

WOW!



WORKING ON WELLNESS

CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER ★ AUGUST 2009

Blood Drive Aug. 5



Wednesday, Aug. 5 • 10 a.m.-2 p.m.
A blood donation bus will be parked in the City Hall Annex parking lot.

Visit www.givelife.org and use code "prairie" to make an appointment.

Blood donors will be entered into a drawing for a WOW! gift basket.

Free Men's Prostate Screening

Wednesday, Aug. 19 • 1-5 p.m.
Charles V. England Public Safety Training Center, 310 W. College

This is a blood draw only.

For African-American and Hispanic men older than 35 years and Caucasian men older than 40 years.

Meet and Greet the Troops

Thursday, Aug. 6
DFW Airport, Terminal D, Gate 22 • 7-9 a.m.

How can you help?

- With your supervisor's permission, volunteer to "meet and greet" that day. Encourage children, parents, neighbors, service and social clubs, groups, organizations, companies and veterans to attend.
- Wear red, white and blue on our meet and greet day.
- Make welcome home signs or carry small American flags to meet and greet
- If you can't meet and greet on Aug. 6, join the Grand Prairie Chamber of Commerce any day Aug. 3-9.
- BE FLEXIBLE with the times for arrival. Check the arrival phone line listed below.



Before Arriving at DFW:

- **Call the R&R update line at 972-574-0392** after 8 p.m. the night before the flight and several times in the morning for an estimated time of arrival.

For more information, call Carolyn Clary at 972-237-8000.

New City Web Site

Have you seen the new gptx.org? The redesigned city Web site offers more than just a new look. Users will find information easier than ever with the built-in search engine, thorough site map and improved page layouts. The site features organized news and events sections and RSS feeds to keep residents well informed. Gptx.org continues to offer a selection of online city services including Grand Prairie Cable Channel 16, e-mail notifications, payments for water bills, warrants and tickets, garage sale permits, police reports, access to the library catalog and more. Take time to explore what's new at gptx.org!



Never Too Late to Get Fit

You may have just lost your last excuse for not exercising: Even those who wait until they're 50 to ramp up their physical activity can boost their health—and lower their risk of premature death. In a Swedish study that followed 2,205 men for 32 years (from age 50 to age 82), those who increased their physical activity cut their mortality rate to half that of guys who stayed on the sofa. While researchers looked at men only, they're confident the findings apply to women too.

Good Housekeeping

Benefits

Choose Your Own Adventure

Let a UnitedHealthcare Wellness Coach be your guide.

Making healthful lifestyle changes can feel more like a journey than a quick jaunt down the road. Fortunately, you don't have to venture out alone. A UnitedHealthcare Wellness Coach will be with you every step of the way.

We've got your roadmap to success.

The path to good health isn't the same for everyone. Each program participant is paired with a Wellness Coach who will work one-on-one with you to personalize a plan specific to your needs. Studies show that a coach can double your chances of success. You'll also experience these benefits and more:

- Periodic follow-up phone calls with your coach to monitor your progress.
- Encouragement and support to help you reach your milestones.
- Educational tools to help make everyday choices easier.

Wellness coaching is offered at no additional cost to you, as part of your benefit plan. Programs are available for:

- Nutrition • Tobacco cessation • Heart health • Exercise
- Weight loss • Stress management • Diabetes

For more information call

UnitedHealthcare Wellness Coaching at 1-877-317-3530.

Lunch 'N Learn Survey

Please help us to make our Lunch 'N Learns better. Complete this form, cut it out and send it via interoffice mail to Candice Day in Human Resources. Put your name, department and phone number on your survey for a chance to win free movie tickets.

1. Does the time of 11:30 a.m.-1 p.m. work for you? Is there a better time?
2. Do you plan to attend a Healthy Cooking Lunch 'N Learn if offered?
3. Is there anything we could improve? Comments?
4. Are there any topics of interest you would like to see presented?

