

# To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



APRIL 2022

## Stressed? Help is Here

By Jane Grannis, Wellness Manager

Learning to cope with stress in a healthy way is crucial to our well-being. We all experience stress for different reasons and in different ways. When faced with strong emotions, sometimes the coping mechanisms we turn to don't always align with a healthy lifestyle. This month, the Wellness team brings you a variety of classes and activities that support you in building resilience and healthy coping strategies. Find those that speak to you and take a step toward feeling better!



Jane Grannis

For overall stress management, [EAP Counselor Lorelei Keif](#) hosts a [webinar on releasing stress](#), building resilience and boosting your well-being.

Living with chronic pain can take a serious toll on mental and emotional health. Additionally, unmanaged stress may worsen symptoms. If you or someone you know suffers from it, attend the EAP [webinar on chronic pain](#) to learn about pain management options and coping strategies.

Managing your stress by eating? You'll want to check out Cigna Nutrition Health Coach Shannon Parks' [webinar on stress eating](#) to learn positive coping strategies.

At some point, almost all of us stress about money. Whether you're worried about debt, paying for college or buying a new home, [Your Money Through Life Stages financial webinars](#) have something for almost everyone.

Another great way to get active and manage stress is spending time in nature, and gardening is a fun way to enjoy the pleasures of being outdoors. Landscaping choices impact land, water, wildlife and even local residents. Since April is also Earth Month, find out more about the Nine Principles of [Florida Friendly Landscaping](#) in the [Garden4Life webinar](#).

And on the subject of gardening, get more out of your veggies by eating with the seasons! [Watch a Cooking Demo video](#) to learn how to prepare a flavorful Asparagus Leek Quiche using simple ingredients at the peak of their growing season and [view the recipe](#).

Let's not forget that exercise does great things for stress!

We're pleased to announce that fitness classes are back at the Wellness Center, with certain guidelines in place. Find the schedule and pre-registration information at [Group Fitness Classes](#).

Last, but certainly not least: awareness of the types of stress we face, as well as how we currently manage that stress, is important to taking the steps to change. However, it's the new habits we create that ultimately help us feel better. To that end, we're starting a [Meditation Monday meet-up](#) on Zoom. Every Monday, treat yourself to a 15-minute well-being break either at 9 a.m. or 3 p.m. (or both!). Put your knowledge into action through guided meditation.

Where there is life there will always be stress, but with a toolbox of tools and a little bit of practice, we can empower ourselves to manage it. Enjoy all this month offers!

## Inside

- 2** - Planting Seeds of Resilience  
- Getting a Handle on Stress Eating
- 3** Wellness Activities:  
- Meditation Mondays  
- Mammography Bus  
- Eat with the Seasons  
- Pain: When it Impacts Your Life  
- Introduction to Florida-Friendly Landscaping  
- Your Money Through Life Stages  
- Mindfulness: Release the Stress  
- Set Yourself Free from Stress Eating
- 4** - Wellness Champion Spotlight: Andrea Jordan  
- Tobacco Cessation  
- Congratulations to Stepping Participants
- 5** - New Wellness Incentive  
- Caregiver Corner
- 6** - Asparagus Leek Quiche Recipe  
- Upcoming Blood Drives
- 7** - Group Fitness Classes Schedule

To Your Health is a monthly publication by the Pinellas County Wellness Program. Contact us at [wellness@pinellascounty.org](mailto:wellness@pinellascounty.org) or (727) 464-3367, option 1.

## Planting Seeds of Resilience

By Lorelei Keif, LCSW  
Cigna EAP Counselor  
[Contact Lorelei](#)



Spring is a time of growth, lush blooms and anticipation of our best weather and enjoying being outside. In Florida, however, our trees lose their leaves in February and March. (We are known for doing things differently here!). I have always favored the warp speed of Florida season transition. Watching the leaves swirl and fall signals the brief but difficult season of pollen. But once we adapt and get through pollen season, it's spring in Florida. Life is often like this. Change can be, and usually is, difficult and uncomfortable. No one craves hard and trying times, but when we get through the painful parts of our life, we often find ourselves in a more peaceful, and sometimes even beautiful, place. Remembering that life is about being resilient to the changes that come our way is sage advice.

