

## In this issue:

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Please share this information with staff who may not have computer access!

## Check It Now

It's time again to check that your smoke alarms and carbon monoxide alarms are working. Performing monthly checks is best but should at least be done during each time change. Pick either the time change during the fall or spring to also change the batteries in each detector.



## Why Is Humana Calling Me???



While to some it may seem intrusive to have their insurance carrier call or send mailings to remind them about screenings or programs that are available, it is a practice that can ultimately help result in saved lives as well as lower medical claims. Lower medical claims help keep insurance rates from rising so quickly, both for the district and for you as an individual. Prevention and early detection are the key. If you are a Humana member, you might get a phone call for the following reasons:

**Targeted screenings** – Those that are eligible for preventative screenings may receive a reminder call about cancer screenings, diabetes maintenance, vaccine and flu shot reminders, and blood pressure control for those with hypertension. For example, a 40+ year old women would receive a call reminding her to schedule a mammogram.

**Disease Management** – If your doctor has diagnosed you with a disease or chronic condition, the Disease Management team will call to provide support, education or answer questions you may not have a chance to discuss with your physician.

**Pregnancy** - If you are pregnant, the Healthy Beginnings team will call. You will be offered a free book and the chance to speak to a nurse during and after your pregnancy.

**Health Coaching** – If you completed an online request for free health coaching, you will receive a call from a Health Coach within a week.

**Personal Nurse** – would the personal nurses make outbound calls?

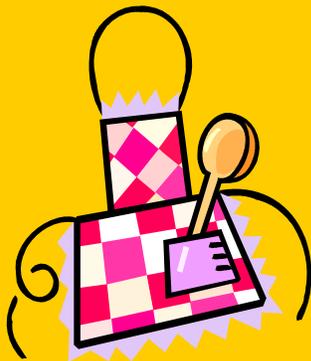
If you're wondering how PCS is doing with prevention, see page 3 for a look at our compliance with recommended screenings. Please consider getting any preventative screenings that you are due for according to your age and gender. Click here to view the recommended screenings [http://www.humana.com/resources/healthy\\_living/articles/prevention/exams.aspx](http://www.humana.com/resources/healthy_living/articles/prevention/exams.aspx) . Watch for additional information in 2011.

## Soups On!

Thanks to everyone who shared a healthy soup recipe with us after the last issue! The PCS Wellness Team chose the top 5 recipes, which are highlighted in this issue. Please review the recipes then go to the link below to vote for your favorite. The top winner will be recognized in the Dec. 6 newsletter and will receive Cooking Light soup cookbook. The runner-up will receive an insulated soup mug. Voting only takes a minute and your input is appreciated!

<http://www.surveymonkey.com/s/Z9VJNGS>

**Please vote by December 3rd!**



## Thai Corn Soup With Shrimp

Submitted by Jessica Smekal, Kindergarten Teacher, Ozona Elementary

### Ingredients:

1 teaspoon canola oil  
3 cloves of garlic, minced  
1 tablespoon minced peeled fresh ginger  
1/2 teaspoon hot chili paste  
4 cups of basic chicken stock or reduced-sodium chicken broth  
1 (14 3/4 ounce) can of cream style corn  
1 (8 ounce) package of frozen cooked salad shrimp, thawed  
1 can of crabmeat( if you would like)  
2 teaspoons of Thai fish sauce ( nam pla)  
1 tablespoon of water  
2 teaspoons of cornstarch  
1 teaspoon of sugar  
1 teaspoon of Asian (dark) sesame oil  
1 large egg, lightly beaten  
1/4 cup chopped fresh cilantro  
1/4 teaspoon paprika

### Directions:

1. In a large nonstick saucepan over medium heat, heat the canola oil, then add the garlic, ginger, and chili paste. Cook, stirring, until fragrant, 1 minute.
2. Stir in stock, corn, shrimp, and fish sauce; bring to a boil. Simmer until the flavors are blended, 15 minutes.
3. In a small bowl, whisk 1 tablespoon water, the cornstarch, sugar, and sesame oil until blended; stir into soup. Stir in egg.
4. Return the soup to a simmer and cook until soup thickens slightly and egg sets into long strands, about 3 minutes.
5. Stir in cilantro and paprika and serve.

