



October is Breast Cancer Awareness Month

This October, Pinellas County is proud to participate in National Breast Cancer Awareness Month. Breast cancer is the second most common kind of cancer in women. About one in eight women born today in the United States will get breast cancer at some point.

The good news is that many women can survive breast cancer if it's found and treated early.

If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.

If you are a woman age 50 to 74, be sure to get a mammogram every two years. You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

Pinellas County Mammogram Days October 21st and 22nd

Pinellas County is offering free mammography screening clinics for female employees.

2 Locations Available

Clearwater:

Susan Cheek Needler Breast Center

Morton Plant Hospital – Axelrod Pavilion
400 Pinellas St., Suite 100, Clearwater, FL 33756
When: October 21st and 22nd

(Appointments scheduled every 15 minutes from 8 a.m. until 4:45 each day)

St. Petersburg:

BayCare Outpatient Imaging Center (Carillon)

900 Carillon Parkway, St. Petersburg, FL 33716
When: October 21st

(Appointments scheduled every 15 minutes from 12:30 until 4:45 p.m.)

[Schedule your appointment today!](#)

Wear Pink Day is October 23rd



Please join your Pinellas County co-workers to bring awareness to Breast Cancer.

October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the

disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same. We have made a lot of progress but still have a long way to go and need your help!

UHCTV | Mammogram and Breast Cancer Screening Guidelines

What is a screening mammogram, and when should I have one?

Mammograms are important. When you find breast cancer early, it's more likely to be treated successfully. Be sure to discuss the risks and benefits of mammogram screening with your doctor. [Ask the expert](#), Dr. Tina Groat.



Nutrition & Physical Activity

It's important for you to take very good care of yourself before, during, and after [cancer treatment](#).

- Taking care of yourself includes eating well and staying as active as you can.
- Do your best to eat the right amount of calories to maintain a good weight.
- Adequate protein can help to keep up your strength.

2015 Fruit & Veggie Challenge

Thank you to all of the employees who participated, and congratulations to the 121 employees, spouses or domestic partners who successfully completed the challenge and earned 50 rewards points/cash. Many of you were able to eat the recommended daily servings for at least five days a week for the duration of the challenge!

Here are what some of your coworkers had to say about how the challenge made them feel each week:

"I feel motivated and energized."

"It has made me more aware to include enough veggies and fruits in my diet on a daily basis."

"Eating a variety of vegetables and fruits helps me enjoy my food more. I don't seem to get hungry and crave the wrong kinds of foods."

"Completely changed the way I plan my meals. Increased my stamina and regulated my sleep."



Butternut Squash and Black Bean Chili

This delicious vegan chili is the perfect meal for a cool, fall day.

Ingredients:

2 medium onions, diced
2 cups bell peppers, diced
2 cloves garlic, minced
1 butternut squash, cubed
2 cans black beans, drained and rinsed
1 can diced tomatoes
2 tbsp chili powder
2 tsp cumin
2 tsp smoked paprika
4 cups vegetable broth
salt and pepper to taste

Directions

Start by sautéing the diced onions, garlic, butternut squash, and bell peppers until browned and soft. After about ten minutes or so, add all of the rest of the ingredients, and bring up to a simmer for 15 minutes. Let simmer on low heat until ready to serve! This can also be served in mini pumpkins or acorn squash for a fun, fall main course.

Serves 6.

<https://recipes.sparkpeople.com/recipe-detail.asp?recipe=1272379>



Nutritional Info

Servings Per Recipe:	6
Amount Per Serving	
Calories:	202.3
Total Fat:	1.4 g
Cholesterol:	0.0 mg
Sodium:	131.5 mg
Total Carbs:	40.8 g
Dietary Fiber:	13.5 g
Protein:	10.2 g

Don't forget to eat the recommended servings of vegetables and fruit each day!

Seasonal Produce

Asian Pears	Beets	Celery
Dates	Figs	Grapes
Mushrooms	Olives	Walnuts
Pistachios	Melons	Pomegranates

[See full list of seasonal produce](#)

OurSpace Employee Blog

Subscribe to the [RSS Feed](#) for our Wellness category through the [Our Space](#) blog and get notifications on new posts.



BenefitsU

Thank you to all who participated in the first annual BenefitsU Information Sessions! The vendors expressed their gratitude for allowing them to come out and meet our employees in person in addition to sharing all the great benefits offered to County employees and their dependents. For those who did not have the opportunity to attend the event, the presentations from our benefit partners were recorded and will be available online for your viewing pleasure during Annual Enrollment.

[Take a look](#) at what your co-workers had to say about the event.

