

November 2011



TEXAS PANHANDLE CENTERS

MAKING LIVES HEALTHIER

TPC ANNUAL HEALTH FAIR

The TPC Employee health fair was held on October 28th, 2011. The Halloween-themed event provided health screenings and Information, prizes, and more. Thank you to all who participated, including our community vendors:

- Advocare
- Alliance
- Beachbody Massage
- Caralee Hill, LMT
- Care Today
- Coffee Memorial
- Get Fit



- Harrington Cancer Center
- The Hope and Healing Place
- IMS
- Safe Schools/Healthy Students
- Sam's Club
- Visalus
- Zach's Club 54

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2011 Health Fair

- 250+ Attendees (30% increase over last year)
- 80+ people wore costumes
- 16 Prizes were drawn, with a total value of over \$550

HEALTH QUIZ

How much do you know about what makes up a healthy lifestyle? Here's a pop quiz:

1. How do you define working out?
 - A. Going to the gym.
 - B. Turning the jump-rope for the neighbor's kid.
 - C. Playing Frisbee with your dog.
2. How do you define good nutrition?
 - A. Eating a vegetable at every meal.
 - B. Eating two vegetables at every meal.
 - C. Drinking a fruit smoothie for breakfast.
3. Which of these is a healthy activity?
 - A. Push-ups, sit-ups, or running the track.
 - B. Walking the dog after dinner.
 - C. Spending Saturday afternoon snoozing on the sofa.

Believe it or not, the correct answer to every question is A, B, *and* C -- even that Saturday afternoon snooze! Sneaking healthy habits into our daily living is easier than we think!

\$10 A MONTH EXTRA

REMEMBER- by participating in the *IMS Wellness Works* program, you can reduce your payroll health insurance deduction by \$10 per month!

Participation is simple! All it requires the following:

- **OBTAIN YOUR BIOMETRIC SCREENINGS**
- **COMPLETE YOUR HEALTH RISK ASSESSMENT ONLINE AT WWW.IMSTPA.COM THROUGH *WORLDDOC***
- **COMPLETE THE NURSE CONSULTATION BY 12/16/11.**

If you do not sign up for the IMS Wellness Works program by 12/16/11, your insurance deductions will automatically increase by \$10 per month beginning 1/1/12 (TPC is currently covering this charge). Completion of the Health Risk Assessment and the Care Management Consultation ***must be completed by 12/16/11*** to receive your payroll insurance premium reduction.

HEALTHY RECIPE

SPICED BLUEBERRY PIE

The blueberry filling for this pie is made with a base mixture of blueberries cooked with spices (including black pepper) into which fresh, uncooked blueberries are stirred. The filling is poured into a prebaked gingersnap crust, made with milk and olive oil instead of butter.

- 36 gingersnaps (9 ounces)
- 1/3 cup plus 2 tablespoons sugar
- 1/4 cup low-fat (1%) or fat-free milk
- 2 tablespoons extra-light olive oil
- 3 tablespoons cornstarch
- 1 teaspoon grated orange zest
- 1/2 teaspoon cinnamon
- 1/8 teaspoon pepper
- 6 cups fresh blueberries
- 1/2 cup orange juice

1. Preheat the oven to 375°F. In a food processor, process the gingersnaps and 2 tablespoons of the sugar until fine crumbs are formed. Add the milk and oil and process until evenly moistened.
2. Spray a 9-inch pie plate with nonstick cooking spray. Press the gingersnap mixture into the bottom and up the sides of the pie plate. Bake for 12 minutes to set. Cool on a wire rack.
3. Meanwhile, in a small bowl, combine the remaining 1/3 cup sugar, the cornstarch, orange zest, cinnamon, and pepper.
4. In a medium saucepan, combine 3 cups of the blueberries and the orange juice. Bring to a boil over medium heat. Stir in the sugar-cornstarch mixture, return to a boil, and cook, stirring frequently, until thickened, about 5 minutes.
5. Remove from the heat and stir in the remaining 3 cups blueberries. Spoon the blueberry mixture into the pie shell and refrigerate until serving time.

Makes 8 wedges

ZACH'S CLUB 54

TPC Sign-up Discount
available through November
2011

Individual- \$20 a month or \$200 yr

Couple- \$35 month or \$325 yr

Family- \$55 month or \$420 yr



6022 SW 48th Street
Amarillo, Texas 79109
(across from John Stiff Park)
806.352.7100

zachsclub.com

FULL ACCESS MEMBERSHIP

- ☆ Amarillo's Largest Weightroom
- ☆ Racquetball Courts
- ☆ Indoor Swimming Pool
- ☆ Indoor Jogging Track
- ☆ Cardio Area with 7 Big Screen TV's
- ☆ Infra Red Sauna
- ☆ Aerobic Classes
 - Cycling
 - Pilates
 - Step
 - Rep Challenge
 - Zumba
 - Kickboxing
 - Yoga
- ☆ Includes access to Zach's Club Lubbock and Powerhouse gym in Wichita Falls

ADDITIONAL SERVICES

- ☆ Exceptional Childcare
- ☆ Physical Therapy
- ☆ Personal Trainers
- ☆ Nutritional Counselors
- ☆ Norvell Airbrush Tanning

Nutrition information per wedge

- calories 305
- total fat 9g (saturated 1.6g)
- cholesterol 1mg
- dietary fiber 4g
- carbohydrate 55g
- protein 3g
- sodium 125mg
- good source of anthocyanins

WorldDoc

Avoid the Flu and Stay Well This Winter



1. Get a flu shot.
2. Wash your hands.
3. Avoid touching your eyes, nose, & mouth.
4. Avoid contact with those who are sick.