Makes 4 servings

Per Serving: (1/4 of soup): 201 calories, 6 g of fat, 2 g sat fat, 0 g of trans fat, 138 mg chol., 755 mg sod, 24 g carb., 2 g fiber, 16 g protein, and 49 mg calc. Point Value: 4 points

## Black Bean and Sweet Potato Chili

Submitted by Shannon Georges, Program for the Gifted, Oakhurst Elementary

### Ingredients:

1 tbsp. olive oil  
1 sweet potato, diced small  
1 yellow onion, diced small  
1 bell pepper, diced small  
1 lb. lean ground beef, turkey, or chicken (optional)  
4 cloves garlic, minced  
2 tbsp. chili powder  
2 tsp. cumin  
1/4 tsp. chipotle chili powder (I use more to kick it up a notch)  
1/4 tsp. salt  
1/3 - 2/3 cup low-sodium chicken or veggie stock (enough to cover the veggies)  
1 can black beans, drained and rinsed  
1 can diced tomatoes (I use the fire roasted with garlic)  
Juice from 1 lime  
1/2 cup flax seed meal

### Directions:

1. Cook meat in 1 tbsp. olive/canola oil, breaking it into small chunks (if using)
2. Heat olive oil in large pan over medium heat. Saute sweet potato, onions, and bell pepper until onions start to soften (about 10 minutes).
3. Add garlic, chili powder, cumin, chipotle chili powder, and salt. Saute and stir for 1 minute, or until fragrant.
4. Pour in the stock/water. Cover the pan and let simmer for 10 minutes.
5. Add meat (if using), beans, tomatoes, and lime juice. Cook for 3-4 minutes until heated through.
6. Serve and enjoy! You can add reduced-fat cheddar, light sour cream, avocado, and/or cilantro. Be creative!

\*This recipe is easily doubled. I use 1 lb. of lean ground beef (93/7) and 1 lb. of extra lean ground turkey. I also use 1 can of kidney beans + 1 can of black beans.

## Warm Your Belly Beef Barley Soup

Submitted by Lynn Johnson, Medical Assisting Instructor,  
PTEC—St. Petersburg

### Ingredients:

- 1 pound ground meat (I use chuck)
- Salt and pepper to taste
- 2 stalks of celery chopped
- ½ medium onion chopped
- 1-2 cloves of crushed garlic or 2 tsp of garlic powder
- 1 tsp cumin
- 2 tsp dried parsley
- 1 -46 oz can of vegetable juice Low sodium
- 1 bag of mixed frozen vegetables (or any combination of vegetables that you choose)
- 1 can (16 oz) chunk tomatoes
- Optional 1 can of black eyed peas or other beans
- ½ cup of pearl barley (if you want a thicker soup add ¾ cup of barley)



### Directions:

1. Brown the meat in large skillet add spices, celery, onion and garlic, simmer for 5 minutes.
2. Add vegetable juice, tomatoes peas and vegetables bring to a boil then simmer for 15 minutes.
3. Add barley cook at a slow boil covered for 15 minutes.
4. Serve with crusty bread

I have been making this soup for over 40 years; the basic recipe came from my grandmother.

## Note the Quote

“Soup puts the heart at ease, calms down the violence of hunger, eliminates the tension of the day, and awakens and refines the appetite.”

-Augusta Escoffier

“An old fashioned vegetable soup, without any enhancement, is a more powerful anticarcinogen than any known medicine.”

-James Duke, MD (USDA)

## Why is Humana calling Me?

### (continued)

Although we currently only have data for half of the year, we are seeing low compliance with the recommended preventative screenings. For example, well women screenings are recommended annually for women 21-65 years old. Of our 10,039 Humana members who fall into that category, only 19.1% have completed the screenings. Colorectal screening compliance drops to 11.5% and prostate cancer screenings to 1.2%.

