



VCS Wellness

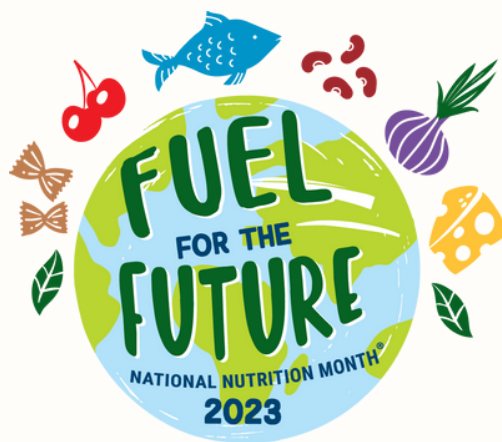
Upcoming Wellness Events

- DeLand- Retirement Workshop, Friday, March 10th, 10 AM- 4PM, Mainland H.S. (eligible employees only).
- Port Orange-Yoga in the Park Tuesday, 3/7, 3:30 and 5 PM, Riverwalk Park, Port Orange
- Daytona Beach-VCS Home Run 5k, Saturday, April 15th, 8 AM. Jackie Robinson Ballpark. Register at: www.racesmith.com
- Daytona Beach- Employee Mental Health Expo, May 10th, 5:30 PM-8 PM, Museum of Arts and Sciences Root Auditorium and Hall

Community Events

- Edgewater- Heart of a Manatee 5k, 3/4, 8 AM
- Ormond Beach- Free Family Art Night, Friday, 3/3, 5:30- 7PM, Ormond Memorial Art Museum and Gardens

National Nutrition Month



National Nutrition Month® is an annual campaign created 50 years ago in 1973 by the Academy of Nutrition and Dietetics.

This year's theme is "Fuel for the Future." Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment. A Registered Dietitian Nutritionist can help you create healthy habits that are sustainable and celebrate your unique needs. See <https://www.eatright.org/> for resources.

Florida Health Care Plans Members have access to FREE Member Education, which offers programs on weight management, fitness, diabetes and heart health, click on the following for more information:

<https://www.vcsvitality.com/fhcp-members>

Eat Well Challenge



As part of National Nutrition Month, Wellness is having an *Eat Well Challenge*! During this 8-week challenge, participants are encouraged to reach their next level in healthy eating by learning how to choose nutrient-rich foods and trade unhealthy food items for healthier ones.

How to Participate:

1. Complete the tracker between March 6th- April 30th.
2. The first 60 *Eat Well Challenge* participants to contact Deia' Goff at: dcgoff@volusia.k12.fl.us will receive a reusable bento lunch box (individual and team participants are both eligible for a bento lunch box).
3. Turn in the tracker by April 30, 2023 to be entered in a random prize drawing (see prizes on the next page).

FOR TEAMS (please contact Deia' Goff with your team name and members):

1. All team member trackers must be turned in by April 30, 2023, to earn 10 team points.
2. Earn 5 extra team points for every time your team takes a "Healthy Selfie" of your team and tags Wellness on Facebook at: [#VCSEmployeeWellness](#) or on Twitter [@VCSWellness](#).
3. Earn 10 extra team points for hosting a healthy nutrition event at your School/Department and sharing the event with Deia' Goff.
4. Earn 10 extra team points by hosting Wellness Fresh Pickin's mini fruit and vegetable stand at your school or department, contact Deia' Goff for details.

See the tracker, team and individual details here:

<https://www.vcsedu.org/directory/departments/human-resources/risk-benefits-management-department/wellness-information>

Eat Well Challenge

Prizes and Fresh Pickin's Mini Stand



Air Fryer



Instant Pot



Nutribullet



Fitbit



Fresh Pickin's Stand

Must schedule a date and time to have it at your school/area with Deia' Goff at:

dcgoff@volusia.k12.fl.us

****vegetables, fruits, nuts, and trail mix will be subject to change and availability****



Bento Box



Winner of Wellness (W.O.W.)

**Stacey Flowers
River Springs Middle School**



Please read Stacey Flowers' amazing weight loss journey below. Thank you so much for sharing your story, you are an inspiration!

"I have struggled with my weight most of my life and for the very first time I have found something that works and will be sustainable in the future!

