



Building a Healthier Polk

The Worksite Wellness Team supports the development and enhancement of worksite wellness programs in local businesses.

Volume 7: Summer 2020

Featured Article:

Peace River Center - Wellness Works
Jodi Harper, Pharmacist

Nutritional Recipe:

Goosey Chocolate Chip Peanut Butter Chickpea Bites

Summer Shopping List:

Fruits and Vegetables

Fun Summer Activities:

Be Active Outdoors!



Vol. 3, Issue 9
April, 2020

Wellness Works!

*Wellness Works! to inspire, empower, and motivate
all PRC employees to improve their health and wellness.*

How have YOU
changed?



It seems forever ago that COVID-19 was new to us. Since then, we have all been impacted in hundreds of ways ranging from mild inconvenience to illness, and for some, loss and grief. What we value is clearer to us now. We will emerge from this pandemic changed in some ways; our worldview altered. Many of us look forward to getting "back to normal".

Emotional, Social, and Financial Wellness are among SAMHSA's (Substance Abuse and Mental Health Services Association) *Eight Components of Wellness*, and are just a few ways our mental health has been stressed in recent weeks.

The Wellness Works Committee invites us to plan for our "New Normal", and ask ourselves how we have changed for the better!

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Featured Article continued:

Do we:

Smile more readily at strangers, knowing that we are more alike than we had thought?

Offer support to others, because we understand how difficult their struggle has been?

Continue to enjoy the hobby that we started during quarantine?

Practice hand hygiene and cough into our sleeve, because we know it helps prevent illness?

Tip better because we know how financially desperate times have been for so many?

De-clutter our homes, and donate clothing, household items, and food for others in need?

Promote our health, because we understand our bodies can fight disease better if we are healthy?

Make time to spend with family and friends, because we can?

Hug Gramma "for real"?



Meet your Genoa Pharmacy staff

Jodi Harper, Pharmacist pictured here (center) with two of her delightful pharmacy technicians! Aimee, Amy, and Robert (not pictured) go above and beyond to help you with your medication needs. Stop by and say hello!



Featured Article continued:

Did you know? Peace River Center has an on-site Genoa Healthcare® pharmacy for patients and staff to use for their medication needs.

Your patients have complex health conditions. Getting their medications right and having them follow their treatment plans can be difficult. With Genoa Healthcare, the largest pharmacy provider serving behavioral health and addiction treatment communities, you have an on-site pharmacist that's part of your care team. Plus, you and your family can use the pharmacy, too!

How Genoa Healthcare helps

- Full-service pharmacy that fills all medications
- Pre-filled pill organizers tailored to each consumer
- Prescription refill synchronization and proactive medication adherence outreach calls
- Dependable delivery and mail services
- Help with prior authorizations
- Trusting relationships with care team and consumers
- Offering competitive pricing and help with manufacturer assistance programs
- Staff access to medication adherence data
- Available to answer questions during business hours or through our 24-hour customer service line

By partnering with Genoa Healthcare, we can achieve even better outcomes for our patients.

Want to learn more about what Genoa Healthcare can offer you? Stop by the pharmacy to learn more!

Genoa Healthcare Pharmacy

Located within Peace River Center Wellness Clinic
1831 Gilmore Ave.
Lakeland, Florida 33805
Phone: (863) 614-0066
Hours: Monday-Thursday: 8:00am-5:00pm
Friday: 8:00am-12:00pm



ANXIETY

What about my job?

Will my family be ok?

FEAR

STRESS

I'm not good at working remotely!

DEPRESSION

What's going to happen with my kids and their education?

What if my parents get sick?



Free, 24-Hour Emotional Support Through

PRC's Crisis Line (863) 519-3744

or toll-free (800) 627-5906



Community Health and Wellness Announcements:



Andrea Nikolai, MPH, RDN, LND is the Family and Consumer Sciences Agent at UF/IFAS Extension in Polk County and a registered dietitian. She teaches food and nutrition classes around the county with the goal to improve the health and wellbeing of families.

