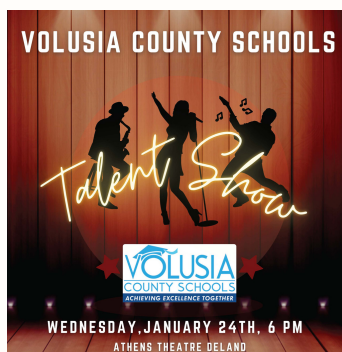




VCS Wellness

Upcoming Events



- VCS Talent Show,
Athens Theatre,
DeLand, 1/24, 6 PM
- Renew You Challenge,
1/8/2024-2/2/2024
- Know Your Numbers,
Personal Health
Assessments, 2/7, 4-7
PM. Register: [Here](#)
- Love Your Health
Challenge, 2/12/24-
4/12/24, Registration
Coming soon!
- VCS Home Run 5k,
Saturday, 4/13, 8AM,
Jackie Robinson
Stadium, Details soon.

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

HOLIDAY Challenge

Winners!

Congratulations to the
randomly drawn
winners of the
Holiday Challenge:



- Sharlene Ayers, Champion Elementary
- Kelly Bookhardt, Edgewater Public School and
Chisholm Elementary
- Celeste Gilmore, Community Information
(pictured)

I hope everyone that participated in the
challenge found the recipes, tips, and exercises
helpful for maintaining their current weight or
starting a new habit during the holidays.

I found joy in reading the positive feedback in the
Post Program Forms I received!

Here's to a new year of health and wellness!



Focus on renewal: Set your intentions

The new year marks a time to renew your goals and refresh your efforts in working toward them. It's a good time to add more self-care to each day.

This month, listen to a podcast all about living life with intention, watch a Let's Talk video about the four types of intent and more.

To see monthly features and listen to a podcast, visit:

<https://www.resourcesforliving.com/home/tools/monthly-features>

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Need a little support?

We're here for you and your household members 24/7.

Visit us online or call anytime.

(800) 272-7252 (TTY:711)

Visit the member website:

www.resourcesforliving.com

Username: **VCS**

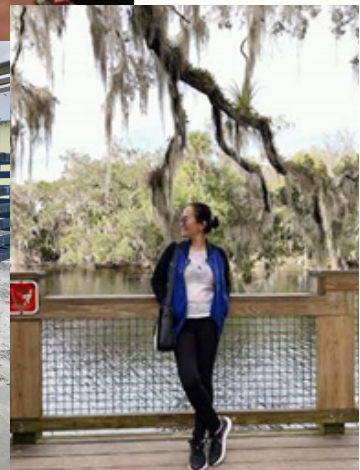
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Renew You Challenge Healthy Selfies

Seeing all of the Healthy Selfies from the Renew You Challenge has been heart-warming and inspiring! This challenge is different than our fitness challenges, as it gives you an opportunity for self-discovery and methods to focus on you, through journaling, meditation, exercise, art, crafts, exploration, or reconnecting with others or even nature.

One special picture and story that will make your day is from Christina Baird of Chisholm Elementary, she visited a local animal shelter as part of the *Renew You Challenge*, which inspired her to think about ways she could volunteer in her community. She brought home the cute fella in the picture and is now a proud foster mom!

Check out the Healthy Selfies from our VCS Employees, where they earned badges for visiting a Volusia County Park, Meal Prep, Power of Pets, Outdoor Zen, Move to the Beat, Fitness with a Friend, and more! #VCSStaffWellness #selfcare #healthyselfie!



VOLUSIA COUNTY SCHOOLS



WEDNESDAY, JANUARY 24TH, 6 PM

ATHENS THEATRE DELAND

★ COME WATCH OUR EMPLOYEES PERFORM AT OUR ★
2ND ANNUAL VOLUSIA COUNTY SCHOOLS' EMPLOYEE TALENT SHOW!
DETAILS WILL BE AT: WWW.ATHENSDELAND.COM
CONTACT: DEIA' GOFF, DCGOFF@VOLUSIA.K12.FL.US,



VCS Wellness



American Heart Month is in February and what better way to show some love to your heart than exercising. The American Heart Association recommends getting at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.

Wellness wants to help kickstart your heart health with the “Love Your Heart Challenge”. This virtual challenge will take place 02/12/2024 -04/12/2024!

Registration and details will be announced soon! The first 100 registrants will receive the far-out T-shirt pictured. The top 200 participants with the highest mileage will receive the groovy medal pictured.

