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

Note the Quote

“It has been suggested that as much as \$5.6 billion would be saved annually to the medical care system if 10% of sedentary adults began a walking program.”

~The Physician and Sportsmedicine

Train to Walk or Run a 5K

Have you ever wanted to push yourself to finish a race? Did you run in the past but its been awhile since you last put on your tennis shoes? Now is the time to start thinking about setting this as a goal for 2012! We found in the 2011 wellness survey that several staff were interested in training for a 5K but now we need to narrow down the locations where there is interest. If you are interested in working with a running coach and a group of other motivated PCS employees, please take this quick survey!

<http://www.surveymonkey.com/s/Train5K>

Hydration Challenge Winners!

100 lucky winners were randomly drawn from the 298 hydration challenge calendars that were received. To see if you were a winner, see page 2 of the newsletter.

Find The Fun in Pinellas County

Looking for something active to do in Pinellas County? Check out the new website www.FindTheFunNow.com. There is a “Fun To Do” and a “Fun To Eat” section. This great website is part of the Communities Putting Prevention to Work grant that the Pinellas County Health Department and Pinellas County Schools are a part of, along with other partners.

Check it out!

www.FindTheFunNow.com

Meet Maureen



Maureen Sullivan-Tevault, RN is the Humana Clinical Advisor who works onsite in Risk Management solely for Pinellas County Schools account. She has her BSN and is a Certified Diabetes Educator. She coordinates our PCS Diabetes CARE program. Please contact Maureen for any of the following:

- Enrollment into the Diabetes CARE program (waived co-pays on diabetic supplies for staff)
- Questions related to diabetes
- Patient Advocacy Issues (plan coverage issues, medication concerns, Humana website, etc.)
- Questions related to Humana Wellness Programs (Diabetes, Tobacco Cessation, Healthy Beginnings, Telephonic Coaching)

Maureen can be reached at **588-6137** or at pcs.sullivantevaultm@pcsb.org through Outlook.

And the winners are...



Congratulations!!!

Your water bottle will be placed in the pony by early next week.

Dee Arose	Curtis Fundamental
Heather Ball	Stephens Exceptional
Katherine Baquero	Osceola Middle
Flo Bellhorn	Bernice Johnson Center
Stacy Bello	Plumb Elementary
Tia Blunt	Clearwater Bus Compound
Patti Borland	Gulfport Elementary
Norman Brim	WSPC Paint Dept.
Lenora Burnett	Madeira Beach Fundamental
Rebecca Buidens	Pinellas Park Middle
Tony Calandra	Melrose Elementary
Amy Canavan	Dundein High
Anne Carter	Administration
Ginny Carey	Nina Harris Exceptional
Lori Celli	Pinellas Park Middle
Daniel Cerio	Palm Harbor Community
Brianne Chance	Shore Acres Elementary
Natalie Christensen	Nina Harris Exceptional
Laurie Cicero	Lake St. George Elementary
Kathleen Clarke	Starkey Elementary
Crystal Clisby	Carwise Middle
Dawn Dean	Walsingham Elementary
Mary Devine	Clearwater High
Michelle Digman	Dixie Hollins High
Mary Jo Ferretti	Stephens Exceptional
Danielle Flynn	Oak Grove Middle
Mary Footman	Pinellas Secondary
Kathy Ford	High Point Elementary
Francine Giannotti	Gibbs High
Harry Glover	Lealman Intermediate
Delores Hallett	Anona Elementary
L. Harless	Lakewood High
Jasmine Herritt	Belcher Elementary
Dianne Hess	East Lake High
Karen Hogan	Palm Harbor University High
Sheila Brown Hunter	Clearwater Bus Compound
Kim Jacobs	Curlew Creek
Marie Jantschek	Osceola High
Carrie Johnson	North Shore Elementary
Belinda Joseph	Region 5 Office
Mary Joy	Palm Harbor University
Frieda Juron	Administration
Lynn Keiser	Dixie Hollins High
Olga Kelcourse	Administration
James Kiblinger	Northeast High
Tim Kraut	Coachman Bus Compound
Kawn Kwatkowski	Sexton Elementary
Claire LaChance	Palm Harbor University
Zehra, Lakhani	Pinellas Central Elementary

Winners continued...