To find classes and to register: www.polkfcs.Eventbrite.com

Would love to see you there!

andreanikolai@ufl.edu

863-519-1072



@Polkfcs



UF/IFAS Extension Polk County, Family and Consumer Science

The Family and Consumer Sciences Extension Program is dedicated to providing science-based information to empower individuals and families to make changes to improve their health and quality of life.

The Institute of Food and Agricultural Science (IFAS) is an Equal Employment Opportunity – Affirmative Action Employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap or national origin. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Cooperative Extension Program and Boards of County Commissioners Cooperating.

For more information, please contact Andrea Nikolai, UF/IFAS Extension Polk County, Family and Consumer Science Agent at andreanikolai@ufl.edu or 863-519-1041. Thank you!

Community Health and Wellness Announcements continued:



Classes for a Healthy Lifestyle!

Reduce Your Risk of Alzheimer's: What to Do and What to Eat

UF/IFAS Extension and the Alzheimer's Association are teaming up to bring you tips from the latest research on healthy living for the brain and body. Learn strategies to age well and which foods to eat to help reduce your risk of Alzheimer's disease.

REGISTER FOR THE FREE WEBINAR HERE: <https://bit.ly/UFandAAbrain>

Date and Time and Location

Tue, June 16, 2020
1:00 PM—2:00 PM EDT

Location



Online Events

Health Benefits of Herbs and Spices

Learn how adding the herbs and spices to your foods can help improve your health! Hear about specific herb and spice benefits, and learn tips on how you can add them to everyday meals.

Date and Time and Location

Tue, July 28, 2020
10:30 AM—11:30 AM EDT

Location

Winter Haven Senior Adult Center
250 S Lake Silver Dr



MIND Diet (with CFHC's Free Cooking Class)

Learn how you can decrease your risk of Alzheimer's disease by what you eat!

Date and Time and Location

Thu, August 6, 2020
5:30 PM—7:00 PM EDT
Location-Teaching Kitchen
Central Florida Health Care Women and Children
201 Magnolia Ave



To find more classes and to register, visit <http://polkfcs.eventbrite.com>

Community Health and Wellness Announcements continued:



Contact Abigail Elias at
aelias@flsouthern.org
for the next class schedule and
more information!

AASDN Nutrition Specialist Workshop

- Learn how to implement a nutrition program while adhering to state licensure laws and regulations
- Learn how to coach your clients, students, and patients through healthy lifestyle changes
- Earn CEC's (18 contact hours)
- FREE textbook with registration!

The workshop is a **continuing education provider** for:

- CDR
- NASM
- WITS
- AFAA
- YMCA
- Course petition forms are provided for all other major fitness organizations.



Upcoming Events:

The Super Run Virtual 5k - Tampa, FL 2020



Saturday, June 27

For more information visit:

<https://www.active.com/tampa-fl/running/distance-running-races/the-super-run-virtual-5k-tampa-fl-2020-2021?int=72-3-A1>

2020 Fallen Heroes Memorial 5K

Saturday, Aug. 29 at 6-9 AM

For more information visit:

<https://www.athlinks.com/event/lakeland-police-foundation-fallen-heroes-memorial-5k-312607>



Fortress Fitness

Fortress Fitness is a free community workout open to all ages, levels and abilities. The workouts are held on the second Saturday of each month. Workouts begin at 9:00 a.m. Trainers volunteer their time and talents to provide a free community workout.

Fort Blount Park is located in downtown Bartow on the corners of Broadway Avenue, Main Street and Davidson Street, across from the Polk County Courthouse and the Polk History Center. Use 102. W. Main Street, Bartow, Florida for GPS.

For more information, please contact: Virginia Condello at the Greater Bartow Chamber of Commerce, (863) 533-7125.

Visit our Facebook, Fortress Fitness Facebook:

<https://www.facebook.com/bartowchamber12/>



Community Health and Wellness Announcements continued:



Heartland for Children

In March 2003, Heartland for Children was selected as the lead agency for Community Based Care in Polk, Hardee and Highlands counties. As the lead agency, Heartland for Children assumed the responsibilities for

System Administration of a comprehensive child welfare service provider network that included protective services, foster care, adoptions, independent living, prevention, family preservation, family support services and other related services. Heartland for Children has taken the child welfare system in Circuit 10 to a performance focused and results oriented system.