Please circle any topics that look interesting to you:

Identity Theft: Who's got your number?

Professional/Career Development

Healthy Woman

Weight Management

Home Buyer Education

My Future Checking - (Parent/Youth workshop)

Take the Wheel: Get the best car deal

High Blood Pressure

Exercise, Eating Right

Back Pain

Investing Basics: 8 steps for beginners

Heart Disease

Credit Reports

Nutrition

Stress Management

Holistic Medicine

Diabetes

Retirement

Refinancing: When is the right time?

Depression

Foreclosure: What are your options?

Wellness

How Do You Spell Relief?



Even if you take precautions, you may still experience allergy symptoms. And with at least 35 over-the-counter remedies and dozens of prescription drugs available

to treat runny noses, itchy eyes and wheezing lungs, a trip to the drugstore can be overwhelming. Here's what to look for:

If your nose is running and eyes are itchy:

Ingredients to choose - loratadine (Claritin), **cetirizine** (Zyrtec) or **diphenhydramine** (Benadryl)

Why Antihistamines relieve sneezing, a runny nose and itching by blocking histamine, a substance our body makes that produces allergic reactions. They are safe for long-term use and work best if you take them before you feel lousy. Two weeks before pollen counts get high in your area is optimal. When used properly, antihistamines can ease 50 percent to 80 percent of symptoms.

If you're stuffed up:

Ingredients to choose - pseudoephedrine (Sudafed), **phenylephrine** (Triaminic, Vicks Sinex nasal spray, Theraflu, Tylenol Cold products) or **oxymetazoline** (Afrin, Dristan, NeoSynephrine)

Why Nasal decongestants reduce the swelling of blood vessels in the nasal passages. Nasal sprays are fast-acting and effective—but don't use them for more than three days or you may experience "rebound congestion," which can be even worse than the original stuffiness.

Family Circle

Fun and Fit Activities

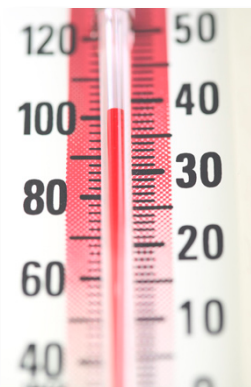
Sign up for your favorite activity and get to know other fun city of Grand Prairie employees.

Program	Coordinator/Contact Info.	Cost/Incentives
<p>Prairie Lakes Golf Course 3202 SE 14th St. Summer discount for employees. After 5 p.m., Wednesday and Thursday 9 holes with cart.</p>	<p>Please call 972-263-0661 for availability.</p>	<p>\$10 per person</p>
<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>	<p>\$130 per year (\$5 per paycheck) for city employees</p>

Prevent Heat-Related Health Problems

The hazards of living and working in Texas under elevated temperature conditions can range from simply being annoyed by the heat—to a life-threatening emergency. There are ways to prevent heat emergencies. Familiarize yourself with the following procedures to ensure that you or those around you do not become a statistic to heat stress.

- **Acclimation** - Accustom yourself to the weather prior to long durations of physical activity.
- **Maintain Body Fluids** - Fluid intake must be maintained throughout the course of physical activity. Do not rely on thirst as an indicator of dehydration because your body loses water faster than you realize. Alcohol should be avoided because it is a diuretic, which increases dehydration and can interfere with heat loss.
- **Proper Diet** – Eat light and stay away from heavy foods. They increase metabolic heat production and also increase water loss. Eat smaller, well-balanced meals more often.
- **Dress Light** – Lightweight, light-colored clothing reflects heat and sunlight and helps your body maintain normal temperatures. Wear loose-fitting clothes such as cotton which lets air move over your body. Wide brimmed hats should also be worn.
- **Rest Periods** - Pace your work activities at a slower rate during high temperatures and take frequent rest periods in a shaded area and drink plenty of fluids.



