Worksite Wellness Team

Building a Healthier Polk

The Worksite Wellness Team supports the development and enhancement of worksite wellness programs in local businesses.

Volume 2: Winter 2019

Featured Success Article:
Peace River Center
Workplace wellness program: Wellness Works!!

Seasonal Recipe:
Black Bean & Butternut Squash Chili

Winter Shopping List:
Fruits and Vegetables

Fun Winter Activities:
Keep It Moving!

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tobaccofreeflorida.com

offers a number of FREE RESOURCES to help tobacco users quit.

- Phone Quit, Group Quit, Web Quit and More Quit Tools cessation services available to anyone in Florida
- Counseling sessions and self-help materials available in English and Spanish
- Free nicotine replacement therapy*
- PHONE QUIT: call 1-877-U-CAN-NOW TTY/TDD 1-877-777-6534
- GROUP QUIT: find classes at tobaccofreeflorida.com/quityourway
- WEB QUIT: enroll online at tobaccofreeflorida.com/quityourway
- MORE QUIT TOOLS: choose what you need or use them in addition to our Phone, Group and Web services

*While supplies last. If medically appropriate and 18 years of age or older.
Featured Success Article:

J. William Gardam
CEO, Peace River Center

COMMUNITY COLLABORATION

Peace River Center’s Worksite Wellness Program called, Wellness Works!

First Committee members!
On behalf of Peace River Center, I’m excited to provide an update about our workplace wellness program called, **Wellness Works!** Polk Vision’s *Building a Healthier Polk Worksite Wellness Team* gave us the jump-start and support we needed to get the program rolling! With the enthusiastic participation of our staff, and endorsement of the Executive Team, we have made great strides promoting employee health and fitness, and want to share some of our accomplishments. Over the last two years, Peace River Center:

- Developed an organization-wide **Wellness Works** committee;
- Identified the committee’s mission, “to inspire, empower and motivate all employees of Peace River Center to improve their health and fitness;”
- Completed the CDC Worksite Health ScoreCard assessment;
- Held monthly **Wellness Works** committee meetings since March, 2017;
- Provided motivational pins and prizes for the 110 plus team members who have committed to healthy lifestyle changes;
- Competed in our first One-Month Weight-Loss Contest, which netted a 31-pound weight loss for the 10-member group. Other Biggest Loser contestants teamed up and kept co-workers accountable;
- Joined members of the community for Peace River Center’s Inaugural Feel Good 5k in August 2017, and more recently the Feel Good 5k in August 2018;
- Stayed active and motivated as one 5k first-timer ran a 5k every month for a year; another did a first-time half marathon; and, another long-time runner completed “3 half-marathons/3 states/3 day” competition;
- Implemented our first Tobacco-Free Campus;
- Provided healthy snacks, foods and beverages for organizational meetings and celebrations;
- Created monthly newsletters, which included employee-submitted articles celebrating health promotion and personal successes;
- Began an Employee Assistance Program (EAP) for all employees;
- Updated and completed the CDC Worksite Health ScoreCard assessment the second year with a 66% improvement score compared to the first year!

Our **Wellness Works** program continues to grow, with new ideas and plans for the future. Polk Vision’s Building a Healthier Polk Worksite Wellness Team has helped us move towards our goal of establishing and maintaining an observable culture of wellness for all, and we recommend any business interested in promoting employee health and wellness to partner with the Worksite Wellness Team.

J. William Gardam  
CEO, Peace River Center
Wellness Works!!

CELEBRATING 5% WEIGHT LOSS

FEEL GOOD 5K STAFF PARTICIPANTS
Wellness Works!!

Prizes
Commitment Cards
Awards/Medals
Monthly Newsletters
Recognition
The Worksite Wellness Team has been working to support the development and enhancement of worksite wellness programs in local businesses across Polk County. The team has been promoting the use of the CDC Worksite Health ScoreCard, which is a free, validated self-assessment tool for businesses to evaluate their current worksite wellness programs, identify gaps, and implement evidence-based strategies for improvement. The team held three focus groups across the county in 2018 to better assess the challenges local business face in implementing worksite wellness programs and held the first Wellness Exchange. Be on the lookout for more in 2019!

