

**A HEALTHIER  
TOMORROW  
STARTS  
TODAY**

- **Upcoming Events**  
*Wellness Talk: [Stress and Resiliency During Tough Economic Times](#) Wed., Nov 2., 12-1 p.m.*
- Vitality Points for SCCOE health screenings will be awarded on November 30. Be sure you are a Vitality member and get your FREE health screening.

For more information, contact  
Tricia Zamora, Employee Wellness Specialist  
Talent Management ~ Human Resources MC 264  
[Tricia\\_zamora@sccoe.org](mailto:Tricia_zamora@sccoe.org)  
(408) 453-3616 ~ (408) 453-3693 fax  
[www.sccoe.org/staffwellness](http://www.sccoe.org/staffwellness)

# SCCOE WORKPLACE WELLNESS

VOLUME 1, ISSUE 9

NOV 2011

## Locate and activate your *Vitality* goals

Vitality recommends health goals and provides the tools and motivation toward accomplishing your goals.

After registering on [www.powerofvitality.com](http://www.powerofvitality.com) and completing the health risk assessment (HRA), Vitality will develop a personalized program, including health goals, designed specifically for you.

### Health Goals

Vitality recommends goals based on information from sources such as your HRA and the results of your biometric health screenings (Vitality Check). Each goal will have recommended activities that will help you work towards achieving a healthy lifestyle. The program may recommend simple changes like getting enough physical activity or long-term goals like losing weight.

### Locating Your Vitality Recommended Health Goals

Once you are logged on to your Vitality portal, click the **MY PROFILE > MY GOALS** to find your recom-



mended goals. Locate the **LEARN MORE** link, next to each goal, to find out how to achieve the goal and earn Vitality Points.

Vitality lists a goal and a timeline in which to complete the goal. Once completed, you will earn Vitality Points to be used towards purchasing merchandise on the Vitality mall. Points are earned for participating in the activities to support your goal as well as bonus points for completing the goal.

For example, Vitality recommends an online Vitality

healthy eating course with 800 Vitality Points for completing the class in the next 90-days. You earn 400 points for completing the course and an additional 800 points if the course is one of your active goals.

### Activate a Recommended Goal

Once you read and understand the goal, decide if you are ready to accept the health goal. Next, activate the goal by clicking the **SET GOAL** link and complete the activities to achieve your health goal.

Vitality may revise your recommended goals as your health status changes and you continue to engage in the program.

Contact Tricia Zamora, SCCOE Employee Wellness Specialist, at extension 3616 for questions, help with setting a goal, or assistance with reporting your data to Vitality.

*Brought to you by* 



*Vitality*  
**JACKPOT**

**Carmelita Samson of Saratoga  
is our September winner.**

## Free health screenings continue through November

Three new dates have been added to the Vitality health screening schedule. All permanent SCCOE staff is encouraged to schedule their screening. This non-fasting, quick, confi-



County Superintendent of Schools Charles Weis, Ph.D. checking in for his Vitality Health Screening.

dential and convenient service provided by BaySport Inc. measures cholesterol, glucose, blood pressure, and Body Mass Index (BMI).

Take your Vitality status to the next level as you earn hundreds of Vitality Points for completing the screening and thousands of Points for any

measurements that are in a healthy range.

Health screenings are by appointment only, email [health\\_screenings@sccoe.org](mailto:health_screenings@sccoe.org) to schedule. For questions, contact Tricia Zamora, Employee Wellness Specialist, at (408) 453-3616.

Date	Times	Location
Thurs. Nov. 3	10:00 a.m.-3:30 p.m.	Chandler Tripp
Mon. Nov. 14	11:30 a.m.-1:30 p.m.	Wool Creek
Tues. Nov. 15	10:00 a.m.-1:00 p.m.	Odyssey
Thurs. Nov. 17	12:45-3:00 p.m.	Anne Darling
Thurs. Nov. 17	1:00-4:00 p.m.	Monticello

## Wellness Challenge: Health 4 the holidays Nov. 21-Jan. 2

All SCCOE employees are invited to give themselves the gift of health this holiday season. Health 4 the Holidays, a six-week healthy incentive program, focuses on four often overlooked areas of health during the holiday season:

- ⇒ Physical activity,
- ⇒ Healthy eating,
- ⇒ Weight control, and
- ⇒ Stress management.

Everyone enjoys the holidays most when feeling healthy, strong, and less stressed. Participants will enjoy weekly email tips, website links, healthy holiday recipes, and video clips about guided

breathing during the program. All will be inspired to practice at least one healthy habit daily throughout the six weeks.



Everyone will have a chance to win a Health 4 the Holidays sweat-shirt, mug, and healthy cookbook. Vitality members can earn

350 Vitality Points.

Join the "Maintain not Gain" bonus challenge and earn a chance to win a spa treatment donated by ClubOne and one of four gift cards courtesy of The Sports Basement.

For more information or registration, contact Tricia Zamora at (408) 453-3616 or [tricia\\_zamora@sccoe.org](mailto:tricia_zamora@sccoe.org)

Vitality Health Risk Assessment (HRA) Challenge Winners			
(prizes donated by the SCCOE cafeteria committee)	Violeta Medina	Brownell	Fruit Basket
	Chae Allbritton	Baldwin	Fitbug
	Janet Cervantes	Chandler Tripp	Fitbug
	Eric Sandoval Jr.	Ridder Park	Fitbug
	Evan Lloyd	Ridder Park	Fitbug
	Martha Aldama	Rouleau	Hyatt Regency



## November is American Diabetes Month

Each November is a time to raise awareness of diabetes prevention and control. In the United States, 24 million people have diabetes and 57 million more are at risk of developing type 2 diabetes. Estimates project that as many as one in three American adults will have diabetes in 2050.