Another Successful Health Screening

Thank you to Health Liaison Services for hosting the 7th annual vision and leg vein screenings. It is important for employees to be screened annually and offering it at work makes it so convenient. Plus it's FREE.

This year the screenings were offered at 15 locations and a total of 178 employees took advantage of the vision screening and 171 participated in the leg vein screening.

If you did not attend please take advantage of our [EyeMed vision plan](#) and schedule your annual vision exam.

UnitedHealthcare® Podcast



Life Stages of Women's Health with Mary Ann Michael, RN

[This podcast](#) addresses the key health concerns for women at each stage of life and offers a checklist of steps to improve and protect their health for life.



The WalkingU Team Challenge Starts October 15th

Pinellas County employees are invited to join coworkers and WALK your way to a healthier YOU for 60 days this fall. All County worksites are encouraged to start a team and take an active role in your health.



Win the GOLDEN SNEAKER AWARD for the 60 day walking team challenge!

The Golden Sneaker Award will be presented to a team each month throughout the Walking Challenge. Teams will be selected based on effort and participation percentage. Learn more about the [WalkingU Team Challenge](#).

2015 Tampa Bay Heart Walk Start up your team now!

Event takes place on
Saturday, November 7, 2015
Festivities begin - 8:00 a.m.
Walk begins - 9:00 a.m.



[Register Pinellas County Government teams here!](#)

CLEAN MOUTH. HEALTHY SMILE.



Plaque is a sticky, colorless film of bacteria and sugars. It constantly forms a film on our teeth. The bacteria in plaque are the main cause of cavities and gum disease. Plaque left on the teeth can harden into tartar (calculus) in as little as 48 hours, can cause gum disease, and even possible tooth loss. Several days after plaque turns into tartar, only your hygienist or dentist can remove it. Learn more about how to "[brush up your skills](#)."

Wellness Center Orientation

The Pinellas County Wellness Center is free for all permanent employees of the County. To join, you must attend an orientation. During this orientation you will tour the facility, receive information about available programs and classes, and complete the necessary paperwork. Please contact Melissa Reyes at 464-4049 or wellness@pinellascounty.org to schedule an orientation.

October Exercise Class Schedule*

Monday	Tuesday	Wednesday	Thursday	Friday
	6:15 a.m. - 7:15 a.m. <i>Spin</i> Instructor: Nancy		6:15 a.m. - 7:15 a.m. <i>Spin</i> Instructor: Nancy	6:15 a.m. - 7:15 a.m. <i>Spin</i> Instructor: Nancy
12:10 p.m. - 1:00 p.m. <i>Circuit Training</i> Instructor: Melissa	12:45 p.m.-1:15 p.m. <i>30 min. interval training</i> Instructor: Ashley	12:10 p.m. - 1:00 p.m. <i>Step Aerobics</i> Instructor: Melissa	12:45 p.m.-1:15 p.m. <i>30 min. interval training</i> Instructor: Ashley	12:10 p.m. - 1:00 p.m. <i>Circuit Training</i> Instructor: Melissa
5:15 p.m. - 6:15 p.m. <i>Spin</i> Instructor: Nancy	5:15 p.m. - 6:15 p.m. <i>Step Aerobics</i> Instructor: Melissa	5:15 p.m. - 6:15 p.m. <i>Yoga</i> Instructor: Kelli	5:15 p.m. - 6:15 p.m. <i>Circuit Training</i> Instructor: Melissa	

* View [class descriptions](#) and [satellite locations](#).

October is fun filled! Don't miss out on these local races! (Click the link to register.)

- [Komen Florida Suncoast Race For the Cure](#), October 3, Albert Whitted Park
- [Sand Key Beach Race](#), October 3, Sand Key Beach
- [Run, Walk, Rally Against Bullying](#), October 3, Greater Ridgecrest YMCA
- [Rocky's Fun Fun Homecoming 5K](#), October 4, 140 7th Ave. South, St. Petersburg
- [Herricane Glam Run 5K](#), October 10, Pop Stansell Park
- [Flying Mullet 5K & One Mile Doggie Dash/Fun Run](#), October 16, Gulfport History Museum
- [Gopher Weedon Trail Run](#), October 24, Weedon Island Preserve
- [Rocktoberfestival 5K & One Mile](#), October 24, 1026 Florida Ave., Palm Harbor
- [2nd Annual East Lake Fire Rescue 5K Run](#), October 24, East Lake Fire Rescue Station
- [Run for Peace 5K](#), October 24, Carillon Office Park
In partnership with Pinellas County, Florida Road Races offers employees \$5 off registration using promo code PC5 for any of their races and any distance!
- [Inaugural Fort De Soto 5K & 15K](#), October 4, Fort De Soto Park
- [7th Annual Florida Halloween Halfathon & 5K Race](#), October 31, Fort De Soto Park

