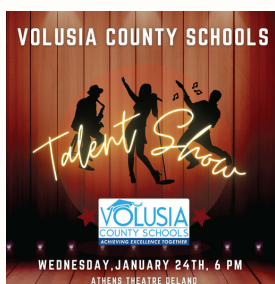




VCS Wellness

Upcoming Events



- Holly Hill- VCS Pictona Night, Pictona, Holly Hill, 11/8, 5:30 - 7:30 PM, registration closed,
- Holiday Challenge, 11/13 - 12/31, register at:
 - <https://esmmweighless.com/holidaychallenge/>
- "Rediscover your Why", Watercolor Session, 12/11, 4:30-5:30 PM, TEAMS, email dcgoff@volusia.k12.fl.us for the invite.
- VCS Talent Show, Athens Theatre, DeLand, 1/24, 6 PM

National Diabetes Month



November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. This year's focus is on taking action to prevent diabetes health problems.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer.

But there's also good news: Taking charge of your health may help you prevent diabetes health problems

Florida Health Care Plans offers programs to assist with managing diabetes:

- Diabetes and Health Education Program
- Virta- Diabetes Reversal Program
<https://www.virtahealth.com/join/fhcp>

For more information call: 1-877-229-4518

WORRIED THE HOLIDAYS WILL WEIGH YOU DOWN?

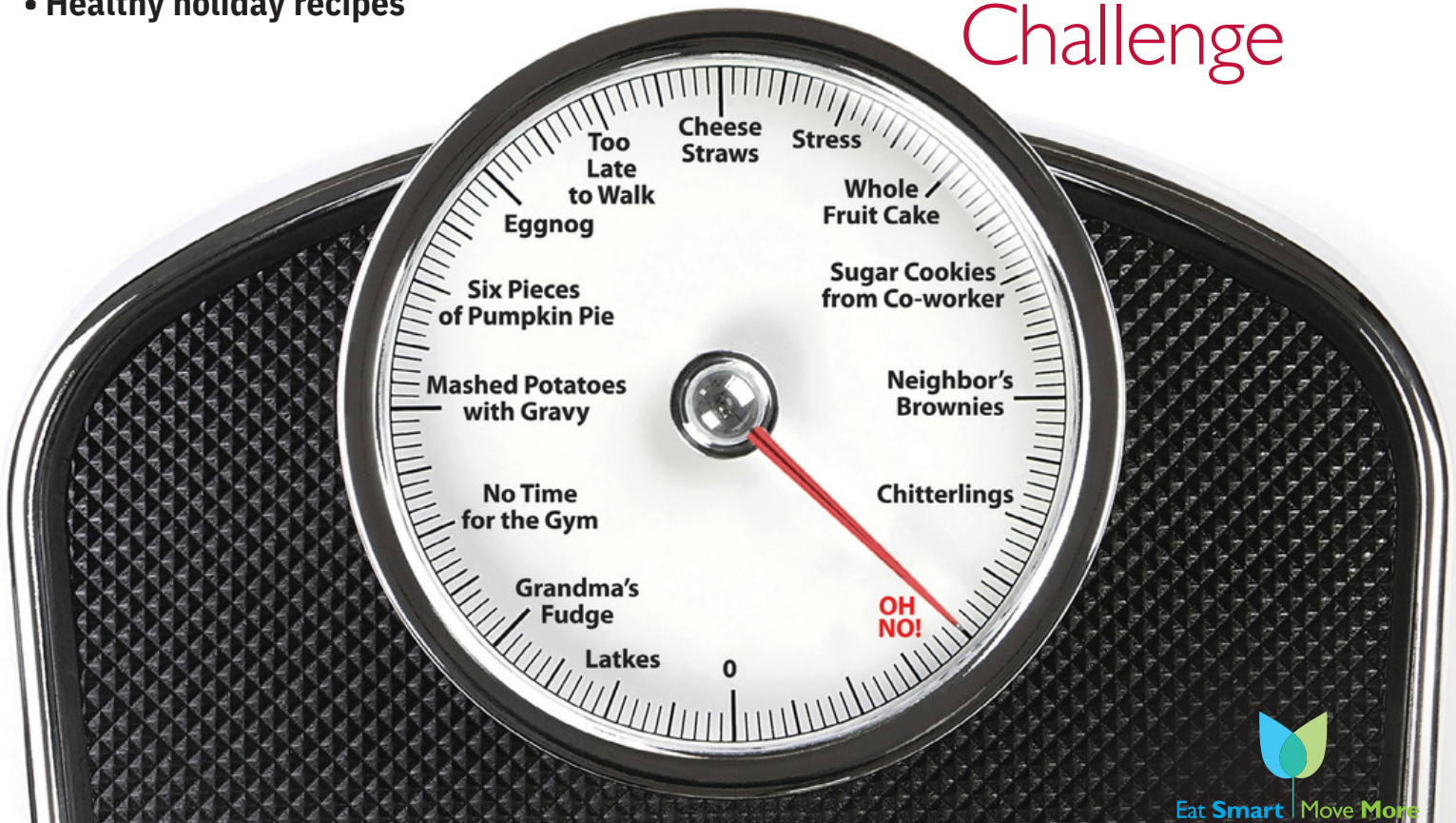
Avoid holiday weight gain!

