



## TELL IT WELL

### EMPLOYEE FEATURE



Brent Corbie, Property Appraiser's Office

*Tell us about yourself and your position with Pinellas County. How long have you worked here?*

I currently work as a Property Records Technician. I enter assessment data into the tax roll system for our property appraisers. I also help out on the public information counter with general questions about property values, homestead

exemptions and assisting with our website. I've been with the Property Appraiser and Pinellas County for 23 years.

*What's the environment/culture like at your work-site (i.e.: customer-based)?*

It's busy throughout the year but there are three time frames are especially heavy — the Homestead Exemption filing deadline in March, Trim Notices in August, and tax bills in November.

*Explain your health habits now and prior to getting healthier.*

Today I eat lots of vegetables and fruits. Salad is the main attraction in all of my meals. I try to drink at least 72 ounces of water a day and walk 5-7 days per week. Prior to getting healthier I would eat whatever and whenever. I had no limits on what I ate, especially during the holidays when coworkers would bring in goodies. Meats were a big part of my meals and usually washed down with an unhealthy beverage or two.

*Explain the choices you made to get healthier and your motivation?*

After visiting the doctor earlier this year, my husband's triglycerides were through the roof.

*[Continued on page 4.](#)*

## November is Diabetes Awareness Month



### Holiday Meal Planning

The holiday season is quickly approaching. Holidays are a great opportunity to catch up with friends and family. But the focus on food and eating during this season can be very tough, especially for people dealing with diabetes.

But holiday meals and traditions don't have to disrupt your diabetes control. With some preparation, you'll be [ready to face any holiday head-on](#) and still enjoy it.

### Plan Ahead

Don't let questions about what to eat, how much to eat, and meal timing dampen your holiday. Plan in advance, so you can fend off stress and fully enjoy the day and [keep your diabetes management on track](#).

### Fitting in Sweets

Holidays are special occasions, so if you'd like to enjoy a small serving of your favorite dessert, you can.

It is important to remember that most sweets have a lot of carbohydrates in small portions so you'll want to keep portion sizes small. You can work a sweet treat into your meal plan by substituting a small portion of dessert for other carbohydrates already in your meal plan. Here are some [tips for desserts](#).

Want to enjoy the holidays and the food and still stay healthy? These [six tips](#) can help guide you through your next holiday event.

### Make Your Carbs Count

The most popular comfort foods seem to contain lots of carbohydrates and fat (think macaroni and cheese) leaving one to wonder how to include them in a diabetes meal plan. You can include starchy foods, but make it count.

When you reach for comfort foods, make your carbohydrate servings count by selecting the most nutrient dense choices and keep your portions small. Here are some tips to [get the most from your carb foods](#).

*[Continued next page.](#)*



## Your UHC Nurse *Amy*

### When the **Blues** are More than a Song ...

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

The holiday season will soon be in full swing with customary salutations and celebrations. Many people enjoy spending this time of the year by connecting with family and friends and sharing the joy of the season. However, some people might say they have the “holiday blues” and perhaps feel a little less festive. They may feel sad or anxious. And for some people, it may be more than the holiday blues.

How do you know if you have the holiday blues versus depression? It has been said that comparing the holiday blues to depression is like comparing a cold to pneumonia.

A few contributors to the holiday blues include lack of sleep, overscheduling, unrealistic expectations and fantasies of ourselves and our families, lack of planning, overeating, increased alcohol use, and lack of time for oneself.

Depression is much more. Depression occurs when feelings of extreme sadness or despair last at least two weeks or more and interfere with activities of daily living.

In 2014, an estimated 15.7 million adults aged 18 or older in the United States had at least one major depressive episode in the past year. This number represented 6.7% of all U.S. adults (National Institute of Mental Health).

Since the holidays may be a period where people experience increased depression or anxiety symptoms, it is important to recognize the signs of major depression. If during the holidays you experience many of the below symptoms to such severity that

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[Holiday Meal Planning - continued from page 1.](#)

### What Can I Eat?

Are you constantly asking yourself, “What can I eat?” It's time to stop worrying! Living with diabetes doesn't have to mean feeling deprived. We'll help you learn to balance your meals and make the healthiest food choices.

Once you get the hang of eating a healthy diet, you can relax and dig in to a wide variety of delicious meals and snacks.

A great way to get started is with the special meal planning bundle available at [shopdiabetes.org](http://shopdiabetes.org).