Robin Livernois	Frontier Elementary
Tracy Lumsden	Osceola Middle
David Martinez	Belleair Elementary
Meredith McClughen	Belleair Elementary
Sharon McCullough	Pinellas Park Elementary
Chris Metcalf	Jamerson Elementary
Patricia Miller	Mt. Vernon Elementary
Barbara Molfetta	Administration
Linda Mossey	PTEC-Clearwater
Robin Murphy	WSPC Maintenance
Nancy Napierala	East Lake High
Mary Ann Nickle	San Jose Elementary
Mary Anne Palmatier	East Lake High
Lindsey Peters	Safety Harbor Elementary
Katrina Peterson	Clearwater Bus Compound
Alicia Prevost	Madeira Beach Fundamental
Janet Rawl	Hamilton Disston
Shaquina Reese	Campbell Park Elementary
Zulma Rodriguez	Clearwater Intermediate
Beth Rogers	Northwest Elementary
Victoria Rosado	Nina Harris Exceptional
Heather Ross	Rawlings Elementary
Lisa Roth	Belcher Elementary
Tina Russell	Lealman Intermediate
MaryAnn Sanitate	PTEC-St. Petersburg
Patti Scaglione	Belleair Elementary
Althea Sciarra	Orange Grove Elementary
Michelle Shepard	Osceola Middle
Shirley Shields	McMullen Booth Elementary
Machelle Shorter	Gibbs High
Michelle Signamvitz	Administration
Leola Simmons	49 th Street Bus Compound
Gary Smith	49 th Street Bus Compound
Janice Smith	Pinellas Secondary
Opal Smith	Tomlinson Adult
Stacey Simmons	Pinellas Park High
Rene Spaights	Fuguitt Elementary
Kathy Sprecker	Palm Harbor High
Erin Springer	Belleair Elementary
Lazarina Johnson	PTEC-Clearwater
Marianna Steriadis	Tarpon Springs High
Margaret Thornton	49 th Street Bus Compound
Chelsy Trimble	Anona Elementary
Debby Vanderwoude	Tomlinson Adult
Sally Waldron	San Jose Elementary
Brenda Walker	Maximo Elementary
Kathy Walker	PTEC-St. Petersburg
Joanne Williams	Tarpon Bus Compound
Rufus Woodward	Clearwater Bus Compound
Dennis Wray	Lealman Bus Compound
Deneen Wyman	Campbell Park Elementary



The hydration challenge may have ended but keep up your habit of drinking plenty of water each day!

Check out the Hydration Challenge comments below! Thanks for the great feedback!

Susan - It's easy to get 8 if you start at breakfast.

Ann – I know I need to drink eight 8 oz. glasses a day. Until this challenge I didn't realize how little I really drink. This was an eye opener.

Shaquina – Using the hydration challenge helped me to stay aware of my intake. I am a nursing mom, so it really helped.

Carole – Adding cucumbers to H2O smells good as you bring the glass to your mouth. It also tastes refreshing and helps move your bowels, if that's an issue. Cut out sodas by drinking Canada Dry seltzer water.

Angela – This is a great program! We all need reminders to keep us healthy and for making good choices.

Sherry – I have never drunk as many glasses of water in my life until this challenge. I am truly more aware of my consumption and I believe I lost some weight during this time.

Tracy – This chart helped me get my 8 glasses on the weekends. Weekdays are easy as I am a P.E. teacher.

Kathryn – I finally realized how little water I was used to drinking. It was an eye opening experience!

Michelle – Whew! I did it!!! Drinking my 8 glasses a day has helped my overall well being. I've eaten less because of being full most of the time.

Mary – This really helped me with my water intake for my training of the 3-Day walk. Also it reminded me to drink more water and less soda.

Jenifer – I found myself paying more attention to how much I was drinking at work. Prior to the challenge I often went home with headaches because of not drinking enough water during the day.

Annie – Great way to hydrate in the summer.

Gayle – I feel so much better when I drink 7-8 glasses of water a day. Juices are good also. Sodas are maybe two a month. My flavor of choice is still chocolate.

Janet – Yahoo! Lost 5 pounds this monthjust by adding more water.

Sandy – This is always a good challenge. It is amazing how different my body feels when I do drink the eight 8 oz. glasses. I am more energized and have fewer cravings. I do not consume as much food.