Login to WorldDoc 24/7 to evaluate your symptoms online using the Personal Evaluation System.

WorldDoc 24/7

A benefit from:

IMS WELLNESS WORKS
TARGETED POPULATION MANAGEMENT




Access WorldDoc 24/7™:

1. Go to www.imstpa.com
2. Enter your User ID & password
3. Click the *WorldDoc* link under Inquiry

If you are a first-time user please select the register link.




Personal Evaluation System

1. Click the  Health Symptom & Evaluation icon in the navigation menu.
2. Click the PES tab.
3. Start by choosing an area of concern from the body or conditions list.



Medical Library

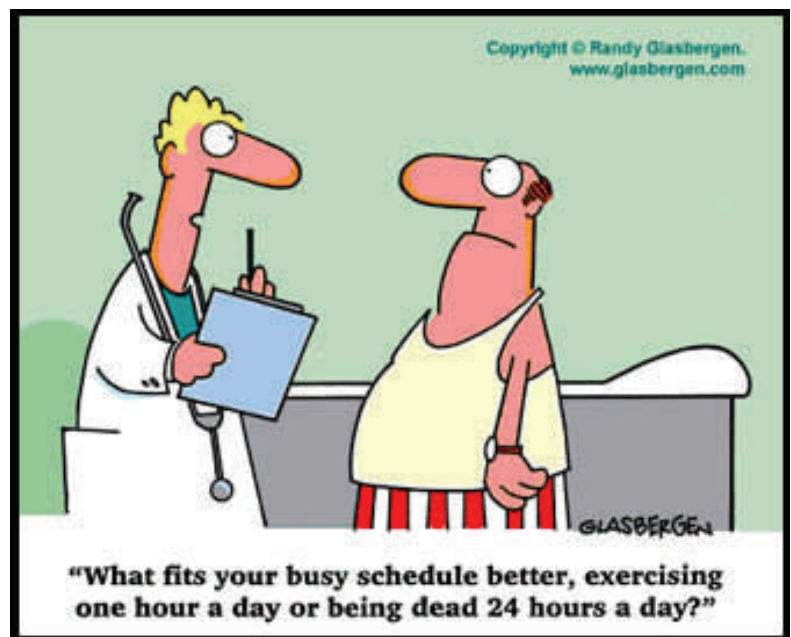
1. Click the  Medical Library icon in the navigation menu.
2. Under the "top searches" heading, click the Influenza link.

GETTING FIT

Exercise in a fitness center, club, or even at home. The key is to do something! Doing anything is better than nothing!

Locating the Time for Exercise

- *Find the time* - for one week write down where you spend your time; find points that could be changed to free a bit of time everyday.
- *Start by increasing your daily activity* - walk to the store, take the baby or the dog for a walk, take a walk up and down the stairs at work, walk on your lunch break, garden, etc. If you sit most of the day get out of your chair every 20 minutes and move around the office.
- *Schedule an appointment to exercise* - schedule a time that works best for you and stick to it!
- *Exercise while waiting* - for the children to complete their piano lesson, soccer practice etc.
- *Consider purchasing home exercise equipment* - prior to deciding to invest be certain you will use it. Durable equipment is not inexpensive!
- *Be sure to take turns giving your meaningful other or friend a break to workout* - by watching the children or sitting with a member of your family that can't be left alone.
- *Make exercise a high priority* - when getting in shape is your goal you have to make exercise a priority to reach that goal.





If you have information you would like to contribute or ideas for articles, please email jim.womack@txpan.org or call 351-3326.

WWW.TXPAN.ORG

Texas Panhandle Centers- Behavioral and Developmental Health (TPC) (formerly Texas Panhandle MHMR) is a locally-controlled non-profit organization that serves adults and youth with severe mental illness, intellectual and developmental disabilities, and children from birth to three years of age who experience developmental delays.

HEALTH QUICKS

TIPS FOR HEALTHIER HOLIDAYS:

Try eating a little bit before you go to Thanksgiving dinner with the family which will help with the overeating that usually goes along with every meal during the holidays.

Drink more water. Water will help fill you up so you do not feel as hungry when you sit down to eat.

Eat healthy, and get moving. Eat plenty of fruits and vegetables. Limit your portion sizes and foods high in fat and sugar. Be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

Manage stress. Don't over-commit yourself. This helps alleviate holiday anxiety and pressure.

Prepare food safely. Remember these simple steps: wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures, and refrigerate promptly.

Practice fire safety. Most residential fires occur during the winter months, so be careful to never leave fireplaces, space heaters, stoves, or candles unattended. Have an emergency plan and practice it regularly.