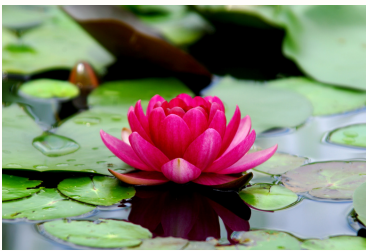




VCS Wellness

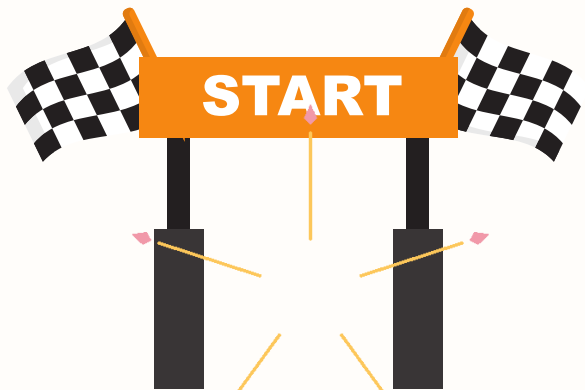
Upcoming Events

Relax and Revive Challenge
October 3rd - October 30th



Community Events

- Daytona Beach- Stretch & Social Renew Yoga
- DeBary-Medal Madness 5K & 10K at Gemini Springs Park, September 24 2022
- DeLand- Downtown DeLand Cruise, Saturday, September 17th, 4:00 - 8:00 PM
- NSB - Barefoot Farmer's Market, Saturdays, 8 am-12 pm
- Ormond Beach- Tomoka State Park, 8 am - sundown, hiking, biking, running, and more!



The VCS Wellness Walking Challenge Has Begun!

An impressive 36 Teams have entered our first wellness challenge of the year, the *Great River Walk!*

Teams will compete to log the most miles from September 1st through September 30th. Good luck everyone!

Below is Team POE of Port Orange Elementary, lead by Team Captain Mary Berg-Brown, is ready for the challenge!



VCS Wellness Walking Challenge Teams and Captains

1. The Fantastic Four- Area Superintendents Office – Team Captain: Denise Ribeiro
2. We put the DOPE in Dopamine 1- Student Services and Government Affairs – Team Captain: Devon Staropoli
3. We put the DOPE in Dopamine 2
4. The Crab Legs- Seabreeze High School- Team Captain: Janet Savary
5. Choice Chicks- K-12 Curriculum- Team Captain: Tina Spitzer
6. Silver Sands Warriors- Silver Sands M.S.- Team Captain: Mercedes Guardado-Erazo
7. NSB Stingrays- NSB M.S. – Team Captain: Katelyn Filz
8. VPE Panthers- Volusia Pines Elementary -Team Captain: Sarah Smith
9. VPE Panthers 2- Team Captain: Erica Stevens
10. VPE Panthers 3- Team Captain: Evelyn Telemacque
11. Roadrunners- Orange City Elementary -Team Captain: Dixie Larsen
12. Hop-Alongs- Champion Elementary-Team Captain: Becky Haus
13. HLC -Highbanks Learning Center-Hornet Hive-Team Captain: Tracy Haigh
14. HLC -The Stingers- Team Captain: Wendy Jeffries
15. HLC -The Hornet Eliminators- Team Captain: Betty-Jo Sterling
16. HLC- Fast and Furious- Team Captain: Emily Taylor
17. Champion Cruisers-Champion Elementary- Team Captain: Emily Fagerstrom
18. Dream Team- Benefits Department -Team Captain: Deia Goff (not eligible for prizes)
19. DeBary Sole Trainers- DeBary Elementary- Team Captain: Paula Phelan
20. Don't Stop Believing Team- University H.S. – Team Captain: Mindy Goode
21. S-mile Makers- Atlantic H.S.- Team Captain: Rosie Wheeler
22. NSBHS Barracudas- NSB H.S. -Team Captain: ESE Asst. Principal Sue Hopkins
23. They Call Us Special- Spruce Creek Elementary- Team Captain: Heather Cunningham
24. Creekside High Steppers- Creekside M.S.- Team Captain: Jennifer Bennett
25. RSMS Gators- River Springs M.S.- Team Captain: Nicole M. Pasquale
26. RSMS Gators 2- River Springs M.S. – Team Captain: Nicole M. Pasquale
27. Math Titans- University High School – Team Captain: Christopher Aparicio
28. Team POE- Port Orange Elementary- Team Captain: Mary Berg Brown
29. Longstreet Elementary- Team Captain: Erika Kazma
30. WALKaholics- DeLand M.S.- Team Captain: Mackenzie Green
31. Fun & Run- DeLand M.S.- Team Captain: Principal John Devito
32. DeLand Middle's Best Team – Team Captain: Michael Doerhoff
33. Catahoula Leopard Hounds- DeLand M.S.- Team Captain: Michelina Bowman
34. Mastiffs- DeLand M.S.- Team Captain: Katie Patenaude
35. The Wheels Fell Off Team- Student Transportation- Team Captain: Laurie Rumer
36. Team Turtle- Community Information- Team Captain: Celeste Gilmore



Volusia Pines Elementary Walking Teams!



