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# Fresno County Wellness October 2016 Women's Health



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Employee Benefits - Wellness</b> <b>Phone: 600-1810</b> <b>Email: <a href="mailto:wellness@co.fresno.ca.us">wellness@co.fresno.ca.us</a></b> <b><u>Wellness Resources Webpage</u></b>						<b>1</b> Writing down goals helps boost productivity, foster self-esteem, and increase motivation. Keep a pen handy!
2	<b>3</b>  <b>RECOMMENDED SCREENING TESTS</b>	4	<b>5</b> Weight Watchers @ Work 12 - 1 pm Plaza Bldg 21st Floor Training Rm	6	<b>7</b> 	8
9	<b>10</b>  <b>HEART DISEASE IN WOMEN</b>	11	<b>12</b>  <b>Live Webinar:</b> Reducing Your Risk for Cancer with Nutrition 11 am - 12 pm	13	14	15
16	<b>17</b>  <b>BREAST CANCER RESOURCES</b>	18	<b>19</b> Weight Watchers @ Work 12 - 1 pm Plaza Bldg 21st Floor Training Rm	20	21	<b>22</b> Regular exercise can lower breast cancer risk by 10 to 20% (Komen Foundation).
23	<b>24</b>  <b>A TO Z</b>	25	<b>26</b>  <b>2016 County of Fresno Health &amp; Wellness Fair</b> 7:30 am - 2 pm	27	28	29
30	<b>31</b>  <b>HEALTH TOPICS FOR WOMEN</b>					

# Health & Wellness Fair

## Open Enrollment

**October 26, 2016** Plaza Ballroom  
2220 Tulare St., Fresno  
7:30am - 2:00pm

*See you there!*

## Open Enrollment 2017 Satellite Health Fair Locations

Vendors: Anthem Blue Cross, Kaiser, Delta Dental, VSP, ASIFlex, ACI and Nationwide Retirement Solutions

Locations are in addition to the main Health & Wellness Fair in the County Plaza Ballroom on October 26, 2016

Date	Location	Room	Time
Tuesday, November 1	Air Fresno	Multipurpose Rm	9:30am-11:30am
	Heritage Center	2nd Floor Conf. Rm 227	2:00pm-4:00pm
Wednesday, November 2	UMC Main Building	South Conf. Rm 326	9:30am-11:30am
	Brix Mercer*	1st Floor Rm 120	2:00pm-4:00pm
Thursday, November 3	Selma Regional Center	Conference Rm	9:30am-11:30am
	Reedley Regional Center	Sierra Rm	2:00pm-4:00pm
Friday, November 4	Senior Resource Center*	2nd Floor Sierra Conf. Rm	9:30am-11:30am

Air Fresno - (559) 600-3244 - 2719 N. Air Fresno Dr., Fresno, CA 93726

Heritage - Main Intake - (559) 600-4185 - 3151N. Millbrook, Fresno, CA 93703

UMC Main Building - (559) 600-3248 - 4455 E. Kings Canyon, Fresno, CA 93702

Brix Mercer - (559) 600-3200 - 1221 Fulton Mall, Fresno, CA 93721

Selma Regional Center - (559) 600-2259 - 3800 McCall Ave., Selma, CA 93662

Reedley Regional Center - (559) 600-9862 - 1680 E. Manning, Reedley, CA 93654

Senior Resource Center - (559) 600-5703 - 2025 E. Dakota, Fresno, CA 93726

\*Please note that only Brix Mercer and Senior Resource Center locations are open to all County of Fresno employees and retirees.

# *Live Wellness Webinar*

*Attend training from the convenience of your workstation.*

## *October Wellness Webinar: Reducing Your Risk for Cancer with Nutrition*



**Date/Time:** Wednesday, October 12, 2016, 11 a.m. to 12 p.m.

**Description:** You've heard about foods that do this and foods that do that, but which ones are going to actually be the most beneficial for fighting cancer? Get the latest research on cancer prevention and everyday ways you can help prevent cancer from developing.

**How to register for this training:** Ask your supervisor to email HR-Training with your name, employee ID, and County email address.

Live webinar presented by: ACI Specialty Benefits

**Contact:** [HRTraining@co.fresno.ca.us](mailto:HRTraining@co.fresno.ca.us)



# CHANGE YOUR LIFE IN 16 WEEKS

Introducing a new covered benefit for Anthem Blue Cross Members

Anthem Blue Cross of California is pleased to announce a new benefit for qualified members.

It's a 16-week, cutting-edge program that can help you lose weight, adopt healthy habits and significantly reduce your risk of developing diabetes. And it's available at no cost to members who qualify.

You'll be able to choose from an array of national and local programs, like Weight Watchers®, Jenny Craig®, Retrofit and HealthSlate.

While programs differ, most include the following elements:



Access to  
a personal  
health coach



Weekly  
lessons



A small group for  
support



Tools like a wireless  
scale or an activity  
tracker

**Find out if you qualify by taking a 1-minute quiz starting October 10, 2016.  
More information regarding this exciting program will be emailed to you soon!**



# Women's Health

## Message from Dr. Ken Bird, Health Officer



It is commonly held that between genetic predisposition, behavioral patterns, environmental exposures, social circumstances, and health care access, it is our behaviors that contribute the most to avoiding an early death. In fact, our behavioral patterns, taken together with our access to health care, determine half of our risk of dying prematurely.

