



VCS Wellness

Upcoming Events



- Daytona Beach- End of Year Wellness Celebration, One Daytona, Friday, June 2nd, 6-8 PM
- Deltona- Annual Enrollment In-Person, The Center of Deltona, Monday, August 7th, 5-7 PM.
- Daytona Beach- Annual Enrollment In-Person, Daytona News-Journal Center, Wednesday, August 9th, 5-7 PM.

Community Events

- Veterans Stand Down, Volusia County Fairgrounds, DeLand, Friday, June 9th, 10 AM-4 PM



The new employee benefits year starts 10/01/2023. This year's annual enrollment for benefits will occur from July 24th to August 18th.

If you do not elect your benefits within the annual enrollment window, you will not be able to change your insurance without a qualifying event.

We will have on-site opportunities to enroll in your benefits in person at:

August 7th on-site registration information:

- Location: The Center at Deltona
1640 Dr. Martin Luther King Blvd
Deltona, FL 32725
- Time: 5 - 7 PM

August 9th on-site registration information:

- Location: Daytona News-Journal Center
221 North Beach St
Daytona Beach, FL 32114
- Time: 5 - 7 PM

Please watch the Employee Benefits "Annual Enrollment" page for updates.

End of Year Wellness Celebration and Awards Ceremony

You have worked hard this year and it is time to celebrate! Join us for the end of year Wellness Celebration and award ceremony! Listen to steel drum music, free poke' and acai bowls, photo booth, take your picture with a NASCAR pace car, and learn about health and wellness benefits. Click the image to register.



Friday, June 2nd, 6-8 pm
One Daytona - Victory Circle
One Daytona Blvd. Daytona Beach, FL

The Wellness Department will have an end of year celebration where the 2022-23 overall team wellness challenge winners will be awarded the Silver Cup. The top four team challenge winners and Volusia County Schools' Wellness Champions will also receive awards and recognition on the One Daytona Victory Circle stage! Guests are welcome.

And plenty more:

- Listen to steel drums played by a Rhythm Trail Band Musician!
- Take your picture with a NASCAR Pace Car!
- Enjoy a free poke' or acai bowl from Stoked Poke'!
- Participate in activities, take home give-a-ways, and learn about health and wellness benefits!



Registration is encouraged, but drop-ins are welcome:
[Wellness Celebration Registration](#)

Team Wellness Challenge Winners!



2022-2023 Team Wellness Challenge Winners

Team Hop-Alongs of Champion Elementary will be taking home the Silver Cup Trophy!

We had 42 Teams compete in three team Wellness challenges throughout the year! Congratulations to the top five teams below who scored the highest overall points from the challenges and will receive awards at the *End of Year Wellness Celebration!*

Top Five Team Wellness Challenge Winners:

- 1st place- Champion Elementary- Hop-Alongs (Team Captain Becky Haus)
- 2nd place- Professional Standards- Happy Campers (Team Captain Anne Marie Wrenn)
- 3rd place- DeLand M.S.- DeLand Middle's Best Team (Team Captain Michael Doerhoff)
- 4th place- Mental Health Team- We Put the DOPE in Dopamine (Team Captain Devon Staropoli)
- 5th place- River Springs M.S.- RSMS Gators (Team Captain Nicole Pasquale)
- 5th Place- Orange City Elementary - Road Runners (Team Captain Dixie Larsen)



Spirit and Volunteer Awardees



Individual Spirit and Volunteer awards will be given to the following awardees at the *End of Year Wellness Celebration*:

Individual Spirit Award Winners:

For those that share, encourage, and motivate others to take part in wellness, we are so grateful for you and your team spirit!

- Joseph Brennan- Deltona High School
- Telicia Campbell- Holly Hill School
- Grisel Cruz-Sosa- Deltona Area 5 Student Transportation
- William Daub- Daytona Beach Student Transportation
- Diana Dean- Friendship Elementary
- Principal John Devito- DeLand Middle School
- Becky Haus- Champion Elementary
- Kim Fontanez- Daytona Beach Student Transportation
- ESE Assistant Principal Eleeta Sue Hopkins - New Smyrna Beach High School
- Dixie Larsen- Orange City Elementary
- Brittany Murphy- Freedom Elementary
- Natasha London- Elementary Curriculum and Instruction
- Nicole Pasquale- River Springs Middle School
- Paula Phelan-DeBary Elementary
- Assistant Principal - Kemisha Rainge- DeLand Middle School
- Brandon Rech- Port Orange Elementary
- Laurie Rumer- Daytona Transportation
- Sarah Smith- Volusia Pines Elementary
- Devon Staropoli- VCS Mental Health Team
- Karen Tubb- DeLand Student Transportation
- Anne Marie Wrenn- Professional Standards

VCS Wellness Volunteer Award Winners:

Without Volunteers our events are not possible, thank you so much for your time, energy, and compassion!

