



NOVEMBER 2023

# WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter



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## HEALTHY LIFESTYLES PROGRAM DEADLINE: DEC. 8TH

If you would like to participate in the City's voluntary annual health assessment, Healthy Lifestyles, the process must be completed by Friday, December 8, 2023. As a reminder, by participating and completing all the steps of the program, you will receive the Healthy Lifestyles premium, which saves you \$180 per month! If you have not yet completed your initial screening, you may still call the City of Bryan Employee Health Center to schedule an appointment or have the screening completed through your primary care physician. If you have completed your initial screening and were asked to follow-up due to one or more of your values being out of range you have until December 8th to get this completed. Police and Fire are eligible to utilize Huffines results from 2023 to qualify. Instructions on follow-up requirements (if applicable) will be enclosed in your results packet. If you have any questions regarding the Healthy Lifestyles program or need special accommodations for the screening, please contact David Garcia at 979-209-5054 or email [dgarcia@bryantx.gov](mailto:dgarcia@bryantx.gov). Don't miss out on your chance to participate for Plan Year 2024!

## OPEN ENROLLMENT DEADLINE: NOV. 17TH

The City of Bryan Benefits Annual Open Enrollment began on October 16, 2023 and ends November 17, 2023 at midnight. Any elections or changes will be done through Bentek and will be effective January 1, 2024. <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 2024. If you miss open enrollment, you must have a qualifying life event in order to make changes in 2024.***

# Take Charge of Tomorrow

NIH National Institute of Diabetes and Digestive and Kidney Diseases

## Preventing Diabetes Health Problems

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.

Here are some tips to help you manage your diabetes to stay healthy longer.



Manage your A1C blood glucose, blood pressure, and cholesterol levels.

Ask your doctor what your goals should be, and stay informed about your A1C level.



Take care of your mental health.

A mental health counselor may help you find healthy ways to cope with stress.



Make lifestyle changes to slowly build healthy habits.

Take small steps to eat healthier, be more physically active, and get enough sleep.



Take your medicines on time, even if you feel healthy.

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



Work closely with your primary care provider.

They can help you manage your diabetes and refer you to other health care professionals for related health problems.

Visit [niddk.nih.gov](https://niddk.nih.gov) for more information on preventing diabetes health problems.

[healthinfo@niddk.nih.gov](mailto:healthinfo@niddk.nih.gov)

# DROWSY DRIVING PREVENTION WEEK



NOVEMBER 5-11, 2023



Sleep First. Drive Alert.™

Practice these six small steps for healthy sleep

## 2022 Drowsy Driving Key Survey Results



The best way to prevent drowsy driving is by making sure you are a Best Slept® driver.



**95 percent of Americans** think drowsy driving is risky, but a majority of drivers do it anyway



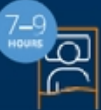
**6 in 10 drivers (62%)** have driven a car when they were so tired they had a hard time keeping their eyes open, a projected **150+ million US motorists**



**37 million motorists** are estimated to drive drowsy at least once per year



**Almost 2 in 10 drivers (18%)** are overly confident in their ability to drive after sleeping only 2 hours or less the previous night



Drivers who get NSF's recommended amount of sleep per night (7-9 hours for most adults) are **less likely to drive drowsy**

## Be your Best Slept Self®



Daytime

Nighttime



### 1. Light

Spend time in bright light during the day, natural light or equivalent brightness.



### 2. Exercise

Exercise regularly for a deeper sleep. Aim for 30 minutes a day, 5 days a week.



### 3. Mealtimes

Eat your meals at consistent times day after day.



### 4. Avoid...

Avoid heavy meals, nicotine, caffeine, and alcohol before bedtime.



### 5. Wind-down

Use a consistent routine with a relaxing wind-down to help get the sleep you need each night (7-9 hours for most adults, with same sleep and wake times.)



### 6. Environment

Put your devices away an hour before bed and sleep in a quiet, cool, and dark environment.

powered by the National Sleep Foundation

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**Drowsy driving is more likely to cause a crash.**

Just like drunk, drugged, and distracted driving, drowsy driving is a real public health issue, causing thousands of car crashes each year and killing an estimated 6,400 people in the U.S. alone according to the AAA Foundation for Traffic Safety. The National Highway Traffic Safety Administration reports an estimated 100,000 crashes each year are caused primarily by drowsy driving, resulting in more than 71,000 injuries and \$12.5 million in damages.