These healthful behaviors include: good nutrition, sufficient physical activity, not smoking, adequate sleep and stress reduction, drug avoidance, curtailment of risky activities, and alcohol moderation. An important behavior (that ties in with health care access) is making the time and effort to visit our health care providers to discuss health screenings. Of these, screenings for cancer are particularly important.

The second leading cause of death for women, of all ages, in the U.S. is cancer (just behind heart disease). The leading causes of cancer death among women (in order) are: lung cancer, breast cancer, and colorectal cancer.

Screening recommendations for different cancers are made by various professional organizations, but perhaps the most authoritative recommendations come out of the [U.S. Preventive Services Task Force \(USPSTF\)](#), and it is important to know that the Affordable Care Act requires health plans to cover most of these recommended screenings.

Early detection is key to decreasing cancer risk. In many cases these screenings provide for detection of early stages of cancer, when treatment is easier and more successful. In other cases they allow for identification and easy removal of tissues that are likely to become cancer.

The types and timing of preferred screenings vary by individual according to gender, age, and risk factors for the particular cancer being screened. They also are not without some risk of their own. These risks include the invasiveness of the procedure required, exposure to radiation with some screenings, and the possibility of identifying and treating lesions that may have never caused serious problem.

Risk of certain cancers, possible benefits of screening for these cancers, and possible risks of the screening procedures themselves are all part of the extremely important conversation in which you need to engage your health care provider to best ensure your health and well-being.

Dr. Bird



## Breast Cancer Awareness Story

November 11, 2011 was a day my family will never forget. My mom was diagnosed with stage IV metastatic breast cancer. Her oncologist said "I can treat you, but I cannot cure you." When you hear that news, you fear the worst, and it literally felt like we were living in a nightmare. I have many friends and family members who are fighting cancer today or lost the battle; however, nothing hurt more when it was my mom. We lost my mother-in-law to breast cancer and now my mom? My family felt lost and helpless.

Flash forward to September 2016 and after a lesion found in her neck treated with radiation, cancer that has now traveled to her bones and many hours of bone infusions, she is still here with us and thriving every day. Her oncologist told us at her last checkup that my mom is doing "fabulous." We couldn't ask for anything more.

Sure she has bad days, and when they are bad, they are really bad. But lately the good days outweigh the bad ones by far. As of today she only takes chemo pills and has not had to have chemo IV, although we are told that one day that will be the only option.

My mom's diagnosis has changed my life in more ways than one. It has made me more aware of not only health issues but having a seven year old daughter, that life should never be taken for granted. Nor the time you spend with family and friends. Since her diagnosis it feels like my family has been on a roller coaster ride. Cancer definitely brings out every emotion you can imagine.

I guess what I would want someone to take away from my story is yes, cancer is evil and awful and sometimes takes away the people we love the most, but with all the medicine and technology out there today, there is hope that with the right treatment and medicine, our loved ones will be with us longer than just a few weeks or months.

My mom is my hero, and she has shown me that even in the darkest time of your life, you can find the strength to pick yourself up and keep fighting. I see the exhaustion in her face, and I know her body aches, but she will never complain or let on for one second that she is hurting. I can only hope to be half the woman, wife, and mother she has been to all of us.

"You never know how strong you really are until being strong is your only choice."

by Kristi Morales, Department of Child Support Services

## Relax with Guided Imagery

### Visualizing Yourself in a Peaceful Setting

Sometimes we simply cannot control the chaos of life. But we can take charge of how we respond by learning to tap into our own internal “relaxation response.” What does this mean? It means setting aside about five to ten minutes (daily if possible) to practice guided imagery.

1. Sit in a comfortable chair or lie comfortably on your back with your eyes closed and relaxed.
2. Imagine yourself in a favorite, peaceful place. The place may be on a sunny beach with the ocean breezes caressing you, swinging in a hammock in the mountains, or in your own backyard. Any place that you find peaceful and relaxing is okay.
3. See and feel the surroundings in your peaceful place. Hear the peaceful sounds. Smell the scents. Feel the warmth of the sun or the cool of the breeze and any other sensations that you find. Relax and enjoy it.

You can return to this place any time or during the night when trying to sleep. As you use this place more and more, you will find it easier to relax or fall asleep as this imagery becomes a relaxation conditioner.