But how do you grow resilience? An article entitled [Building Your Resilience](#) by the American Psychological Association explains that resiliency is more than “bouncing back from difficult experiences, it can also involve profound personal growth.” The authors identify four core concepts to growing this trait. They are connection, wellness, healthy thinking, and meaning. The authors also point out that resilience is not extraordinary but rather a trait anyone can foster and grow.

Connection refers to relationships with people, groups, or even a place. When we form healthy relationships, we create resting places. Places we can catch our breath and re-charge. So, during these especially trying times, remember to reach out and make and cultivate connections to people and places that bring you joy. There is no quick fix to coping better and being more flexible, but in time we get stronger and better at employing new skills.

Look for more on the four core concepts of resilience in upcoming newsletters. Join me this month for a one-hour webinar [Mindfulness: Release the Stress](#) on April 15 at 12:00 p.m. or April 18 at 12:30 p.m. to boost your well-being and build your resilience.

## Getting a Handle on Stress Eating

By Shannon Parks, MPH, RD, CPH  
Cigna Nutrition Health Coach  
[Contact Shannon](#)



I'll be the first to say it – emotional eating gets a bad rap. If we think about it, eating, by nature, is emotional. Biologically speaking, food brings forth a rush of endorphins (feel-good chemicals in our brain), and food can also bring forth feelings of connection to cultures and other people. However, emotional eating can get in the way if it's the only tool in our toolbox for managing emotions, or if we don't actually process stress and feelings when we eat. So, what are we really talking about here? Coping mechanisms.

There are a number of positive coping mechanisms we can use to manage stress or other emotions. Examples include physical activity, talking to loved ones, reading, loving on a pet, being creative, resting, getting outside, meditating, journaling, and even eating.

On the other hand, negative coping mechanisms include risky substance use, shaming or guiltting ourselves, or skipping self-care. If you find yourself turning to food to manage your stress and emotional experiences, consider these tips next time:

- 1. Round out your emotional well-being toolbox.** If emotional eating is the only way we know how to handle stress, we're more likely to turn to this habit to cope. Learning a handful of tools helps us to manage that moment more effectively.
- 2. Be mindful while eating.** Sometimes a snack, a meal, or a treat soothes a stressful moment – that's okay! When this happens, try your best to be aware when it happens and do your best not to judge yourself. Instead, work toward stepping back from the moment, enjoying the sensory satisfaction of the food you're eating, and move on with your day.
- 3. Try a gratitude journal.** To help keep stress in perspective, start the day by writing down 1-3 things you're thankful for every day.
- 4. Attend my upcoming webinar.** To expand your personal wellbeing toolbox and learn healthy coping strategies, attend my one-hour webinar [Set Yourself Free from Stress Eating](#) on April 26 at 12:00 p.m. or April 27 at 12:30 p.m.



# Mark Your Calendar: Wellness Activities for You

## Meditation Mondays

Build a healthy habit and start the week off with the right mindset. Pop in **every Monday** morning and/or afternoon for a 15-minute guided live meditation. [Register now](#) for either the **morning (9:00 a.m.)**, **afternoon (3:30 p.m.)**, or both sessions!



## Your Money Through Life Stages

Choose classes depending on where you are in your life. [Register now](#) for one, a few, or all of the following financial webinars, offered on **consecutive Thursdays, 12:00 to 1:00 p.m.**



- **Financially Fit Kids (April 21)** - Teach your children sound money management skills.
- **The College Plan (April 28)** - The college discussion can be exciting, scary and potentially costly. Set realistic expectations and plans.
- **Preparing for Retirement (May 5)** - It's never too early, or too late, to dream and plan our retirement. Prepare what you can do today to make your tomorrow the life you want.
- **Financial Wellness for the Young Adult (May 12)** - Teach young adults to start their financial journey off on the right foot.
- **Paying Down Debt & Improving Credit Score (May 19)** - Learn about credit scores, how to pay down debt and stay out of debt.
- **Home Buying Success (May 26)** - Buy with confidence by planning ahead and knowing how and what you can realistically afford.

## Mammography Bus

Last chance to take advantage of the Mammography Bus on Monday, **April 11, 8:30 a.m. - 2:30 p.m.** at 315 Court St., Clearwater (west parking lot at the Courthouse). Make an [appointment](#) or walk in.



## Eat with the Seasons

There are nutritional and environmental benefits to eating produce that is in season. [Watch our Nutrition Health Coach](#) prepare a flavorful Asparagus Leek Quiche using simple ingredients at the peak of their growing season in a live cooking demo ([see the recipe](#)).