**Drowsy driving is really risky**

When you drive without adequate sleep, your motor skills are seriously impaired. In fact, we'll go as far as saying that drivers who've only slept 3 to 5 hours in the last 24 hours are unfit to drive. Most people understand it's risky, but they don't think about the consequences.



**Drowsy driving is dangerously common.**

Young drivers (aged 16-25 years) and shift workers are at greatest risk of falling asleep behind the wheel, but most drivers can relate to a time when they have nodded off while driving. **Importantly, drowsy driving is preventable.**

# SAUSAGE & CARAMELIZED ONION STUFFING

## Ingredients

\* makes 8 servings\*

- ½ cup (1 stick) unsalted butter, cut into pieces, plus more for dish
- 1 medium loaf country-style white bread, torn into irregular 2" pieces
- 2 large eggs
- 2 cups low-sodium chicken broth
- 2 Tbsp. extra-virgin olive oil, divided
- 1 lb. hot Italian sausage, casings removed
- 4 large onions, thinly sliced
- Kosher salt
- 4 celery stalks, thinly sliced
- 3 garlic cloves, thinly sliced
- Freshly ground black pepper
- 2 Tbsp. finely chopped rosemary
- 2 Tbsp. finely chopped sage
- ¼ cup dry white wine



## Preparation

### Step 1

Preheat oven to 250°. Butter a 13x9" baking dish with unsalted butter. Divide 1 medium loaf country-style white bread, torn into irregular 2" pieces (about 10 cups), between 2 large rimmed baking sheets, arranging in a single layer, and bake until dried out, crisp, and barely golden, about 30 minutes. Transfer to a large bowl.

### Step 2

Increase oven temperature to 350°. Whisk 2 large eggs and 2 cups low-sodium chicken broth in a large measuring cup or small bowl; set aside.

### Step 3

Heat 1 Tbsp. extra-virgin olive oil in a large skillet over medium-high. Cook 1 lb. hot Italian sausage, casings removed, stirring and breaking into small pieces with a wooden spoon, until browned and cooked through, 5-7 minutes. Using a slotted spoon, transfer to bowl with bread, leaving fat behind in the pan.

### Step 4

Add remaining 1 Tbsp. extra-virgin olive oil to same pan and reduce heat to medium. Add 4 large onions, thinly sliced, and season generously with kosher salt (at first, it will look like you have way too many onions for the skillet, but they will cook down). Cook onions, stirring occasionally, until deep golden brown and very soft, about 30 minutes.

### Step 5

Add 4 celery stalks, thinly sliced, and 3 garlic cloves, thinly sliced, to pan and season with salt and freshly ground black pepper. Cook, stirring occasionally, until celery is slightly softened, 8-10 minutes. Add 2 Tbsp. finely chopped rosemary, 2 Tbsp. finely chopped sage, and ½ cup (1 stick) unsalted butter, cut into pieces, and cook, stirring occasionally, until butter is melted and mixture is combined, about 3 minutes. Pour in ¼ cup dry white wine and simmer, scraping up any browned bits and stirring often, until liquid is mostly evaporated, about 1 minute.

### Step 6

Scrape onion mixture over sausage and bread in bowl and mix well to combine. Pour reserved egg mixture over and fold gently until everything is thoroughly coated; season with salt and pepper. Transfer stuffing to prepared dish and cover tightly with foil.

### Step 7

Bake stuffing until bubbling around the edges (peek under the foil to see, then re-cover), 30-35 minutes.

### Step 8

Increase oven temperature to 450°. Remove foil from stuffing and bake until heated through and top is browned and crisp, 10-15 minutes.

*Do ahead: Stuffing can be baked (before crisping) 1 day ahead. Let cool, then chill. Just before serving, uncover and bake at 450° until heated through and crisp, about 15 minutes.*

Source: <https://www.bonappetit.com/recipe/make-ahead-sausage-and-caramelized-onion-stuffing-recipe>



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-telehealth 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](mailto: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:**  
**Risk Management**  
**[employeebenefits@bryantx.gov](mailto:employeebenefits@bryantx.gov)**