If not controlled, type 2 diabetes can cause serious health problems like heart disease, stroke, and blindness. You may be at risk for type 2 diabetes if you:

- Are overweight
- Exercise less than three times a week
- Are over 45 years old
- Have high blood pressure or high cholesterol
- Are African American, Latino, American Indian, Alaska Native, Asian American or Pacific Islander
- Have a parent or sibling with diabetes

You can do a lot to lower your chances of getting type 2 diabetes by:

- Eating healthy
- Watching your weight
- Being active
- Controlling your blood pressure and cholesterol

If you already have diabetes, managing the disease can lower your risk of complications.

Here are some important steps to taking control of diabetes:

- Talk to your health care provider about how to manage your blood glucose, pressure, and cholesterol
- Get an annual flu vaccine
- Reach and maintain a healthy weight
- Make a plan for 2 1/2 hours of moderate physical activity each week and stick to it

For more information call 1-800-DIABETES or visit [www.diabetes.org](http://www.diabetes.org)

## Prevent the spread of the seasonal flu

This year's annual flu vaccination will offer protection against the pandemic H1N1 flu (swine flu) and two other seasonal influenza viruses (flu) that are expected to be in circulation this fall and winter. The flu vaccination is the most effective way to prevent influenza and its complications. Protect yourself and your family. Get a flu vaccination. Staff is encouraged to get the flu vaccination through their regular healthcare provider.

**Blue Shield** (covered benefit / appropriate co-pay applies):

- HMO - contact your primary care provider
- PPO - contact a network provider's office

**Kaiser** (covered benefit / no co-pay):

- HMO or DHMO - contact any Kaiser injection clinic for free flu vaccine. For information call 1-800-573-5811 or check [here](#) for the schedule of Kaiser flu vaccination clinics in your area.



## Healthy fall and winter foods (Emeril's acorn squash soup recipe)

Squash is high in vitamins A and C, which aid your body's metabolic functioning and help ward off chronic illnesses. However, some winter varieties, like butternut squash, contain more sugar than others, such as acorn and spaghetti squashes, so be knowledgeable about which kind you're buying if you're watching your calorie count.

**Nutrition:** Acorn squash (1 cup, raw) 56 calories, .1g fat, 14.6g carbohydrates, 2.1g fiber, 1.1g protein.

### Emeril's Acorn Squash Soup

Recipe courtesy Emeril Lagasse,

copyright Martha Stewart Omnimedia, Inc.

#### Ingredients:

3 acorn squash, halved, seed removed  
3 tablespoons olive oil  
2 carrots, chopped  
1 Granny Smith apple, cored and chopped  
1 onion, chopped  
1/4 teaspoon ginger  
1/8 teaspoon allspice  
4 cups low sodium chicken stock or vegetable broth

**Method:** Preheat oven 400 degrees F. On a baking sheet, roast the

acorn squash, cut side down, until soft, about 45 minutes. Scoop out the squash flesh and set aside.

In a soup pot, heat olive oil over medium high heat. Sauté carrot, apple, and onion until soft. Season with ginger and allspice. Add the squash and the chicken stock. Simmer for 15 to 20 minutes.

Remove the pot from the heat and puree with a hand-held immersion blender.

**To Serve:** Remove from the heat and ladle the soup into bowls. Serve with warm bread if desired.

**Yield:** 4 to 6 servings.



## Medical appointments through the ages

What doctor's appointments/checkups do you need in your 20s, 30s, 40s, 50s and older?

### In your 20s and older:

- **Primary care physician:** Once a year regular physical (at minimum every other year). You should also get a fasting blood sugar test every two years or so to screen for [diabetes](#).
- **Gynecologist:** Once a year. Includes Pap smear, pelvic exam, clinical [breast exam](#).
- **Dentist:** Every six months for teeth cleaning and oral exam.
- **Dermatologist:** If you're fair-skinned or have a family history of skin cancer, you'll want an annual appointment. Otherwise, go if you have any [suspicious moles](#) or [skin problems](#).
- **Vaccinations:** Make an ap-

pointment if it's time for your tetanus booster (every ten years); you're not immune to chickenpox; you're not immune to measles, mumps, or rubella.

### In your 30s, add:

- **Cholesterol screening:** You need one every five years if your last test was normal. Some experts say you can wait until your 40s to start unless you're at increased risk for [heart disease](#) because of smoking, family history, obesity, high blood pressure, or [diabetes](#).

### In your 40s, add:

- **Woman - Mammogram:** The rigorous and evidence-based U.S. Preventive Services Task Force has recommended starting annual screenings at 40. Discuss your health and family history with your doctor to decide when to begin this test.
- **Stress echocardiogram:** Get a

baseline analysis of how your heart is holding up.

- **Ophthalmologist:** Many doctors advise going annually, although others recommend every two to four years until age 65, then annually. The visit should include an intraocular pressure measurement for glaucoma.
- **Men - annual rectal exam:** PSA blood test to screen for prostate cancer, and a colonoscopy every five years.

### In your 50s and above, add:

- **Colonoscopy:** Every five years.
- **Bone density scan:** Start routine testing at menopause—earlier if you're small-framed, your weight is very low, you have a mother with [osteoporosis](#), or you've had fractures (other than in an accident) after age 45. Some experts recommend waiting until you are 65, unless there are risk factors.