## Pain: When It Impacts Your Life

Dealing with chronic pain can take a serious emotional and mental toll. This webinar will discuss the impact pain has on one's life, ranges of pain management, and how to cope. [Register now](#) for a one-hour webinar **April 19, 12:30 p.m. or April 20, 12:00 p.m.**

PAIN

## Set Yourself Free from Stress Eating

Food can be a source of comfort when we're experiencing a range of emotions. Find out how to increase your awareness and master emotional eating triggers. [Register now](#) for a one-hour webinar on **April 26, 12:00 p.m. or April 27, 12:30 p.m.**



## Introduction to Florida-Friendly Landscaping

April is Earth Month and gardening is great for your wellbeing. Learn how to create and maintain healthy and attractive landscapes and at the same time protect our precious water resources. [Register now](#) for a one-hour webinar on **April 21, 12:00 p.m.**



## Mindfulness: Release the Stress

Explore the practice of mindfulness and discover how it can help you release stress, build resilience, and boost your well-being. [Register now](#) for a one-hour webinar on **April 15, 12:00 p.m. or April 18, 12:30 p.m.**



## WELLNESS CHAMPION SPOTLIGHT

### Andrea Jordan

Regional 9-1-1

Every department has a [Wellness Champion](#) who helps to communicate important wellness events, reminders and updates, as well as support you. They do amazing work and we'd like for you to get to know them!



Andrea Jordan

#### **How long have you worked for Pinellas County?**

This July will be 17 years. I started with Pinellas County Regional 9-1-1 and am still with the same department.

#### **Tell us a little about yourself.**

I have lived in Florida most of my life and in Pinellas County since 2003 but am originally from New York. Prior to working for Regional 9-1-1, I worked in hospitality and a few office type jobs. I am a NY Giants and Yankees fan and Tampa Bay Lightning fan. I also enjoy stand-up comedy. I am not a stand-up comedian but love when others make me laugh, which is important with as serious as my job can be.

#### **Why did you want to serve as a Wellness Champion?**

Most of the jobs in our department require long periods of sitting which can be very unhealthy. I wanted to do my part in spreading the word about healthy programs and information that could help my coworkers counteract that.

#### **What do you do to take care of yourself?**

I spend time with friends and family. I try to have fun with them whenever possible. Also, I try to go for walks around my neighborhood.

## Tobacco Cessation



Although the deadline for completing a tobacco cessation class to avoid the \$500 premium has passed, employees who attested to tobacco use at Annual Enrollment and have not completed a class may do so at any time. Once they submit confirmation of completion, the deduction will cease and be processed in the next payroll cycle. No retroactive refunds.

Current tobacco cessation program options:

#### **Phone:**

- Cigna offers one-on-one phone support with Health Coaching to help you quit tobacco.
- To register, call (800) 862-3557 and select option 6.

#### **Online:**

- Complete a 28-day online Quit Smoking program at [myCigna.com](http://myCigna.com), select the *Wellness* drop down from the menu at the top right, then click *Health Assistant*.



## Congratulations to Stepping Into Your Health Participants

In March, 69 employees wrapped up the annual 8-week *Stepping Into Your Health Challenge*.

This year, as participants tracked their steps, they visually saw their progress on the beautiful, 2,200-mile-long Appalachian National Scenic Trail. In total, participants logged over 18 million steps! Cheers to all our participants who completed this year's challenge. We look forward to you joining us next year.



## New Wellness Incentive

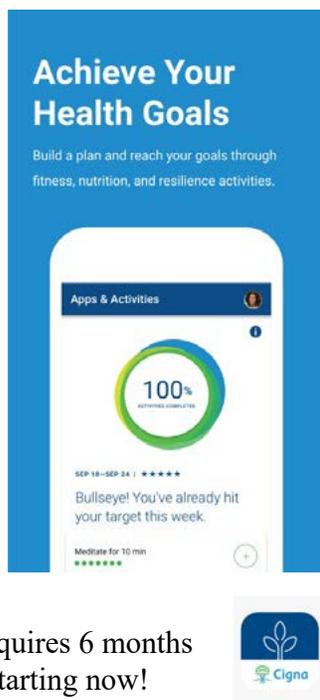
Have you tried the new **Cigna Apps & Activities** yet? Choose from 20 challenges including walking with a friend, eating more fruits and veggies, packing a health lunch, and getting more sleep.

