

Wow!



WORKING ON WELLNESS

CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER ★ JANUARY 2009

City of Grand Prairie Employee's Got Talent!

Friday, Jan. 30, 2009 • 5-8 p.m.
Uptown Theater, 120 E. Main St.

Show us your talent in the first ever City Employee Talent Show. To compete, send this information by Jan. 21 to Elspeth McDonald at elmcdonald@gptx.org:

- Name
- Email
- Department
- Office Phone
- Home/Cell Phone
- Describe your talent
- Will you have a DVD or CD to accompany your performance?
- Other needs



Entry form is also available on the Raging Fans intranet.

You may rehearse on stage noon-4 p.m. Friday, Jan. 30. No appointment necessary, just supervisor approval to leave work for a little while.

A panel of judges will select first, second and third place winners, who will receive awesome trophies. In addition, the first place winner will:

- Be invited to perform at state of the City Feb. 26
- Advance to be one of the opening acts for the headliner of the City of Grand Prairie's 100th Birthday Celebration on March 28, 2009, in front of a major crowd at Quilley Park at Grand Prairie.

The contest is open to any city of Grand Prairie employee, full or part time. The contest is not open to friends and family, however.

Ticket to the event will be \$5, available on www.uptowntheatergp.com, 972-237-4271 or at the door, which will open at 4 p.m. Friday, Jan. 30. Plan to cheer on your fellow employees as they compete for top honors! For questions, call Elspeth 972-237-8409, Amy 972-237-8140, or Whitney 972-237-8328.

Move More to Curb Cravings

Brand-new research from the University of Massachusetts reveals that the more you sit, the greater your appetite—even if your body doesn't need the calories. In fact, sedentary subjects felt 17 percent hungrier than those who moved around during the day, says researcher Barry Braun, PhD, possibly because inactivity spurs secretion of ghrelin, a hormone that increases the urge to eat. Set a pop-up reminder on your computer to take a walk or do some stretches for a few minutes at least once an hour to keep hunger in check.



Prevention

Employee Awards Banquet



Mark your calendar for the Employee Awards Banquet. Cheer on your coworkers as they take the stage!

Friday, Feb. 20

Ruthe Jackson Center
3113 S. Carrier Parkway

Doors will open at 5:45 p.m.
Dinner and program 7 p.m.-10 p.m.

Watch for more information about tickets.

The Family Man's Diet

Another reason to give up soft drinks: Kicking your soda habit could make your kids healthier. University of Iowa researchers found that when people stopped drinking soda and removed it from their homes, their kids drank less pop, too. Not surprised? Just remember this on your next supermarket trip: "The messages parents send their kids with the food and drinks they keep at home have a big impact on their children's behavior," says study author Helena H. Laroche, M.D. And sometimes, those messages last a lifetime.

MensHealth

Benefits

Retirement Estimator Named Best Online Service in Government

There's never been a better time than the present to plan for your retirement. Why's that? Because Social Security's Retirement Estimator has just been rated the best online service in government! You can find it online at:



www.socialsecurity.gov/estimator

Every quarter, the University of Michigan conducts the American Customer Satisfaction Index for Federal Websites. In their most recent study, the index showed that Social Security's new online Retirement Estimator ranked as the best in government.

The online Retirement Estimator is a convenient, secure and quick financial planning tool that lets workers calculate how much they might expect to receive in Social Security benefits when they retire. The attractive new feature of this calculator is that it eliminates the need to manually key in years of earnings information. It's so easy to use.

The new Retirement Estimator gives the public the opportunity to run accurate, personalized scenarios for Social Security retirement benefits in a user-friendly way. You also can create "what if" scenarios. For example, you can change "stop work" dates or expected future earnings to create and compare different retirement options that may be in your future.

By Tom Clark, Social Security Public Affairs Specialist



W-2's Distributed By Jan. 30

Are you getting your paperwork together for tax season? City of Grand Prairie W-2's will be distributed to you by the end of January.

