



Taking Control!

CPES Benefits, Health and Wellness Newsletter

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Number 2

Employee Corner

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To keep the body in good health is a duty..... otherwise we shall not be able to keep our mind strong and clear. — Buddha

Hello, My name is Jacquelyn Jones. I have been with CPES for about five months and I am the Benefits Specialist. I personally have been trying to achieve better health for the last few years because I realize as I get older the harder it seems to “undo” all the unhealthy habits I had. I try to look at each decision and make the one that will help me be healthier, for instance I’ll take the stairs at the mall instead of the escalator. Choosing to share a dessert instead of having one to myself is another example of a small change that helps overall health. My husband and I used to drink a lot of diet soda. I thought I was doing well by drinking diet soda but when I looked at all the chemicals in a

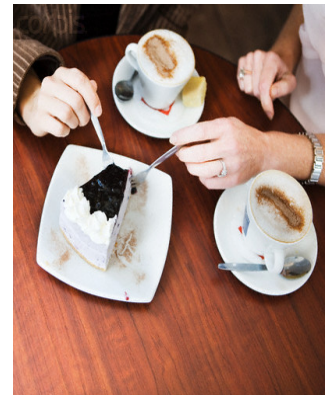
diet soda I have changed habits at home and I keep iced herbal tea in my fridge at all times, it is ready when we are thirsty and it is much healthier for us. If you drink regular soda maybe changing your habit to only having one a day instead of two or three can be an easy healthy change.

Sometimes it gets intimidating to think of all the changes a person needs to make to reach optimum health so making small changes can make a big impact and be less stressful. As you make changes, they will become habits and you won’t feel like you are changing the way you live all at once.

I am in charge of the news letter so please let me know if there are

things you would like featured in the newsletter or if you would like to be featured in the Employee Corner. You don’t even have to use your name but sharing your story will help support everyone who is working on improving his/her wellness.

My email address is :
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Money Matters - Money Saving Tips

Improving your health includes managing your money wisely. Here are some money saving tips.

Save your loose change. Putting aside fifty cents a day over the course of a year will allow you to save nearly 40% of a \$500 emergency fund.

Keep track of your spend-

ing. At least once a month, use credit card, checking, and other records to review what you've purchased. Then, ask yourself if it makes sense to reallocate some of this spending to an emergency savings account.

Never purchase expensive items on impulse. Think over

each expensive purchase for at least 24 hours. Acting on this principle will mean you have far fewer regrets about impulse purchases, and far more money for emergency savings.

Use debit and credit cards prudently. [Click here to read more money saving tips.](#)

Health Fair Success

Thank you so much to everyone who supported and participated in our first (and hopefully annual) Health and Wellness meetings and fairs. We had Health and Wellness Fairs in Tempe and Tucson because we were able to guarantee the number of required participants, and we had meetings in the outlying areas. In both types of events,

we shared the CPES Health and Wellness program and emphasized the importance of TAKING CONTROL! of our personal health and wellbeing. Overall we had 109 employees attend the meetings and fairs. We had 44 employees who participated in the Biometric screening offered by UHC to our employees who are enrolled in CPES

UHC medical insurance.

Congratulations to the winners that were drawn for the prizes at the fair. Freddy Maese in Tempe and Cedar Stagner in Tucson were the winners of the day off, thank you for taking the time to attend the fair.

Are You Stressed Out?

THREE RULES OF WORK:

Out of clutter find
simplicity;
From discord find
harmony;
In the middle of
difficulty lies
opportunity.

Stress. We've all felt it. In fact, many of us feel it every day. But letting stress take control of your life can have negative effects on your health. So learn to keep calm with these suggestions.

To most of us, stress is an emotional reaction to an isolated situation such as an overbooked schedule or a looming deadline, and too little time to complete all that we have to get done. But stress can also be all-consuming, especially when it relates to a tragedy that awakens our most deep-rooted fears of vulnerability and loss of control.

Stress can bring about more health problems than you might think. The American Medical Association attributes three-quarters of all doctor visits to stress-related illnesses such as fatigue, headaches and insomnia.

Stress occurs when the body is continually in a state of "red alert." When you're late for a dentist appointment or your toddler is toying with a shelf of glass figurines, your body starts to pump adrenaline in preparation for either a confrontation or a quick escape — the "fight or flight" mechanism.

When you walk away without expending that extra energy, your body has to cope with what amounts to a physical false alarm. If this happens daily, your heart, internal organs and immune system will eventually register the strain, heightening your vulnerability to everything from the common cold to heart attacks.