Heartland for Children is an engaged, fully mature, system administrator. We offer strong leadership and partnership with diverse agencies across Florida. We are committed to safety, quality, consistency, and accountability in everything we do. HFC's primary role in the system of care is not to provide direct services, but rather to serve as a system administrator dedicated to building an integrated network of services with traditional and non-traditional

Here are a few pictures from their Staff Incentive Programs

For more information, please contact Jacquie at

JBOBB@heartlandforchildren.org



Community Health and Wellness Announcements continued:



providers and supports. This network has the capacity to provide a comprehensive array of culturally competent services to children and families in both rural and urban areas. As a system administrator, Heartland for Children manages resources effectively and efficiently to ensure positive outcomes for children and families.

As the existing lead agency, we have a proven track record in this community. We have an in-depth understanding of the vast array of existing community resources, as well as, the strengths and challenges in each of our communities. Going forward, we will continue to build on our strong relationships and past experiences, continuously learning from our mistakes and successes and relentlessly pursuing excellence.



Nutritional Recipe:

Submitted by

Andrea Nikolai, MPH, RDN, LDN

Family and Consumer Sciences

UF/IFAS Extension Polk County



Goopy Chocolate Chip Peanut Butter Chickpea Bites

These kid-friendly, tasty treats satisfy the sweet tooth yet are filled with fiber, protein, and heart-healthy fats to help keep you at your best. Great out of the oven, and even better the next day! Enjoy them as they are or trying adding nuts or use crunchy peanut butter for a peanut M&M flavor!

INGREDIENTS:

- 1 can chickpeas (rinsed and drained—about 1 1/2 cups)
- 1/4 cup oatmeal
- 1/2 cup peanut butter
- 1/4 cup maple syrup or honey
- 1 teaspoon baking powder
- 2 teaspoons vanilla
- Pinch of salt
- 1/2 cup chocolate chips

INSTRUCTIONS:

Preheat the oven to 350°F. Line a cookie sheet with sides with parchment paper or grease using cooking spray.

Drain and rinse the chickpeas. Blend the chickpeas and oatmeal until smooth.

Add all remaining ingredients, except the chocolate chips, to the chickpeas and oatmeal, and mix together.

With slightly damp hands, roll batter into ping pong size balls, place on the cookie sheet, and flatten them slightly with your fingers (these cookies will not spread much when baking).

Bake at 350°F for 10-12 minutes or until cookies are a light golden brown. Do not overbake.

ENJOY!!

Monthly Observances

June • FAMILY HEALTH & FITNESS DAY—June 13

Park and recreation agencies everywhere are encouraged to participate by sharing ways families can get active while practicing safe physical distancing on June 13 — whether through participating in virtual programs at home or in their local parks where state and local ordinances allow. Members of the healthcare community are encouraged to participate, as well, even as sponsors. **This year's theme is "Parks Build Healthy Communities."** For more information visit, <https://www.nrpa.org/events/family-fitness-day/>



July • NATIONAL PARK and RECREATION MONTH!

Since 1985, America has celebrated July as the nation's official Park and Recreation Month. The American Fitness Index recognizes the importance of community parks and recreational areas and the role they play as a contributing environmental indicator for better health and physical activity. For more information visit, <https://www.nrpa.org/events/july/>

August • NATIONAL FARMERS MARKET WEEK

There are nearly 10,000 farmers markets in the United States. You can find a local farmers market at <https://www.ams.usda.gov/local-food-directories/farmersmarkets>



Polk Wellness Professionals

have been working to support the development and enhancement of worksite wellness programs in local businesses across Polk County. The team has been promoting the use of the CDC Worksite Health ScoreCard, which is a free, validated self-assessment tool for businesses to evaluate their current worksite wellness programs, identify gaps, and implement evidence-based strategies for improvement. The team has now held two Wellness Exchange events, one in November of 2018 and most recently in May of 2019, that include sponsors, a featured speaker and an opportunity for members to "Exchange" wellness ideas and resources that have worked for them. Be on the lookout for more "Wellness Exchanges" in 2020.