In November of 2021, I was diagnosed with endometrial cancer which required me having a full hysterectomy in January of 2022. My mother passed away from cancer when she was 60 years old so needless to say that receiving this diagnosis at the age of 61, I was incredibly frightened! The doctor was able to get everything and because it was caught so early there was no need for chemotherapy or radiation!

Long story short, this diagnosis was a massive wake-up call for me. I realized that I needed to regain control of my health, so I started Weight Watchers (WW) in May of 2022, and as of today I have lost fifty-three pounds.

I am so very grateful for the discount provided by VCS and Florida Health Care, it has enabled me to have this success that has eluded me so many times in other programs. The saying "if I can do it...anyone can do it", is so very true in this situation! Give it a try...you have nothing to lose but weight."

**** Learn more about the Weight Watchers discount and program at:**

<https://www.vcsvitality.com/wellness-benefits>

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

FHCP National Nutrition Month Webinars

- **Meal Planning & Prep Webinar-** https://www.youtube.com/watch?v=fILE0CkBMCA&list=PLVhIU3dNJ2dDA_YyXMNL_xtzSSlJac6n6&index=27
- **Mediterranean Eating Style-** https://www.youtube.com/watch?v=4DIvd3bm1Uw&list=PLVhIU3dNJ2dDA_YyXMNL_xtzSSlJac6n6&index=12

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](#)



**Florida Health Care Plans Resources
National Colorectal Cancer
Awareness Month**



**NATIONAL COLORECTAL CANCER
AWARENESS MONTH**
colorectal cancer alliance

Screening Saves Lives!

#GetScreened

**Colorectal
cancer is the
2nd leading
cancer killer.**

TRUE

FALSE

**Both men
and women
get colorectal
cancer.**

TRUE

FALSE

**Talk to your Primary Care
Provider today to find out
what options are available.**

**For more information,
please call Member Services**

386-615-4022 or 1-877-615-4022

(TTY: 1-800-955-8770)



**Florida
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Volusia County Schools' Employee Assistance Program (EAP) through Aetna offers resources to learn how to improve your and even your loved one's emotional wellbeing. You may access EAP general information at: <https://www.resourcesforliving.com/login>. You will use the **Username: VCS** **Password: VCS** or **call: 1-800-272-7252 to schedule an appointment with a provider or be connected with a EAP service. Remember when you are in the Aetna EAP website, if you are looking for providers, look under "Today I want to" on the homepage and click the: "Find a Counselor"**.

Additional EAP Information:

Watch and register for the latest *Resources for Living* webinars. Join live webinars on topics such as communication, stress, self-improvement and more at: <https://www.resourcesforliving.com/login>. You can also view webinars on demand from their webinar library. Log in to your member website and click on “Sign up for a webinar” under "Today I want to:" or go to Tools > Webinars > Upcoming webinars to register today.

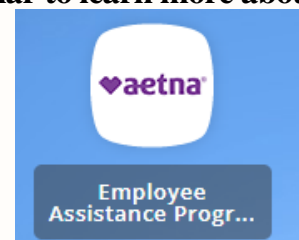
Next webinar: "Perils of Perfectionism and Procrastination", 3/28 at 3-4 pm ET



Description: Do you “put off for tomorrow what you could do today?” What’s getting in your way? Perfectionism? Fear of getting started? Lack of motivation? In this webinar, we’ll explore factors that might be impacting your behavior and provide tips to help make some changes. It’s never too late to get started, ease your stress, and increase your productivity. Join this webinar to learn more about:

- Why people procrastinate
- How, if at all, perfectionism, might be a factor
- Tips for making so changes to overcome the urge to procrastinate

You may also find the Aetna EAP tile in your VPortal!



Upcoming Wellness Events

FREE *Yoga in the Park*. Join Volusia County Schools co-workers for gentle yoga and relaxation at the beautiful Riverwalk Park located in Port Orange.