- Robin Booher- Spruce Creek Elementary
- Kent Booher- Volusia Online Learning
- Sam Bench- Employee Benefits
- Vince Roeshink- High School Curriculum & Instruction
- Craig Uppercue- High School Curriculum & Instruction



Winners of Wellness W.O.W.



Deltona Transportation showed their continued commitment to group fitness by having a Wellness Day at Work! They used the Wellness funds they received from being a top team at the VCS Home Run 5k, to hold this fit-friendly event. Check out those awesome T-shirts! Keep up the team spirit and motivating each other! Thank you Grisel Cruz-Sosa, Deltona Area Manager of Student Transportation for sharing your team workout and being a Steward of Wellness!



Florida Health Care Plans Resources



Did you know that Florida Health Care Plans offers FREE Health Coaching, Weight Management, and Virta (a program that reverses type 2 diabetes through eating habits and health coaching for eligible personnel)!

Florida Health Care Plans also offers Weight Watchers discounts to all benefit eligible employees.

Please see the following for:

- Virta and Member Education information: <https://www.vcsvitality.com/fhcp-members>
- Weight Watchers: <https://www.vcsvitality.com/wellness-benefits>
- Health Coaching: <https://www.vcsvitality.com/wellness-benefits>



Weight Watchers



Health Coaching and
Member Education



Virta

Preferred Fitness Centers



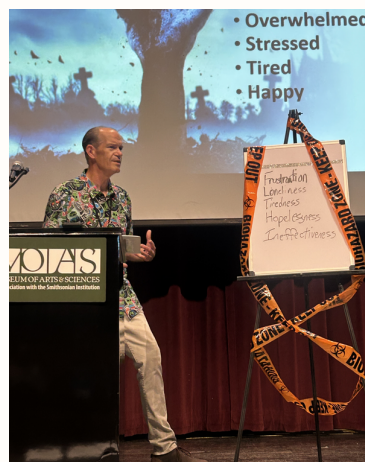
FHCP members with the Preferred Fitness benefit have access to 80+ gym partners across 5 counties. Benefit eligible VCS employees without FHCP contact Deia' Goff to get a gym card at: dcgoff@volusia.k12.fl.us You may see the gym list at: [Gym List](#)



Wellness Event Highlights May Mental Health Expo



The VCS Employee Mental Health Expo was a wonderful night of “connection”. We connected with each other, our partners, family, friends, colleagues, interests, environment, emotions, creativity, community mental health providers and resources, and most importantly ourselves. I am grateful to all that attended and hope you will share items you learned or resources with others that were unable to attend. We are grateful for our partners and presenters that attended! View Mr. Joseph Brennan of Deltona H.S. "Guide to Fighting Stress, Anxiety, and Burnout here: [Presentation Link](#)



Mental Health Matters



Aetna Resources For Living™

Daily stressors and life can be overwhelming. Taking care of our or a loved one's mental health needs is important, 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 offers resources to learn how to improve your emotional wellbeing. You may access general EAP information at: <https://www.resourcesforliving.com/login>.

When accessing the website or speaking to an EAP representative, you will use the **Username:** VCS **Password:** VCS

The best method to schedule an appointment with a provider or be connected with a EAP Service is by calling at: **1-800-272-7252**. For EAP issues or questions please contact Tracy O'Keefe at: 813-323-5037, email: okeefet@aetna.com, or Management Referrals & On-site Support at: 1-800-243-5240

Additional EAP Information:

- For a list of EAP providers at the www.resourcesforliving.com website, you will click on the "Services" tab and click on "Find a Counselor".
- VPortal: You may access Aetna EAP through VPortal now, just look for the tile!
Username: VCS **Password:** VCS

EAP Resources Include:

- Access to up to 6 counseling sessions per issue each year
- 27/7/365 emotional support
- Podcasts
- Crisis and disaster resources
- Webinars
- myStrength online mobile app

Florida Health Care Plans Mental Health Resources

- Behavioral Services- Contact: 386-676-7175
- Doctor on Demand- Contact FHCP Member Services at **386-615-4022** or see www.fhcp.com/doctor-on-demand/.

Mindful Sharing



During the past month several employees took the *May 28-Day Meditation Challenge*. For the challenge we met weekly on Monday for 15-30 minutes on TEAMS where we:

- Set an intention, which we would concentrate or work on for the week
- Practiced group meditation for 1-10 minutes using *Insight Timer*
<https://insighttimer.com/>
- Received a journal prompt for journaling on Wednesday
- Were reminded to state an affirmation on Friday in TEAMS when we were able to
- Were reminded to post what we were grateful for on Sunday or share it at our next Monday meeting

The great part of the group is we could post our thoughts, encourage each other, and create a positive support system through "mindful sharing". Meditating, journaling, and open discussion helped release stress and even enable us to tap into our creative sides!