### Fruit & Vegetable Nutrition Database

Search this [fruit and vegetable database](#) for nutrition, storage and handling information on a variety of fruits and vegetables. One look and you'll see that eating a colorful variety of fruits and veggies provides a wide range of valuable nutrients. Or visit the [fruitsandveggiesmorematter.org](http://fruitsandveggiesmorematter.org) [fruit and vegetable Video Center](#) to find information on selection, storage and preparation.



**The challenge begins Monday, November 21  
and ends Sunday, January 8, 2017  
for a total of seven weeks.**

The objective of the challenge is for each team of four employees to support each other as they each complete seven weeks of Maintain Campaign healthy habits tasks resulting in a maintained weight at the end of the holiday season.

**All teams must register and weigh in  
by November 21st.**

[Link to flyer](#)





[Nurse Amy, continued from page 2.](#)

they interfere with your normal relationships, it is important to seek help:

- feeling depressed, sad and discouraged
- loss of interest in once-pleasurable and enjoyable activities
- eating more or less than usual, or gaining or losing weight
- having trouble sleeping, or sleeping more than usual
- feeling slow or restless
- lack of energy
- feeling hopeless, helpless, or inadequate
- difficulty concentrating
- difficulty thinking clearly or making decisions
- persistent thoughts of death or suicide
- withdrawal from others and lack of interest in sex
- various physical symptoms such as headaches, back pain, digestive problems

If you or a loved one have signs and symptoms of depression, seek help. Call Guidance Resources anytime for confidential assistance at (866) 615-3047. A consultant will assist you to find the appropriate help and resources.

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).

## 2016 Tampa Bay Heart Walk

This year's  
Tampa Bay Heart  
Walk kicks off  
**WalkingU!**



**Saturday, November 12, 2016**

Festivities begin - 8:00 a.m. | Walk begins - 9:00 a.m.  
Registration is open.

[Join a WalkingU team](#) or create a team here: [Pinellas County Government Group](#).



## Annual Enrollment Open Until November 18

Everyone **MUST** enroll. Get the information you need on Human Resource's [Annual Enrollment web page](#).



The Health & Wellness Program now has a blog on SharePoint. Visit the [Wellness for Life](#) blog and be sure to save it to your favorites. Watch for activities and events, incentives information, wellness articles and much more.

Right now you'll see photos employees sent in for the recent Deskercise Challenge. Enjoy!



Clockwise from top: Donna Bignotti and Lori Poppler (Civil Court Records), Sylvia Andino (Criminal Court Records), Sandi Townsend (HR), and some folks at Official Records.



*[Tell It Well, continued from page 1.](#)*

That was a wakeup call. We made the decision to get healthier and fit so that we can enjoy our lives and look forward to having a retirement without medication.

*Have the changes been hard? How do you feel now?*

Actually, it hasn't been that hard at all. Granted it was at first, but after the first two weeks it became easier. I now consider myself a Nutritarian in that I get my nutrients from vegetables, beans, eggs and fish. I've cut out sugars, processed foods, carbs, dairy, oils and alcohol. After losing close to 60 pounds in five months, I feel terrific ... like a new lease on life!

*What were your challenges?*

The biggest challenge was going out with friends and not being able to eat or drink whatever I wanted for the first six weeks of the plan. But it did get easier once I saw results on the scale.

*What would you recommend to other employees of Pinellas County looking to get healthy?*

Pick a plan and stick with it. The results will pay off. You will look and feel amazing and getting off of meds is a reward in itself.

*Is there anything else you'd like to share or think other people should know that would be helpful, or something you wish you had?*

At the risk of sounding like an infomercial, Joel Fuhrman's "Eat to Live" absolutely changed my life and the way I view food. Follow the plan, eat as much as you want, never go hungry and lose weight to boot. You don't even have to exercise, although it will help you to lose more and quicker and it just makes you feel great! If you had come to me ten years ago with this plan I probably would have shrugged it off. You have to be ready. It's never too late to take charge of your health!



**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.

## Preventing, Living and Coping with Diabetes



### Source4Women® Online Seminar

**November 8, 2016, 12:30 p.m.**

The good news is that type 2 diabetes, the most common type, is largely preventable. Whether you are newly diagnosed with diabetes, have had it for years or are trying to prevent it, this seminar is for you. Learn about the disease that affects 29 million Americans and an estimated 86 million (roughly one third of American adults) who are pre-diabetic and may not even know it. According to the American Diabetes Association, preventing and/or managing the disease is so important because diabetes is the leading cause of blindness and kidney failure in adults, it increases risk for heart disease, can lead to circulation problems and is the seventh leading cause of death in the U.S. This seminar will focus on the diet and lifestyle changes and tips that may help you prevent the onset of diabetes or manage the condition with greater success.

