

July 2008



## Health e-Links

Health Education & Lifestyle Management Newsletter (HELM)



### DCPS EMPLOYEE HEALTH FAIR

*“Living Better One Day at a Time”*

9:00 am – 5:00 pm  
Wednesday, July 9, 2008  
The Schultz Center

Get healthy tips at 20+ vendor booths!

- |                         |                    |
|-------------------------|--------------------|
| Health Screenings       | Financial Services |
| Stress Management       | Vision Screenings  |
| Relaxation Techniques   | Cancer Awareness   |
| Weight Management       | Orthopedic Care    |
| Healthy Heart Awareness | Mini Massages      |

Prizes, food samples and so much more!

### Annual Benefits Open Enrollment August 4 - September 5, 2008

Open Enrollment is quickly approaching! This is your opportunity to review your current benefits, make changes, and learn more about your benefit options.

We encourage you to attend an open enrollment meeting. Beat the Rush will be available again this year! Beat the Rush allows you to choose your benefits early. Risk Management will begin scheduling Beat the Rush appointments in mid July.

Be on the lookout for your Open Enrollment Kit!

National Health Observances for July  
Visit the links below for more information

Hemochromatosis Awareness Month  
[info@irondisorders.org](mailto:info@irondisorders.org)

Juvenile Arthritis Awareness Month  
[www.arthritis.org](http://www.arthritis.org)

International Group Strep Awareness Month  
[www.groupbstrepinternational.org](http://www.groupbstrepinternational.org)

UV Safety Month  
[eyemd@aao.org](http://eyemd@aao.org)



### HELP DCPS EARN FCG SPIRIT POINTS

Help DCPS earn points towards the Vystar Corporate Cup by attending the competitive events. First Coast Games will award a point for every 10 fans that report to the tournament check-in tables and say you're there to support DCPS (limit 10 points).

#### July Competitions

Soccer  
Plantation Oaks Athletic Center  
845 Oakleaf Plantation Parkway  
Orange Park, FL 32065  
July 19 – July 31, 2008

Indoor Rock Climbing  
South Metro Family YMCA  
3563 Philips Hwy, #702  
Jacksonville, FL 32207  
July 24, 2008

Track & Field  
Wolfson High School  
7000 Powers Ave  
Jacksonville, FL 32217  
July 24, 2008

Come out and cheer on DCPS!

## TAKE ADVANTAGE OF EAP SERVICES

Our Employee Assistance Program (EAP) is a free benefit to you, our employees and members of your family, 24 hours a day, you can talk to qualified professionals who can help you or refer you to the right resource.

### FAQ:

#### What is an Employee Assistance Program?

An employee assistance program, or EAP, is a counseling service for employees and their eligible dependents that may be experiencing personal or work place problems.

#### Why Does DCPS Offer an EAP?

First, it's smart business. If you're doing well and day-to-day problems aren't a distraction, you are more likely to be alert, motivated and concentrating on your job. This means we have a more productive organization. Second, it costs more to hire and train a new employee than it does to help and keep a current employee. And third, we care about our employees. It's that simple.

#### How Much Will the EAP Cost Me?

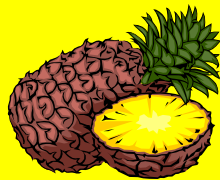
Nothing. What's more, you are encouraged to use EAP services whenever you need help or information to best handle your job or family responsibilities. You have 6 available sessions with a trained professional.

#### Will the Counselor Keep my Problem Confidential?

Yes. Absolutely. Confidentiality is a requirement and a guarantee we make to all employees. Without it, the EAP wouldn't work. Every counselor knows this rule. No information goes anywhere without your request and written permission.

Contact Corporate Care Works at 904-296-9436 or 1-800-327-9757 to speak with a counselor.

## FRESH PINEAPPLE FRUIT SALAD



Prep: 10 min, plus chilling time

- 1 whole pineapple
- 1 papaya, peeled, seeded, cut into chunks
- 1/4 lb. seedless grapes
- 1 apple, peeled cored and cut into chunks
- 1/4 cup pecan halves
- 1 banana, sliced
- 1/4 cup lime juice
- 1 lime, quartered, as garnish

Cut pineapple lengthwise into quarters. Cut away and discard core. Remove pineapple flesh by carefully cutting between it and outer skin of pineapple to use the shell for a salad bowl. Cut pineapple into chunks and combine with remaining ingredients, except lime wedges, in a bowl. Gently toss and chill if desired. Serve fruit salad in a pineapple shell topped with lime garnish.

**Per serving:** calories 299, fat 6.7g, 18% calories from fat, cholesterol 0mg, protein 3.1g, carbohydrates 65.5g, fiber 8.4g, sugar 50.8g, sodium 7mg, diet points 5.4.

## Fiber Facts & Benefits



Fiber has long been known to aid digestive health.

High fiber intake is associated with a reduced risk of heart disease.

The best way to make your diet high in fiber is by:

- Making high fiber food choices
- Choosing foods closest to their natural state.
- Substituting beans for meat and cheese

Fiber can help you lose or maintain weight because eating fiber-dense foods help you feel full.

Colon cancer is rare among people with a diet low in meat and rich in high-fiber foods.