



# VCS Wellness

## Upcoming Events



VCS Talent Show  
Athens Theatre DeLand,  
Wednesday, January 25th,  
6 PM

## Community Events

- Daytona Beach- Night Sky Viewing Party, 12/13, 7:30 PM, MOAS
- DeLand- Christmas Light Show, 5:30 PM daily until 12/31 Stetson Baptist Church,
- Deltona-Seflies with Santa, 12/17, 10 AM- 12PM, The Center at Deltona
- Edgewater- Holiday Boat Parade, 12/14, 6 PM, Kennedy Park
- New Smyrna Beach, Christmas Concert, 12/9, 7 PM, The Hub on Canal
- Ormond Beach- Movies on the Halifax, 12/9, 6 PM, The Casements

Eat Smart, Move More...  
Maintain, don't gain!

## HOLIDAY Challenge



Over 100 personnel took the *Holiday Challenge* and we are already in week four! I hope everyone is finding the recipes, workouts and tips useful in maintaining and not gaining during this busy and festive time of year.

The challenge runs through December 31st, but you may join it at any time The Holiday Challenge is provided by *Eat Smart, Move More, Weigh Less* and *Eat Smart, Move More, Prevent Diabetes*, partnership programs between NC State University and the NC Division of Public Health. You may learn more and register at:

<https://esmmweighless.com/holidaychallenge/>

See their blog for more resources at:

<https://esmmweighless.com/blog/>

# Road to Wellness Campaign Challenge Updates!

Below are the top five teams in the running for the *Traveling Silver Cup*, after the first two Team Challenges

The next "team" challenge will be in March, stay tuned!

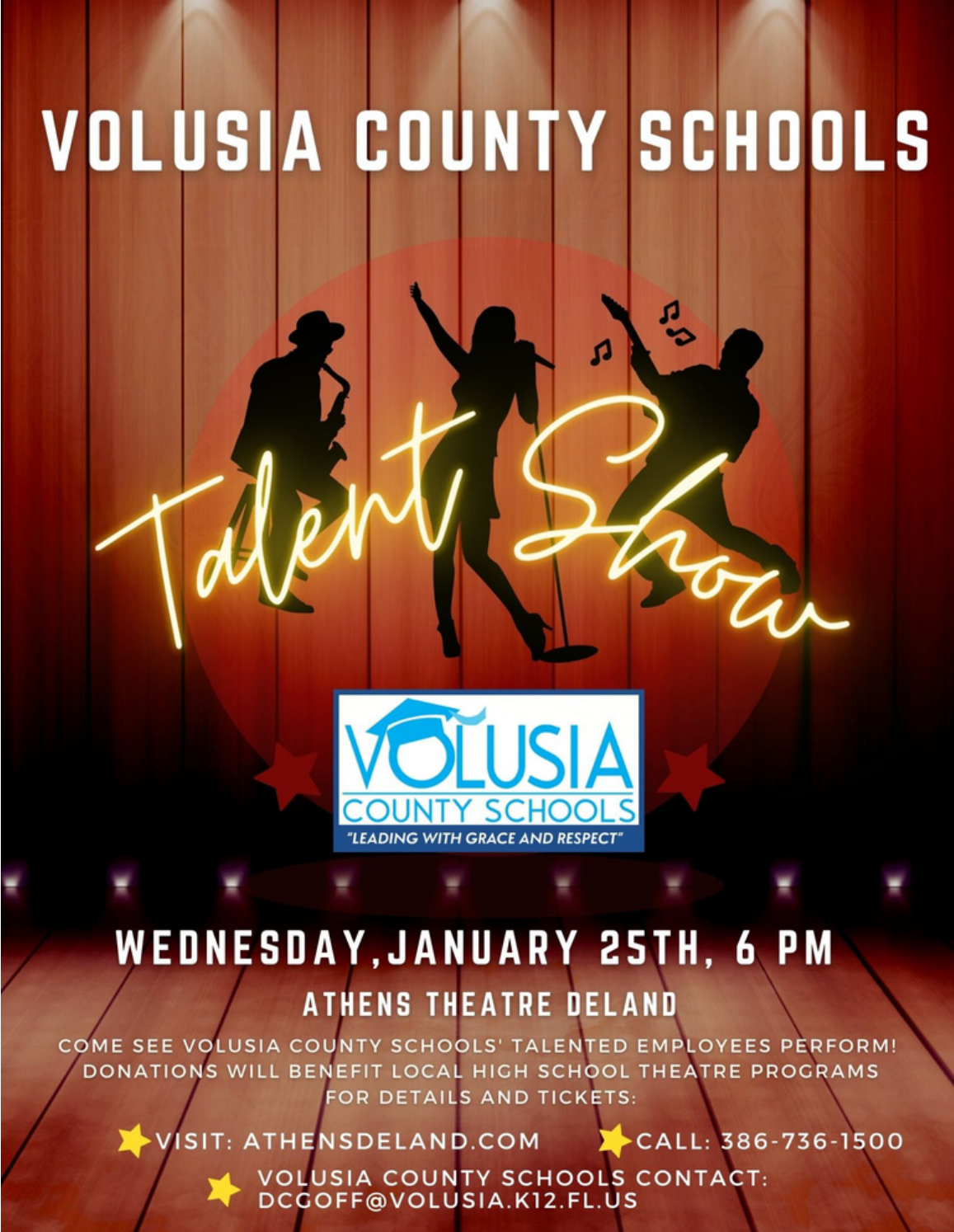
Team Names	Walking Challenge	Relax and Revive Challenge	Team Standings After Two Challenges
Hop-Alongs	5	10	15
DeLand Middle's Best Team	10	0	10
RSMS Gators 1	7	0	7
Road Runners	0	7	7
Happy Campers	0	5	5
Fun & Run DeLand M.S.	3	0	3
We Put the DOPE in Dopamine	0	3	3
VPE Panthers	1	0	1
NSBHS Barracudas	0	1	1