Melanoma- The Real Risk Factors

Although we all need to take precautions against skin cancer, those who are particularly high risk for melanoma—the most deadly form of the disease—need to be especially vigilant. What puts you in that category? After looking at 43 different characteristics in 300 melanoma patients and 300 healthy controls, researchers at NYU Langone Medical Center have reached a consensus on the six factors that count most: 1) History of **blistering sunburns** as a teenager; 2) **red or blond hair**; 3) **marked freckling** of the upper back; 4) **family history** of melanoma; 5) history of **actinic keratoses** – considered the earliest stage in the development of skin cancer; 6) **outdoor summer jobs** for three or more years as a teenager.

If you have one of these factors, your lifetime risk of melanoma goes up 200 to 300 percent. Two factors: 500 to 1,000 percent. With three or more, it's a whopping 2,000 percent increase. To protect yourself, wear sunblock, see a dermatologist yearly, and act fast if you have a strange mole.

Good Housekeeping

Quiz

Enter for a Chance to Win a Great Prize!

Did you read this issue of the WOW! newsletter? We're putting you to the test. Print page four of this newsletter if you are reading it online, complete the following quiz, clip it out and **send it via interoffice mail to the Communications and Marketing Department by August 21**. If you answered each question correctly, your name will be entered into a drawing for two movie passes.

Name: _____

Department: _____

Phone: _____

1. With their supervisor's approval, all employees are invited to meet the troops on Aug. 6.

True False

2. Antihistamines do not relieve sneezing.

True False

3. It is good to eat light meals to avoid heat-related health problems.

True False

4. Prairie Lakes Golf Course is offering a summer discount for employees.

True False

5. Return the Lunch 'N Learn survey with your name on it, and you'll be entered for a chance to win movie tickets.

True False

6. If you have red or blonde hair you are at risk for melanoma.

True False

Employee of the Month

Felix Vargas, Equipment Operator for the Streets Department, has been named Employee of the Month for August. He has been a city of Grand Prairie employee for more than six years. Vargas operates dump trucks, heavy equipment and other hand tools used in the day-to-day operations of drainage repair and maintenance. He is always willing to do extra work and is kind to fellow employees and residents.

"Felix is a great person to have on the Street Department drainage crew," said Loyal Rowland, Street



Felix Vargas

Department Supervisor. "During his time with the city he has moved from a laborer to an equipment operator. We are glad to have him on our team."

Message from the Manager

Today's technology to communicate is ever changing making us more accessible to one another. E-mails, text messages, Facebook, MySpace, Twitter and Linked-In are just a few of the many ways we may communicate with one another. However, these same technologies that afford us efficiency and immediate access to one another can present problems in a business environment if not used appropriately.

When you communicate with one another using city equipment, you should ensure the communication is business appropriate. This includes accessing personal e-mail accounts from a city computer. While personal use of city equipment is not prohibited, it should be minimal and not impact city business or operations. Further, you should have no expectation of privacy when using city equipment. Any information you send or receive using city equipment, including text messages or e-mails, is subject to open records. As a result, your text messages, e-mails, voice mails, messages over radio units, etc. should remain business professional. Think about this – if you are sending, viewing or creating a message, would you want that message printed in the news with your name attached to it?

If your answer is no...don't send the message.

The city's values of service, people and integrity should be a part of your everyday communications in this city. The city clearly does not support distribution of any material on city equipment that could be perceived by *any* person as inappropriate, unprofessional or which interferes with our business and mission. This includes material you might send from city equipment to small groups you have created such as "friends or co-workers." Remember, even if you delete it from your system, it is accessible through Information Technology.

If you receive any materials which are inappropriate or are not consistent with the message above, you should: 1) tell the person who sent the e-mail not to send such information to your work, 2) report it immediately to a supervisor if the objectionable material is from a city employee so that appropriate action can be taken, and 3) tell friends and family not to send non-business e-mails to your business e-mail account, ask them to send that to your personal e-mail accounts at home.

A handwritten signature in black ink, appearing to read 'Tom Hart'.

Tom Hart
City Manager