



## December 2017 Newsletter



### Welcome to your Center for Employee Health newsletter!

Welcome to the holiday season and the excitement of the upcoming Winter break! If you need medical care for you or your family during the holidays, the Center will be open regular hours except for being closed on Christmas and New Year's Day.

If for any reason, you are **unable** to keep a scheduled appointment at the Center, *please be sure to call 24 hours in advance*. I know you are going to be busy on vacation, but it's important to make that call and cancel. The co-worker we are able to accommodate because of the open time slot, will *greatly appreciate* your courtesy. The Center's number is **407-483-5757**.

Ladies (40+), as 2017 wraps up, if you have not done your mammography screening this year, I encourage you to get it done soon. Breast cancer *doesn't wait*. **The Florida Hospital Mammo Coach has upcoming dates at the Center including: December 27<sup>th</sup> and January 13<sup>th</sup>**. Call 407-303-1615 to schedule. *If you are 40 or older, no referral is needed.*

I want to thank our Center's Dietitian/Nutritionist, Brittany Graves, for contributing again to this month's newsletter. Just a quick reminder, Brittany is available to help you live a healthier lifestyle in 2018, through changes in your nutritional habits. Regardless of your medical conditions, Brittany can help. For many in the District, eating healthier has led to incredible weight loss. I'm amazed by the stories I hear from Brittany's patients regarding how much better they feel and how much more energy they have now. If you would like an appointment with Brittany, call the Center and schedule today.

**Free flu shots** are still available at the Center, give yourself the gift of health and protection against the flu virus this holiday season. Call the Center to schedule.

If you have diabetes, be sure to register for the upcoming diabetes education class at the Center on **January 17, 2018, from 3:30 pm – 7:30 pm. Pre-registration is required**. Please contact your Care Coordinator, Helen Jones, at **407-201-4766** to register. This class is at **no cost** to you as long as you are an SDOC employee/family member that is eligible for the Cigna insurance. Refreshments will be provided.

I want to wish everyone a Merry Christmas and Happy New Year. As we say good-bye to 2017, we *continue* to keep those impacted by the hurricanes in our hearts.

Till next year~

Erin~

AskErin@flhosp.org



### MAMMO COACH DATES

- Dec 27 - the Center
- Jan 13 - the Center
- Jan 23 - Bellalago
- Jan 30 - Discovery Intermediate (Deerwood, come join us!)
- Jan 31—Neptune M.S.
- Feb 1 - East Lake E.S.

### FOR ADDITIONAL MAMMO DATES, VISIT OUR WEBSITE

[SDOCEmployeeHealthCenter.net](http://SDOCEmployeeHealthCenter.net)



## Supermarket Super Map

Written by Brittany Graves MS, RD, LDN

So many times, a trip to the grocery store starts out as a quick trip to grab a few items; however, before I know it there are 12 things in my arms and several more falling out. I had planned to only get milk, eggs and cheese but walked out with yogurt, bread and cereal too!

Did you know things in a grocery store are strategically placed? The most common food items are spread throughout the store and mostly in the back, causing us to walk down additional food aisles to get to our desired items. As I mentioned, I went for 3 things and ended up with 12. Also, the most expensive food items are at eye level, be sure check above and below those items for lower priced options. Keep in mind, when shopping with children, products geared towards children are placed at their eye level too.

Below are some tips to help guide you through the grocery store.

- Start with a full stomach. The best way to grocery shop is on a full stomach, so our hunger doesn't lead us to buy unnecessary items.
- Prepare a list and try to stick to it. This way we only buy what we need. When I go to the store without a list, I end up with lots of extra items in my cart and walk out saying, "How did I spend \$100 and I have nothing to make for dinner?"
- Shop the perimeter of the store to buy fresh fruit/veggies, low fat yogurt/cheese/milk and lean meats. All fruits and vegetables are healthy; they provide different vitamins, minerals and antioxidants. Variety is the key!
- Afterwards, head to the aisles for unsalted nuts/nut butters, whole grain bread and crackers, frozen fruits without added sugar, veggies without sauces and canned fruit in juice or low/no sodium canned veggies. It is important to keep some fresh, frozen and even canned fruit/veggies in your pantry to add to meals/snacks.
- Be sure to check the unit price on the shelf sticker, because buying a bigger container is *not* always cheaper. For example, a large container of oatmeal is \$3.99 at \$0.40 per ounce and the smaller container is \$1.99 at \$0.30 per ounce. This makes the smaller container a better purchase.
- If possible, try to avoid single serving items, instead use small baggies or containers to proportion food items. Many times, we pay more for extra packaging and convenience.
- When trying to prepare a healthy less expensive meal, try adding beans or lentils. They are a great source of protein, fiber, vitamins and minerals. Add beans to brown rice, use frozen or fresh vegetables and you have a balanced meal.