Register for FREE at: esmmweighless.com/holidaychallenge/

- Weekly newsletter full of resources, recipes, and more
- Daily tips to eat smart and move more
- Healthy holiday recipes

Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY
Challenge




Eat Smart | Move More

****Have an opportunity to win a digital scale or Nutribullet blender****

NOVEMBER 13 THROUGH DECEMBER 31

Email Deia' Goff at: @dcgoff@volusia.k12.fl.us for a workout log and exercise band

Veterans Day



We would like to thank our Volusia County Schools Veterans for their service, by offering you an “Honored Veteran” pin (see above). Please email Deia’ Goff at: dcgoff@volusia.k12.fl.us for your pin. We wish you a Happy Veterans Day!

There are many events around the county to commemorate Veterans Day, a few are listed below:

- **AMVETS VETERANS SERVICE:** Amvets Post No. 13, DeLand, will sponsor a ceremony starting at 11 a.m. in Bill Dreggors Park, 230 N. Stone St., honoring area veterans for their service and remembering those who died in combat.
- **MONTFORD MARINES HONORED:** Three Daytona Beach residents who were members of the Montford Point Marines — James Huger, Eli Graham and James Steele — will be honored during a service at 1045 a.m. at the Greater Friendship Missionary Baptist Church, 539 George Engram Blvd., Daytona Beach. All veterans are invited to attend a free breakfast starting at 8 a.m.
- **PONCE INLET VETERANS MEMORIAL:** The Ponce Inlet Veterans Memorial Association will sponsor an appearance by Col. Herb Fix, who is retired from the Marine Corps. His 11 a.m. appearance will include a missing man ceremony, “Taps,” a flyover by the Spruce Creek Gaggle and a dedication and wreath laying at Davies Lighthouse Park.
- **VETERANS DAY CEREMONY:** Retired Col. Irving Davidoff will be the speaker at an 11 a.m. event in Riverside Park, New Smyrna Beach, sponsored by VFW Post No. 4250, New Smyrna Beach.
- **VETERANS DAY TRIBUTE:** entertainment, speakers, light refreshments, 1 p.m., Ormond Memorial Art Museum & Gardens, 78 E. Granada Blvd., Ormond Beach. FREE. 386-676-3347.

The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude.” —Jeff Miller



"Paint Your Why" Watercolor Session

Join 2024 Champion Elementary Teacher of the Year Tiffany Warren for a unique experience from the comfort of your own home or space with a virtual watercolor session. Tiffany will lead attendees in "painting their why." We look forward to you joining us for a night of discovery and creativity.

- **Date:** Monday, December 11th, 2023
- **Time:** 4:30– 5:30PM
- **Where:** TEAMS, Email Deia' Goff at: dcgoff@volusia.k12.fl.us to register
- **Register by:** Friday, December 1st
- **Limited to 40 participants**
- **Supplies will be mailed out prior to the event**

VOLUSIA COUNTY SCHOOLS



WEDNESDAY, JANUARY 24TH, 6 PM

ATHENS THEATRE DELAND

**SHOWCASE YOUR TALENT OR JOIN THE ZUMBA DANCE ROUTINE AT OUR
2ND ANNUAL VOLUSIA COUNTY SCHOOLS' EMPLOYEE TALENT SHOW!
SPACE IS LIMITED, PLEASE REGISTER BY NOVEMBER 30TH**

TO REGISTER CONTACT DEIA' GOFF AT:
EMAIL: DCGOFF@VOLUSIA.K12.FL.US,
OR GO TO: [HTTPS://FORMS.OFFICE.COM/R/NQJPEPLQNM](https://forms.office.com/R/NQJPEPLQNM)

Florida Health Care Plans No Cost Medications



Great News! Florida Health Care Plans Members now receive select medications for Diabetes, Cholesterol, Heart Disease, High Blood Pressure, and Respiratory conditions at no cost when filled at your FHCP Pharmacy or FHCP Pharmacy Mail Order.

For details, visit: fhcp.com/providers/pharmacy/free-meds/

Florida Health Care Plans Resources



Did you know that Florida Health Care Plans offers FREE Health Coaching, Weight Management, and Virta (a program that reverses type 2 diabetes through eating habits and health coaching, for eligible personnel).