The top two winning Teams with the highest average mileage may choose from a Healthy Breakfast/Lunch or Chair massages for their school or area. The top three Individual winners with the highest mileage and three randomly drawn participants will win a Fitbit or basic AppleWatch.

This challenge will be part of the *Traveling Silver Cup Team Competition!*



Take Control of Your Heart Health.

Schedule a free personal
health assessment (PHA)
today.

Wednesday, February 7th,
4 –7 PM, Deland High School,
Auditorium.

PHA's are by appointment
only, register by 2/5/24.
Only 110 appointments
available at:

[https://pickatime.com/FHC
PWELLNESS/client?
event=390735](https://pickatime.com/FHC_PWELLNESS/client?event=390735)



SCAN ME



**Florida
Health Care
Plans®**



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**FEBRUARY IS
HEART MONTH.**

As the saying goes, "An ounce of prevention is worth a pound of cure." Knowing your health numbers as: blood pressure, blood sugar, cholesterol, and body mass index is an important preventative care measure. Schedule your **FREE** assessment and get to know your numbers and speak to a *Florida Health Care Plans Health Coach* about them.

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.

WHERE TO GO

WHEN YOU NEED MEDICAL ATTENTION

Your Primary Care Physician (PCP) office is your Medical Home and is the first place to call with any health care needs and questions. Your physician has your history and is often able to help you.

PRIMARY CARE PHYSICIAN



Reasons to see your Primary Care Physician include:

Chronic Conditions like:

- Hypertension/High Blood Pressure
- Diabetes/High Blood Sugar - High
- Lipids/Cholesterol
- Heart Disease
- Arthritis
- Depression

Acute Conditions like:

- Headache and/or fever
- Urinary tract infection
- Minor injuries
- Low back pain

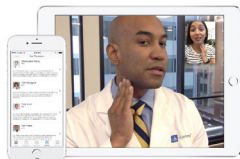
Coordination of Care

- After Hospital, Skilled Nursing Home or Home Health Discharge
- After ER Evaluation

Benefits of visiting PCP

- Low copay for most plans
- Medical history is available - Established relationship with your physician and clinical staff

DOCTOR ON DEMAND



Reasons to use a video visit with a physician include:

- Cough, cold or flu
- Minor strains & sprains
- Bronchitis & sinus infection
- Skin & eye issues
- Upset stomach
- Urinary tract/bladder infections
- Rashes
- Pediatric issues
- Psychological issues
- Visit with a licensed therapist

Benefits of using Doctor On Demand:

- Low copay and 24/7 hours
- Board certified physicians
- Licensed psychologists
- Use smartphone or tablet
- Available throughout U.S.
- Use when PCP/EHCC are unavailable to you

Download the app from the App Store on your smartphone or tablet today!

EXTENDED HOURS CARE CENTERS



Reasons to visit an EHCC include:

- Acute minor trauma
- Cough, cold or flu
- Strains & sprains
- Minor allergic reactions
- Immunizations
- Low back pain
- Placement of stitches for a cut/laceration
- Removal of stitches
- Urinary tract/bladder infections

Benefits of visiting an EHCC:

- Multiple locations in Volusia and Flagler Counties with physicians and advanced practitioners
- WorkForce Wellness rider is accepted
- Same-day appointments
- Shorter wait time
- Significant savings over ER

If your local FHCP Extended Hours Care Center is closed, please consider visiting the nearest FHCP participating Urgent Care Center.

EMERGENCY ROOM



Reasons to visit the Emergency Room include:

- Any life-threatening emergency
- Any severe illness or injury - Unresponsiveness
- Chest pain
- Weakness on one side
- Inability to speak
- Spine or head injury
- Mental status change
- Difficulty breathing
- Uncontrolled bleeding
- Poisoning



@myFHCP



An Independent Licensee of the Blue Cross and Blue Shield Association

Successful Strategies for a Healthy Weight

Florida Health Care Plans-Adult Weight Management Program

FHCP Diabetes/Health Education department's weight management and diabetes prevention program, **Successful Strategies for a Healthy Weight**, is taught by our Registered Dietitian Nutritionists and incorporates content adapted from the VA MOVE! Program.