Source4Women®

Learning from Losers: Secrets to Long-Term Successful Weight Control

October 13, 2015 – 12:30 p.m. (ET)

Kathleen Zelman, MPH, RD

[Register now](#)

Winning at losing. What good is losing weight if you give it a return ticket back? How do some people successfully lose significant amounts of weight and maintain the loss, while others lose and then regain weight in repeating cycles? A research team has studied this question and has shared insights to successful long-term weight loss. For successful, long-term weight loss, you usually have to make permanent changes in your lifestyle and health habits. We will take a close look at the successful losers and the secrets that may help you sustain a lifelong commitment to weight management and improved health.



Keep scrolling to register for the Fall Scramble Golf Tournament Saturday, November 7, 2015 at the Belleview Biltmore Golf Club



FALL SCRAMBLE

Saturday, November 7, 2015
12 p.m. shotgun start

Pinellas County is committed to the health of our employees. This event is an opportunity for Pinellas County Government employees, family and friends to be active while spending a beautiful day on the golf course. So tee it high and let it fly as it is sure to be a day filled with golf, fun, fellowship and a few laughs!

Questions? Like to volunteer or donate?

Email PinellasGolf@gmail.com, or

Contact Jonathan Ferguson at (727) 453-3434, or

Becky Batten at (727) 464-5536



Bellevue Biltmore
Golf Club
1501 Indian Rocks Road
Belleair
(727) 581-5498
Proper Golf attire required.

Prizes Awarded for:

- 1st, 2nd and 3rd place teams
- Longest drive
- Closest to pin
- Putting contest
- 50/50 and gift card raffles

Proceeds will benefit [The First Tee of Tampa Bay](#), a nonprofit which aims to impact the lives of young people in the greater Tampa area by providing educational programs that build character, instill life-enhancing values and promote healthy choices through the game of golf.



\$260
FOURSOME*

\$65
INDIVIDUAL**

Cost Includes:

- Player entry
- 18 holes of golf
- Golf cart fee
- Range balls
- Awards, dinner and dessert
- Goodie bags

* If you have an established 4-person team, submit one registration form listing all players with complete payment.

**Individual entries or teams with fewer than four players will be paired with other non-foursome teams.

Menu

November 7, 2015

Salads

Mixed Green Salad

Romaine and Iceberg lettuce with tomato, cucumbers, and red onion
served with the 1501 Parmesan Ranch Dressing or our version of the Columbia Balsamic Dressing

Papa's Greek Potato Salad

This is the original Papa's Greek potato salad.

Cole Slaw

Fresh-cut cabbage and carrots with just the right amount of mayo, vinegar and seasoning.

Buffet

Chili

What's better? Ours is made from scratch. Plenty of meat with beans, onion, peppers, garlic, and tomato and seasoned to just the right heat. Try it with cheese and extra onion or maybe a dollop of sour cream.

Slow Roasted Pork

We slow roast our smoked pork for 8 hours till tender and juicy.
Served with our mustard sauce and hickory red BBQ sauce

Grilled Chicken

Love that BBQ flavor. Ours is cooked over open hickory wood for great flavor.

Baked Beans

Made with northern red beans, brown sugar, tomato, caramelized onion and apple-wood bacon

The Sweet Finish

Orange Cake

Our cake is made with fresh oranges and finished with orange drizzle.

The above comes with homemade rolls and butter.



November 7, 2015 Event Registration Form
4th Semi-annual Pinellas County Government Golf Tournament
Entry deadline is October 23, 2015 or first 120 golfers.

Your Name_____

Department_____

Division_____

Phone Number_____

Email address_____

Mailing address_____

City, State, Zip_____

Please list name(s) of all other paying tournament partners:

Player #2_____

Department/ Relation to Employee_____

Phone Number_____

Email Address_____

Mailing address_____

Player #3_____

Department/ Relation to Employee_____

Phone Number_____

Email Address_____

Mailing address_____

Player #4_____

Department/ Relation to Employee_____

Phone Number_____

Email Address_____

Mailing address_____

Amount Enclosed: \$_____ **Number of Players:** _____

Interoffice **or** mail this completed entry form to:

Becky Batten

Pinellas County Government – BTS

201 Rogers Street, Clearwater, FL 33756

Make checks payable to: Pinellas Golf Tournaments. Completed entry form must be accompanied by entry payment via check or cash.