wildlife and habitat. Remember to visit our Green Expo featuring green businesses showcasing their best environmental practices for a sustainable future and our Local Fare Market in support of locally-grown produce. As always, there will be kids' activities throughout the festival.

The festival features 100 booths, 86 of which are represented by Texas-based non profits. Earth Day Houston draws upwards of 15,000 attendees from across the Houston region to this annual event.

Date: Saturday April 12, 11:00am-5:00pm
Location: Discovery Green
1500 McKinney St, Houston 77010
Ticket Info: Admission is **FREE!**
Website: earthdayhouston.org



From earthdayhouston.org

Dr. Jaime Hurtado

Shares ...

April is Alcohol Awareness Month



Alcohol use disorder (abuse and dependence) is a highly prevalent condition. It is estimated that approximately 18% of American adults met criteria for alcohol abuse and 5% for dependence. Excessive alcohol consumption is the third leading preventable cause of death in the US and is estimated to be responsible for approximately 80,000 deaths annually. Roughly seventy percent of suicide attempts by college students involve frequent alcohol use.

Alcohol can be a significant contributing factor to medical conditions such as hepatitis, cirrhosis (extensive liver damage), hypertension, tuberculosis, pneumonia, pancreatitis, and heart problems. It is also associated with several psychiatric disorders, including depression, eating disorders, and anxiety disorders, and also with central nervous system disease (including dementia and stroke). Excess alcohol consumption also contributed to cancers of the mouth, esophagus, pharynx, larynx, and breast. Alcohol use disorder has recurrent and significant adverse consequences such as failure to fulfill role obligations, legal problems, or interpersonal problems.

If you are drinking too much, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking: Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men; Keep track of how much you drink; don't drink when you are upset; avoid places where people drink a lot, and make a list of reasons not to drink.

Dr. Jaime Hurtado
Pasadena ISD Wellness Center

P.I.S.D. Wellness Center

Monday, Wednesday, Friday: 8 am—4 pm

Tuesday and Thursday: 1pm—8pm

Saturday: 8am—1pm

Call 713-740-5300 for an appointment

Services are at no cost for employees and family members covered on our medical plan. Employees NOT on our medical plan may still receive services, but will have a \$50 copay (this does not include cost of xrays, bloodwork, etc.)* *The PISD Wellness Clinic will not see patients under 2 years of age.*



NEWS ABOUT WALK-INS!

No more turn-aways*!! Any walk-in visits to the Wellness clinic (Tues-Sat) will be seen as long as you arrive prior to the last 30 minutes of the day.

Walk-in Cutoff time:

M/W/F	3:30pm
T/Th	7:30pm
Sat	12:30pm

"Wellness Credit" - Deadline approaching!

The deadline to complete BOTH pieces to receive the \$25 monthly credit is **May 15, 2014**. You must have completed the biometric screening AND the online health assessment by May 15, 2014 in order to qualify to receive the credit for the rest of the year.

Once completed, you will start to see the credit on your check of the 15th of the following month, and every month thereafter.

To receive the \$25 discount off your premium, you must :

- 1) Get a Biometric Screening done at PISD Wellness Clinic and
- 2) Complete the online Health Risk Assessment through www.aetna.com

Cucumber & Black-Eyed Pea Salad:

An easy salad to serve with grilled chicken or steak for supper or on a bed of greens for a satisfying lunch. Substitute white beans or chickpeas for the black-eyed peas if you prefer.

INGREDIENTS

3 tablespoons extra-virgin olive oil
2 tablespoons lemon juice
2 teaspoons chopped fresh oregano,
or 1 teaspoon dried
Freshly ground pepper to taste
4 cups peeled and diced cucumbers
1 14-ounce can black-eyed peas, rinsed
2/3 cup diced red bell pepper
1/2 cup crumbled feta cheese
1/4 cup slivered red onion
2 tablespoons chopped black olives



Whisk oil, lemon juice, oregano and pepper in a large bowl until combined. Add cucumber, black-eyed peas, bell pepper, feta, onion and olives; toss to coat. Serve at room temperature or chilled.

From eatingwell.com

***Spring's greatest joy beyond a doubt
is when it brings the children out.***

- Edgar Guest



Now is the time to enroll in "Living Well with Diabetes" from EosHealth (Part III)

EosHealth®, a leader in health services for people with diabetes, and PISD have partnered to offer you the Living Well with Diabetes™ program as part of your healthcare benefit. This program takes the guesswork out of diabetes self-management to make your life easier and ease the financial burden of life with diabetes.

If you or someone in your family has diabetes, there are a lot of reasons to enroll in Living Well with Diabetes. We have given you two reasons to sign up with EosHealth. **Reason #3 is: A Great Coach Makes All the Difference.**

Have a question? Not feeling well and don't understand why? Don't know what to do next? Have a great result to share? Jodi is the one to contact. She is a coach, mentor and friend who will help you figure out what works for you. She'll be with you every step of the way...

Once you've enrolled, you can sign up for free one-on-one coaching sessions with Jodi any time.

Here's what Randy had to say: "I am grateful to my Certified Health Coach as I am provided feedback when I upload my blood glucose readings. Through my Certified Health Coach, I am given direction as to how to work to get high sugar levels under better control and how to safely recover from rapid drops in my low sugar levels. My Certified Health Coach contacts me frequently, and really cares about educating me in my personal diabetes management program."

Now, it's your turn to find a plan that will work for you. Just go online to www.eoshealth.com, click on the "Enroll Now" link, and you'll get to experience all the benefits of the Living Well with Diabetes program.



We hope you find the Wellness Newsletter helpful. If there is anything we can do to improve our publications, or any ideas you may have for future topics, send us an email to cbeltran@pasadenaisd.org.