

WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter

AUGUST 2023



HEALTHY BACK-TO-SCHOOL TIPS

HEALTH SCREENINGS COMING THIS FALL!

JOIN US FOR A MONTHLY WELLNESS WALK!

ICE VS. HEAT FOR DISCOMFORT

NEW WORKERS' COMPENSATION ONLINE TRAINING

HEALTHIER STUFFED PEPPERS RECIPE

Healthy Back-to-School Tips

Back-to-school time is busy for both kids and parents. Coordinating schedules, making sure everyone has what they need, and getting back into the groove can take some adjusting after the summer break. The stress that comes with the start of a new school year can take a toll on your kids and you.

1. Get vaccinations up to date

Check with your school to ensure your child is properly vaccinated prior to the start of the new school year. Check with your pediatrician to see what vaccines are recommended for your child based on age.

2. Set a strict bedtime and stick to it

A good night's sleep is essential to good health. Both parents and kids need plenty of sleep, especially at this busy time of year. Adults need a full 7-8 hours in order to maintain good health, but kids need more sleep

- Preschoolers: 10-13 hours
- School-aged children: 9-11 hours
- Teens: 8-10 hours

If your child has trouble falling asleep, consider their screen time. Studies show electronic devices can interrupt the body's ability to fall asleep. Put electronic devices away at least two hours before bedtime.

3. Maintain good hygiene

Good handwashing throughout the day is very important, especially when back to school time arrives. Germs lurk on every surface of the classroom. It's important they wash their hands after using the restroom, before lunch, and after recess. Make sure they have access to hand sanitizer as well.

Stress the importance of not sharing combs, brushes, hats, and hair accessories like headbands. Lice thrive among school aged children. Check your child's head each day and know the signs, such as excessive head scratching, and the appearance of grey or white "sesame seed"-like particles at the base of the hair near the root.

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HEALTHY BACK-TO-SCHOOL TIPS CONTINUED



4. Ensure a healthy diet

Begin your child's day with a healthy breakfast. Yogurt, eggs, or a breakfast sandwich along with fruit ensures they start the day on a healthy note. For lunch, skip the pre-packaged snacks and grab-n-go lunches. Although it takes time, make your child's lunch, it's far healthier for them. Pack fruits, vegetables, whole grain bread, lean proteins and cheeses.

5. Control Stress

Stress isn't good for anyone, and without the tools to handle it, your kids can suffer weakened immune systems, insomnia, and other health problems. Learn the signs your kids may be harboring stress and encourage them to share their day with you. Help your child develop healthy ways to deal with stress. Go for a walk as a family, draw or color with them, or play a game of catch outside.

HEALTH SCREENINGS COMING THIS FALL!



The City of Bryan's Healthy Lifestyles Program offers employees reduced health insurance premiums for participating in an annual biometric screening. The Risk Management Department will begin conducting meetings this month with each department to discuss the program and distribute packets. Check with your supervisor to see when your departmental meeting will be.

Screenings will be held onsite this year for your convenience. You may also have your screening completed through your personal physician or through the City of Bryan/BISD Employee Health Center by appointment only. You will have an opportunity to sign-up for an onsite time slot during your department's meeting. As a reminder, the program consists of the following steps:

- Biometric Screening includes height, weight, blood pressure, cholesterol panel, hemoglobin A1C level, comprehensive metabolic profile, and prostate specific antigen (if applicable)
- Follow-up with a medical provider if your numbers do not meet the program's established criteria

All biometric screenings and follow-ups (if applicable) must be completed by **December 8, 2023**.

**JOIN US FOR A MONTHLY WELLNESS WALK
AUGUST 16TH @ 10AM
MEET JUST INSIDE CITY HALL
WE WILL TAKE A ONE MILE WALK IN DOWNTOWN BRYAN**





ICE VS. HEAT TO HELP WITH DISCOMFORT

Whether your discomfort came on suddenly or has been lingering, one of the goals of first aid is to prevent the discomfort from worsening. This often includes the application of either ice and/or heat. Both ice and heat have immediate benefits and can provide relief of soreness. They are also both relatively easy to use and inexpensive. But, what is the difference? When should you use heat and when should you use ice? Here are some general guidelines to follow for application of either ice or heat.