Florida Health Care Plans also offers Weight Watchers discounts to all benefit eligible employees.

Please see the following for:

- Virta and Member Education information: <https://www.fhcp.com/preventative-care/>
- Weight Watchers: <https://www.weightwatchers.com/us/vcs>
- Health Coaching: healthcoach@fhcp.com



Weight Watchers



Health Coaching and
Member Education



Virta

Preferred Fitness Centers



FHCP members with the Preferred Fitness benefit have access to 75+ gym partners across 5 counties. Benefit eligible VCS employees without FHCP may contact Deia' Goff to get a gym card at: dcgoff@volusia.k12.fl.us You may see the gym list at: [Gym List](#) or visit www.fhcp.com.



If you currently have Delta Dental Insurance, they offer a plethora of information at our VCS Delta Dental website, including webinars:

<https://view-su2.highspot.com/viewer/6483d0404747e55b252c6225>

Delta Dental is currently offering a webinar on “*Oral Health and Aging: What you need to know*”, on November 28th at 1 PM Eastern time:

https://deltadentalins.zoom.us/webinar/register/WN_mnCsdignTAaBhq5cvbQFOQ#/registration



Meet the presenters

Delta Dental of California and affiliated companies



Jessica Saurino Buehler, DDS
Principal Dental Affairs

Bio Jessica Saurino Buehler earned her doctorate degree from the University of Colorado School of Dental Medicine and then completed a General Practice Residency at University of Washington Medical Center. She is especially passionate about teaching patients and community members about the science behind oral health because she has observed many patients make life-altering positive changes as a result of their new understanding. In her non-working life, Jessica is an outdoor enthusiast and loves to travel with her husband and children.

Experience Dr. Buehler practiced dentistry outside of Seattle for 14 years, where she became a Regional Clinical Director for a large group practice and supervised over 80 dentists, dental specialists, and dental hygienists in two states prior to joining Delta Dental of California to lead the Clinical Quality Program.



Afton Ellis Cowen, DMD
Manager, Clinical Quality & Dental Affairs






Bio Afton Ellis Cowen earned her doctorate degree from the University of Connecticut School of Dental Medicine and then completed an Advanced Education in General Dentistry Residency at Lutheran Medical Center and a Master of Science in Health Informatics at the University of Alabama at Birmingham. In her non-working life, Afton enjoys trying out new vegan recipes, experimenting with home décor and spending time with her husband and twin sons. She resides in the Atlanta, Georgia metropolitan area.

Experience Dr. Cowen practiced dentistry for nine years prior to joining Delta Dental as a Dental Consultant. She dedicated most of her clinical career to providing care to underserved communities and served as Dental Director of a network of Federally Qualified Health Center (FQHC) locations in central Alabama. Dr. Cowen has been working with Delta Dental for three years and currently serves as Manager of Clinical Quality & Dental Affairs.

Silver Cup Team Standings

TOP TEAMS for the *Traveling Silver Cup* Competition



	Team Name	Fall in Love with Fitness Challenge Points	VCS Trails to Success 5k Team Points	Team Silver Cup Points Leaders
	Champion Elementary	10	0	10
	McInnis Elementary	0	10	10
	Student Transportation Daytona	5	3	8
	PL Power	7	0	7
	Student Transportation Deltona	0	7	7
	Highbanks Learning Center	0	5	5
	Volusia Pines Panthers	3	0	3
	Volusia Online Learning	1	0	1
	Spirit Elementary	1	0	1
	DeLand Middle School	0	1	1

The Top Teams points are scored based on placement: 1st place= 10 points, 2nd place= 7 points, 3rd place= 5 points, 4th place= 3 points, and 5th place= 1 point

There are still three more challenges and events to earn team points to win the *Traveling Silver Cup* at our *End of Year Wellness Celebration and Awards Ceremony*, keep at it teams! Way to GO!!!!

To learn more about the competition visit the 2023-24 Wellness Calendar at the Wellness Information Page: <https://www.vcsedu.org/directory/departments/human-resources/risk-benefits-management-department/wellness-information>



Winners of Wellness W.O.W.



There are so many great Wellness Leaders at Volusia County Schools, thank you all for the extra work and energy you put in, you're making a healthy and positive difference!

Here are a few of our Winners of Wellness (W.O.W.'s) this month!



Karen Tubb of DeLand Transportation was an instrumental volunteer at our recent 5k, helping park participants. Thank you!!



Misty Maman, Support Facilitation ESE Teacher of Indian River Elementary, coordinated with Wellness to start an IRE Staff garden!