Flo – I find drinking at least 8 glasses of water easy. I drink 20 oz. before I leave for work in the morning with my daily medications. I fill a 44 oz. cup with spring water when I get to work. I drink that before I go home for the day. So I have my 64 oz. done. After work I usually drink two more glasses. It's all a matter of habit and discipline.

Carl – I enjoyed the water challenge. It has boosted my water intake and made me drink less soda and sugary drinks that I am trying to delete from my daily liquid intake. I need to convert my 15 year old son to drink less sugar also. It made a difference for me. I can feel it because my body feels cleaner and I lost a few pounds from less sugar in my daily drinking and eating habits.

Sherry – I am a water drinker. That's all I drink. Once in a great while I'll have ice tea.

Mary – I noticed the following changes due to better hydration: Clearer, smoother complexion. I am more energized for the day. I eat less. (less snacking)

Sandi – Thank you for organizing this challenge. What a great time of year to hold it. When the air is less humid, we need to be more hydrated. Thank you for all of your challenges and keeping us more aware and healthy!

Gloria – It goes down a lot easier when I add orange or lemon slices to the water.

Suzanne – I have always tried to drink a lot of water, tea, etc. I have water with me everywhere I go. (car, meetings, etc.) The first thing I do when I get up in the morning is drink two big glasses of water. I bring in a 101.4 oz. container of water every day to work. We have a filtration system at home so I keep filling it up so as not to recycle plastic. I also drink herbal tea and some soda and I do enjoy a good cup of coffee in the morning after my 2 cups of water. Thank you for doing this. We are fortunate we have fresh, healthy water to drink, cook and bathe in the U.S.

Jennifer – Ever since I started running and training for a 5K I have been drinking a minimum of 8 – 10 glasses of water a day. Since then I ran two 5K's and have started my training for a 10K. Water is all I drink now. This is a great challenge.

Christine S. – Great way to keep track! Created a good awareness!

Myra – This was a fun way to drink more water. My staff and I challenged each other daily. This was a great group activity.

Christine – It takes a real effort to remember to keep drinking each day!

Diane – My knee joints feel much better.

Nancy – I found out that 64 oz. does not hydrate me. I am currently up to 80 oz. a day minimum. Thanks for this challenge and having me measure my ounces!

Opal – My comments relate to my mother who has, for years, resisted drinking water. Her excuse – “It makes me go to the bathroom too much.” The lack of hydration resulted in my mother becoming dehydrated! So dangerous was her situation that she was hospitalized by our family doctor. Fifteen days of inpatient care, thirteen days at home with 24 hour nurses and now physical rehabilitation at a local facility for who knows how long! She can't walk! Please continue the hydration challenge for us as it is important for us to realize that without and adequate water supply, our bodies can “dry up and wither” just like plants, grass, etc. when they lack water. Homeowners have suffered at least 3 years of water restrictions due to municipalities' concerns about adequate water supply. Complaints about dead lawns, dry soil, etc. abound. Just imagine how much our bodies complain when we neglect their need for water too!



1986 **25** 2011

- ◆ The top 5 individual fundraisers will receive a \$100 gift card from



- ◆ The first 250 paid registrants will receive a \$5 gift card from Pollo Tropical!

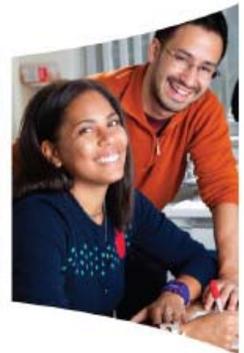
Register Today!

You can start your own team or join our Doorways Dream Team and help students right here in Pinellas County achieve their dream of a college education. All proceeds will remain in Pinellas County to purchase Florida Prepaid scholarships for economically disadvantaged students in Pinellas County Public Schools.

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Take Stock In Children's
STRIDES FOR EDUCATION
5K Walk/Run



Saturday, November 19th

Registration: 8am • Run Starts: 9am

**Eagle Lake Park
1800 Keene Road
Largo, FL 33771**

Be part of a statewide effort to help raise awareness and college scholarships for Florida's low-income and deserving youth. Take Stock in Children helps break the cycle of poverty through college scholarships, caring volunteer mentors and hope for a better life. So, put on your sneakers and invite your friends and family to take strides for education!

Doorways - Your Local TSIC Partner



For event details and sponsorship opportunities,
call (727) 588-4816 or visit Give.TakeStockInChildren.org