



## TELL IT WELL EMPLOYEE FEATURE

This month, **Denise Molero**, Electronic Equipment Technician II and Wellness Champion at South Cross Bayou Water Reclamation Facility (SCB), is the first to be featured in the new “Tell It Well” series. Denise became the Wellness Champion after being with the County for only two months.



### *Why did you want to be a Wellness Champion?*

As soon I started working I asked how I could be a Wellness Champion here at SCB. Besides the activities and the wellness incentives and rewards, the role appealed to me. I was excited that I could be the facilitator between the Wellness Program and the plant’s employees.

### *Have you had a health struggle that you overcame?*

No, I haven’t had any health struggles so far. I have done so many things related to health and wellness here though, even if participation is sometimes low. I always support my fellow employees, encourage them and answer as many of their questions as I can regarding the program.

### *What’s your favorite part about being a Wellness Champion?*

I’m glad that I can tweak our plant’s events/activities in a way that tries to meet employees’ needs and make it possible for the most people to participate. Also I enjoy our Champions’ yearly meeting in Clearwater where we exchange thoughts and ideas.

*[Continued on page 3.](#)*

## Mental Health

Maintaining your mind's health is just as important as keeping your body healthy. [These resources](#) provide information about methods of coping with stress, depression, and other issues.

## Stress Awareness Month

There is no denying that stress is a part of life. Although you cannot eliminate stress completely, it is possible to reduce its impact on your life.

### *So What is Stress?*

Stress is a physical and psychological response to a demand, threat or problem. It stimulates you and increases your level of awareness. The body’s reaction to stress is called the “fight or flight” response. The response occurs whether the stress is positive or negative. Positive stress provides the means to express talents and abilities. But continual exposure to negative stress lowers the body’s ability to cope in general.

Your signs of stress may be different from someone else’s. Some people get angry. Others have trouble concentrating or making decisions. For signs of possible stress related health problems and coping with stress, [read more here.](#)



### *Coping Strategies*

Stress may be inevitable, but how you deal with it is largely up to you. Here are some ideas to help you create your own stress defense.

**Use your support system.** You may feel better sharing your feelings with a caring friend or family member. It can help to know that you’re not the only one who has disagreements with a spouse, problems with parenting or other worries.

**Talk it over with yourself.** We often have no control over the unpleasant events that happen in our lives, but we can change what we say to ourselves about these events. All our feelings are greatly affected by what we say to ourselves.

*[Continued on page 6.](#)*



**Your  
UHC  
Nurse**  
*Amy*

## Is Alcohol Off-Limits for Diabetics?

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

There are three questions that a diabetic needs to be able to answer: Is my diabetes under control? Does my physician agree that I can consume alcohol? Do I understand how alcohol affects me and my diabetes?

If the answer to all three questions is “yes”, the diabetic will need to adhere to certain guidelines. Women should have no more than 1 drink per day. Men should have no more than 2 drinks per day. One drink is equal to a 12 oz. beer, 5 oz. glass of wine or 1 ½ oz. distilled spirits (vodka, whiskey, gin, rum, etc.).

Specific guidelines for those with diabetes include:

- ▶ Do not drink on an empty stomach or when your blood glucose is low. If you choose to drink, have it with food. This is especially important for those on insulin and oral medications such as sulfonylureas (such as Glyburide, Amaryl) and meglitinides (Prandin), which lower blood glucose.
- ▶ Don't omit food from your regular meal plan and replace it with alcohol. (If you use carbohydrate counting as a method of meal planning, do not count alcohol in your plan as a carbohydrate).
- ▶ Wear an I.D. that states you have diabetes.
- ▶ Sip your drink slowly to savor it and make it last.
- ▶ Have a zero calorie beverage (such as water, diet soda, or iced tea) by your side to keep yourself hydrated.
- ▶ Try a light beer or wine spritzer made with wine, ice cubes and club soda. Avoid heavy craft beers, which can have twice the alcohol and calories as a light beer.

[\*Continued on page 3.\*](#)

## Seasonal Produce



Cauliflower	Arugula
Fava Greens	Onions
Mushrooms	Peas
Grapefruit	Limes
Strawberries	Carrots

**2 + 3**

*for a Healthier Me*

Eat at least 2 servings of fruit and 3 servings of veggies each day!

[Learn more](#)

## Farmer's Markets

The [Saturday Morning Market](#) in Downtown St. Petersburg opens from early October to late May each year from 9 a.m. – 2 p.m. This reflects the optimum weather period and the mid-Florida growing season.

[Pierce Street Market](#) is the new waterfront local makers market with over 80 vendors and food trucks. Look for it on the waterfront in downtown Clearwater under the Memorial Causeway Bridge every 2nd & 4th Saturday of the month from 10:00 a.m. - 4:00 p.m during the October-May months.