Guardian Dental PPO Insurance Card

For employees who have dental PPO insurance through the City of Grand Prairie, please remember that your CIGNA Dental ID cards are no longer valid. Guardian Dental PPO cards were issued to the home address you have listed on Employee Self-Service. The new cards can be used for all individuals who signed up for the Guardian Dental PPO plan in 2009.



Wellness

A Diabetes Blocker?

It's good for your heart and skin, and now U.K. scientists have found that vitamin C may help you avoid diabetes, too. In their study, participants who ate about five servings of fruits and vegetables a day were 62 percent less likely to develop diabetes than those who consumed about three servings. A likely reason: "Vitamin C may help prevent oxidative stress," says study coauthor Nita Forouhi, Ph.D. That's important because oxidative stress can disrupt your body's ability to process carbs, leading to high blood sugar. Stock up on the foods that contain some of the highest amounts of C: citrus fruits, red peppers, strawberries, tomatoes and broccoli.



Men'sHealth

Wellness

Weathering the Financial Storm

While the news focuses on ailing financial institutions, a plunging stock market and governments trying to cope, many individuals and families are experiencing financial shocks close to home. And even if you haven't been hurt directly by the financial crisis, you may be experiencing stress of unease as you wonder what's next.

Here are some tips from experts on dealing with personal finances (even in good times):

Keep track of your spending.

Simply knowing where your money goes can help you reduce or eliminate expenses if you should need to do so.

Plan for emergencies. Many financial experts advise families to have about six months' worth of expenses set aside in an account that you can easily access. And remember that credit cards or a line of credit are not the same thing as an emergency fund!

Pay your bills first. When you get paid, take care of the bills, then use what's left to pay your everyday expenses. The bills won't build up and you won't be worrying continually about them.

Leave credit cards at home, and tear up the ones you don't use often. One of the biggest mistakes people make is confusing credit cards with "extra money." Having those cards in your wallet or pocketbook can be tempting when you're passing the mall or a restaurant.

If your problems are significant, consider getting professional assistance to put together a financial plan.

Log on to www.MagellanHealth.com/member for financial information or call 1-800-523-5668 for support with dealing with financial stress.

Fun and Fit Activities

Sign up for your favorite activity and get to know other fun City of Grand Prairie employees.

Program	Coordinator/Contact Info.	Cost/Incentives
<p>Yoga Join Anytime! Mon., Wed., Fri. 11 a.m. Bowles Life Center, 2750 Graham St.</p>	<p>Linda Long - Parks and Recreation 972-237-8243 llong@gptx.org</p>	Employee cost: \$17.50 monthly
<p>G.Y.M. (Get Yourself Moving) Join Anytime! Visit Raving Fans message board</p>	<p>Ann Ellis - Building Inspections 972-237-8326 aellis@gptx.org</p>	Free
<p>Weight Watchers at Work Join Anytime! <i>Spouses on city insurance welcome</i></p>	<p>Candice Day CDay@gptx.org</p>	\$93 for employees or attend a class outside the city and get reimbursed for \$93 every 17 sessions (proof of paid receipt required).
<p>Free One Month Weight/Fitness Room Membership <i>Low cost Run for Life, Best Legs Ever, Strength Training Program, 30 Minute Tummy Assassin and Peripheral Heart Action Training</i></p>	<p>Dalworth Recreation Center 2012 Spikes 972-264-7670</p>	Free month Weight/Fitness Room membership can be used for the month of December or February.
<p>Bowles Life Center Membership Enjoy our Weight/Fitness Room complete with elliptical machines, treadmills, bikes and indoor track or shoot some hoops on the basketball court</p>	<p>Bowles Life Center 2750 Graham St. 972-237-7529</p>	\$130 per year (\$5 per paycheck) for city employees

Food Court Report

What to eat when you're stuck at the mall returning gifts.

