

WELL WAY NEWS

Miami-Dade County Public Schools E-News

October 2017

TOGETHER WE CAN MEET OUR GOAL!

Well Way launched its Wellness Education and Awareness Program 2.0 Initiative! In our continuous effort to promote wellness awareness and healthcare education, we kicked off the beginning of this school year with an informative educational campaign, which was sent to employees enrolled in our Cigna healthcare plan, to help you stay on the path to good health and well-being. Additionally, we held wellness events at school sites and other locations throughout the District. To expand on our commitment of establishing and maintaining a workplace that encourages a healthy lifestyle, we are increasing our goal to deliver at least 100 "Healthy YOU" and "Wellness Wednesday" visits. These programs include several different types of health screenings, nutrition and exercise information, giveaways to encourage healthy eating and increased movement and assistance in completing the on-line Health Risk Assessment.

Call us at 305-995-2265 to schedule an event at your location.



UPCOMING EVENTS

Well Way is continually adding events to our calendar. Please feel free to call and confirm that an event is happening, or to inquire about new events.

NOVEMBER EVENTS

M-DCPS Employee Mammogram Day:

Jackson Memorial Hospital &
Jackson North Medical Center
Wed., November 22, 2017
8am - 4pm
Please call 305-995-2265
to register.



Benefits NEWS

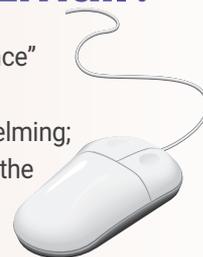
Did You Check Your Email?

We were so excited to roll out our "Benefits at a Glance" email campaign during the month of September.

The world of benefits can sometimes seem overwhelming; therefore, our objective was to highlight the value of the benefits that are offered to our employees. We hope you found the information educational and helpful.

Remember...information regarding all of your benefits can be found online at www.dadeschools.net, under Highlights, click on 2017 Benefits.

Call us if you have any questions at 305-995-7129.



RECIPE OF THE MONTH



20 Minute Savory Pumpkin Soup

2 tablespoons olive oil • 1 shallot, diced (about 1 tablespoon) • 2 teaspoons minced garlic
1½ cups pumpkin puree • 1 cup vegetable stock • 2/3 cup non-dairy milk • 1 tablespoon ground cumin
1 teaspoon chili powder • Salt and pepper to taste

Add olive oil, shallots and garlic to a medium sized saucepan over medium heat. Sauté the veggies for 2 - 3 minutes or until softened. Stir in remaining ingredients and allow to simmer. Optional: Blend soup using an immersion blender or regular blender to get rid of any chunks of garlic and shallots then pour mixture back into pot. Thin out the soup with more stock or milk if desired. Allow to simmer for another 5 minutes, taste and adjust seasonings as necessary. Serve with pitas, a drizzle of milk or yogurt and/or grilled cheese sandwiches.

If you try this recipe let us know how you like it! Tag us on Instagram  @mdcps_wellway



SPOTLIGHT Of The Month

Congratulations to Hialeah Elementary School for having outstanding participation in Miami-Dade County Public Schools' wellness program. The school participated in a "Healthy YOU" site visit which included a registered dietitian who brought a body composition scale. The scale provides a detailed description of how the body is doing internally (hydration levels, metabolic age, fat percentage, and more).

When first visiting Hialeah Elementary School in February 2016, there was already a culture of wellness and the staff had such a positive outlook. Some of the employees started a walking group. Principal Rosa Iglesias said, "There would be teachers out on the track as early as 6:30 - 7:00 am walking." The dedication this staff exemplified is very inspiring and they plan to continue their goals of maintaining a healthy lifestyle. It's important to surround yourself with a positive environment where there is encouragement to continue achieving your health goals. Well Way is planning many more great opportunities to reach out to M-DCPS employees and assist them in achieving their wellness goals.



Health Observance TIPS

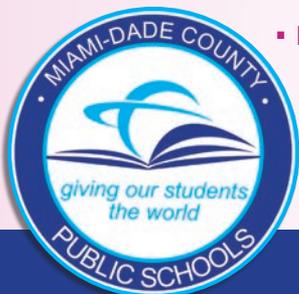
October is Health Literacy Month
and Breast Cancer Awareness Month

Health Literacy – Empowering Employees To Take
Charge of Their Health

- The goal of health literacy is to provide employees with the knowledge and skills needed to lead healthy lifestyles.
- Employees need to know where to go for information and how to make healthy decisions, set goals and work to achieve them.

Breast Cancer Tips You Should Know To Lower Your Risk

- **Cancer is not only a heredity disease.** In fact only 5-10% is heredity. Just because you don't have an immediate family member with breast cancer, it doesn't mean you shouldn't take measures to lower your risk.
- **Men can get breast cancer!** Although it usually occurs among women, men have breast tissue and can develop breast cancer as well.
- **Don't Smoke.** Those who smoke or inhale passive smoke can increase their risk of breast cancer by as much as 60%.
- **Eat Right!** Keep to a high fiber, low-fat diet and eat less red meat. Women who eat the most red meat have an 88% higher risk of breast cancer.
- **Physical activity is vital.** Just 30 minutes of aerobic activity 3-5 times a week can lower your risk of breast cancer by 30-50%.
- **Make sure you know how to check yourself.** 1 in 8 women today will get breast cancer in their lifetime. Many of these women will find their own lumps before a doctor does.



Rebuilding ME



Overeating is easy when you are surrounded by delicious foods. In fact, many factors cause us to overeat, including stress, distractions and chewing too fast. Fortunately, there are tactics to help you stop overeating, from learning your body's signals to slowing down your actions. **Let's look at a few helpful tips...**

- **Eat slower.** Once full, your gut takes 5-20 minutes to send signals to your brain, indicating you are full. By slowing down, you will feel full with fewer foods.
- **Eat mindfully.** When eating in the car on-the-go or in front of your favorite TV show, you are distracted and not focused on the food you are actually eating. During this time, you might miss the "I'm full" cues your body sends you and that can lead to overeating.
- **Get your stress under control.** When stressed, your body releases hormones, which also increases appetite. Hungry or not, you then crave foods, and those are usually high-fat, sugary foods. With a healthy routine consisting of good restful sleep, daily exercise and healthy diet, you can reduce stress in your life and avoid overeating.
- **Choose highly fibrous foods,** such as vegetables, fruits and whole grains. They allow you to eat more volume without adding too many calories. They make you feel full and satisfied, and provide you essential vitamins and minerals.

