

**A HEALTHIER  
TOMORROW  
STARTS  
TODAY**

**Upcoming Events**

- Webinar: [The Importance of Goal Setting](#) Wed., Jan 18. (time to be determined)
- Zumba fitness at the SCCOE fitness center, continues Jan. 10 (Tuesdays & Thursdays) 5:15-6:15 p.m.

For more information, contact  
Tricia Zamora, Employee Wellness Specialist  
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[www.sccoe.org/staffwellness](http://www.sccoe.org/staffwellness)

# SCCOE Workplace wellness

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## *Vitality* is your health partner in 2012

### **M**ake health one of your goals in 2012 and let Vitality be your partner!

By setting effective health goals, you will maximize your lifespan and you will be healthier and more able to enjoy your life.

The Vitality program it helps set goals around nutrition, stress, weight loss, exercise, and many more healthy habits. It also keeps you motivated along the way.

Vitality identifies goals relevant to you and shows you how to obtain the goals. The goals are based on your current health status, risk factors, and areas that you want to improve. Vitality may recommend simple lifestyle changes, such as getting more physical activity or long-term goals like losing weight.

### **How to “Set A Goal” using the Vitality program**

First register on Vitality at: [www.powerofvitality.com](http://www.powerofvitality.com). (use your legal name and the last four digits of your employee ID, not your Social Security No).

1. Complete or update your HRA (health risk assessment)
2. View your Vitality recommended goals at **MY PROFILE>MY Goals**
3. Click “**View more**” to learn more about the goal
4. Click “**Set goal**” to activate the goal(s) you are ready to work on to improve your health


### **Understanding your goal(s)**

- **Vitality Points.** In most cases, goals have Vitality Points associated with them. These points are additional motivational points, above the standard activity point amount. For example, if Vitality recommends you take a healthy eating course, you will receive 400 points for taking the course, plus additional points when you com-

plete it.

- **Time frame.** All activated goals have a realistic timeframe in which you must achieve your goal to receive the additional points. On your Vitality home page, it will indicate how much time you have left to accomplish the activated goal.
- **Recommended activities.** If relevant, Vitality will recommend using tools and participating in activities that will help you achieve your goal. The suggestions are ways for you earn more points.

With Vitality, you have all the tools to set your personal wellness goals and the motivation to accomplish them. You only have one body, so take good care of it!

Brought to you by 



*Vitality*  
**JACKPOT**

Magdalena Ramirez of Head Start, Martha Morales of Head Start, and Marjorie Lowry of Special Education are our November winners.



During flu season, everyone should wash their hands more frequently to reduce the risk of transmitting germs to others.

Be aware of the flu F.A.C.T.S. The most common symptoms include:

- Fever
- Aches
- Chills
- Tiredness
- Sudden onset



Sneeze into your elbow, sleeve, or cover it with a tissue. Using sanitizers can also help. Try to avoid touching your eyes, nose, or mouth to keep germs away.

## Protect yourself from the flu and earn *Vitality* Points

Just as regular health exams, tests and screenings help detect problems before they start, vaccinations help you and your family keep from contracting the flu and other conditions.

Getting the seasonal flu vaccine protects against three influenza viruses that research indicates will be most common during this flu season.

Each year, Vitality will reward its members with 200 Vitality Points for receiving the flu vaccine and showing proof.

### What type of proof is required?

Written proof or receipt that shows all of the following is needed to receive your points:

1. the clinic or doctor's name
2. your name
3. date of service
4. service received (flu vaccine)

### What do I do next?

Log onto the Vitality website, complete the

Vitality **Prevention Activity Form** located in the **Get Healthy** section, and submit the information and supporting documentation online.

To locate the prevention form click **Get Healthy >Healthy Living>Prevention> PDF Downloads**

Complete the prevention form and attach a copy of the proof of service.



To qualify for Vitality Points, you must submit the documentation within 90 days of completion.

### How do I send the Prevention Form and flu vaccination proof to Vitality?

To claim Vitality Points earned click **Get Healthy >Healthy Living > Prevention >Learn More>Submit Online Forms**. Choose **Pre-**

**vention Activity Form** from the dropdown list under **"items you wish to submit."** Pick **Flu Shot** from the **Prevention Activity** dropdown list. Fill in the **Date of Prevention Activity** and attach the **Proof of Prevention Activity**.

*Please note:* To protect the integrity of the program, Vitality verifies the accuracy of information submitted. Incorrect or incomplete information may result in the denial or cancellation of Vitality Points, or potential termination of membership according to the terms and conditions of the program.

### You may also mail, fax or email the form and supporting documentation to:

The Vitality Group  
200 West Monroe #2100,  
Chicago, IL 60606  
Or Fax: (877) 224-7110, or  
Email  
[wellness@powerofvitality.com](mailto:wellness@powerofvitality.com)



## SCCOE and *Vitality* have a challenge for you! Begins Feb. 1

**M**ake health your goal in 2012. In this challenge, participants are motivated to stick to their health goals by teaming up with co-workers to earn the most Vitality points. (Individuals need not be a current Vitality member to participate.)