Submit your team
photos to:
[dcgoff@volusia.k12.
fl.us](mailto:dcgoff@volusia.k12.fl.us)

For more
information on the
walking challenge
and future
challenges please
visit the following
link [VCS Wellness
Page](#)





Getting Outdoors is A-maze-ing!

When the heat is still on and there isn't much change in foliage color in Florida, it is hard to imagine fall officially starts in September. A great way to experience fall in Florida is at a local corn maze or farm.

Not only is visiting a local corn maze or farm a fun activity for all ages, it is a great way to reap the benefits of being outdoors with friends and family and connect with the larger community. It is also a means to raise educational awareness of agriculture and support our local farms. So get outdoors and enjoy nature's gift of wellness.

You may find pumpkins, corn mazes, or pick your own fruits and vegetables at the following locations:

- **HARVEST FIELDS CORN MAZE AND HAY RIDE, DeLand, FL**
- **Ever After Farms- Fall Festival Mims, FL, www.everafterfarms.com**
- **Graham U-Pick, Umatilla, FL, www.grahamsupickfarms.com**
- **Long and Scott Farms, Mount Dora, FL, Scott's Maze Adventures, www.longandscottfarms.com**
- **Attwood Farms , Fall Festival, Eustis, FL, www.atwoodfamilyfarm.com**

See the Newsletter for a chance to win tickets to the *Harvest Fields Corn Maze and Hay Ride* in DeLand from October 8th - October 30th, 2022., Saturday and Sunday, 10 am - 6 pm, <https://harvestfieldscornmaze.com>

Guess the Number of Pumpkin Seeds!

The first ten people to guess the closest to the number of pumpkin seeds pictured in the jar below, will win two tickets to the "Harvest Fields Corn Maze and Hay Ride" in Deland!



Email your guess to: Deia Goff at: dcgoff@volusia.k12.fl.us

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

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/

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
You may see the gym list at the VCS Wellness Page under the Risk and Benefits Department or at the following link: [Gym List](#)



**Florida
Health Care
Plans®**



An Independent Licensee of the Blue Cross and Blue Shield Association

Florida Health Care Plans Resources



FHCP will be hosting Drive-Thru Flu Shot Saturday Events at 4 locations.

- **Date:** Saturday, October 1st
- **Time:** 8:00 AM - Noon
- **Who is invited:** All Members 9 and Up
- **COVID-19:** Vaccines and Boosters will also be available
- **What to Bring:** FHCP Member ID

LOCATIONS

FHCP Holly Hill
1340 Ridgewood Avenue
Holly Hill, FL

FHCP Port Orange
740 Dunlawton Avenue
Port Orange, FL

FHCP Palm Coast
309 Palm Coast Parkway
Palm Coast, FL

FHCP DeLand
937 N. Spring Garden Ave.
DeLand, FL

Please mark your calendars to Do Your Part to Prevent the Flu!

For more information, call Member Services 386-615-4022 or visit fhcp.com/flu-shot.

***Not available at 2450 Mason Avenue, Daytona Beach, FL**

Another Reason to Go Pumpkin Picking!



Pumpkin is a variety of squash that people often think of as a traditional Halloween decoration or a Thanksgiving pie filling. However, the flesh of the pumpkin plant provides a range of health benefits outside of popular festivities.

Pumpkins contain beta carotene, which is a powerful antioxidant that gives orange vegetables and fruits their vibrant color. The body converts ingested beta carotene into vitamin A.

Consuming foods with high volumes of beta carotene may have the following benefits:

- reducing the risk of developing certain types of cancer
- offering protection against asthma and heart disease
- decreasing the risk of age-related macular degeneration

Many studies have suggested that eating more plant foods, such as pumpkin, decreases the risk of obesity and overall mortality (According to Medical News Today). There are many ways to incorporate pumpkin into desserts, soups, salads, use as a butter substitute, or even in a smoothie, like the recipe below!

Healthy Bites Healthy Pumpkin Smoothie

INGREDIENTS

- 1/3 cup pure pumpkin puree
- 1 frozen banana
- 1/3 cup plain full fat Greek yogurt
- 1/2 tablespoon maple syrup
- 1 teaspoon vanilla extract
- 1/2 cup almond milk
- 1 teaspoon pumpkin pie spice
- 1/2 tablespoon unsweetened and all-natural almond butter

INSTRUCTIONS

Add all of the ingredients to a high powered blender and blend until smooth and creamy.

Nutrition Facts Per Serving (makes one servings):

Total Calories: 290
Total Fat 7.1g
Saturated Fat 2.6g
Sugars: 27.6 g
Protein 11.7 g
Sodium 139.7mg
Total Carbohydrate 46.5g



**Contact Deia' Goff for you own container of
Organic Pumpkin Pie Spice
Deia' Goff, Wellness Coordinator
dcgoff@volusia.k12.fl.us
386-734-7190 ext. 20302**