Program Mission:

- Help individuals better understand, prevent, treat, and improve weight-related concerns
- Promote lifestyle change for weight loss, long-term weight management, and chronic disease prevention/management

Program Features: Program Topics:

- Weekly accountability
- Healthy eating
- Ongoing support
- Physical activity
- Flexible schedule options
- Self-monitoring
- No charge for FHCP members
- Menu planning and shopping
- Dining out
- Managing triggers
- Maintaining consistency

For more information about this program including how to utilize services, enroll or opt-out, please call 386-676-7133 or 1-877-229-4518, Monday through Friday, 8:00 am to 5:00 pm. The hearing impaired may call TTY/TDD Florida Relay 711.



WORKOUT WHEN YOU WANT, WHERE YOU WANT



**Florida
Health Care
Plans**



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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. New benefit eligible employees and family members that under the VCS FHCP health insurance plan are eligible for the gym benefits the 1st month, 45 days after employment.



Show your heart some love

4 ways to
nurture your heart
with
WeightWatchers®:

1

Savor thousands of
healthier recipes.

2

Get on a roll with
exercise tracking.

3

Tame stress through
guided meditations.

4

Share the love
with a 24/7 support
squad.



You get
special pricing
through
Volusia County
Schools

Learn more at [ww.com/vcs](https://www.weightwatchers.com/vcs)

Already a WeightWatchers member?

Call customer service at 866-204-2885 to sync your account.



Got questions about your dental benefits?

Everyone has a different level of knowledge about their dental benefits. To make sure you're making the most of your plan (or using it in the first place), let's address a few common questions.

What do dental benefits cover?

82% of adults agree that having dental benefits is essential to protecting oral and overall health. Most dental plans place an emphasis on preventive coverage and sharing of costs. Depending on your plan, select procedures, cosmetic procedures such as teeth whitening and certain pre-existing conditions may not be covered.

How do I know if a dentist is covered by my plan?

You can easily locate an in-network dentist near you by using the Find a dentist tool or <https://www1.deltadentalins.com/individuals-and-families/find-a-dentist.html> on Delta Dental's website.

You'll want to stay in-network to maximize your benefits, savings and convenience. That's because in-network dentists agree to charge discounted rates for their services, and they file claims and any other paperwork for you.

Can you explain some of the terminology used in my plan?

Let's review a few terms that are helpful to know:

- **Deductible.** A dollar amount that you must pay toward covered services before Delta Dental's benefits are paid.
- **Coinsurance.** The percentage of the costs of services paid by you. For example, a benefit that is paid at 80% by the plan creates a 20% coinsurance obligation for you.
- **Annual maximum benefit.** The total dollar amount that a plan will pay for dental care for an individual member or family member (under a family plan) for a specified benefit period, typically a calendar year.
- **Lifetime maximum benefit.** The maximum amount a plan will pay over the course of a lifetime. It may apply to an individual or a family and typically applies to specific treatments such as orthodontic treatment.

Want to learn more about your dental plan? If you're a Delta Dental member, you can always review your plan details by logging into your account or <https://www1.deltadentalins.com/login.html>



Winners of Wellness W.O.W.

Paul Shuler, Core Teacher, Seabreeze High School



This month's Winner of Wellness, Paul Shuler, recently broke a 25-year-old Florida Senior Game's record in the 5000 meters! Read more about Paul's lifelong commitment to fitness.

"I have been a teacher at Seabreeze High School for 20 years. I also coach bowling, wrestling, and track at Seabreeze. Over the last 40 of my 58 years of life - from a high school and college athlete to an Army Drill Sergeant and now to a high school teacher – engaging in athletics and building future leaders as a coach through sports has been a huge part of my life. My personal athletic focus (until a couple years ago) was wrestling. As a college wrestler, I was ranked in USA Wrestling Magazine as a top 8 contender nationally for the 126 lbs. class. I qualified for NAIA Nationals twice - winning a spot in the top 10 in the Nation in 1987. I continued to wrestle competitively after college. At the age of 32, I won the Eastern National Wrestling Championship Open Division (125lbs weight class) held at Cornell University in Ithaca, NY in 1998. I changed my athletic focus from wrestling to running two years ago when my son (Hunter) started running cross-country in middle school. He wanted a running buddy. To support my son, I started training with him. My first 5K competition was the Ormond Beach Middle School's Panther Prowl in January of 2022. I finished that race with a time of 21:37. As I crossed the finish line, I knew that I had caught the "running bug" – I was hooked. I have since competed in multiple 5Ks as well as track and field competitions. Last summer, I competed in the USATF Masters Nationals as part of the Greater Philadelphia Track Team where my team took home the Gold. This past December, I competed in the Florida State Senior Games 5K and Track and Field Championship. I won the overall gold medal for the 5000 meter and broke the 25-year-old State record in my age group (55 – 59) with a time of 18:32. I am now ranked 3rd in the Nation (in my age group) for the 5000m. I also won the 1500m for my age group with a time of 5:00. I have made many friends through running. It has been a wonderful experience which I hope to continue for years to come (who knows... maybe qualify for a spot on the USATF team to compete in the World Master's Athletic Championships... why not aim high!). To anyone considering getting involved in a sport, I highly encourage it. It is never too late, and you are never too old."