Monthly Observances:

January • Cervical Cancer Awareness MONTH
Cervical cancer is preventable—vaccinate early, Pap test regularly, and HPV test when recommended—For more information visit, http://www.nccc-online.org/

January • Healthy Weight Week (21-25)
Ditch the scale and love your body—For more information visit, https://www.fitwoman.com/

February • HEART MONTH
Each year, cardiovascular diseases claim the lives of nearly half a million women—almost one per minute—For more information visit, https://www.heart.org/

February • Eating Disorders Awareness Week (Feb 29—Mar 4) Eating disorders have the highest mortality rate of any mental illness and will affect 30 million Americans at some point in their lives, but stigmas and misinformation prevent people from getting the help they need. (See http://www.anad.org/get-information/about-eating-disorders/eating-disorders-statistics/ for additional facts and statistics) —For more information visit, https://www.nationaleatingdisorders.org/get-involved

March • NUTRITION MONTH
Educate your employees on the importance of making healthy food choices to get them on the path to eating better and living well—For more information visit, https://www.eatright.org/
Fortress Fitness

Fortress Fitness is a free community workout open to all ages, levels and abilities. The workouts are held on the second Saturday of each month running through May of 2019. Workouts begin at 9:00 a.m. Trainers volunteer their time and talents to provide a free community workout.

Fort Blount Park is located in downtown Bartow on the corners of Broadway Avenue, Main Street and Davidson Street, across from the Polk County Courthouse and the Polk History Center. Use 102. W. Main Street, Bartow, Florida for GPS.

For more information, please contact: Virginia Condello at the Greater Bartow Chamber of Commerce, (863) 533-7125.

Visit our Facebook, Fortress Fitness Facebook: https://www.facebook.com/bartowchamber12/

Remaining Workouts Dates

(Second Saturday of the Month)
at Fort Blount Park, Bartow

January 12  
Greg, Rick & Krissy  
Ultimate Fitness Center, Box & Burn

February 9  
Jennie Walker, Bootcamp

March 9  
Tammi Green, Empower Fit Dance

April 13  
Windy Collins, Yoga

May 11  
Jude Dauphin  
Uptown Fitness, Circuit Training
Black Bean and Butternut Squash Chili

Submitted by
Debbie Zimmerman, MBA, CWHC

INGREDIENTS:
- 2 cups chopped onions
- 3 cloves garlic, chopped
- 2 1/2 cups chopped (1/2 inch pieces) butternut squash
- 4 1/2 cups cooked black beans or 3 (15 ounce) cans low-sodium or no-salt-added black beans, drained
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 2 1/2 cups low-sodium or no-salt-added vegetable broth
- 1 1/2 cups no-salt-added diced tomatoes
- 1 bunch Swiss chard, tough stems removed, chopped

INSTRUCTIONS:
Add all ingredients except Swiss chard to a large pot. Bring to a boil, reduce heat and simmer, uncovered, until squash is tender, about 20 minutes. Stir in Swiss chard and simmer until chard is tender, about 4 minutes longer.

View recipe at https://www.drfuhrman.com/recipes/1641/black-bean-and-butternut-squash-chili

Andrea Nikolai, MPH, RDN, LND is the Family and Consumer Sciences Agent at UF/IFAS Extension in Polk County and a registered dietitian. She teaches food and nutrition classes around the county with the goal to improve the health and wellbeing of families.

To find classes and to register: www.polkcs.Eventbrite.com
Would love to see you there!

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MEET OUR

Worksite Wellness Team Members

Liz Antaya – Co-Chair; Stahl & Associates Insurance
Debbie Zimmerman – Co-Chair; Polk Co Public Schools
Kelly Andrews – Kelly Andrews, LLC
Sarah Betzer – Bank of Central Florida
Juli Davis – Florida Department of Health
Donna Kay Dinkins – Senior Solutions Group
Schatzie Haines – Worksite Team Member
Alison Kennedy-Hand – Florida Presbyterian Homes
Jenna Levine – Florida Department of Health in Polk Co.
Brittany Lynn – BayCare Health Systems
Karen Moore – Peace River Center
Andrea Nikolai – University of Florida IFAS Extension
Laurel Smith – Polk State College Wellness Coordinator
Marie Wilmot – FIPR Institute and Phosphate Research

Visit our webpage at http://portal.polkvision.com/worksite-wellness-team
Another Yummy Recipe: 
Super Raspberry Protein Brownies

A brownie made with beans?? You bet!! The beans add fiber, calcium, and protein, making them a nutrition indulgence.

INGREDIENTS

- 1/4 teaspoon safflower oil
- 2 15-ounce cans low-sodium black beans, drained and rinsed
- 1 cup pitted dates
- 1 cup all-fruit raspberry jam
- 1 tablespoon pure vanilla extract
- 1/2 cup whole-wheat pastry flour
- 1 cup unsweetened cocoa powder
- 1/4 teaspoon sea salt

INSTRUCTIONS

Preheat the oven to 350 F and grease an 8 x 8-inch baking pan with the oil. Combine the black beans, dates, jam, and vanilla in a food processor and process until smooth. Add the flour, cocoa powder, and salt and process again. Pour into prepared pan and smooth the top with a spatula. Bake for 30 minutes or until the top looks set. Remove from the oven and cool completely, then cut into 16 squares. The brownies will keep, refrigerated in a covered container, for up to 1 week.

Source: Recipe from Power Foods for the Brain by Neal D. Barnard, M.D.