Instead of	Cal.	Try	Cal.
Chick-fil-A chicken salad sandwich	500	Chick-fil-A chargrilled chicken sandwich	270
Wendy's triple with everything and cheese	960	Wendy's Jr. cheeseburger	260
Arby's Philly beef toasted sub	739	Arby's regular roast beef sandwich	320
Quiznos chili bread bowl	760	Quiznos bowl of chili	290
Taco Bell beef grilled stuff burrito	680	Taco Bell beef soft taco	180
Dunkin' Donuts sausage omelette and cheese biscuit	860	Dunkin' Donuts egg white turkey sausage sandwich	280

Good Housekeeping

Chew Gum,

Fight Heartburn

Pop a stick of gum into your mouth after a meal to prevent acid reflux. According to Kings College London researchers, chewing gum can reduce heartburn-related symptoms by boosting production of saliva, which is alkaline and helps neutralize stomach acid. More saliva also means more swallowing, which stimulates the muscle contractions that help digest food, researchers say. Stick to sugarless gum, they advise. A sugar-free hard candy or lozenge may have a similar effect.



Prevention

Wellness

A Quick Guide to Amping Up Activity

According to a Harvard study, you gain two extra hours of life expectancy for every hour of regular exercise.

Make it count

You don't always have to wear spandex and sweat in a gym to get exercise. Housework and gardening are also valid forms of activity. Look for reasons to head up the stairs to fetch things. Volunteer to head back into the house to grab a forgotten checkbook. Every tiny little bit of extra movement matters.



Go the distance

This is kind of a kissing cousin to the previous tip. Look for ways to increase the distance between you and where you're going. When you have to use the restroom, use one on a different floor. Walk to a coworker's desk instead of using e-mail. And park farther away in mall and supermarket parking lots. You'll have fewer dings in your doors and more steps under your feet.

Keep it pleasant

Regular exercise is a requirement for successful long-term weight loss, so you have to find a way to like it. Try this for starters: Listening to audio books as you work out takes a lot of the drudgery out of it. Because you really have to concentrate on what's being said, the time flies right by.

Better Homes and Gardens

Gift Basket Results

Thanks to all who bought raffle tickets for the holiday gift baskets in December. The City of Grand Prairie raised \$1,710 benefitting local charities. Way to go!



Employee of the Month

Terry Jones, Business Retention Manager for Economic Development, has been named Employee of the Month for January. During a recent Grand Prairie Management Academy class, Jones learned that the Grand Prairie Police Department had recently used seized drug money to purchase Sara, the first canine for Criminal Investigations. When she found out the department needed additional funds to form a fully functioning narcotic canine team, Jones volunteered to help raise funds. She secured \$3,500 in donations, enabling the department to purchase the majority of the equipment needed for the canine team.



Terry Jones

"Terry offered her assistance when she didn't have to, for which I will always be grateful," said Grand Prairie Police Sgt. Scott Robinson. "In my opinion, Terry is an outstanding individual and she has definitely made a 'Raving Fan' out of me by providing us with world class service."

Message from the Manager

In 100 years Grand Prairie has grown from a railroad stop between Dallas and Fort Worth to an 81-square-mile city of nearly 170,000 people. This year we will celebrate 100 years since Grand Prairie was first incorporated as a city. "Celebrating a Century" is more than just a formality. Incorporating as a city in 1909 meant Grand Prairie had its first organized fire department, mayor and city council. It's when Grand Prairie became more than just a train depot, but a place where people wanted to live and raise their families.

It is the people who live in Grand Prairie who are the essence of our city. Our residents care about our community, many are generous with their time by volunteering, and our business

community is always willing to help when needed. We'll honor a century of dedicated Grand Prairie residents with entertainment and a 100th birthday party celebration at the AirHogs ballpark on March 28 and we'll dedicate 100 city events to celebrating 100 years. As the year moves on, we can look forward to several new road openings, a new farmers market area and the grand opening of the new Dubiski High School.

We can all be proud as we celebrate Grand Prairie's 100th birthday. Thank you for your hard work and dedication to this city. Your efforts keep Grand Prairie's future brighter than ever.

Tom Hart
City Manager

Tell Us Where it Hurts

Your nervous system sometimes leads you to perceive that pain from an injury is coming from a different area, an anomaly known as "referred pain." For example...

Pain in...	may be caused by...
Your ears	A cavity or gum disease
Your right shoulder	A gallbladder attack or an inflamed liver
Your leg	A herniated disk in your lower back
Your elbow	Problems in your cervical spine
Your left arm	A heart attack

MensHealth