**When:** Begins Feb. 1

**Goal:** Teams try to earn the most Vitality Points/per person

**What:** Join a team within your predetermined team group and earn as many points possible for you and your team. *Hints:* complete the HRA, use the wellness tools on the Vitality site, or complete other wellness activities to earn maximum points. More suggestions and point values are located at [www.sccoe.org/staffwellness](http://www.sccoe.org/staffwellness)

**Teams:** School/office groups will compete against similar groups.

**First round:** Each group

competes within the following category:

- *Special Education Schools:* Cluster groups (by principal)
- *Alternative Education:* Schools grouped by principal and ROP
- *Pre-School Services:* State preschools (all are one team) vs. the Head Start schools grouped by supervisors (SPS)
- *Ridder Park Branch/Groups:* BSB, General Services, Office of Superintendent (with Personnel Services), TSB, SS support groups
- Smaller offsite teams: Transportation, Food Services, and Walden West

**Second round:** Top teams from each group above compete in the 2nd and championship round in March.

### **Prizes:**

**First round:** (Feb. 1-Feb. 29): Everyone feels better and earns Vitality Points! Teams with the most points in their bracket

earn 350 Vitality Points and the chance to compete in championship round.

**Championship round** (March): ongoing good health, 350 more Vitality Points per team member, and the “2012 Winter Wellness Team Champions” title.

### **How:**

1. Pick a Team Captain by Jan. 13
2. Form a team up to 100 members (team members do not need to be current Vitality members)
3. Send a list of participants to Tricia Zamora, Employee Wellness Specialist by Jan. 23
4. Beginning Feb. 1, work hard to earn Vitality Points (a complete list of activities and their point values is located on [www.sccoe.org/staffwellness](http://www.sccoe.org/staffwellness))

Questions? Contact Tricia Zamora, Employee Wellness Specialist at extension 3616 or [tricia\\_zamora@sccoe.org](mailto:tricia_zamora@sccoe.org)



## 2012 Winter Wellness Team Challenge

(begins Feb. 1)

## Healthy holiday eating tips and meal ideas

**M**any traditional foods are perfectly healthy. It's what we do to them that loads them with extra calories and fat.

Without its skin, turkey is an excellent source of protein. The dark meat is higher in fat and cholesterol while the breast is an important source of Vitamin B.

Keep stuffing low in fat by sautéing onions, celery, and sage in a tablespoon of olive or canola oil; using egg whites or egg substitutes for whole eggs; omitting butter and adding fat-free broth. Lean turkey sausage could also be added for flavor.

To make low-fat gravy start with a rich broth of giblets, onion, celery, and herbs. Refrigerate and then skim off fat that rises to the top. Use a gravy separator to separate out fat or use clear broth and skim milk with seasonings. Heat, season, and thicken with a paste of cornstarch and water (2 tbsp cornstarch and 2 cups water thickens 1 pint of broth).

Baked yams or sweet potatoes are a rich source of beta-carotene, Vitamin C, Vitamin E, potassium and fiber. Pre-treat a cooking pan by brushing or spraying with a light coat of oil. Bake



or boil yams (or mash, if desired), then season with nutmeg, cinnamon or pumpkin pie spices, or use apple or orange juice to sweeten. Skip the butter or margarine and omit the excess sugar (marshmallows). Use orange juice and a sprinkling of brown sugar for flavor instead.

A good source of vitamins and minerals are regular potatoes. Omit the butter and heavy cream in mashed potatoes, and use sodium and fat-free chicken broth or fat-free milk and low-fat sour cream instead. Flavor with garlic and ground pepper.

Pumpkin and pumpkin seeds are high in vitamin A, protein, fiber, zinc, iron and monounsaturated and polyunsaturated fat. Extra health benefits include a healthy cardiovascular system (mono and polyunsaturated fats), healthy skin (vitamin A), healthy vision (vitamin A), decreased osteoporosis (zinc), decreased arthritis, decreased prostate enlargement and decreased colon cancer (fiber). Use egg whites or egg substitute and fat-free evaporated milk in the filling when making pies.

Cranberries are a great source of Vitamin C and contain compounds that are believed to block certain bacteria that cause infections.

Choose a homemade roll recipe without eggs or cream and with minimal shortening, butter, or margarine. Use skim milk instead of whole milk or cream. For a shiny low-fat crust, brush rolls with a mixture of egg whites and water (1 egg

white whisked with 1 tbsp water). Use whole wheat flour or part whole wheat flour in place of white flour. Baking sheets can be sprayed with non-stick spray or dust baking sheet with cornmeal instead.

Stir fry, sauté, or microwave vegetables with minimal oil. Top vegetables with a little lemon-butter mixture. (Mix 1 tsp of canola-oil based margarine with 2 tsp of lemon juice and a bit of grated lemon rind) instead of high-fat sauces. Try healthy hummus as a dip, or fat-free ranch. Have plenty of fresh vegetables on hand for appetizers. Use low-fat or fat-free sour cream and yogurt for dips. Nuts and dried fruits make great snacks too.

Limit baked goods and sweet recipes that call for lots of cream, eggs, butter or other fats. Or, try substituting with non-fat alternatives, such as applesauce, mashed beans and pumpkin.

Here are a few additional tips to help stay healthy through the holidays.

- Stay physically active.
- Don't starve yourself before eating, or you will likely eat more. Eat regularly scheduled meals.
- Don't skip breakfast, but do fill up with fruit, and raw vegetables if hunger pangs strike before the big feast, and drink plenty of water.
- Get adequate sleep.
- Be careful with alcohol. It packs calories and can destroy your resolve to resist food temptations.
- Wait 10-15 minutes before eating seconds.