**Coming up!**

Saturday, April 9, 10 a.m. - 4 p.m.

Saturday, April 23, 10 a.m. - 4 p.m.

 **UnitedHealthcare  
PODCAST**



## Managing Stress

Identify sources of stress, discuss solutions for dealing with stress and practice problem solving techniques.

[View Podcast](#)



## Alcohol and Diabetics [Continued from page 2.](#)

- ▶ For mixed drinks, choose calorie-free/sugar-free drink mixers like diet soda, club soda, diet tonic water or water.
- ▶ For *anyone* who is consuming alcohol, it is important to know if alcohol is contraindicated with *any medications* that are being taken.
- ▶ **Do not drive or plan to drive for several hours after you drink alcohol.** Alcohol can cause hypoglycemia (low blood glucose level) shortly after drinking and *for up to 24 hours after drinking*. If you are going to drink alcohol, check your blood glucose before you drink, while you drink, and for up to 24 hours. You should also check your blood glucose before you go to bed to make sure it is at a safe level – between 100 and 140 mg/dL. If your blood glucose is low, eat something to raise it.

The symptoms of too much alcohol and hypoglycemia can be similar – sleepiness, dizziness and disorientation. You do not want anyone to confuse hypoglycemia for drunkenness, because they might not give you the proper assistance and treatment. The best way to get the help you need if you are hypoglycemic is to always wear an I.D. that says "I have diabetes."

Alcohol may lessen your resolve to stay on track with healthy eating. If you plan to have a glass of wine at dinner or if you are going out for the night, plan ahead so you'll be able to stick to your usual meal plan and won't be tempted to overindulge.

For more information about diabetes management, please visit [www.diabetes.org](http://www.diabetes.org).

*Amy Hertog, UHC's Nurse Liaison (a.k.a. Nurse Amy) is here to educate and counsel employees and to help connect employees with needed healthcare resources. [Visit Amy's web page](#) or contact her at 464-5579 or by email at [amy\\_hertog@uhc.com](mailto:amy_hertog@uhc.com).*

## Denise Molero [Continued from page 1.](#)

*What do you think is important about this position and what are some fun things you find yourself doing most often for your fellow employees?*

The most important role of this position is making sure all co-workers know about the County's current activities so they can participate and get the rewards by points or cash, according to their selection. I make sure no one misses their chance to be part of the program due to lack of information. An "I did not know about this or that" is NOT acceptable to me.

*South Cross was the first location to start the current Financial Wellness Learning Series. What did you and the employees think of the first topic and what do you think was the most important message?*

Here are some of the comments from the class:

"I think this series is very informative. I hope that it gets more in depth. I look forward to the rest of the series." CK

"She offered so much information that it was a blast for me. I learned facts I did not have any idea of." DM

"I liked the class. I think the information may be worth more than the points." CH

"I found it up-beat with very interesting topics and I am looking very forward to the budgeting class coming up next." JS

"She did a good job and explained different things you can do if you have financial difficulties." SB



We want to hear from you!

TELL IT WELL

EMPLOYEE FEATURE

If you or your spouse/domestic partner has improved their life by making healthy changes, *To Your Health* wants to feature and congratulate you! Contact Crystal Lockwood at [clockwood@pinellascounty.org](mailto:clockwood@pinellascounty.org) for details on how to share your story.





# 6 STABILITY BALL EXERCISES TO FLATTEN YOUR STOMACH!

Tone-and-Tighten.com

Reverse Crunch



Pike



Reverse Oblique Crunch



Exercise Ball Transfer Crunches



Roll Out



Crunch



[www.pinterest.com/pin/71283606580130672/](http://www.pinterest.com/pin/71283606580130672/)

## Coping with Caregiving: A Free Family Caregiver Support Group

Presentations: 9:30 - 10:30 a.m. OR  
10:30 a.m. - 11:30 a.m.

Location: Dunkin' Donuts Conference Room,  
1143 S. Pinellas Ave.  
Tarpon Springs

Certified Alzheimer's Support Group Facilitator  
Visiting Angels Presenter: Dottie Schmelzer

*Join Dottie as she offers guidance to family members and loved ones providing care to individuals with various aging conditions including Parkinson's, stroke and diabetes.*

Reservations are required and space is limited.  
Please call (727) 943-3600 to reserve your space.  
Complimentary refreshments will be provided.

## Free Private Consultations on Medicare

April 12 and April 26, 9:30 a.m.-1:15 p.m.