# Upcoming Events

Mark your calendars to bring your family and friends to see our talented employees perform. Performances will include singing, dancing, instrumental, seven singing crystal bowls, historical reenactment, poetry, a campfire story, and a Zumba routine lead by Assistant Superintendent Julio Nazario-Valle!

Details and tickets will be available through Athens Theatre soon at:  
[athensdeland.com](http://athensdeland.com)!

A poster for the Volusia County Schools Talent Show. The background is a dark stage with a large red spotlight in the center. Inside the spotlight, there are silhouettes of three performers: a man on the left wearing a hat and playing a saxophone, a woman in the center singing into a microphone, and a man on the right playing a guitar. The words "Talent Show" are written in a large, glowing yellow cursive font across the center. Above the performers, the text "VOLUSIA COUNTY SCHOOLS" is written in white, bold, sans-serif capital letters. Below the performers is the Volusia County Schools logo, which features a blue graduation cap above the word "VOLUSIA" in blue, with "COUNTY SCHOOLS" in white on a blue background, and the tagline "LEADING WITH GRACE AND RESPECT" in small white text at the bottom. At the bottom of the poster, the date and time "WEDNESDAY, JANUARY 25TH, 6 PM" are written in white, bold, sans-serif capital letters, followed by the venue "ATHENS THEATRE DELAND" in the same style. Below this, a line of text says "COME SEE VOLUSIA COUNTY SCHOOLS' TALENTED EMPLOYEES PERFORM! DONATIONS WILL BENEFIT LOCAL HIGH SCHOOL THEATRE PROGRAMS FOR DETAILS AND TICKETS:". At the very bottom, there are two lines of contact information, each preceded by a yellow star icon: "VISIT: ATHENSDELAND.COM" and "CALL: 386-736-1500" on the first line, and "VOLUSIA COUNTY SCHOOLS CONTACT: DCGOFF@VOLUSIA.K12.FL.US" on the second line.

**VOLUSIA COUNTY SCHOOLS**

**Talent Show**

**WEDNESDAY, JANUARY 25TH, 6 PM**

**ATHENS THEATRE DELAND**

COME SEE VOLUSIA COUNTY SCHOOLS' TALENTED EMPLOYEES PERFORM!  
DONATIONS WILL BENEFIT LOCAL HIGH SCHOOL THEATRE PROGRAMS  
FOR DETAILS AND TICKETS:

★ VISIT: [ATHENSDELAND.COM](http://ATHENSDELAND.COM) ★ CALL: 386-736-1500

★ VOLUSIA COUNTY SCHOOLS CONTACT:  
DCGOFF@VOLUSIA.K12.FL.US

# Wellness Event Highlights



It has been a joy to meet so many of you at recent Wellness events. Assistant Superintendent Patty Corr got us moving on the courts at Pictona! Some of us learned how to play pickleball for the very first time. We enjoyed a healthy meal after burning off some calories from chasing down the ball.



Those of us new to pickleball learned that the "kitchen" isn't something you cook in, but is a non-volley zone.