*Courtesy of [women.smokefree.gov](http://women.smokefree.gov)*

## Wellness Recipe:

### Chicken-White Bean Soup with Fresh Veggie Topper

#### Ingredients

##### Topping

- 1 cup diced tomatoes
- 1 ripe medium avocado, diced
- 1/2 cup chopped green onion
- 1/2 cup chopped fresh cilantro
- 1 Tablespoon extra virgin olive oil
- 1/8 teaspoon salt
- 1 medium lime, cut in wedges

##### Soup

- 3 cups reduced-sodium chicken broth
- 2 cups cooked diced chicken breast meat
- 1 (16 oz) can no-salt-added white beans, rinsed and drained
- 3/4 cup diced green bell pepper, finely chopped
- 1 Tablespoon chili powder
- 1 1/2 teaspoons ground cumin

#### Instructions

1. Combine the soup ingredients in a large saucepan. Bring to a boil, reduce heat and simmer, covered, ten minutes or until pepper is tender. Remove from heat.
2. Combine the topping ingredients, except lime wedges and spoon equal amounts on top of each serving of soup. Serve with lime wedges.

#### Nutrition Facts

Choices: 1 starch, 2 vegetable, 3 lean protein, 1 1/2 fat  
Serving Size: 1 1/4 cups soup with 2/3 cup topping

Calories: 325    Carbohydrate: 25 g    Protein: 31 g    Sodium: 560 mg  
Fat: 12g    Saturated fat: 2.2g    Sugars: 4g    Dietary fiber: 10g

For more recipes like this one visit: [diabetes.org/recipes](http://diabetes.org/recipes)



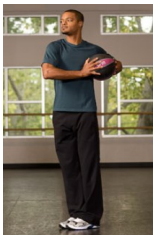
# Medicine Ball Workout

A medicine ball is a weighted ball used for strength training. Switch up your workouts with these medicine ball exercises to strengthen your major muscle groups. You should consult your physician before starting any exercise program.

## Standing Trunk Rotation - Abs

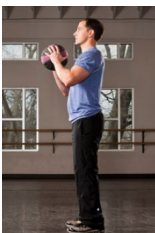


**Starting Position:** Stand holding a medicine ball with your feet hip-width apart. Hold the ball relatively close to your body slightly below chest height. Position your hands at the midline of your body. Engage your abdominal/core muscles to brace your torso. Keep the torso upright. Pull your shoulder blades down and back without arching your lower back.

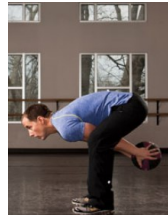


**Movement:** Exhale and slowly rotate your torso in one direction, keeping your upper arms at your sides, elbows bent and hands positioned at the midline of your body. Your head, chest and torso should all move together. Avoid leaning your torso in the direction of your movement. Hold this end position briefly before turning to rotate in the opposite direction.

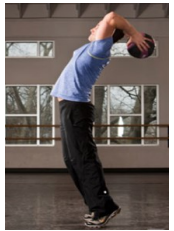
## Overhead Slams - Full Body



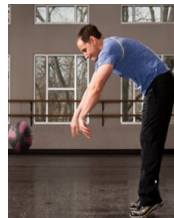
**Starting Position:** Stand with your feet hip-width apart holding a medicine ball with both hands directly in front of your chest; palms facing each other, and elbows fully bent pointing toward the floor.



**Downward Phase:** Shift your hips back and down. This will create a hinge-like movement at your knees. Continue to lower yourself until you feel your heels about to lift off the floor. Try to maintain a flat back by bending forward at the hips. Keep your head directly facing forward. Shoulder blades are pulled down and back and the abdominal/core muscles are engaged to brace your torso and support your spine. Reach the medicine ball back between your legs to prepare to bring it up overhead in a rapid motion.



**Upward phase:** Swing the medicine ball up and over your head, bending at the elbows to take the ball back behind your head and neck. At the same time straighten your knees and hips, rolling up on your toes. The torso is leaning back and the hips are pushing forward to lengthen the abdominal muscles. Keep the abdominal muscles bracing throughout the movement to ensure spinal stability.



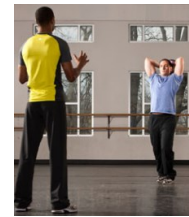
Explosively bring the ball back over your head to throw it directly down into the floor while dropping your weight back into your hips. As you throw the ball down, make sure you are keeping the abdominals braced, hinging from the hips to maintain spinal stability.

## Overhead Medicine Ball Throws - Full Body

**Starting Position:** Make sure that you are working with a partner who can catch the ball.



Let the partner feel the medicine ball first so the partner knows how much it weighs and can prepare to catch it. Position your body directly facing your partner with the feet hip-width apart, the left foot slightly forward and the right foot slightly back, heels on the floor. The spine is in neutral (normal-to-flat), shoulder blades pulling down your back. Your chest is lifted, and your head is in line with your spine. Contract and brace the abdominals. Hold the medicine ball with both hands. Your eyes should be looking directly at the target in order to properly aim the throw.



Swing your arms upward to bring the medicine ball overhead, bending your elbows to reach the medicine ball behind your head. Your feet are pressed into the ground and abdominal muscles braced. As you lift the ball over your head, shift your weight back into your right leg and lean back, engaging the core muscles for extra power in the throw. While preparing to release the ball, aim the throw by keeping your eyes on your partner's hands as you pull the ball back over your head.



Explosively step forward with the right leg. Push the left leg into the ground to fully extend the ankles, hips and knees to generate momentum, as you bring your arms forward over your head to generate power to throw the ball.

*Courtesy of acefitness.org.*