Location: Riverwalk Park, 3459 S Ridgewood Ave, Port Orange, FL 32129

Date and Times: Tuesday: March 7th. 3:30 PM and 5:00 PM **this is a FREE event, but please register at: [Yoga in the Park](#)



2023 Retirement Workshop - Know Your Numbers

When: Friday, March 10th, 2023, 10 AM - 4 PM **Where:** Mainland High School

Eligible (contracted) employees who are planning to retire within the next five years or wish to enter DROP within the next year are invited to attend the 2023 Retirement Workshop, where you may learn more about your financial and health numbers. To learn more and register, go to:


<https://www.vcsedu.org/directory/departments/human-resources/risk-benefits-management-department/retirement-drop>. For details contact Jenny Laundrie at: jmlaundr@volusia.k12.fl.us

2023 RETIREMENT WORKSHOP

KNOW YOUR NUMBERS

FRIDAY, MARCH 10TH, 10 AM-4 PM, MAINLAND HIGH SCHOOL

Eligible (contracted) employees who are planning to retire within the next five years or wish to enter DROP within the next year are invited to attend the Retirement Workshop, where you may learn more about your financial and health numbers. Free lunch will be provided. For more information and to register, please click on the following: Retirement Workshop



Presentations by:


- Florida Retirement System
- Florida Schools Retiree Benefits Consortium
- Social Security Administration

Vendors:

- Florida Health Care Plans - Lunch Sponsor
- Launch Credit Union - Lunch Sponsor
- BENCOR- Lunch Sponsor
- Tax-Sheltered Annuity Agents
- Medicare Representatives
- The Standard- Life Insurance

Take the opportunity to learn your health numbers. Florida Health Care Plans members may schedule a Personal Health Assessment by following the instructions on the Workshop page at: [PHA Instructions](#). Non-FHCP members may participate, but will be taken as walk-ups only. See the Retirement Page at: <https://www.vcsedu.org/directory/departments/human-resources/risk-benefits-management-department/retirement-drop>

KNOW YOUR NUMBERS



- Blood Sugar**
This is the amount of sugar in your blood.
What should my number be? **Before eating: Less than 100**
Two hours after eating: Less than 140
- Blood Pressure**
This is the force of blood against your arteries when your heart beats (top number) and rests (bottom number).
What should my number be? **Less than 120/80**
- Blood Cholesterol**

Upcoming Wellness Events



Join Volusia County Schools Wellness Department's very first Volusia County Schools Home Run 5k. The 5k will be FREE to Volusia County Schools' Employees!

REGISTER AND JOIN A VCS EMPLOYEE TEAM HERE: www.racesmith.com

All ability levels and ages welcome! The Volusia County Schools Home Run 5K course will take you by the beautiful Halifax Harbor Marina, along the City of Daytona Beach walking trails, and down historical Beach Street. The morning & events will include a race start by the Daytona Tortugas' mascot Sheldon and a Kids Fun Run around the bases, (Tortugas baseballs available for kids that run the bases, limited to 40)! T-shirts, swag bags, and baseball themed Finisher Medals for the first 300 hundred finishers. Overall, Masters, and Grandmasters will get Tortuga hats and awards. Awards for top three finishers in 15 categories for male and females. This is sure to be a Home Run for all participants! All of this, combined with music and light food, promises to be a morning of fun for the entire family at Jackie Robinson Ballpark, home of the Daytona Tortugas! Walkers are welcome!



VCS Employee Schools/Departments will receive wellness funds for the top five teams with the highest participation for their school/department at: 1st place: \$450, 2nd: \$350, 3rd: \$250, 4th: \$150, 5th: \$100. Awarded wellness funds to winning schools/departments will be used for approved employee wellness activities, prizes, and events only.



When: Saturday, April 15th, 5k Race Starts: 8 AM, Kids Run the Bases: 9:15 AM

Where: Jackie Robinson Ballpark, 105 E. Orange Ave, Daytona Beach, FL 32114

Entry Fees:

Community Members: \$25

Volusia County Schools (VCS) Employees: Free

VCS Employee Family Members: \$10

VCS Students: \$10, Kids Run Bases (12 and under): Free



Packet Pick-Up: Friday, April 14th from 5 PM to 7 PM, Dick's Sporting Goods of Daytona Beach, 2500 W I.S.B. Blvd Ste 100, Daytona Beach Race Day: Ballpark, 7 AM (VCS EMPLOYEES OR STUDENT PARTICIPANTS MUST PRESENT THEIR WORK OR SCHOOL ID AT PACKET PICK-UP)

PREFER TO HELP OR CHEER? WE NEED VOLUNTEERS! If you would like to volunteer or be part of a "Cheer Zone", CONTACT: DCGOFF@VOLUSIA.K12.FL.US

Upcoming Wellness Events

Employee Mental Health Expo



In coordination with May Mental Health Awareness Month, the Wellness Department will be hosting an Employee Mental Health Expo on Wednesday, May 10th.