Interested in trying it out? I have 16 day passes for those that would like to play at Pictona, first come, first "Serve". Yes, I am being punny. Contact me at: [dcgoff@volusia.k12.fl.us](mailto:dcgoff@volusia.k12.fl.us) for tickets Learn more about Pictona at: <https://pictona.org/>

## Wellness Event Highlights

We pressed pause for a short, blooming tea and meditation session. It was a lesson that time for ourselves, even if for ten minutes, makes you feel renewed. If you need some guidance in how to practice mindfulness, try this mindful breathing exercise:

<https://esmmweighless.com/mindful-breathing-for-stress-relief/>



While we watched a short guided meditation video, our tea balls bloomed into beautiful flowers.





## **Winner of Wellness (W.O.W.)**

**Robin Booher  
Spruce Creek Elementary**



**I met Robin at our recent Pictona event and she shared her positive experience with the Virta program. The program uses clinically proven nutrition, medical supervision and one-on-one health coaching to reverse type 2 and prediabetes. Read her story below!**

**"I was interested last year when the VIRTA program became available through Florida Health Care. I asked my doctors but they had no information and stated "it couldn't hurt". I initiated the process and went through the interview and eligibility process. I was accepted into the Program. VIRTA assigned a Doctor, Health Coach and Nutritionist as well as providing a scale, food scale, cookbook, glucose meter, strips, needles and vitamins at no cost to me. The Physician, Health Coach and Nutritionist were available 24/7 through chats. If needed, phone calls were available. They were very patient and understanding when I was struggling with the program. Never once was there negative comments as to why I had difficulty. They were always encouraging and offered smaller solutions to continue with the program and be successful. They submitted the information to my Primary Physician to keep them in the loop.**

**My main goal was to be at a point to eliminate or decrease diabetic medications. Weight loss was secondary. As soon as I began the program, the Physician began to decrease my medication intake based on the information submitted through the scale and daily readings. Eventually, two of my daily medications were completely eliminated (one was an injection taking 64 units daily ), one was significant decreased (4 units weekly to .5 units weekly), another eliminated from twice daily to once daily. In addition, I lost 30 pounds and have been able to maintain after a year.**

**The food is KETO based. It was very hard for me to continue (stopped after 6 months), due to other health issues, but the accomplishment mentioned above was worth the program. Now, I can go back to some of the strategies when needed. I know other people who have lost about 100 pounds on the program. The weight loss and decrease of the medications have made me more active and conscious when I go out to eat."**

**To learn more about the Virta program, and to see if it is available to you at no direct cost, visit the following: <https://www.virtahealth.com/join/fhcp>**



# The Gift of Homemade Gifts



On a recent visit to my Grandmother's house, she took me to her spare room to show me a latch hook rainbow I made her in elementary school. Her eyes seemed to smile with delight and admittingly, it made me tear up she had it after all these years. There is something special about a home made gift and not just for the receiver, but also for the maker.

According to *Healthline*, do it yourself activities may have a range of positive effects on mental health. Art therapists have been doing research for years on the health and well-being benefits of crafting. A 2010 review, published in the *American Journal of Public Health*, suggests that crafting and engaging in creative activities may help decrease anxiety, stress, and mood disturbances, as well improve well-being and quality of life.

Ready to reap the benefits of creating a home made gift? Try making these simple birdseed ornaments, which not only your receiver may enjoy, but the wildlife will too!

## Simple Birdseed Ornament Recipe:

3/4 cup flour  
1/2 cup water  
3 T corn syrup  
4 cups birdseed  
wax paper  
cookie cutters  
twine or ribbon for hanging



## Instructions:

- \* Line a cookie sheet with wax paper
- \* Pour flour, water and corn syrup into a bowl and mix together until combined
- \* Add birdseed until combined
- \* Pour mixture onto wax paper lined cookie sheet
- \* Press the mixture with your hands until it's compact (about 1/2" – 3/4" thick)
- \* Press cookie cutters into birdseed mixture and leave to dry for about 8 hours
- \* Remove birdseed ornaments from cookie cutters, turn them upside down and let them continue to dry until hard
- \* Twist jute twine around ornaments and hang from a branch

Contact Deia' Goff at: [dcgoff@volusia.k12.fl.us](mailto:dcgoff@volusia.k12.fl.us) for cookie cutters sets to make your ornament (Only 10 available for give-a-way)

# Florida Health Care Plans Resources

## Extended Hours Care Centers



FHCP members have access to high quality, non-emergency care when and where you need it most, thanks to our eight convenient locations and longer hours to serve you better.