What's considered stressful is completely personal. Short bursts of adrenaline are common during a tennis match, a surprise party or a sample sale of a hot designer. And events that your best friend might consider stressful (like giving a toast or bidding on an item at an auction) might be exciting and enjoyable to you. An individual's stressors are as unique as her fingerprints. A high-energy person might consider taking a nap in a hammock to be intolerably stressful because she craves activity.

To define your own stress limits, think about whether you're in control. If you feel like life is controlling you rather than the other way around, or nothing you do at work or home is ever enough, you're stressed. Here are eight ideas for keeping stress at bay:

Accept that you can't do it all and delegate tasks to others

Skip the attempt at multitasking and do one thing at a time

Create a routine and set aside a couple of hours one evening a week for must-do chores such as paying bills

Tune out and schedule one TV- and phone-free night each week

Plan ahead. Figure out your weekly menus and shop in advance for groceries

Keep a to-do list and look at what has to be done that day and whether anything can be postponed

Stop worrying about other people's expectations

Let it out — talk about what's stressing you with your friends and family

Chicken Fajitas

From the Mayo Clinic

Serves 12

Ingredients

- 1/4 cup lime juice
- 1 or 2 cloves garlic, minced
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 3 pounds boneless, skinless chicken breasts, cut in 1/4-inch strips
- 1 large onion, sliced
- Half a green sweet bell pepper, slivered
- Half a red sweet bell pepper, slivered
- 12 whole-wheat 8-inch tortillas
- 1/2 cup salsa
- 1/2 cup fat-free sour cream
- 1/2 cup low-fat shredded cheese

Directions

Combine the first four ingredients in a large bowl. Add chicken slices and stir until chicken is well coated. Marinate for 15 minutes. Cook chicken in pan on grill or stovetop for 3 minutes, or until no longer pink. Stir in onions and peppers. Cook 3 to 5 minutes, or until done to your liking. Divide mixture evenly among tortillas. Top each with 2 teaspoons salsa, 2 teaspoons sour cream and 2 teaspoons shredded cheese. Roll up and serve



Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

~World Health Organization, 1948

To learn more about the tools, services and resources available to you through UnitedHealthcare

click [HERE to read this month's Benefit Awareness newsletter.](#)

Playing Your Cardio Right

Cardiovascular activity, referred to simply as "cardio," should be as much a part of your body-sculpting endeavors as pulling and pushing those metal plates. As often as you're pumping the iron, you should also be pumping your heart.

To many, that half-hour a day is the most enjoyable,

most therapeutic part of your agenda. To others, it's as dreadful as taking out the trash and doing the dishes. Yet, like your household chores, you know it's something you simply must do. Unfortunately, Americans today are more glued to the screen, whether it be the television, Nintendo, or yes, even the Internet. It has

been concluded that the majority of Americans have insufficient cardiovascular activity in their daily schedules, thus leading to a cartload of various health problems.

So if you're ready to get sweaty, [Click here for a few wise choices:](#)

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CPES

“To insure good health:

eat lightly,
breathe deeply,
live moderately,
cultivate
cheerfulness,
and maintain an
interest in life.”

~ William Londen



Healthy Snack Habits

By Kathleen Zelman, MPH, RD, LD

Choose your snacks wisely and they can be a regular feature without blowing your diet

Snacks are often blamed as one of the causes of our overweight nation. In part, this is true if the snacks you choose are empty calorie cakes, cookies, sodas and chips. But when you think of snacks as mini meals, they can be part of a weight loss diet plan and work wonders to help you get through the day with plenty of zip in your step.

Kids need snacks in order to get all the nutrients they need for growth and development. Adults need snacks, too. Choosing a healthy snack between meals can help you diminish the gnawing in your belly that might otherwise send you to a vending machine full of poor choices. [Click here to read more.](#)

Making the most of doctors appointments

Questions To Ask Your Doctor

Clear and accurate communication with your doctor can make a big difference in getting your health issues addressed quickly and efficiently. Here are some questions to ask your doctor.

You can use this as a reference for your consultation with your doctor.

- What do you think is causing my problem?
- Is there more than one condition (disease) that could be causing my problem?
- What tests will you do to diagnose the problem and which of the conditions is present?
- How good are the tests for diagnosing the problem and the conditions?
- How safe are the tests?
- What is the likely course of this condition?
- What is the long-term outlook with and without treatment?
- What are my treatment options?
- How effective is each treatment option?
- What are the benefits versus risks of each treatment option?
- If my symptoms worsen, what should I do on my own?
- When should I contact you?
- Are you aware of each of the medications that I am taking?
- Can they adversely interact with the medications you are prescribing for me?
- Should we monitor for side effects of the medications that you are prescribing or for their interactions with other medications I am taking?