One of our group members was able to connect us with the author Lisa Tener, who wrote the journal we used during the challenge: "The Joy of Writing - Spark Your Creativity in 8 Minutes a Day": You may learn more about Lisa here:
[:https://www.lisatener.com/journaling-benefits-video](https://www.lisatener.com/journaling-benefits-video)

I am sharing this experience so you or others may try a group of your own. I think you will be surprised how refreshing and beneficial it is to practice "mindful sharing" with others!



Grief Support Sessions

JUNE 7TH, JULY 5TH, & AUGUST 9TH
4:30 - 5:30 P.M.

Monthly virtual grief support sessions will be held on the first Wednesday of the month from 4:30 - 5:30 PM. Sessions will be led by a Licensed Counselor from the Aetna Employee Assistance Program (EAP). This will be an interactive Zoom meeting session where you may discuss your feelings and get feedback, in a supportive group setting.

For questions or assistance, please contact: Deia' Goff,
VCS Wellness Coordinator, dcgoff@volusia.k12.fl.us.



June is Men's Health Month!



June is Men's Health Month and the perfect time to remind the men in your life that early detection and treatment are key when it comes to preventing chronic health problems. One of the best ways a man can protect his health is by keeping regular physical exam appointments with his primary care provider. These appointments offer male patients the opportunity to discuss getting important cancer screenings, continue monitoring heart health, and routinely evaluate their risk factors for Type 2 diabetes, among other things. Your primary care provider is your closest ally in helping prevent chronic disease, especially those men who are most susceptible and may remain undiagnosed without early detection. By keeping up to date with appointments, you can not only have peace of mind with routine screenings you may need but receive personalized advice from the provider you can take to improve your lifestyle and wellbeing.

Topics Men Can Discuss with Their Primary Care Providers:

The most prevalent health conditions affecting adult men include prostate cancer, colorectal cancer, heart disease, high blood pressure, type 2 diabetes, and shingles. While these diseases all have different characteristics, they have one big thing in common, and that's the fact that they don't always produce symptoms until the disease is advanced and more challenging to treat successfully. For example, high blood pressure is known as "the silent killer" because it often has no symptoms and remains untreated until a major heart event occurs like a heart attack or stroke.

Men are in control of their own physical well-being and the best way they can keep healthy is by initiating and maintaining a good working relationship with their primary care provider. Remember that men's health is a marathon more than it is a sprint, and you can do your part outside of the doctor's office to keep yourself healthy. That means making smart lifestyle choices like limiting alcohol intake, avoiding tobacco use, and getting plenty of exercise.

For Florida Health Care Plans Members visit: <https://www.fhcp.com/member-services/> or call: 1-877-615-4022 to set-up your annual visit today!

Fresh Pickin's Stand

Thank you to our Wellness Champions (left to right) at Freedom Elementary, Spruce Creek High School, Olson, Friendship Elementary, Indian River Elementary, DeLand Student Transportation, McInnis Elementary, DeLand High School, and Enterprise Elementary for helping our VCS Family get their "apple a day" by hosting the Fresh Pickin's stand!



Healthy Bites

Sausage and Kidney Bean Soup

Misty Maman Support Facilitation ESE Teacher at Indian River Elementary shared this hearty meal in a bowl, that can be prepared in 30 minutes!



Ingredients

- 12 oz of chicken sausage
- 3 cups of fat-free, less sodium chicken broth
- ½ cup uncooked small seashell pasta 2 cups of coarsely chopped zucchini (about 2 small zucchini)
- 1 can (14.5 oz) stewed tomatoes, undrained
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 can (15oz) kidney beans – rinsed and drained
- 1/3 cup of asiago cheese (about 1.5 ounces)

Instructions

- Heat a large saucepan over high heat.
- Add sausage; cook for 2 minutes, stirring constantly.
- Add broth and pasta; bring to a boil. Cover and reduce heat and simmer 4 minutes.
- Add zucchini and tomatoes. Bring to a boil. Cover, reduce heat and simmer 2 minutes.
- Stir in basil, oregano and beans; cover and simmer for 3 minutes or until pasta and zucchini are tender.
- Sprinkle with cheese

Nutrition Facts

Per Serving: Makes 5 Servings

- Calories: 319
- Carbohydrates: 40g
- Total fat: 9g
- Saturated fat: 3g
- Cholesterol: 56mg
- Sodium: 858mg

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