ICE

Used generally for new discomfort. Relief of redness, pain, swelling, and bruising. Time applied: Maximum 20 minutes. Allow one hour before icing again.

Decreases blood flow, which can reduce swelling, and will provide relief of discomfort.

Types of ice applications: Frozen gel pack, ice bag, frozen veggies, ice cup for ice massage, ice bath.

Other considerations: When applied to head and neck, ice can provide relief of headaches.

HEAT

Used generally for more lingering or ongoing discomfort. Soothing and relaxing relief of muscles/joints due to tightness or soreness. Time applied: Maximum 20 minutes. Allow one hour before heating again.

Increases blood flow which can relax tight muscles, increase motion and decrease sensitivity/discomfort.

Types of heat applications: Heating pad, hot water bottle, moist heat packs, massage, hot tub, or warm bath.

Other considerations: Heat can relax tight muscles from old injuries, surgeries, or just general soreness.

Safety Precautions:

- Apply ice or heat for no longer than 20 minutes at a time. Wait 60 min and re-apply.
- If using hot tub, warm/ice baths, frequent monitoring is recommended.
 - Elderly and children should NOT use hot tubs or warm/ice baths.
- Do not apply ice or heat to open wounds or other skin irritations. Hot or cold can interfere with healing.
- Apply a barrier (like a paper towel) between the skin and the ice or heat pack.
- NEVER sleep with ice or heat packs.

Want to learn more about the Workers' Compensation Process?



Workers' Compensation can be daunting for both an employee and supervisor. Check out the new City of Bryan Online Workers' Compensation Training to learn more about the process. Register for the training by visiting the City's LMS and searching for "Workers' Compensation in the Learning Library. You can obtain 30 minutes of Employee Law & Policy Credit by viewing the training.

Healthier Stuffed Peppers Recipe

This healthy stuffed peppers recipe uses an assortment of colored peppers, lean ground beef, brown rice, fresh onion, garlic, and natural tomato sauce. So colorful and healthy!

INGREDIENTS:

- 1 cup water
- 1/2 cup brown rice
- 1 pound lean ground beef
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 green bell peppers
- 2 red bell peppers
- 2 yellow bell peppers
- 2 (8 ounce) cans natural tomato sauce
- 1 tablespoon Worcestershire sauce
- Salt and ground black pepper to taste
- 1 teaspoon Italian seasoning
- 1/4 cup grated Parmesan cheese, optional



STEP 1

Preheat the oven to 350 degrees. Bring water and brown rice to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and liquid is absorbed, 45 to 50 minutes.

STEP 2

Bring water and brown rice to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and liquid is absorbed, 45 to 50 minutes.

STEP 3

Meanwhile, warm a large skillet over medium heat. Add beef, onion, and garlic to the hot skillet; cook and stir until meat is evenly browned and onion is softened, about 5 minutes. Set aside.

STEP 4

Remove and discard tops, seeds, and membranes of green, red, and yellow bell peppers, Arrange peppers in a baking dish with the hollowed sides facing upward. Slice the bottoms off peppers if necessary so that the stand upright.

STEP 5

Mix browned beef, cooked rice, 1 can tomato sauce, Worcestershire sauce, salt, and pepper in a bowl. Spoon mixture into each hollowed pepper. Mix remaining tomato sauce with Italian seasoning in a bowl; pour over peppers.

STEP 6

Bake in the preheated oven, basting with sauce every 15 minutes, until peppers are tender, about 1 hour. Sprinkle peppers with grated Parmesan cheese; serve warm.

Source: Allrecipes.com



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

Friday 7:30 am–3:00pm (open Noon–1pm)

Call 979-821-7690 for an appointment!

Questions or concerns?

Email: CityofBryanHealthst-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:
Risk Management
employeebenefits@bryantx.gov