Our 5k would not be possible without volunteers as Sara Concepcion, Paraprofessional of Discovery Elementary (second from left)! She spent the whole day with our young helpers setting up, helping participants, and break down! Thank you!!



DeLand High School Principal's Secretary Anna Sprow and ESE Teacher Melissa Lundell collaborated with VCS Employee Wellness to encourage employees to take time for self-care, as part of World Mental Health Day, by taking a five-minute chair massage.

Wellness Events Highlights

October was full of great events! Seeing everyone come together whether for fitness, support, school or area representation, education, or for self-care it is always a true joy! Thank you for being a part of a healthy TEAM VCS!

VCS Trails to Success 5k



Wellness Events Highlights

MammoGLAM and Women's Health Event for October Breast Cancer Awareness Month



Attendees were treated to various mini-spa services!

We were honored to meet
Breast Cancer Survivors as
Johana Cruz



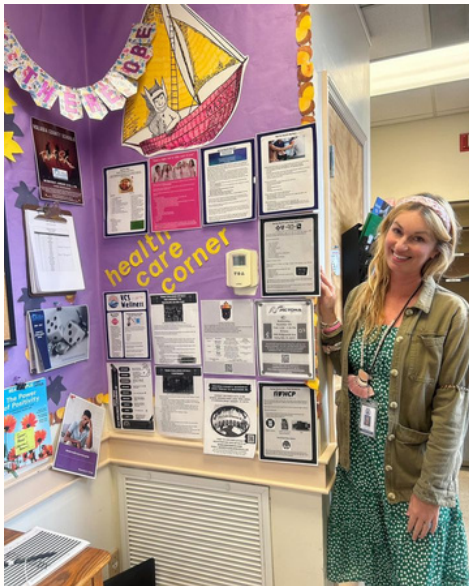
Florida Health Care Plans,
Physician Caren Wilke, MD,
presented on breast cancer
preventative care measures,
testing, and resources.



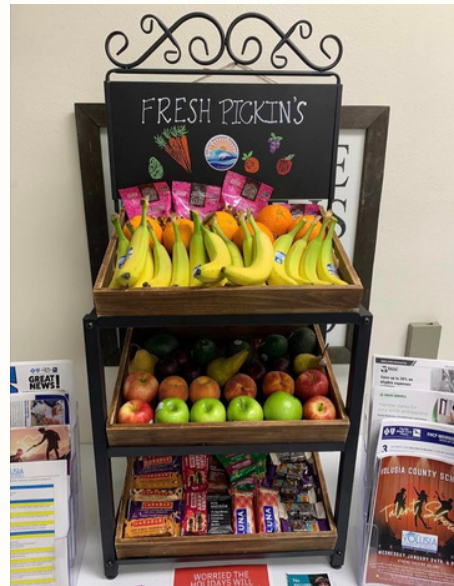
Fresh Pickin's Stand

Thank you to Indian River Elementary, Communications, Woodward Elementary, Horizon Elementary, R.J. Longstreet Elementary, Timbercrest Elementary, Deltona Middle School, and Ormond Beach Elementary for hosting the *Fresh Pickin's Stand*!

If you are interested in hosting the stand at your area or school email Deia' Goff at: dcgoff@volusia.k12.fl.us. There is no cost to hosting the stand and Wellness provides the healthy snacks!



Ormond
Beach
Elementary
Principal's
Secretary
Amanda Frick



Timbercrest Elementary Academic Coach Kristen Kuches, Office Specialist JoAnn Hegmen , ESOL, Teacher Nicoleta Wells and Principal Tidmarsh



Healthy Bites

Leftover Turkey Stew

This hearty turkey stew recipe is just about the best use of Thanksgiving leftovers. And I don't just mean the turkey—leftover gravy is used to add depth of flavor and body.



Ingredients

- 1 tablespoon olive oil
- 1 ½ cups chopped yellow onion
- 4 cups unsalted chicken broth
- 2 cups leftover gravy (see Tip)
- 4 cups leftover roasted vegetables, cut into bite-size pieces
- 3 cups shredded cooked turkey
- 2 tablespoons chopped fresh flat-leaf parsley
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

Instructions

Heat oil in a large, heavy pot over medium-high heat. Add onion; cook, stirring occasionally, until softened and starting to brown, about 6 minutes. Add broth and gravy; let the mixture come to a boil, stirring occasionally. Stir in leftover vegetables and turkey; cook, stirring occasionally, until heated through, 2 to 3 minutes. Stir in parsley, salt and pepper.

Deia' Goff
Wellness Coordinator
dcgoff@volusia.k12.fl.us
386-734-7190 ext. 20302

Nutrition Facts

Per One Bowl Serving: Makes 4 Servings

- Calories: 428
- Total Fat: 10g
- Total Carbohydrate: 28g
- Protein: 39g