The Expo will be open to Volusia County School Employees and their family members and guests. This event will have activities and resources for all ages.

The Mental Health Expo details:

- **Date:** Wednesday, May 10th
- **Time:** 5:30 PM-8 PM
- **Location:** Museum of Arts and Sciences, Daytona Beach- Root Hall and Auditorium

There will be mental healthcare partners and interactive tables including:

- Sound, art, and music therapy
- Behavioral health and community resources and information
- Five-minute chair massages
- Chair yoga

Presentations will be given on mental health topics, to include:

- Aetna Employee Assistance Program- Relationships
- Mr. Joseph Brennan, Deltona High School 2022-23 Teacher of the Year, AP & AS Psychology and World History Teacher- How to Survive a Zombie Apocalypse, A Guide to Fighting Stress, Anxiety and Burnout
- Florida Health Care Plans, Behavioral Services- Techniques and Resources to Cope with Stress, Anxiety, and Depression

Food and refreshments will be provided. Attendees will also be able to view the Museum after hours for FREE and participate in a Museum Scavenger Hunt for raffle prizes.

Wellness Event Highlights

Karen Tubb coordinated this special surprise for DeLand Transportation during “Love the Bus” week! Ms. Tubb created a spa-like atmosphere, where personnel could drop in for a five-minute chair massage and lovely goodies! Thank you to Volusia County Schools hard-working transportation team!



Karen Tubb, Wellness, and Kelly Curlease



Ms. Tubb had a raffle for fun prizes, treats, lemon and lime infused water, and played relaxing music, while personnel could partake in five-minute chair massages.

Healthy Bites

Kale and Quinoa Salad with Tofu and Miso

Thank you to Sharon Tuthill from Campbell Middle School for sharing this recipe, which she got from the *New York Times Cooking App*. A hearty base of kale, quinoa and crisp tofu give this easy salad enough bite to serve as a meal. See the recipe here: <https://cooking.nytimes.com/recipes/1020144-kale-and-quinoa-salad-with-tofu-and-miso>



INGREDIENTS- 2-4 servings

- ½ cup quinoa, rinsed and drained
- 2 tablespoons unseasoned rice vinegar
- 1½ tablespoons white miso
- 1 tablespoon mirin
- 2 teaspoons toasted sesame oil
- 6 tablespoons grapeseed oil
- ½ teaspoon sriracha, plus more for drizzling
- 1 (1-inch) piece fresh ginger, peeled and finely julienned or grated
- 1 small bunch curly kale, ribs removed, leaves chopped (about 4 packed cups)
- 1 (14-ounce) package extra-firm tofu, drained and cut into ¾-inch cubes
- Honey or maple syrup, for serving

Nutrition: Serving Size: 4

432 calories; 29 grams fat; 3 grams saturated fat; 0 grams trans fat; 6 grams monounsaturated fat; 18 grams polyunsaturated fat; 33 grams carbohydrates; 3 grams dietary fiber; 14 grams sugars; 13 grams protein; 275 milligrams sodium

PREPARATION

1. In a small saucepan, combine the quinoa with ¾ cup water. Bring to a boil over high heat, then cover and cook over medium-low until the water is absorbed, 10 to 12 minutes. Turn off the heat and let sit for 10 minutes. Fluff it with a fork.
2. Meanwhile, in a large bowl, whisk together the vinegar, miso, mirin, sesame oil, 2 tablespoons grapeseed oil and ½ teaspoon sriracha. Stir in the ginger.
3. Add the kale, massage it with the dressing and set aside to marinate. Spoon the cooked quinoa onto the kale and toss to coat.
4. In a nonstick skillet, heat the remaining 4 tablespoons grapeseed oil over medium. When the oil shimmers, cook the tofu, turning occasionally, until crisp on all sides, about 15 minutes. Transfer to a paper towel-lined plate to absorb any excess oil, then scatter it over the kale salad. Drizzle lightly with sriracha and honey and serve immediately.



Deia' Goff

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386-734-7190 ext. 20302

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