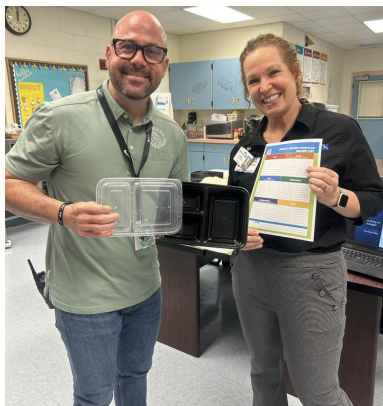
Wellness Events Highlights

Melissa Lundell, ESE Teacher at DeLand High School is an amazing Wellness Champion, she has worked hard to create holistic wellness programs for staff! Last night she collaborated with the Wellness Department to offer a fun and crafty night lead by Hammer & Stain of DeLand. Thank you everyone for joining in for a night creativity and coversation.



Florida Health Care Plans Dietitian Tiffany McClure spoke to staff at Timbercrest Elementary School about "Eating Healthy on a Budget" and the FREE preventative care programs and health coaching FHCP offers.

Thank you Principal Lonnie Tidmarsh, School Secretary Tammy Tressa-Gurgacz, and ESOL Teacher Nicoleta Wells of Timbercrest Elementary for arranging this special visit and promoting wellness! I had the pleasure of meeting and sharing information on retirement and wellness programs with School Guardian José Diaz, who has served Volusia County Schools as a Campus Advisor and School Guardian for 20 years! Thank you for keeping VCS safe Mr. Diaz!



Fresh Pickin's Stand

Thank you to Volusia Online Learning 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!



Thank you Assistant Principal Dr. Tiffanee Grant for having the stand at VOL!

Healthy Bites

Coconut Curry Halibut with Green Beans and Roasted Red Bell Peppers

This recipe from the American Heart Association has a harmony of sweet, sour, and spicy flavors in this Asian-inspired dish stimulates the appetite. The halibut, whose velvety texture will melt in your mouth, rests on a fluffy bed of jasmine rice

Nutrition Facts

Makes 4 Servings

- Calories: 313
- Total Fat: 3.5g
- Total Carbohydrates: 43g
- Sugars: 3g
- Protein: 26g



Ingredients

1. Heat In the slow cooker, whisk together the broth, coconut milk, curry paste, lime zest, lime juice, fish sauce, garlic, and gingerroot. Stir in the green beans, bamboo shoots, roasted peppers, and green onions. Cook, covered, on low for 3 to 3 1/2 hours or on high for 1 1/2 to 2 hours.
2. Quickly stir in the fish and re-cover the slow cooker. Cook for 30 minutes on low or 15 minutes on high, or until the fish flakes easily when tested with a fork.
3. About 15 minutes before serving time, prepare the rice using the package directions, omitting the salt and margarine.
4. To serve, spoon the rice into shallow bowls. Place a fish fillet on each serving of rice. Spoon the green bean mixture around the fish. Ladle the cooking liquid over all. Garnish with the basil and cilantro.

Instructions

- 1 cup fat-free, low-sodium chicken broth
- 1/4 cup lite coconut milk
- 1 tablespoon Thai red curry paste
- 1 teaspoon grated lime zest
- 1 tablespoon fresh lime juice
- 2 teaspoons low-sodium fish sauce
- 2 medium minced garlic cloves
- 1 teaspoon minced gingerroot (peeled)
- 2 cups trimmed green beans
- 1 8-ounce can sliced bamboo shoots, drained and slivered
- 1/2 cup roasted red bell peppers, drained if bottled, thinly sliced
- 2 medium green onions, sliced into 1-inch pieces
- 4 halibut fillets (about 4 ounces each), rinsed and patted dry
- 1 cup uncooked brown (or regular) jasmine rice
- 2 tablespoons coarsely chopped basil (fresh)
- 2 tablespoons coarsely chopped cilantro (fresh)

Deia' Goff, Wellness Coordinator
dcgoff@volusia.k12.fl.us