



OCTOBER 2022

WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter



ONSITE HEALTH SCREENINGS THIS MONTH!

Onsite screenings will be held on the following dates:

Tuesday, October 11th – MSC Training Room (6:30am – 8:30am)

Wednesday, October 12th – MSC Training Room (6:30am – 8:30am)

Wednesday, October 26th – MOB Basement (7:30am – 9:30am)

If you have not received your initial assessment packet and are interested in participating in the Healthy Lifestyles Program which allows you to receive the City's Healthy Lifestyles Premiums in 2023, please contact Risk Management at 209-5054 or email Michael Stires at mstires@bryantx.gov. The deadline to complete the process is December 09, 2022. You may also have your screening completed through your own primary physician or at the City of Bryan/BISD Employee Health Center (by appointment only). If you would like to schedule an appointment at the Employee Health Center, please call 821-7690. Walk-ins will not be accepted for initial screenings or follow-ups.

Exception for Police & Fire: You may utilize your 2022 Huffines results if you prefer. Click [here](#) to review details and the additional steps needed to qualify for the discounted health premiums.

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HELP NEEDED

**ONE-POT GARLICKY
SHRIMP & BROCCOLI**

**OCTOBER IS BREAST
CANCER AWARENESS
MONTH**

**ON-SITE FLU SHOT
CLINIC**

Fire Prevention - Family's Home Safety Action Plan

☐ ACTION #1

Make the first Saturday of each month "Smoke Alarm Saturday"!

A working smoke alarm will clue you in there is a fire and you need to escape. Fire moves fast. You and your family could have only minutes to get out safely once the smoke alarm sounds.

- Smoke alarms should be installed in every sleeping room, outside each sleeping area, and on every level of the home, including the basement.
- Test all of your smoke alarms by pushing the test button. If it makes a loud beep, beep, beep sound, you know it's working. If there is no sound or the sound is low, it's time to replace the battery. If the smoke alarm is older than 10 years old, you need to replace the whole unit.
- If your smoke alarm makes a "chirp," that means it needs a new battery. Change the battery right away.
- Make sure everyone in the home knows the sound of the alarm and what to do when it sounds.



☐ ACTION #2

Develop a home fire escape plan and practice it at least twice a year!

Having a home fire escape plan will make sure everyone knows what to do when the smoke alarm sounds so they can get out safely.

- Draw a map of your home, marking two ways out of each room, including windows and doors.
- Children, older adults, and people with disabilities may need assistance to wake up and get out. Make sure they are part of the plan.
- Make sure all escape routes are clear and that doors and windows open easily.
- Pick an outside meeting place (something permanent like a neighbor's house, a light post, mailbox, or stop sign) that is a safe distance in front of your home where everyone can meet.
- Everyone in the home should know the fire department's emergency number and how to call once they are safely outside.
- Practice! Practice! Practice! Practice day and nighttime home fire drills. Share your home escape plans with overnight guests.



Every day at least one child dies in a home fire.

And every day, 293 children are injured by fire and burns.



☐ REMEMBER:

When You Hear a Beep, Get On Your Feet!

Get out and stay out. Call **9-1-1** from your outside meeting place.

Hear a Chirp, Make a Change!

A chirping alarm needs attention. Replace the batteries or the entire alarm if it is older than 10 years old. If you don't remember how old it is, replace it.



OPEN ENROLLMENT INFORMATION

The City's Benefits Annual Open Enrollment starts October 10, 2022 and ends November 13, 2022 at midnight. Any elections or changes will be done through Bentek and will be effective January 1, 2023.

Check with your supervisor to see when Risk Management will be meeting with your department in October to discuss benefit plan choices.

How can you prepare for open enrollment?

- Make sure your mailing address is up to date.
- Make sure you have life insurance beneficiaries listed and updated in Bentek.
 - *Beneficiary designations are for Life Insurance only. For MissionSquare Retirement (formerly ICMA-RC) and TMRS beneficiary changes, please visit the TMRS and/or MissionSquare Retirement portal or contact Risk Management at 979-209-5055.*
- Review your current life situation and health related expenses in order to elect the most appropriate benefits when Open Enrollment begins.

<https://www.mybentek.com/bryantx/>

No action is required if you are not making changes, with the exception of re-enrolling in the Flexible Spending Account (FSA), or Health Savings Account (HSA) for 2023.