Fun Summer Activities

Outdoor Scavenger Hunt

Shoot Hoops

Plant a Garden

Outdoor Roller Blading

Summer Shopping List

Avocados

Cantaloupe

Carambola

Eggplant

Guava

Mango

Mushrooms

Orange

Papaya

Passion Fruit

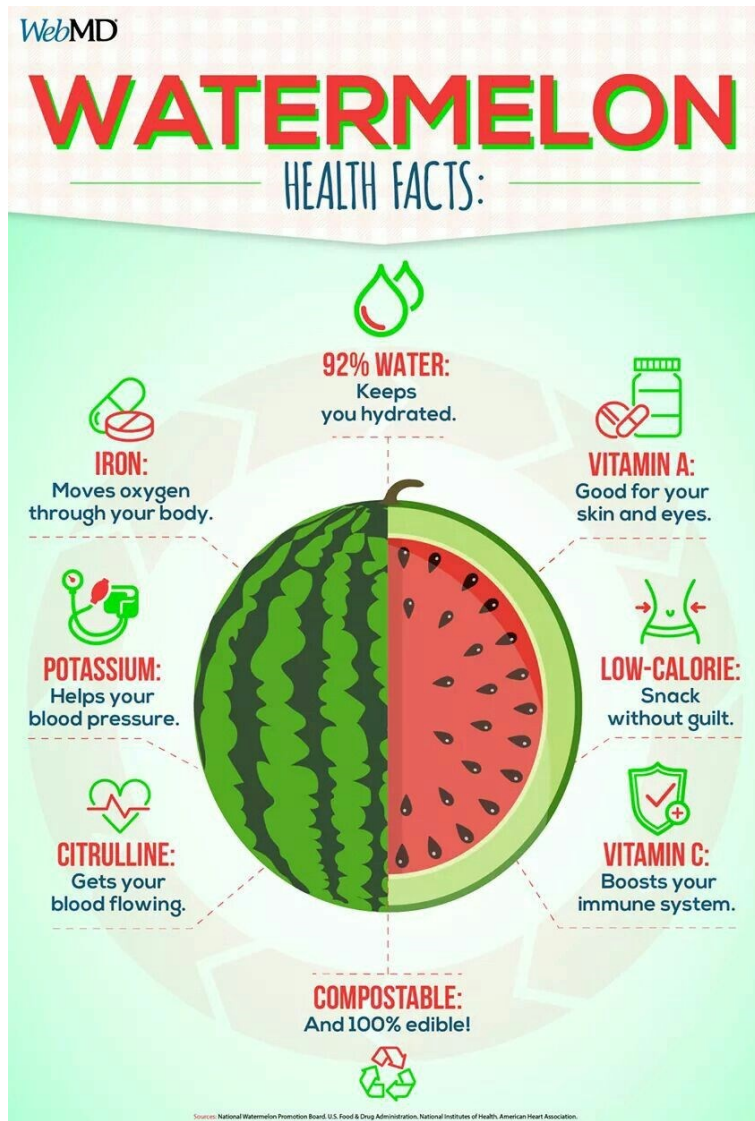
Potatoes

Sweet Corn

Tomatoes

Watermelon

[https://www.freshfromflorida.com/
Consumer-Resources/Buy-Fresh-
From-Florida/Crops-in-Season](https://www.freshfromflorida.com/Consumer-Resources/Buy-Fresh-From-Florida/Crops-in-Season)



What You Need to Know: Tobacco Use and COVID-19

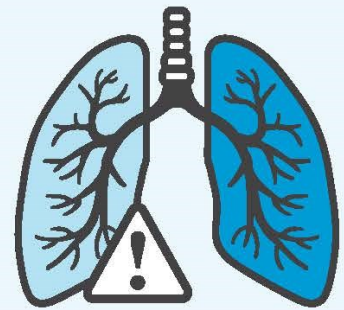


Recent news stories have discussed the potential connection between smoking and COVID-19. The scientific and medical community is learning more about the health implications smoking has on COVID-19, but there are reasons for concern. We do know that COVID-19 patients who smoke might be at higher risk for serious illness from COVID-19.¹