Complete the activity at least 4 days a week for 4 weeks to earn 6,250 points or \$25. You can earn up to 37,500 reward points or \$150 by completing 6 activities (one at a time).

Earning the maximum rewards requires 6 months (one month each) so we suggest starting now!

Here's how to participate:

- Download the myCigna Apps and Activities app to your mobile device to complete and track the challenges.
- Complete up to six 4-week activities (one at a time). **IMPORTANT:** Sign up for only one activity at a time in order to earn the incentive.
- To earn a reward, set the activity frequency to a minimum of 4 days a week for 4 weeks.



- Use the app to sync a tracking device such as a Fitbit if desired.
- To successfully complete an activity, you need to earn 5 stars per week for a total of 20 points after 4 weeks. **NOTE:** Cigna tracks completion using stars, which do not have a direct equivalent to Pinellas County rewards.
- Upon earning 20 stars, you'll receive 6,250 Pinellas County reward points or \$25 if you elect cash.
- You can only earn 5 stars per week; therefore, you earn incentives by completing one activity at a time.
- You may create your own challenges in the Challenge section where you have the option to invite coworkers and spouses (on the County's medical plan) to participate. To earn a reward, make sure the challenge is set up using the guidelines above.
- To verify completion, log into [www.myCigna.com](http://www.myCigna.com), click on *Wellness* (right side in top menu), and select *Wellness & Incentives*. Scroll down to select the *View all incentives* link. View the *Completed Incentives* tab and scroll down to *Social Health and Wellness* to view completed activities. Please allow 48 hours for the system to update.

As with any new program, please make sure to read the [Rules and Guidelines](#) as they are different from TrackThis! activities. If you have any questions, contact the Wellness Program at [wellness@pinellascounty.org](mailto:wellness@pinellascounty.org)



## Caregiver Corner

### Connecting Caregivers Conference May 3 - 5

Every caregiver's journey is unique but there is a common thread that weaves us all together — shared insights and the need for proven partners to walk with us. Register today for this **FREE** virtual [Connecting Caregivers Conference](#) hosted by Linda Burhan.

Linda also hosts a radio show. Tune in to Connecting Caregivers Radio for **Help & Hope**, every Friday at 1:00 p.m. on the Tan Talk Radio Network at 1340 AM, 106.1 FM, on the web at [www.TanTalk1340.com](http://www.TanTalk1340.com), or Live on Facebook and Live on YouTube at Connecting Caregivers Radio.



# Eat with the Seasons: Asparagus Leek Quiche

There are nutritional and environmental benefits to eating produce that is in season. [Watch our Nutrition Health Coach prepare this flavorful quiche using simple ingredients at the peak of their growing season.](#)



Recipe from [Kara Lydon](#)

## INGREDIENTS

- 1 tablespoon unsalted butter
- 1/2 bunch asparagus (about 5 ounces), tough ends trimmed, and cut into 1/2-inch pieces (about 1 cup)
- 1 large leek or 2 small leeks, white and light green parts only, thinly sliced (about 1 cup)
- Salt and pepper
- 3 large eggs
- 1/2 cup Greek yogurt
- 1 cup milk
- 1 cup shredded Gruyère cheese
- 9-inch prepared pie crust

## INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Melt butter in a sauté pan over medium heat. Add asparagus and leek and sauté for 6-8 minutes, stirring occasionally, until asparagus is slightly tender. Season with salt and pepper, to taste.
3. In a medium bowl, whisk together eggs, Greek yogurt, and milk. Season with salt and pepper.
4. Place prepared pie crust on a baking sheet (to avoid any spillage while baking). Sprinkle Gruyère cheese evenly over crust. Top with asparagus and leek. Pour egg mixture over.
5. Bake at 350 degrees F until the edges are set but it still jiggles a little in the center, about 35-45 minutes.
6. Let cool for at least 15 minutes before serving. Quiche can be served warm, at room temperature, or cold.

**Yields: 4-6 servings**

## NUTRITION

Per 1 serving

Calories	367 kcal	18%
Total Fat	23 g	33%
Carbs	25 g	10%
Sugars	4 g	4%
Protein	15 g	30%
Sodium	470 mg	23%
Fiber	2 g	6%
Saturated Fat	11 g	55%
Cholesterol	129 mg	43%

## Upcoming Blood Drives



Did you know?

