

April 2011



April Showers



TURN A WORKING LUNCH TO A WALKING LUNCH!!!

**NATIONAL WALK @ LUNCH DAY
APRIL 27, 2011**



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

Irritable Bowel Syndrome Awareness Month
www.aboutibs.org/site/about-ibs/april-ibs-awareness-month

Alcohol Awareness Month
www.samhsa.gov

National Donate Life Month
www.organdonor.gov/get_involved/donatelifemonth.htm

National Minority Health Month
minorityhealth.hhs.gov/

NEW DIABETES PROGRAM!

This program is for people with diabetes and is designed to help you feel your best and save money!

WHO'S ELIGIBLE?

All school board employees, retirees and covered adult dependents are eligible for the program who:

- have a confirmed diabetes diagnosis, and
- are enrolled in the school board's self-funded health plan

HERE'S WHAT YOU'LL GET....

- FREE diabetic-related generic prescription medications (cholesterol, blood pressure and diabetic)
- FREE approved diabetic supplies (needles and syringes)
- FREE insulin
- FREE ongoing support from nurse health educators

Certain guidelines apply to medication and supplies that are provided for free. Program requirements including participation in an 8 ½ hour diabetes class must all be met in order to qualify for free medication and supplies.

To learn more about the program and requirements, and to see if you are eligible, Please contact Pat Lewis at 904-390-2323.

Weight Loss Testimonial

“I met with Dr. Capasso and he reviewed my medical history which included problems with my heart and excess weight which was causing an elevation in my blood pressure along with blood work that was in the pre-diabetic range.

Additionally, for the past several years, despite my own personal efforts, my weight was dramatically increasing, to the point that I was over 100 pounds overweight. This additional weight not only made me feel tired, it was causing joint problems, and it was just exhausting to move! It affected everything that I did. I felt trapped in a cycle that I couldn't break. Finally, I felt a sense that now things may change – and they did!

For the past nine months, I was given support, encouragement, and a program that provided me with the resources needed to lose weight. I have lost almost 65 pounds and feel so much better about myself. I can move and now have energy after an exhausting day at work.....”

Kathy Herlihy
Assistant Principal
Brookview Elementary

Guided imagery for stress relief

Visualization, or *guided imagery*, is a variation on traditional meditation that can help relieve stress. When used as a relaxation technique, guided imagery involves imagining a scene in which you feel at peace, free to let go of all tension and anxiety. Choose whatever setting is most calming to you, whether a tropical beach, a favorite childhood spot, or a quiet wooded glen. You can do this visualization exercise on your own, with a therapist's help, or using an audio recording.

Close your eyes and let your worries drift away. Imagine your restful place. Picture it as vividly as you can—everything you can see, hear, smell, and feel. Guided imagery works best if you incorporate as many sensory details as possible. For example, if you are thinking about a dock on a quiet lake:

- **See** the sun setting over the water
- **Hear** the birds singing
- **Smell** the pine trees
- **Feel** the cool water on your bare feet
- **Taste** the fresh, clean air

Recommending Counseling to a Friend



If a friend approached you with a serious personal problem, would you know how to encourage him or her to get counseling? How you respond could make a difference in whether personal problems continue or your friend takes the steps to get help. The most important role you play is that of listener, not “answer giver.” If you quickly offer advice, you may frustrate the important need your friend has to feel heard. Listening and asking questions creates a natural pathway and discussion of possible solutions. This is not professional counseling, and you are not trying to fix your friend's problems. Be careful not to encourage your friend to become dependent on you for ongoing and open-ended “processing” of the problem. This can contribute to personal problems growing worse. You may feel gratified by your friend opening up to you, but avoid putting your need for feeling special ahead of your friend's need for a trusted source of help. Do you feel stuck with a friend who won't get help and with whom you have developed an “on-call” relationship? If so, speak with a professional counselor so you learn how to step out of this role and facilitate your friend's seeking effective help.

Eggplant Pizzettes

Makes 4 Servings



Eggplant Pizzettes

Ingredients

Aluminum foil
1 large eggplant
1/2 cup pizza sauce
1/2 cup fresh pre-diced onions
1/2 cup fresh pre-diced bell peppers
3/4 cup shredded mozzarella cheese

Prep

- Place oven rack 6 inches from broiler, then preheat on broil.
- Cut eggplant into eight 3/4-inch-thick slices.

Steps

1. Line baking sheet with foil; arrange eggplant in single layer. Broil 6–7 minutes or until lightly browned.
2. Turn slices over; broil 4–5 more minutes or until second side is browned.
3. Spread pizza sauce over slices, and then top with onions, peppers, and cheese. Broil 1–2 more minutes or until cheese melts. Serve warm.

CALORIES (per 1/4 recipe) 130kcal; FAT 6g; CHOL 10mg; SODIUM 310mg; CARB 13g; FIBER 4g; PROTEIN 8g; VIT A 10%; VIT C 30%; CALC 20%; IRON 4%