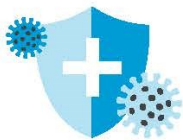
COVID-19 is a respiratory illness that can spread from person to person. Smoking can cause a higher risk of getting lung and chest infections in general.² People who smoke have a higher

SMOKING AND COVID-19: WHAT YOU NEED TO KNOW

The scientific and medical community is learning more about the health implications smoking has on COVID-19, but there are reasons for concern. We do know that **COVID-19 patients who smoke might be at higher risk for severe disease or death from COVID-19.**¹



Know the risks



Smoking **suppresses immune function** in the lungs and triggers inflammation.²



Smoking can cause a **higher risk of getting lung and chest infections** in general.³



People who smoke have a **higher risk of dying from respiratory infections** such as influenza and pneumonia.³



Smoking is a major cause of heart disease and lung disease.³ **People of any age with severe underlying health conditions, like heart disease and lung disease, seem to be at higher risk of developing COVID-19.**⁴

Tobacco Use and COVID-19 continued:

risk of dying from respiratory infections such as influenza and pneumonia.³ Smoking cigarettes is also a major cause of heart disease and lung disease.⁴ People of any age with serious underlying health conditions, like heart disease and lung disease, seem to be at higher risk of developing complications from COVID-19.⁵ We also know that smoking suppresses immune function in the lungs and triggers inflammation.⁶

As such, because of the damage that tobacco products cause to the lungs, it is likely that smoking can worsen outcomes for people who get COVID-19. According to the National Institute on Drug Abuse, “because it attacks the lungs, COVID-19 could be an especially serious threat to those who smoke tobacco.”⁷

The best thing you can do for your health is to quit tobacco. If you need help quitting, Tobacco Free Florida offers free tools and services, like 24/7 access to speak to a Quit Coach and a 2-week supply of nicotine patches, gum or lozenges shipped to your home. Learn more about all our tools and services at tobaccofreeflorida.com/quityourway.

We are here to help

If you ever had a reason to quit smoking, here's another one. The best thing you can do for your health is to stop smoking. If you need help quitting, Tobacco Free Florida offers free tools and services, like 24/7 access to speak to a Quit Coach and a 2-week supply of nicotine patches, gum or lozenges shipped to your home. Learn more about all our tools and services at: tobaccofreeflorida.com/quityourway.

1. Centers for Disease Control and Prevention. Preliminary Estimates of the Prevalence of Selected Underlying Health Conditions Among Patients with Coronavirus Disease 2019 — United States, February 12–March 28, 2020. MMWR Morb Mortal Wkly Rep 2020;69:382–386. DOI: <http://dx.doi.org/10.15585/mmwr.mm6913e2>. Accessed April 3, 2020.

2. Strzelak, Agnieszka et al. “Tobacco Smoke Induces and Alters Immune Responses in the Lung Triggering Inflammation, Allergy, Asthma and Other Lung Diseases: A Mechanistic Review.” International journal of environmental research and public health vol. 15,5 1033. 21 May. 2018, doi:10.3390/ijerph15051033. Accessed April 3, 2020.

3. U.S. Department of Health and Human Services. The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General. Atlanta,

GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with corrections, January 2014. Accessed April 3, 2020.

4. Centers for Disease Control and Prevention. “People at Risk for Serious Illness from COVID-19.” Centers for Disease Control and Prevention, 10 Mar. 2020. www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html. Accessed April 3, 2020.



**Florida
HEALTH**

QUIT YOUR WAY



PHONE QUIT

Talk to a Quit Coach® to help you get started.



GROUP QUIT

Get the support you need at one of our group quit sessions.



WEB QUIT

Get access to online tools to help you quit.



MORE QUIT TOOLS

But wait, there are more ways to quit! Choose what you need or use them in addition to our Phone, Group and Web services.

