



August 2017 Newsletter



Welcome to your Center for Employee Health newsletter!

It's the first newsletter of the new school year! I was blessed to be at Kissimmee Middle and Highlands Elementary on the first day of school, and you could feel the excitement in the air. To see everyone "living your mission" through educating and nurturing children, is an amazing sight to see!

Over the summer, I worked on the school wellness boards. They have all the *latest* information on the Center, My Happy Plates, our Diabetic Education Classes and more. If your board was not updated, your wellness coordinator will be given the information in the next month to display. Please take a few minutes to check out the new wellness information posted.

Just a reminder to call the Center to schedule **and cancel** all appointments at 407-483-5757. **Also, please call 24 hours in advance if you cannot keep your appointment.** We are seeing a large number of "no-shows" at the Center; during the month of June, we had almost 500 no-shows! 178 of those were for urgent care visits, 107 were for physical therapy, and the list goes on... **Please do not deny your co-worker healthcare, because you don't cancel your appointment.**

This month we focus on two important issues, sleep and the importance of taking care of your emotional/mental health. When you think of your health, I encourage you to think, "mind, body, *and* spirit", as they all tie into each other. As we start this new school year, if you or a family member needs counseling, please reach out to your **Employee Assistance Program (EAP) at 888-882-0797**. There is *free* counseling available and it is *completely confidential*. We have added a special 4th page to this newsletter that contains your EAP information. Please take the time to review this important resource.

The mammo coach is hitting the streets! We will be listing upcoming dates on page one of our newsletter, including this one. Thank you to all the women who took advantage of the coach over the summer at the Center. If you are age 40 or over, you *don't* need a referral, just call and schedule your appointment.

Have you been to the Center's website lately? There's lots of good information including videos, so you don't have to read everything, if you don't want too! www.sdocemployeehealthcenter.net

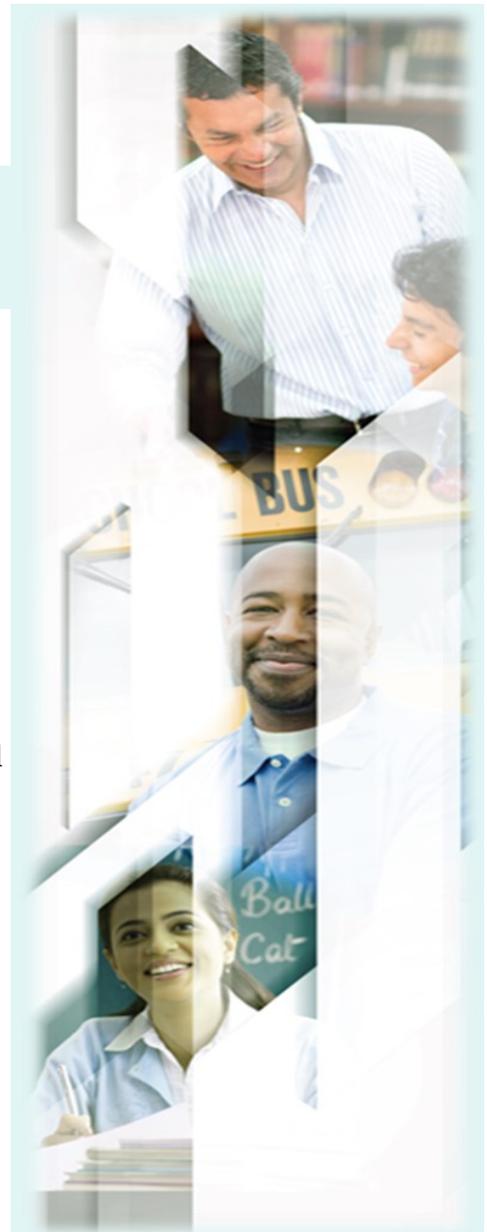
If you have any questions, comments, or concerns, I'm always here for you.

Till next time~

Erin (AskErin@FLHosp.org)



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MAMMO COACH DATES

- Aug 31 - St. Cloud HS
- Sept 6 - Osceola HS
- Sept 14- Simpson Bus Barn
- Sept 16- the Center
- Sept 27 - the Center

FOR ADDITIONAL MAMMO DATES VISIT

SDOCEmployeeHealthCenter.net

Good Sleep Isn't a Luxury, It's a Necessity

Written by Erin Lysik

Years ago, lack of sleep usually meant I had a good time with my friends the night before. However, as I've gotten older, lack of sleep has taken on a whole new meaning, and I don't like it! Yes, sometimes I am a member of the insomniac's club. After talking with many in the District, I found out that a large number of you, are part of this club too. (FYI this is *not* a good club)

Sleep and rest are *vital* to good health. When we sleep, it gives our body the chance to *heal on a cellular level*. That's why sleep (or lack thereof), affects everything in our lives, including our physical health, mental health, our jobs, home-life, relationships and more.

Signs of sleep deprivation can include: low energy, fatigue, depression, irritability, anxiety, impaired judgement, and that's just the start. Inadequate sleep also increases your risk for chronic diseases such as diabetes, heart disease and cancer. It even increases your risk of catching a cold! If you sleep less than 7 hours a night, you are 3 times more likely to catch one.