Location: Florida Hospital North Pinellas  
245 East Curlew Place, Building E  
Tarpon Springs

Provided by the Area Agency on Aging of Pasco-Pinellas, Inc. and the Florida Department of Elder Affairs. SHINE Volunteers will help you navigate through your Medicare questions.

Please bring your insurance, Medicare cards and a list of prescriptions.

**Reservations are required and space is limited.**  
Please call (727) 943-3600 to reserve your space.



## Local Races

Spring into action with these local races!  
(Click the links to register.)

- [Annual Turtle Trot](#), April 9th, McGough Nature Park, Largo
- [Annual Oral Cancer 5K Walk/Run](#), April 9th, Hurley Park, St. Pete Beach
- [Iron Girl](#), April 10th, Coachman Park, Clearwater
- [Suncoast Miles for Melanoma](#), April 10th, Walsingham Park, Largo
- [Blue Ribbon Child Abuse Prevention 5K](#), April 16th, 12615 102nd Ave. N., Largo
- [Escape from Fort De Soto Triathlon](#), April 16th, Fort De Soto Park, Tierra Verde
- [St. Anthony's Triathlon](#), April 22nd-24th, 1200 7th Ave. N., St. Petersburg

## Wellness at Work



### Source4Women® Online Seminar

**April 12, 2016 at 12:30 p.m.**  
**with speaker Audrey Thomas**

Everyone knows the importance of practicing healthy habits. We may live longer and enjoy a more active lifestyle and are able to do more physically. Wellness needs to be practiced at work too, but there's so much going on between meetings, projects and all of those emails. This webinar will explore ten healthy habits that, when practiced regularly, may contribute to having less stress and increased productivity at work and better balance once you get home. Who doesn't want to feel better at work and at home?

[Register here](#)

## Bacon, Egg & Avocado Breakfast Sandwich

*These five-ingredient breakfast sandwiches will be a hit among your guests!*

Minutes to Prepare: 15  
Minutes to Cook: 15  
Serving Size: 1 sandwich  
Number of Servings: 16

### Ingredients

- 1 baguette (16 ounces), sliced into 32 pieces
- 2 cups liquid egg whites
- 8 slices reduced-sodium bacon, cut in half, cooked
- 2 avocados, pit removed and sliced (each half should yield four slices)
- 4 slices reduced-fat cheddar cheese, cut into quarters

Source: [Spark Recipes](#)

### Directions

Preheat oven to 350 F. Spread the baguette slices on a baking sheet and spritz with cooking spray. Bake 8-10 minutes, flipping halfway through, until the bread is golden brown. Meanwhile, preheat a large skillet over medium heat. Coat with cooking spray and add half the egg whites. The egg whites should coat the pan and create a thin layer. As the egg whites cook, gently lift the edges to allow the uncooked eggs to run underneath. Transfer the cooked egg whites to a cutting board and repeat with the remaining egg whites. Slice each set of egg whites into 8 equal pieces. Assemble the sandwiches.

### Nutritional Info

Servings Per Recipe:	16
Amount Per Serving	
Calories:	166.2
Total Fat:	7.5 g
Cholesterol:	9.1 mg
Sodium:	152.8 mg
Total Carbs:	15.5 g
Dietary Fiber:	3.0 g
Protein:	9.9 g

View full nutritional breakdown of [Bacon, Egg & Avocado Breakfast Sandwich](#) calories by ingredient

## Register for the Golf Tournament Now!

The 2016 [Spring Scramble](#) is happening **Saturday, May 21** at the Belleview Biltmore Golf Club with a 12:00 p.m. shotgun start. Registration is now open. **Join us!**

If you'd like to volunteer or donate, please contact Becky Batten at 464-5536 or Jonathan Ferguson at 453-3434.



## FREE Skin Cancer Screenings

Florida residents are ever in the presence of the sun. As we prepare for the summer season it's important to recall it is essential to take preventative measures every day.

This coming month we'll begin FREE skin cancer screenings. The free screenings include a visual examination of the skin performed by professionals. Screening results are given immediately along with a recommended follow up if necessary. Check with your Wellness Champion for more information.



## Recreation in Pinellas



*There are plenty of places to get active in Pinellas County. On your own or with family and friends, find a park or a trail and go! Check out the [Parks & Recreation Finder](#) which includes County and municipal parks, dog parks, and keys, and includes information about the facilities available at each location. Here are some perennial favorites.*

### Discover Pinellas - Guide to the Pinellas Trail

[The Trail](#), created along an abandoned railroad corridor, provides a unique, protected green space for walking, jogging, skating and biking. From St. Petersburg to Tarpon Springs it is a multi-use trail everyone can enjoy.