[Register here.](#)

 **UnitedHealthcare**  
**PODCAST**



## Adopt a Healthy Lifestyle and Prevent Type 2 Diabetes

Learn about characteristics of type 2 diabetes and assess your risk. Learn dietary and exercise improvements as well as tips to help you prevent type 2 diabetes.

[View podcast.](#)





# Pinellas Goes PINK October 21, 2016 to raise breast cancer awareness



**Human Services - Belcher**



**Marketing & Communications**



**Human Resources**



**Solid Waste**



**Consumer Protection**



**Planning Council**



**509 East Avenue**



**Clerk's IT**



**Human Services**



**Business Technology Services**



**Logan Labs**



## Seasonal Produce



Garlic  
Ginger  
Mushrooms  
Jujube

Belgian endive  
Cardoon  
Crab apples  
Swiss chard

**2 + 3**  
*for a Healthier Me*

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

[Learn more](#)



## Blood Donor HONOR ROLL

Thank you for participating in the blood drive at  
Pinellas County Government on Thursday,  
October 20, 2016.

Deborah Adas Josefson	Kimberly Kovach
Javier Bermudez	Lynn Lemonias
Donald Cromwell	Deborah Lubig
Leena Delli Paoli	Barbara McKee
Charles Diamond	Steven Miano
Jessica Eaton-Fahey	Christopher Pace
Jodi Fox	Kristin Preston
Paul Fry	Melissa Reyes
Christie Gilbertson	Michael Schwaid
Brea Greene	Pamela Ulrich
Karen Kelley	David Wallace
Helen Kendall	Jill Whitcomb

## Turkey Stuffed Peppers

### Ingredients

4 large green bell peppers  
1½ teaspoons canola oil  
1 medium onion, chopped  
1 clove garlic, minced  
1 pound ground turkey  
1½ cups cooked rice  
1 8-ounce can tomato sauce,  
(1 cup), divided  
1 tablespoon chopped fresh  
parsley  
1 teaspoon salt (optional)  
¼ teaspoon freshly ground  
pepper

Source: [EatingWell.com](http://EatingWell.com)



*Lean ground turkey makes a moist, low-fat substitute for the ground beef that's usually found in stuffed pepper filling. To add a nutty flavor and boost the nutrition even further, we call for cooked brown rice, but this recipe will also work with white rice.*

### Directions

- Preheat oven to 350 °F.
- Cut out stem ends of bell peppers and discard. Scoop out seeds. Bring 8 cups water to a boil in a large pot and blanch the peppers until tender-crisp, about 1 minute. Drain and cool under cold running water. Set aside.
- Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring occasionally, until softened, about 3 minutes. Add turkey and cook, crumbling with a wooden spoon, just until it loses its pink color, about 2 minutes. Drain the fat.
- Transfer the turkey mixture to a medium bowl and mix in rice, 1/2 cup tomato sauce, parsley, salt (if using) and pepper. Stuff the peppers with the mixture and place them in a 2-quart casserole dish. Spoon the remaining 1/2 cup tomato sauce over the peppers. Cover and bake until the peppers are tender and the filling is heated through, 30 to 35 minutes.





**November 17, 2016**

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society's [Great American Smokeout event](#). Encourage someone you know to use the date to make a plan to quit, or plan in advance and then quit smoking that day. By quitting – even for 1 day – smokers will be taking an important step toward a healthier life and reducing their cancer risk.

About 40 million Americans still smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and premature death in the world. While cigarette smoking rates have dropped (from 42% in 1965 to 17% in 2014), cigar, pipe, and hookah – other dangerous and addictive ways to smoke tobacco – are very much on the rise. Smoking kills people – there's no "safe" way to smoke tobacco.

Quitting smoking has [immediate and long-term benefits](#) at any age. Quitting is hard, but you can increase your chances of success with help. Getting help through counseling or medications can double or triple the chances of quitting successfully. [Get more info](#).

## Type 2 Diabetes Exercise Tips

Exercise is sure to be on your to-do list if you have [diabetes](#). Remember how much exercise does for you, including:

- ▶ Helps your body use insulin, which controls your blood sugar
- ▶ Burns extra body fat
- ▶ Strengthens muscles and bones
- ▶ Lowers blood pressure
- ▶ Cuts LDL ("bad") cholesterol
- ▶ Raises HDL ("good") cholesterol
- ▶ Improves blood flow
- ▶ Makes heart disease and stroke less likely
- ▶ Boosts energy and mood
- ▶ Tames stress

Get started with these [go-to tips](#) from WebMD.