- Approximately 43,000 units of blood are used each day in the United States.
- 4.8 million Americans would die each year without life- saving blood transfusions.
- Every 2 seconds, someone in the United States requires a blood transfusion.

Please donate! Walk-ons are welcome or you can [schedule an appointment](#).

- **Clearwater Courthouse**  
315 Court Street, Clearwater (west parking lot)  
**April 14, 11:00 am to 4:00 pm**
- **STAR Center**  
7887 Bryan Dairy Road, Largo  
**April 20, 9:00 am to 1:30 pm**
- **Mid County Tax Collector**  
13025 Starkey Rd., Largo  
**April 13, 11:30 am to 2:30 pm**
- **Utilities**  
14 S. Fort Harrison Avenue, Clearwater  
**April 13, 11:00 am to 4:00 pm**



Tell It Well



Caregiver Corner



High Five

## Share Your Good News

Are you inspired by stories of your coworkers? If so, please consider sharing your own stories and successes.

**Tell It Well** features stories of you or your spouse/ domestic partner making healthy life changes.

**Caregiver Corner** shares stories of caregiving experiences including resources that you found particularly helpful.

**High Five** is a feature that recognizes you for something wellness-related such as completing a race, quitting smoking, joining a fitness group, etc.

Email your photos and information to [wellness@pinellascounty.org](mailto:wellness@pinellascounty.org).





# April 2022 Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday
	<b>7 to 7:40 am</b> <b>Walk &amp; Talk (Outdoor)</b> Shannon 4/5, 4/12, 4/19, 4/26		
<b>12:15 to 12:45 pm</b> <b>Core &amp; Balance</b> Nicki 4/4, 4/11, 4/18, 4/25	<b>12:15 to 12:45 pm</b> <b>Spin</b> Nicki 4/5, 4/12, 4/19 (no class 4/26)	<b>12:15 to 12:45 pm</b> <b>Intro to Movement</b> Nicki 4/6, 4/13, 4/20, 4/27	
<b>5:15 to 6:15 pm</b> <b>Solely Strength</b> Nicki 4/4, 4/11, 4/18, 4/25		<b>5:15 to 6:15 pm</b> <b>Yoga</b> Nicki 4/7, 4/14, 4/21, 4/28	

Classes are held at the [Wellness Center](#), 324 South Fort Harrison Ave., Clearwater (basement of the old courthouse), which is open 24 hours a day/7 days a week.

## Pre-Registration Required

- Classes have a maximum capacity of 6 participants.
- To sign up for a class, visit [Fitness Class Registration](#).
- Sign up opens 1 week before class.
- Registrants who do not show up for class within 5 minutes of start time will lose their spot.
- If a class is full, participants can wait on standby and join the class if a spot opens up.
- If you signed up but are unable to attend kindly cancel your registration or contact [wellness@pinellascounty.org](mailto:wellness@pinellascounty.org)

## Class Descriptions

**Core & Balance** (30 minutes): This is an all-level core-dedicated workout that strengthens mid-body muscles which help maintain good posture, range of motion and a healthy back.

**Intro to Movement** (30 minutes): Learn the foundations of exercise in this beginner class which focuses on stability and alignment while developing strength, flexibility, and balance in a supportive environment.

**Solely Strength** (1 hour): Focus exclusively on building endurance, strength, lean body mass, bone strength and decreasing body fat. All fitness levels are welcome!

**Spin** (30 minutes): This class provides an intense cardio workout while still catering to participants of all fitness levels. The best part is that you control your own resistance and speed, allowing you to improve your current fitness level at your pace.

**Walk & Talk** (40 minutes): Start your day off on the right foot by coming to walk and talk with Shannon, your [Cigna Onsite Nutrition Health Coach](#). We will be meeting weekly to get our steps in while discussing nutrition, healthy lifestyles, and being the best version of ourselves. Meet inside the Wellness Center at the front desk. Class will begin walking promptly at 7:00 a.m.

**Yoga** (1 hour): Take a pause in your day and roll out your yoga mat. Recover from stress and develop strength and flexibility in this smooth yoga flow that unites breath and movement and ends with a deep, relaxing stretch. All levels are welcome.

Bookmark the [Group Fitness Class Schedule](#) online.