Mission: To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.

Tips for Encouraging Someone to Quit

Don't judge or nag. Instead, let that person know that you're there for them in case they need anything, even if it's just to talk.

Be understanding. Always keep in mind that tobacco is highly addictive and hard to quit.

Stay positive. Help them focus on the many health benefits of quitting. For example: remind them of how quitting their addiction will help them lower their risk of disease and even add years to their life!
You can get a list of benefits here.

Remind them to keep trying. It takes most former smokers several attempts before they quit for good.

For more information, please contact: Juli Davis,
Tobacco Program Supervisor
at Florida Department of
Health in Polk County
1290 Gofview Ave.
Bartow, Florida 33830
(863)578-2157 Office
(863)608-2658 Mobile

- Phone Quit, Group Quit, Web Quit and More Quit Tools cessation services available to anyone in Florida
- Counseling sessions and self-help materials available in English and Spanish
- Free nicotine replacement therapy*
- PHONE QUIT: call **1-877-U-CAN-NOW TTY/TDD 1-877-777-6534**
- GROUP QUIT: find classes at **tobaccofreeflorida.com/quityourway**
- WEB QUIT: enroll online at **tobaccofreeflorida.com/quityourway**
- MORE QUIT TOOLS: choose what you need or use them in addition to our Phone, Group and Web services

**While supplies last. If medically appropriate and 18 years of age or older.*

Member Spotlight

Meet Kelly Andrews



Specialties

Emotional Intelligence
Employee Wellness
Leadership

FREE Online Resources

The HeartMath Experience <https://store.heartmath.com/heartmath-experience/>

HeartSmart Adventure - for 4-6 year old's
<https://www.heartmath.org/education/e-learning/heartsmarts-adventure/100k-coherent-kids-initiative/>

HeartMath Purpose and Vision:

To Help Activate the Heart of Humanity

A global shift is under way and more people are sensing it involves a deeper connection with their heart. This desire for more heart connection is a growing movement, one that people are drawn to by a nudge from their own intuition or conscience to listen to their heart more and to connect with their inner guidance.

Our **dedicated HeartMath team** is passionate about helping individuals, organizations, and the global community incorporate the heart's intelligence into their day-to-day experience of life to develop innovative solutions to challenges, increase cooperation and live healthier more fulfilling lives.

For more information, visit <https://certified.heartmath.com/user/kelly-andrews/> or Email her at KellyAndrewsToday@gmail.com



BENEFITS OF HEARTMATH

Studies conducted with over 11,500* people have shown improvements in mental & emotional well-being in just 6-9 weeks using HeartMath training and technology:

24% improvement in the ability to focus
30% improvement in sleep
38% improvement in calmness
46% drop in anxiety
48% drop in fatigue
56% drop in depression

* N= 11,903

Percent of individuals responding often to always on normed and validated pre and post Personal and Organizational Quality Assessment (POQA-R)



Polk Wellness Professionals

meet 8:30–10:00 am
the first *Friday* of
every month.



For more
information and to
RSVP for events,
please contact:

Debbie Zimmerman

MBA, CHWC, CPT
Food for Life Instructor

Debbie@phyto-fit.life



MEET OUR Polk Wellness Professionals



Liz Antaya – Co-Chair; Stahl & Associates Insurance

Debbie Zimmerman – Co-Chair; PhytoFit

Kelly Andrews – Kelly Andrews, LLC

Sarah Betzer – Bank of Central Florida

Juli Davis – Florida Department of Health

Donna Kay Dinkins – Senior Solutions Group

Schatzie Haines – OMS Group

Sarah Hodges – Allen and Company

Alison Kennedy-Hand – Florida Presbyterian Homes

Brittany Lynn – BayCare Health Systems

Karen Moore – Peace River Center

Andrea Nikolai – University of Florida IFAS Extension

Laurel Smith – Polk State College Wellness Coordinator

Marie Wilmot – FIPR Institute and Phosphate Research

Visit our webpage at <http://portal.polkvision.com/worksite-wellness-team>