I hope these tips help on your next grocery shopping trip. Happy Shopping!



## BRITTANY'S HEALTHY BITES

### Peppermint Hot Chocolate Cookies

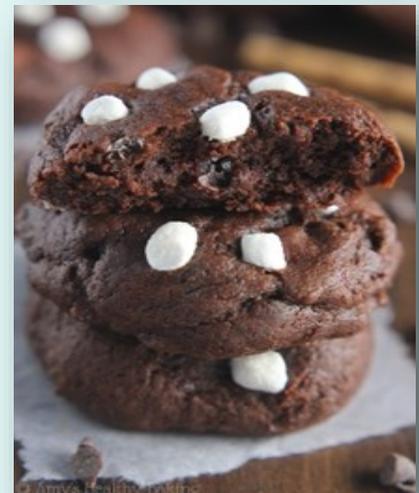
#### Ingredients :

- 2/3 cup all-purpose flour
- 1/3 cup cocoa powder
- 1/2 tsp baking powder
- 1/2 tsp cornstarch
- 1/8 tsp salt
- 2 tbsp unsalted butter, melted
- 1 large egg, room temperature
- 1/2 tsp peppermint extract
- 1/2 c light brown sugar
- 2 tbsp miniature chocolate chips
- 2 tbsp marshmallow bits

#### Directions:

Preheat the oven to 350°F, and line a baking sheet with parchment paper. In a medium bowl, whisk together the flour, cocoa, baking powder, cornstarch, and salt. In a separate bowl, whisk together the butter, egg, and peppermint extract. Stir in the brown sugar and add in the flour mixture, stirring just until incorporated. Fold in the miniature chocolate chips and half of the marshmallow bits. Drop the cookie dough into 12 rounded scoops on the baking sheet, and flatten slightly. Press the remaining marshmallow bits into the tops. Bake at 350°F for 9-11 minutes.

Makes 12 cookies, serving size 1 cookie.  
Nutrition for 1 cookie: 102 calories, 3.4 grams fat, 55 mg sodium, 20.8 grams carbohydrate and 1.7 grams protein.



## Center Testimonials...

“Very good and professional staff”.

“Each staff member was helpful and understanding. Thank you”.

“The whole staff is very pleasant and helpful. They understood the “bad days” and were encouraging on the good days. God bless you all.”

“Great person, great job, great therapist, one appointment and I feel very good”.

“John, James and Jason were wonderful. They took very good care of me; very professional and helped so much to improve my condition”.

“This was an amazing experience. I never had an appointment with a nutritionist and I could not be more satisfied. I appreciate her patience and how knowledgeable she is. Thank you!”

## Seal Your Holiday with a K.I.S.S.

Written by Erin Lysik



The holidays are about celebrations, spending time with family and enjoying time off. However, it can also be stressful. Don't get me wrong, I love my family, but I'm human. Sometimes, crazy Aunt Susan talks too much, my brothers can be a handful, kids are running around and my cat keeps trying to jump on the freshly set table. Calgon take me away!!

I know I'm not the only one who could use some balance this holiday season. So, I reached out to Licensed Mental Health Counselor Angie Mabe, for some advice for a happy and sane holiday season.

Angie suggested, when you think of the holidays, think of **K.I.S.S.** That means, “**Keep it simple sweetie.**” I like it already *and* I can do this!

Let's take a closer look at each letter...

**K – Keep to your boundaries.** Personal boundaries are good and they help us to maintain balance in our lives. This is especially true during the holidays. Know ahead of time, what you are comfortable with and *not* comfortable with. Remember, keep to your boundaries.

**I – Invest in yourself.** During the holidays, we tend to do a lot of running around and it's very important that we take care of ourselves. Self-care may include: quiet time, meditation, exercise, napping or hanging out with your pet. (That is one of my favorites.) Another way to self-care, is to get off your phone. Sometimes we forget how stressful it is with social media and having the 24-hour news cycle, at our finger tips. *If you're getting stressed out, put your phone down.* Finally, don't forget to eat properly to help deal with holiday stress.

**S – Stick to your priorities.** Write a list of your top 3 priorities (i.e. gifts for immediate family, Christmas dinner and holiday cookies) and focus on accomplishing the things that are *most important* to you. Overbooking yourself causes you to lose focus of what is truly important.

**S - Stay out of family drama.** Leave the room, remain quiet or change the topic of conversation. Family drama is always stressful, so if it *doesn't directly* involve you, keep out.

I met with Angie earlier this year, as I needed help dealing with some serious family issues. I found her through my Employee Assistance Program (EAP) at Florida Hospital. **You have a wonderful EAP through the District.** I encourage you to reach out to your EAP if you or a family member needs counseling. **It is confidential and free.** You can contact your EAP *directly* at 888-882-0797. Or, you can contact the District's HR office for additional information.

Cheers to a stress-free holiday and 2018!

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

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