



# MY wellness

## Employee Wellness Newsletter

### Preventing Diabetes Program

by MSJC Wellness

MSJC Wellness is pleased to present the new REEP Preventing Diabetes Program through our employee health benefits. This program is available to qualified employees with health benefits through MSJC. Both Kaiser and Anthem Blue Cross members may qualify to participate and learn 3 basic concepts to prevent diabetes: healthy eating, daily habits and physical activity.

If you are an Anthem member, this program offers a 16-week plan with monthly sessions to help you lose weight and reduce your risk of developing diabetes. You will be able to select the program that best meets your needs. The program is at no cost to members and qualified participants will receive a Fitbit after completing the program. Anthem members can visit [solera4me.com/REEP](https://solera4me.com/REEP) to take a quick 1-minute quiz to see if you qualify.

If you are a Kaiser member, the Healthy Balance program is based on healthy eating, daily habits, and physical activity with medical and weight loss professionals that will work with you to help achieve your goals. Programs are offered weekly and classes are at no cost to Kaiser members. The first 250 qualified REEP members who complete the screening test and 16 Healthy Balances classes will be awarded with \$125 gift card. Visit [kp.org/centerforhealthyliving](https://kp.org/centerforhealthyliving) for workshop dates and information.



### Plant Your Wellness

Have you considered bringing a plant into your workspace? Plants in the workplace offer several benefits. Plants clean the air, boost creativity and help reduce noise levels. Adding a plant will help reduce sickness and increase your productivity. Try an easy-to-care for succulent, cacti or peace lilies for a lift in your workspace!

### Healthy Tip!

Take a moment to declutter your medicine cabinets and safely dispose of old medications.

## March Events

**22 Spring Holiday**

**27 Wellness Wednesday Walk**

### Spring Holiday

Friday, March 22, 2019 / campus closure

### Wellness Wednesday Walk

March 27, 2019 / 10:30 am / SJC @ Eagle MVC  
@ Café / THEC/TEC @ Ent. / SGP @ 100



## When Life Hands You Lemons...

written on behalf of Heather Kammer

Your personal health depends on your proactivity, positivity, and moderation. Some of us have to make investments in our health, not by choice, but by necessity. At the young age of 11, I was diagnosed with Type I Juvenile Diabetes. I quickly found out how important it was going to be to take care of my daily health.

I just changed elementary schools; I was not feeling well. I told my mom I couldn't make it through class until recess without needing a drink of water. In those days, you weren't allowed to leave class to drink from the water fountain and I didn't have a water bottle. My mom knew something was wrong. She took me to our family doctor. Our doctor's office was closed for a week so we ended up going to the doctor's colleague's office. I am so blessed and fortunate for the turn of events.

I ended up at City of Hope (Duarte) for 2 weeks in a children's ward learning about diabetes. I met many other children, some still in diapers, strolling along in their gowns with no hair from chemo. I met one fun loving kid that was riding in the halls on a tricycle at 11 years old! He was great - he made me realize my diagnosis was no big deal. He had diabetes too. When life hands you lemons, make lemonade!

I owe my good health today to a tough and straight-talking physician. She didn't sugarcoat anything. She let me know that I could lose my sight, have my feet amputated, or have long-term kidney problems. Her guidance provided me with the tools to be proactive to protect my good health. With the support of my physician, my family, and my faith, I have been fortunate to navigate my diabetes through moderation, awareness, and mentorship. No matter what health issues you may face, know you are not alone and others are there to provide love and support.

## Daylight Savings Time and Sleep

Daylight Savings Time begins this year on March 10, 2019 at 2:00 am. It is time to spring forward and set your clocks an hour ahead. The time change, however, may disrupt your normal sleep patterns which may affect your day-to-day activities for the next few weeks.

Sleep Awareness Week runs March 10th through March 16th. Here are a few tips to getting your Z's:

- Prepare for the change in your sleep schedule by going to sleep 15 minutes earlier each night.
- Create a relaxing bedtime ritual. Turn those cell phones off an hour before you go to sleep.
- Finish meals at least 2-3 hours before bedtime. Limit caffeine and alcohol before bed.

Families should focus on positive sleep routines for children. Quality and uninterrupted sleep is necessary for pediatric growth. Teenagers also need quality sleep to help with mental awareness, reduce depression and headaches. For adults, a good night's sleep adds to your mental and physical well-being as well as reducing the risk of depression, anxiety or hormonal irregularities.

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"Life isn't about finding yourself. It's about creating yourself."

-George Bernard Shaw

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