

WELLWAY NEWS

Miami-Dade County Public Schools E-News

December 2017

ENJOYING THE HOLIDAY SEASON

These tips can help you feel your best!

Keep your regular routine. A change in routine can lead to additional stress. Try to exercise at your usual time, go to meetings that you normally go to, and stick to as normal a diet as you possibly can.

Think Moderation. While it may be easy to drink and eat too much at parties and special dinners, try not to overindulge with food and/or alcohol. Try to eat & drink in a healthy way 80 percent of the time and save 20 percent for enjoying your favorite treats.

Sometimes the holiday season can add extra stress to our lives. The following suggestions may be helpful:

Stay connected. Make sure to leave time to spend with friends and/or family. Call friends and family who may not live near you.

Asking for help. Holidays are often a time people attempt to take on too much, do too much on their own. It's OK to ask for help from family and friends. Whether for decorating, shopping, cooking, or a shoulder to lean on, don't be afraid to ask if you need help! All of us at one time or another have personal problems which affect us in many areas of our lives. Most of the time we find our own solutions to these problems. Sometimes, however, outside help and professional guidance are needed. Your Employee Assistance Program is a good place to start. The Employee Assistance Program is for you, the individual employee, and for your immediate family members. The EAP is designed to provide confidential help to individuals whose personal problems are affecting their ability to function at home, in their social life or on the job. **Turn to us! 305-995-7111**



Health Observance TIPS

World AIDS Day (December 1)

- World AIDS Day is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and commemorate people who have died.
- World AIDS Day was the first ever global health day, held for the first time in 1988.
- This day is important because it reminds the public and Government that HIV has not gone away- there is a vital need to raise money, increase awareness, fight prejudice and improve education.
- For more information visit: <https://www.worldaidsday.org/>



National Influenza Week (December 3 - 9)

- The Center for Disease Control (CDC) and its partners want to remind people that even though the holiday season has begun, it is not too late to get a flu vaccine.
 - Preventative Steps to Avoid the Flu**
 - Take preventative actions to stop the spread of germs such as avoiding close contact with sick people or if you are sick, limit contact with others as much as possible to keep from infecting them.
 - Cover your nose and mouth with a tissue when you cough or sneeze.
 - Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Benefits NEWS

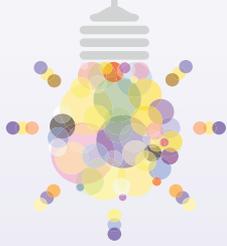
The holidays are upon us and before we get busier than ever with all of the holiday cheer, remember that your current mailing address is relevant information to ensure you receive important information such as your insurance card(s), statements, benefits updates and even refunds, when applicable. It is your responsibility to ensure that M-DCPS has your most current personal information.



Follow the steps below to review and/or update your personal information:

1. Login to the Employee Portal at www.dadeschools.net/employees
2. Click on the SAP/ERP Icon
3. Click on the Employee Self Service Tab
4. Click on Personal Information
5. Click on Addresses - This is where you can verify and/or edit your mailing address on record.

SPOTLIGHT of The Month: Samantha Thomas



Small changes can add up to big results. Just ask Samantha Thomas. Sam, as she is known, has worked for Miami Dade County Public Schools for 32 years. She always thought she was in shape. Last summer however, after attending a Wellness Fair, the body composition machine indicated she was “obese”. Sam was shocked into action! The very next day she began making small changes to her diet like eating oatmeal with fruit for breakfast, cutting out sugary snacks, and using low fat milk instead of whole milk. She also started tracking her steps each day. She noticed a change right away, and after three months she had lost over 10 pounds.

Today Sam logs between 13,000-15,000 steps every day, and she has maintained her weight loss. Her numbers from this year’s Wellness Fair were much better but she still wants to keep improving. Sam is full of energy and always has a smile on her face. You can see a video of Sam doing the name challenge workout at this year’s Wellness Fair on the Well Way Instagram account @mdcps_wellway from July 28, it’s worth watching!!



RECIPE OF THE MONTH



Chicken and Tomato Topped Potatoes

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|--------------------------------------------------------|-------------------------------------------------|
| 4 Medium baking potatoes | 3 Italian plum (Roma) tomatoes, chopped (1 Cup) |
| 2 Cups shredded deli rotisserie chicken (without skin) | ½ Teaspoon garlic-pepper blend |
| 1 Cup shredded low-fat mild Cheddar cheese (4 oz.) | ¾ Cup low-fat sour cream |

Prep Time: 30 Minutes | Total Time: 30 Minutes | Servings: 4

Scrub potatoes; prick several times with fork. Place potatoes on microwavable plate. Microwave on High for 15 to 17 minutes or until “fork-tender”. Meanwhile, in medium bowl, mix chicken, cheese and tomatoes. Split each potato in half lengthwise; place on microwavable plate. Mash each potato slightly. Sprinkle each with garlic-pepper blend; top with sour cream. Spoon 1/2 cup chicken mixture on each potato. Microwave on High for 2 to 3 minutes or until hot and cheese is melted. Serve warm.

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

Influenza, also known as the flu, is a contagious illness caused by viruses, and anyone can get it.

The flu can be spread between people when coughing, sneezing, talking or just by touching something that has the flu virus on it. The flu can cause mild symptoms such as fever, chills, cough, sore throat and body aches or sometimes more serious complications, for example, pneumonia or bronchitis.



A flu shot is the best way to lower your chances of getting the flu and prevent spreading it to your family and friends.

You and your loved ones should receive your flu shot in the fall as soon as it is available. Getting the vaccine each year gives you the best protection. Talk with your doctor if you have questions about whether a flu shot is right for you.

Convenient FREE flu shot options:

- Visit your doctor’s office.
- Visit a participating pharmacy from the list at: riskmanagement.dadeschools.net/wellway