## DIABETES AND ORAL HEALTH



Understanding the connection.

### High blood sugar affects oral health. Oral health affects blood sugar.

Because they're less able to fight gum-invading bacteria, people with diabetes who are unable to control their blood-glucose levels are at a greater risk than people without diabetes for developing oral health problems, including:

- ▶ Gingivitis (an early stage of gum disease)
- ▶ Periodontitis (serious gum disease)
- ▶ Tooth loss
- ▶ Thrush, a yeast infection that occurs in the mouth
- ▶ Dry mouth, which can lead to soreness, ulcers, infections and cavities

And studies show gum disease affects diabetes as well. This is because, like all infections, serious gum disease can cause blood sugar to rise, making it harder for people with diabetes to control their condition.

### Break the cycle with good oral health

Taking good care of your teeth and gums today can mean fewer complications from diabetes tomorrow. Let your dentist know if you're successfully managing your diabetes. And be sure to schedule a periodontal evaluation.

## Wait. What?

You haven't done your biometric screening yet? You know you'll pay \$500 more in healthcare premiums in 2017 if you don't, right?

It's easy. Just go to your doctor or a [convenience care clinic](#), present your UHC card and tell them you'd like a biometric screening for your employer. [View our FAQs](#).



# November 2016 Group Fitness Classes



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>6:15 to 7:15 am</b> <b>Spin*</b> Instructor: Nancy (11/1, 11/8, 11/15, 11/22, 11/29)	<b>6:15 to 7:15 am</b> <b>Spin*</b> Instructor: Nancy (11/2, 11/9, 11/16, 11/23, 11/30)	<b>6:15 to 7:15 am</b> <b>Spin*</b> Instructor: Nancy (11/3, 11/10, 11/17)	
	<b>11:45 to 12:15 pm</b> <b>Full Body Blast</b> Instructor: Ashley (11/1, 11/8, 11/15, 11/22, 11/29)	<b>12:10 to 1:00 pm</b> <b>Step Circuit</b> Instructor: Melissa (11/2)	<b>11:45 to 12:15 pm</b> <b>Full Body Blast</b> Instructor: Ashley (11/3, 11/10, 11/17)	
<b>12:10 to 1:00 pm</b> <b>Total Body Circuit</b> Instructor: Melissa (11/7, 11/14, 11/21, 11/28)	<b>12:15 to 12:45 pm</b> <b>Spin*</b> Instructor: Melissa K. (11/1, 11/8, 11/15, 11/22, 11/29)	<b>Mat Pilates</b> Instructor: Melissa (11/9, 11/23)	<b>12:15 to 12:45 pm</b> <b>Spin*</b> Instructor: Melissa (11/3, 11/10, 11/17)	<b>1:10 to 2:00 pm</b> <b>Total Body Circuit</b> Instructor: Melissa (11/4, 11/18)
	<b>5:15 to 6:15 pm</b> <b>Mat Pilates</b> Instructor: Melissa (11/1)	<b>12:15 to 12:45 pm</b> <b>Spin*</b> Instructor: Melissa K. (11/2, 11/9, 11/16, 11/23, 11/30)		
	<b>Zumba Step</b> Instructor: Melissa (11/8, 11/22)	<b>5:15 to 6:15 pm</b> <b>Yoga</b> Instructor: Kelli (11/2, 11/9, 11/16, 11/23, 11/30)	<b>5:15 to 6:15 pm</b> <b>Total Body Circuit</b> Instructor: Melissa (11/3, 11/10, 11/17)	
	<b>Zumba</b> Instructor: Melissa (11/15, 11/29)			

\* Orientation required for Spin class.

*Classes are subject to change.*

All group fitness classes are held in the Wellness Center located in the basement of the old courthouse at 324 South Fort Harrison Avenue in downtown Clearwater, and are free for all members. If you're not a member yet, contact our staff to schedule an orientation.

See [exercise class descriptions](#) and [satellite fitness center locations](#).

Pinellas County Wellness Program  
 (727) 464-4049  
[www.pinellascounty.org/hr/wellness](http://www.pinellascounty.org/hr/wellness)



Support those who suffer in silence. Wear **ORANGE** on Monday, November 7 to help raise awareness of CRPS/RSD, a chronic pain disease. [Color the world orange!](#) Post photos of you and/or your group wearing orange on the [Wellness for Life blog](#). #crpsorangeday