### Florida Botanical Gardens

Located in [Pinewood Cultural Park](#), with over 30 acres of cultivated gardens and 90 acres of natural landscapes to explore, be sure to [plan your visit](#) soon!

### Guided Hikes & Nature Walks

Take advantage of Pinellas County's Parks and preserves and enjoy the leisure of nature walks through our Weedon Island Preserve, Brooker Creek Preserve or Ft. De Soto Park. Check out the [guide schedules here](#).

### The Brooker Creek Preserve Wildlands Trail

Hikers looking for a quiet place to stroll in Pinellas County will enjoy hiking the [Wildlands Hiking Trail](#) at Brooker Creek Preserve. The trail system is accessible from two trailheads. Six paths creating four loops wind over creek crossings, through majestic pines, past stately cypress, and under large protective oaks.



Click the map icon for a map of the boardwalks and trails.

### Weedon Island Preserve Boardwalks and Trails

The Preserve has an [Interpretive Trail](#), the goal of which is to help visitors learn about the importance of coastal ecosystems. And enjoy the 45-foot observation tower with an excellent view of the Preserve and of Tampa Bay.

### Fort De Soto Park

Guided nature walks wander through one of the park's six different natural communities. Go out and enjoy the beauty with a [free one-hour nature walk](#) great for the entire family.





# April Exercise Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
	6:15 - 7:15 a.m. <b>Spin</b> Instructor: Nancy	6:15 - 7:15 a.m. <b>Spin</b> Instructor: Nancy	6:15 - 7:15 a.m. <b>Spin</b> Instructor: Nancy	6:15 - 7:15 a.m. <b>Spin</b> Instructor: Nancy
12:10 - 1:00 p.m. <b>Circuit Training</b> Instructors: Melissa	12:45 - 1:15 p.m. <b>Interval Training</b> Instructor: Ashley	12:10 - 1:00 p.m. <b>Step</b> (4/6, 4/13, 4/20) <b>Mat Pilates</b> (4/27) Instructor: Melissa	12:45 - 1:15 p.m. <b>Interval Training</b> Instructor: Ashley	12:10 p.m. - 1:00 p.m. <b>Circuit Training</b> Instructor: Melissa
	5:15 p.m. - 6:15 p.m. <b>Step</b> (4/5, 4/12, 4/19) <b>Mat Pilates</b> (4/26) Instructor: Melissa	5:15 p.m. - 6:15 p.m. <b>Yoga</b> Instructor: Kelli	5:15 p.m. - 6:15 p.m. <b>Circuit Training</b> Instructor: Melissa	

## Wellness Center Orientation

Exercise classes are held at the Pinellas County Wellness Center in downtown Clearwater. The facility is free for all permanent employees. To join, you must attend an orientation during which you will tour the facility, get information about programs, and complete paperwork. Contact Melissa Reyes at 464-4049 or [wellness@pinellascounty.org](mailto:wellness@pinellascounty.org) to schedule an orientation. Also see [exercise class descriptions](#) and [satellite Fitness Center locations](#).

## More on Stress [Continued from page 1.](#)

### Avoid:

- Catastrophizing (“This is the worst thing that ever happened to me.”)
- Generalizing (“My dog doesn't like me therefore, no one will.”)
- Projecting (“I'm sure this isn't going to work out.”)

### [What you can do instead.](#)

## Stress-Busting Tips

Sources of stress are everywhere. We all are affected at some point. Some of us have financial worries, concerns about the future, or stress that involves our jobs or relationships.

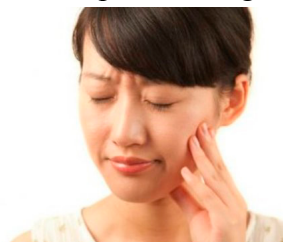
Whatever the source, the results of stress are much the same. It can lower the body's immune system, increasing susceptibility to illness. It also may worsen or contribute to some health conditions.

Try and focus on the things you enjoy, and [use these tips](#) to help cope with everyday stress.

Pinellas County's EAP provider - [ComPsych](#) - also has many resources available to help you manage stress.

## Nutrition: What You Eat Affects Your Teeth

You may eat with your eyes first, but your mouth, teeth, and gums are more than just tools for eating. They're essential for chewing and swallowing—the first steps in the digestion process. Your mouth is your



body's initial point of contact with the nutrients you consume. So what you put in your mouth impacts not only your general health but also that of your teeth and gums. In fact, if your nutrition is poor, the first signs often

show up in your mouth. Here are [a few helpful things](#) to know about how what you eat can impact your dental health. And here are some [tips to avoid tooth decay](#).

Both Pinellas County dental plan providers - [Cigna](#) and [MetLife](#) - offer educational pieces on how to ensure that proper dental health leads to overall good nutrition.