When you don't sleep, it can also affect your weight, as it affects the hormones that regulate your appetite. When you're sleep deprived, you're more likely to crave carbohydrates, sugars and junk food. Getting rest is good for the waistline.

So, how do we get a good night's rest when we are a member of the insomniac's club?

Start with going to bed and waking up at the *same time* every day, including weekends.

Avoid caffeine within 6 hours of bedtime. Ladies, this includes chocolate. (I know, it breaks my heart too. LOL)

Use your bedroom *only* for sleep. Keep your work materials and computers in another room. *Turn off all electronics at least 30 minutes before bed*. Give your mind time to unwind, relax, and decompress from being on "the grid" all day. (Your brain will thank you.)

Turn off the news. It's good to be informed, but don't get pulled into the 24-hour news cycle. It can be mentally stressful and exhausting.

Being in a "good place" emotionally, can also do wonders with you getting a good night's sleep. If you find that your daily life is becoming unmanageable/overwhelming, think of reaching out to your Employee Assistance Program for some counseling, and peace of mind. This counseling is free and confidential.

As I wish you a good school year, I also wish everyone a year of good sleep. Let's catch our Zzz's and join the good club!



BRITTANY'S HEALTHY BITES

Shrimp with Tomatoes & Olives

Ingredients:

- 1 - 10 oz. box couscous = (1 1/3 cups), may substitute brown or white rice, if desired
- 1 tablespoon olive oil
- 1 small onion, chopped
- 1 - 28 oz. can diced tomatoes, drained
- 3/4 cup pitted green olives
- 1/2 cup dry white wine (such as Sauvignon Blanc)
- kosher salt and pepper
- 1 pound medium shrimp, peeled and deveined

Directions:

- Cook the couscous according to the package directions.
- Meanwhile, heat the oil in a large saucepan over medium-high heat. Add the onion and cook, stirring occasionally, for 4 minutes.
- Add the tomatoes, olives, wine, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Simmer, stirring occasionally, until slightly thickened, 4 to 6 minutes.
- Add the shrimp and cover. Cook until the shrimp are cooked through, 3 to 5 minutes. Serve with the couscous.



Center Testimonials...

“I have had issues with my neck and shoulder for about seven years. I have seen many doctors and physical therapists during this time and have had minimal success. Once I started working with Jason and the other PT guys at the Employee Clinic I noticed the difference. They listen to what is going on with your particular case and understand how to make things function for you. For the first time in years, I do not have pain. Those I meet at the clinic have similar success stories to share. Hooray for the PT guys and for me!” - Marcia

The Importance of Health; in Mind, Body and Spirit

Written by Erin Lysik

Sometimes life is hectic and crazy, but other times, it's just hard. We all have our own challenges, on this journey called “life”. And sometimes, we could use a little help getting through these difficult times.

We talk about our physical health, but mental/emotional issues can play havoc with us, when things are not going well. Unfortunately, a large number of people still feel a stigma when it comes to asking for help. Many people would still rather talk about cancer than counseling. Crazy, isn't it?

I am here to tell you, that there is *no* shame in asking for help when you are struggling. I had to do it myself earlier this year; I had to bury my Dad on my birthday in February, my Mom went on life support in March, and by April, I didn't know what hit me, I needed help. Thankfully, I was able to take advantage of much needed counseling through my Employee Assistance Program (EAP).

The District also has an Employee Assistance Program for you. Your EAP offers a number of vital services, *including counseling for you and your family.*

A couple of things to know when using your EAP...

First, any counseling you or a family member receives, ***is confidential.***

Secondly, ***any family member*** living “under the roof” with the employee, is eligible for this counseling. This includes: your spouse, children, grandkids, parents and even siblings who live with you.

Thirdly, you and each family member can receive **10 free counseling sessions *per issue.*** Meaning, if you finish your initial 10 counseling sessions, and you need more, many times your EAP will “re-certify” you for another 10 sessions under a *different* issue. I did this myself, as I initially received counseling for grief (with my Dad). When I needed more, I got *re-certified* for anxiety, as my Mom was on life support. If you get recertified, you may continue to use the same counselor.

It's easy to get started, call your Employee Assistance program at **888-882-0797.**

Provide your name, tell them you work for the District and you would like to start counseling. They will ask you what the “issue” is, and then they will give you an authorization number. You give that authorization number to the therapist/counselor, and that covers you for 10 sessions.

If your family member needs counseling, and they are age 18 or over, *they* will need to place the call to the EAP to get their authorization number.



831 Simpson Road, Kissimmee, FL 34744 (Next to TECO Campus)

Monday—Friday 7 am—7 pm, Saturday 8 am—Noon (Urgent Care Only)

Phone (407) 483-5757 Fax (407) 483-5756

Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life's challenges.



Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions



Free Online Will Preparation

EstateGuidance® lets you quickly and easily create a will online.

- Specify your wishes for your property
- Provide funeral and burial instructions
- Choose a guardian for your children

Your ComPsych® GuidanceResources® program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 888.882.0797

TDD: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant™, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: guidanceresources.com

App: GuidanceResources® Now

Web ID: OCSOCS

Log on today to connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.

24/7 Support, Resources & Information



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