### Why visit the EHCC?

- Sore throats
- Common colds
- Flu
- Bronchitis
- Sinus Infections
- Upset Stomach
- Burns
- Sprains and strains
- Sutures, cast, x-ray

### Hours:

Monday-Friday, 7:00 am - 7:00 pm

\*Saturdays: 8:00 am - 12:00 pm, specific locations only\*

For an appointment call: (386) 676- 7189. Visit: [www.fhcp.com](http://www.fhcp.com)

## Doctor on Demand [click image](#)



As an FHCP member you get 24/7, 365 access to a board-certified physician! All you need is your FHCP insurance card, a smart phone, or a computer with a camera. Through Doctor on Demand you can get high-quality, convenient, and affordable healthcare no matter the time or the day. Use it for things like colds, upset stomachs, pediatric visits, mental health visits, rashes, sinus infections and so much more!

You may visit:

[www.fhcp.com/doctor-on-demand/](http://www.fhcp.com/doctor-on-demand/)

## Preferred Fitness [click image](#)



FHCP members with the Preferred Fitness benefit have access to 80+ gym partners across 5 counties. Benefit eligible VCS employees without FHCP contact Deia' Goff to get a gym card at: [dcgoff@volusia.k12.fl.us](mailto:dcgoff@volusia.k12.fl.us) You may see the gym list at the VCS Wellness Page under the Risk and Benefits Department or at the following link: [Gym List](#)



## Flu Shots

Flu Shots will be available during business hours at all FHCP Facilities and Pharmacy locations, see the following flyer: [Flu Shot Flyer](#) or go to: [www.fhcp.com/FluShot](http://www.fhcp.com/FluShot)



Daily stressors and life can be overwhelming. We often may ignore our own mental health needs until they become difficult to manage, that is why it is important to use resources available to you to learn ways to gain control over your mental health and wellness. Volusia County Schools' Employee Assistance Program (EAP) through Aetna offer resources to learn how to improve your and even your loved one's emotional wellbeing. You may access EAP at: <https://www.resourcesforliving.com/login> or call: 1-800-272-7252 and use the Username: VCS Password: VCS



Aetna Resources For Living™

#### EAP Resources Include:

- Access up to 6 counseling sessions per issue each year
- 27/7/365 emotional support
- Think Tank Podcasts
  - See: <https://www.resourcesforliving.com/audio/podcast/how-to-apologize-forgive-and-move-on>
- Crisis and disaster resources
- Webinars
  - See the Emotional Well-Being Webinar, "Fighting the Funk: Dealing with depression"
  - <https://www.resourcesforliving.com/videos/webinars/fighting-the-funk>
- Self-Improvement tools
  - See video "Good Humor Equals Good Health and More" video at:
  - <https://www.resourcesforliving.com/videos/webinars/good-humor-equals-good-health-and-more>
- myStrength online and mobile app

#### Florida Health Care Plan Behavioral Services

- Offered at 5 locations, for more information call: 386-676-7175 or go to <https://www.fhcp.com/preventative-care/conditions-and-diseases/behavioral-health/>
- Doctor on Demand: Connect with a therapist or psychiatrist at your convenience virtually using your computer, smartphone, or tablet (with a front facing camera) for a \$30 Copay. Go to schedule an appointment: <https://doctorondemand.com/microsite/fhcp/>

# Healthy Bites

## Holiday Fruit Wreath

Looking for a healthy snacking option for your holiday party or spread? This easy Holiday fruit wreath makes for a beautiful display and an alternative sweet treat.

<https://thishealthytable.com/blog/healthy-christmas-appetizers/>



### Ingredients

- 7 or 8 sprigs of mint
- 7 or 8 sprigs of rosemary
- 2 cups of green grapes, cut into small bunches
- 1 cup of red grapes
- 3 kiwis, peeled and chopped
- ½ cup raspberries

### Directions:

- Place the sprigs of mint and rosemary on a large, round serving plate or board. Trim the ends if they are long.
- Create a circular pattern with the green grapes on top of the herbs. Then layer with kiwi and red grapes.
- Finally, add the raspberries on top, sprinkling them throughout the wreath.

### Nutrition:

**Yield: 6 Servings Size: 1**

**Amount Per Serving:**

**Calories: 94 Total Fat: 1g**

**Saturated Fat: 0g**

**Cholesterol : 0mg**

**Sodium: 4mg**

**Carbohydrates: 24g**

**Fiber: 3g**

**Sugar: 17g, Protein: 1g**

**Deia' Goff**

**Wellness Coordinator, [dcgoff@volusia.k12.fl.us](mailto:dcgoff@volusia.k12.fl.us)**

**386-734-7190 ext. 20302**

**Follow us at:**

**<https://www.facebook.com/VCSStaffWellness>**

