



# Wellness Wednesday

Health E-News

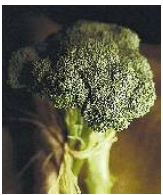
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Have You Checked Your Blood Pressure Today?

## HIGHLIGHTS

- ♥ Stroke
- ♥ Happenings
- ♥ EAP
- ♥ Elder Care
- ♥ Life Expectancy
- ♥ Phytochemicals
- ♥ Sleep

[Could Broccoli Assist in Fighting Breast Cancer?](#)



## Manage Cholesterol to Prevent Stroke

Next time you think about burgers and fries, think about this... There are many things, including foods high in saturated fat, that can cause arteries to become blocked through the gradual build-up of cholesterol, called plaque. Cholesterol is a soft, waxy fat (lipid) that is made by the body. It is found in the bloodstream and in all of your body's cells. Your body needs cholesterol to form cell membranes, some hormones and vitamin D. Cholesterol is also found in some foods, such as eggs, meats and dairy products. Cholesterol or plaque build-up in the arteries can block normal blood flow to the brain and cause a stroke. High cholesterol may also increase your risk for stroke by raising your risk for heart disease, a stroke risk factor. There are two types of cholesterol: low-density lipoproteins (LDL) and high-density lipoproteins (HDL).

- ♥ Understand your numbers: they are key measurements of stroke risk.
- ♥ For most people the combined HDL (good cholesterol) and LDL (bad cholesterol) should fall below 200. Maintain a healthy cholesterol level by eating a diet low in saturated fat and incorporating exercise into your routine.
- ♥ Ask your doctor how you can improve any numbers that are not in normal range.



## Happenings

**Do YOU want to get away?**—Just complete the PCSB Wellness [Needs and Interest Survey](#). The survey is confidential; however, should you choose to include your SAP#, you will be entered into a random drawing for a weekend getaway to TradeWinds Resort on beautiful St. Petersburg Beach! Thank you for your participation.

**Quit Smoking**—Free classes at Mark Wilcox Center; July 7th—August 11th; 10:00am—11:00am. Email [Darcee](#) to register. [Details...](#)

**Mayo Clinic 10 Steps**— June 16th and 17th; 2:00pm—4:30pm each day at the Mark Wilcox Center in Winter Haven. Learn about Self care, Nutrition, Fitness and Stress Management. Receive in-service points, incentives and the book at no charge for attending both sessions. Call 648-3057 or [email](#) to register.

**Stress Management, Interactive Fitness or Nutrition Professional Development**— Earn in-service points, incentives and improve your health with 20-30 minute Wellness educations at your next staff meeting. Email [Jan](#) for information or to schedule.

**CORRECTION from May 12th Wellness Wednesday: Please note the dates for AFAA Group Fitness Certification are July 24th and 25th, NOT June...**

**AFAA Group Fitness Certification Classes**—Get certified to be a group fitness instructor or earn CEUs from Aerobics and Fitness Association of America (AFAA).

**July 24th Primary Group Exercise Certification • July 25th Group Resistance Training** Classes will be held at the Food Service Fitness Center; 8:00 am – 5:00 pm. PCSB Employees receive 25% off workshop fees. Fees do not include books. Call the Wellness Program at 648-3057 for more information.

**FREE Kidney Screening**—The National Kidney Foundation (NKF) is providing a free health screening for people with increased risk of kidney disease; 9 am—1 pm, Saturday, May 22, at the Holiday Inn South in Lakeland. If you have diabetes and/or high blood pressure, or have a family history of high BP, diabetes or chronic kidney failure, this is for you. Call 1-800-927-9659 to register. [More...](#)

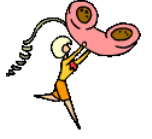
**World Hepatitis Day is Today**—Free screening in Bartow today only! [Details...](#)

**Back to School Immunizations**—Avoid the rush! [Details...](#)

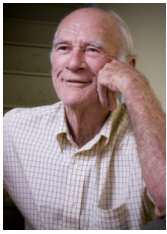
**Five Finger Frenzy**—May 22nd to benefit Volunteers In Service to The Elderly. [More...](#)

## Free Confidential Help—the PCSB Employee Assistance Program

Got issues? And who doesn't! The good news... [Horizon Health](#) is at your service with free, confidential assistance through the PCSB Employee Assistance Program (EAP). Address concerns regarding your emotions; your time; your family; your finances; your life!... using the **Tools 4 You** feature. Check out the wide variety of [free webinars](#) designed to provide insight and options for healthier living. To access services call 800-272-7252 24 hours, seven days per week or go to [www.horizoncarelink.com](#) (Username: PCS; Password: PCS).



## Are You Sandwiched?



You're rushing to drop the kids at school, fumbling with books and lunch boxes, when you get the call. Mom's had a fall, and she's in the E.R. Your dad is panicked and asking you to come home, now. Congratulations, [baby boomer](#)... you're not just part of the [sandwich generation](#)—you're part of a triple-decker club with all the trimmings! And if you feel trapped in the middle, you've got company: Nearly 10 million boomers are now raising kids or supporting an adult child while giving a financial hand to an aging parent, the Pew Research Center reports. The bottom line: **YOU NEED HELP!**... [And, here it is...](#) Remember to research elder and child care services through the PCSB [Employee Assistance Program](#) (EAP). [Schedule](#) a stress management professional development session with the Wellness Team at your worksite.

## World's Oldest Person Dies

The elder care dilemma is in part due to the increase in [life expectancy](#) which rose rapidly in the 20th century due to improvements in public health, nutrition and medicine. The world's oldest person, Kama Chinen, died May 2, 2010, a week before her 115th birthday at her care facility on the Japanese island of Okinawa. A French woman, 114-year-old Eugenie Blanchard, is now the oldest living person. How long will YOU live? [Calculate...](#)



## Fabulous Phytochemicals



Are you what you eat or does what you eat make you who you are? Diet, lifestyle, and the environment are proven major players in the development of cancer. It has been estimated that up to 70% of all preventable cancers and 33% of cancer deaths are attributable to diet. While some foods have been identified as possible cancer promoters, others appear to be more preventive in nature. [What should we be eating?](#) Check out the [Cancer Connection](#), provided by the PCSB Wellness Team. [Schedule](#) a nutrition professional development session with your Wellness Team at your worksite.

## May is National Sleep Month—Catch Some Zzzzzs

Feeling crabby lately? It could be you aren't getting enough sleep. Work, household responsibilities and child care can make sleep difficult to come by. Factor in other unexpected challenges, such as financial worries, layoffs, relationship issues or an illness, and quality sleep may be even more elusive. According to new statistics from the [Better Sleep Council](#) (BSC), respondents to the 2007 Better Sleep Month survey, reported an alarming decline in quality of work, poor judgment and trouble retaining information as the top work-related consequences from lack of sleep. In fact, 44 percent said they were likely to be in an unpleasant or unfriendly mood. You may not be able to control or eliminate all of the factors that interfere with your sleep, but you can create an environment and adopt habits that encourage a more restful night. [Tips for a better sleep...](#)



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**Questions or comments?** Contact your [Wellness Team](#) here (scroll down)

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