If you miss open enrollment, you must have a qualifying life event in order to make changes in 2023.



Please help us decrease the number of no-shows occurring at the City of Bryan/BISD Employee Health Center. If you have an appointment and cannot attend, please call at least one hour in advance of your appointment time to cancel or reschedule. You can reach the Health Center by calling 821-7690. The Health Center's Office Policy does address no-shows and cancellations. Please review the policy [here](#).

One-Pot Garlicky Shrimp & Broccoli

Ingredients

- 3 tablespoons extra-virgin olive oil, divided
- 6 medium cloves garlic, sliced, divided
- 4 cups small broccoli florets
- 1/2 cup diced red bell pepper

Total Cooking time: 20 minutes

- 1/2 teaspoon salt, divided
- 1/2 teaspoon ground pepper, divided
- 1 pound peeled and deveined raw shrimp (21-30 count)
- 2 teaspoons lemon juice



Directions

1. Heat 2 tablespoons of oil in a large saucepan over medium heat. Add half the garlic and cook until it's beginning to brown, about 1 minute. Add broccoli, bell pepper and 1/4 teaspoon each salt and pepper. Cover and cook, stirring once or twice and adding 1 tablespoon water if the pot is too dry, until the vegetables are tender, 3 to 5 minutes. Transfer to a bowl and keep warm.
2. Increase heat to medium-high and add the remaining 1 tablespoon oil to the pot. Add the remaining garlic and cook until it's beginning to brown, about 1 minute. Add shrimp and the remaining 1/4 teaspoon each salt and pepper; cook, stirring, until the shrimp are just cooked through, 3 to 5 minutes. Return the broccoli mixture to the pot along with lemon juice and stir to combine.

KNOCK OUT BREAST CANCER!

Amazing strides have been made in breast cancer awareness and treatment, but there remains a lot to be accomplished. October is designated as National Breast Cancer Awareness Month. Join us for a seminar to raise awareness. Wellness credit and a light breakfast will be provided to registered attendees. Attendees can also pick up a City of Bryan Breast Cancer Awareness t-shirt to wear throughout the month of October by donating \$1.00 to the American Cancer Society.



Friday, October 21, 2022

9:00am – 10:00am

MOB Basement Training Room



Click [here](#) to register. A light breakfast will be provided to those registered by October 19th.

- About 1 in 8 U.S. women (about 13%) will develop invasive breast cancer over the course of her lifetime.
- In 2022, an estimated 287,850 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 51,400 new cases of non-invasive (in situ) breast cancer.
- About 2,710 new cases of invasive breast cancer are expected to be diagnosed in men in 2022. A man's lifetime risk of breast cancer is about 1 in 833.
- For women in the U.S., breast cancer death rates are higher than those for any other cancer, besides lung cancer.

Source: www.breastcancer.org



City of Bryan Employee & Covered Dependents On-Site Flu Shot Clinic

FREE for ALL City of Bryan Employees,
Retirees, and Covered Dependents*!
*(*Dependents must be at least 5 years of age)*

On-Site Flu Shot Clinics:

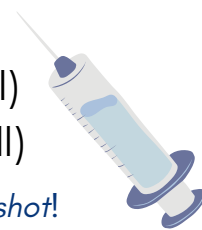
Wednesday, September 28th, 7:00am – 9:00am, BTU Distribution (2301 Fountain Ave #250)

Wednesday, October 5th, 7:00am – 9:00am, MSC Training Room (1111 Waco St.)

Thursday, October 6th, 7:30am – 9:30am, MOB Basement Training Room (City Hall)

Thursday, October 6th, 3:00pm – 5:00pm, MOB Basement Training Room (City Hall)

Beginning Tuesday, October 11th you can call the Employee Health Center to schedule your flu shot!



Open Monday-Thursday 7:30 am–5:30 pm (closed Noon–1 pm)

Friday 7:30 am–3:00pm (open Noon–1pm)

Saturday 8 am–Noon (minor acute illnesses only–call for appt.)

(Saturday Clinic open September – April during peak season)

Call 979-821-7690 for an appointment!

Questions or concerns?

Email: CityofBryanHealth@st-joseph.org

If you have wellness related news to share with other City of Bryan employees and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Michael Stires

Risk Management Generalist

979-209-5054

mstires@bryantx.gov

<https://wellness.bryantx.gov/>