**Prevention & early detection saves lives.**

## White Chicken Chili

Submitted by Carol E. Workley,  
Food Service Manager, Lakewood High

### Ingredients:

- 1 Tbsp. Extra Virgin Olive Oil
- 1 Large Onion
- 5 Cloves Garlic
- 3 cups Chicken Broth (Low Sodium)
- 2 15oz. cans Cannellini Beans – drained & rinsed
- 1 15oz. can Navy Beans – drained & rinsed
- 3 cups Rotisserie Chicken Meat (I use the Mojo Chicken from my favorite Grocery store)
- 1 4oz. can Diced Green Chili's
- ½ tsp. Cayenne Pepper
- 2 tsp. Cumin
- 1 tsp. Oregano
- Salt & Pepper to taste

### Directions:

1. First, heat the oil over medium heat in a heavy saucepan. Add onion and garlic. Cook 2-3 minutes.
2. Process one cup chicken broth and 1 can cannellini beans in a blender or food processor until smooth. Add to onion and garlic mixture.
3. Stir in remaining ingredients. Bring to a boil, and then turn heat down to medium-low.
4. Simmer 20-30 minutes. This is a very easy soup/chili to make and it's very healthy and hearty. You can serve it with your favorite shredded cheese and chopped scallions on top if you wish. Enjoy!



## Fully Loaded Potato Soup

Submitted by Alison K. Hubbard

Mildred Helms Elementary, 5th Grade Reading/Writing

### Ingredients:

6 pieces of bacon  
2tbsp. Olive oil  
5-6 baking potatoes peeled and cubed  
¼ c. diced onion  
1 tbsp. minced garlic  
2 cans of low fat Cream of Chicken soup  
8 oz. fat free sour cream  
2 c. low fat milk  
1 tsp. ground Thyme  
1 c. shredded cheese  
3 tbsp. chopped chives  
½ tsp. salt  
1 tsp. ground black pepper

### Directions:

1. In a large pot over medium heat cook bacon slices until crisp.
2. Remove from pot, crumble and set aside. Drain grease from pot.
3. Add olive oil and potatoes to pot. Cover and cook on medium low heat for 20 minutes or until potatoes are tender.
4. Stir in onions, garlic and half of the bacon crumbles; cook for another minute.
5. Add Cream of Chicken soup and sour cream.
6. Slowly add milk (You may use less than 2 cups or you can add more milk until desired consistency is reached.)
7. Add salt, pepper, and Thyme; stir.
8. Simmer on low heat for 20 minutes.
9. Ladle soup into bowls, top with shredded cheese, chives and remaining bacon crumbles.

### Yield

8 servings

## Beef, Barley Vegetable Soup

Submitted by Frieda Juran, Buyer 1,

Administration Building

History of the soup! First I need to tell you that I came from a family of six. My parents came to America from Austria with just two suitcases and 4 children from 2 to 8 years of age. We did not know the language or anything else. No money, no housing and no help from anyone other than my aunt. My parents wanted to come to America because America was and is the land of opportunity. My mother always had to make meals that would feed a large family, so we always had soup before the regular meal, it would fill the bellies.

When I had a family of my own I would make this soup because my family loved it so much. I have a few special soups that I make during the year, but in the in the winter when it's cold outside; there is nothing better to warm you up than a healthy hearty soup full of flavor and nutrients.

### Ingredients

2 tablespoons of olive oil  
2 lbs. of beef (cut into small cubes)  
1 onion (diced)  
6 cups of water (might want to add a little extra if needed)  
3 cups of Barley  
2 small or 1 large frozen bags of vegetables  
3 medium size potatoes (cubed)  
3 beef bouillon cubs  
1 cup of Maggie with 3 to 4 tablespoons of flour (mix together in measuring cup) (Maggie is a gravy helper found in the soup isle)  
2 cans of your favorite beans.  
½ teaspoon thyme  
½ teaspoon cilantro  
2 large bay leaves or 1 teaspoon of chopped bay leaves  
2 tablespoon of pepper  
1 tablespoon of salt

### Directions:

1. In the large pot put olive oil, medium heat, add chopped onions, and cubed meat, sauté the meat and onions.
2. Add the barley, vegetables, potatoes, beans, and water.
3. Then add bullion cubs, Maggie with flour mixture (to thicken soup). Add all spices.
4. When it comes to a boil, lower heat and simmer about 1 to 2 hours. If soup is too thick add a little water.

**Don't forget to vote for your favorite soup!**



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