

# WOW!



## WORKING ON WELLNESS

CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER ★ JUNE 2013

### Lunch and Learn June 13



**Sugar Blues - Presented by Holistic Health Coach, Toye Releford**

Thursday, June 13 11:30 a.m.-12:30 p.m.  
The Summit Theater Room, 2975 Esplanade  
Lunch will be provided

### June is Fruit and Veggie Month



There are so many reasons to eat fruits and vegetables every day. Fruits and veggies are packed full of disease-fighting vitamins, minerals, fiber, phytochemicals, antioxidants and complex carbohydrates. And they're naturally low in calories, sodium, and cholesterol, and virtually fat-free. A balanced diet rich in fruits and vegetables matters in maintaining a healthy weight, and may reduce your risk of many diseases! Every step taken toward eating more fruits and veggies and getting more physical activity helps families be at their best!

“Eat your fruits and vegetables.” You've likely heard this statement since childhood. Research shows why it is good advice:

- Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.
- Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.
- Most fruits and vegetables are naturally low in fat and calories and are filling.

### Housing Homeownership Activities

Housing and Neighborhood Services will be hosting several events in June and July in celebration of Homeownership Month:

#### Zero Energy Open House

713 College St.

Saturday, June 15, 10 a.m. - 1 p.m.

This home will be used to house families who need a place to stay while the city's HOME Reconstruct program works on their deteriorated homes. Visit [www.gptx.org/housing](http://www.gptx.org/housing) for more information.



#### 4-Gov Open House - Homes are available to city employees

Saturday, June 15, 10 a.m.-1 p.m.

2888 Claremont Drive and 1610 Avenue B

Visit [www.gptx.org/4gov](http://www.gptx.org/4gov) for information.

#### National Homeownership Nights at QuikTrip Park

Thursday, June 20, 7:05 p.m.

AirHogs baseball and free National Homeownership T-shirts

Friday, June 21-Saturday, June 22, 6:05 p.m.

Tickets at [www.airhogsbaseball.com](http://www.airhogsbaseball.com)

#### Homeownership Fair

Saturday, July 6, 8 a.m.-2 p.m.

Ruthe Jackson Center, 3113 S. Carrier Parkway

Food, information sessions, activities for kids.

Pre-register for a chance to win prizes: [www.gptx.org/housing](http://www.gptx.org/housing)

## Health Benefits of Fruits and Vegetables

Fruits and vegetables are good for your health! They have many vitamins, minerals and other natural substances that help you stay healthy and help your children grow healthy and strong! The table shows some of the vitamins and minerals found in fruits and vegetables. You can see there is not one fruit or vegetable in every list. You need some of each to get all of the benefits. Every fruit and vegetable offers different nutrients, tastes and textures for the best overall nutrition.

<b>Fiber</b> —good for your heart and your intestines; it helps keep you regular	<b>Sources</b> —navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes, apples, pears, blueberries
<b>Folate</b> —may keep your baby from having a spinal cord problem at birth.	<b>Sources</b> —black eyed peas, cooked spinach, great northern beans, asparagus, melons, orange
<b>Potassium</b> —lots of potassium helps to maintain good blood pressure.	<b>Sources</b> —sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice
<b>Vitamin A</b> —keeps eyes and skin healthy and helps to protect against infections.	<b>Sources</b> —sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage
<b>Vitamin C</b> —helps heal cuts and wounds and keep teeth and gums healthy.	<b>Sources</b> —red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower
<b>Fat</b> —fruits and vegetables (with the exception of olives, avocados, and coconut) are naturally low in fat.	Substituting fruits and vegetables for higher calorie foods should be a part of any weight loss program and healthy diet.

## Brain Booster

Being active now may keep your mind healthy later. A new study found that people who were in good shape in their 40s and 50s were 36% less likely to develop dementia than their less fit counterparts. One theory: Exercise boosts blood flow to the brain, which helps prevent the disease, says study author Laura DeFina, M.D., a medical director at The Cooper Institute. Aim for at least 150 minutes of moderate or 75 minutes of vigorous exercise a week.

*Family Circle*

## Heat-Related Illnesses—Symptoms and First Aid

**Heat cramps** – Heavy sweating, cool clammy pale skin, nausea, vomiting, headache, blurred vision, dizziness and fainting.

**Heat cramp and heat exhaustion first aid:** Rest in a cool place, drink cool water, remove or loosen unnecessary clothing and shower or sponge with cool water. If the body has not cooled within 30 minutes, seek medical attention.

**Heat stroke** – High body temperature (103 degrees or higher), no sweating, red hot dry skin, headache, dizziness, nausea and unconsciousness.

**Heat stroke first aid:** Call 911, provide immediate, aggressive, effective cooling (immerse victim in a tub of cool water, place in a cool shower, spray with cool water from a hose, wrap in cool wet sheets and fan rapidly. Do not give anything by mouth, it will not stay down. Transport to a hospital.

## Snag a Good Sleep

When mildly sleep-deprived adults got about two hours more sleep per night than usual, they had less sensitivity to pain after just a few days, according to a new study from the Henry Ford Hospital in Detroit. The better-rested group could hold their fingers close to a small, hot lightbulb (a test of pain tolerance) about 25 percent longer than the group that followed their usual sleep routine—an effect equal to taking about 60 milligrams of the painkiller codeine. Researchers believe that extra sleep might trigger chemicals that help the brain cope with pain. *Readers Digest*

### Mosquito Safety - Fight the Bite

Summer weather is here and along with it comes mosquito season. The 2012 mosquito season set record numbers for West Nile Virus transmission from mosquitoes to humans in the entire North Texas area. Protect yourself and your family. Grand Prairie will ground spray every Thursday and Friday night, weather permitting, from May-October in neighborhoods testing positive for mosquitoes. For more information, visit [www.gptx.org/FightTheBite](http://www.gptx.org/FightTheBite) or call 972-237-8055



Here are a few tips for protection from mosquito bites and mosquito-borne diseases:

- Use insect repellent. EPA approved insect repellent with DEET is safe and effective.
- Wear long-sleeves, long pants and socks when outdoors. Mosquitoes may bite through some thin clothing. Spray your clothes with insect repellent for added protection.
- Avoid the outdoors at dawn and at dusk. These are peak mosquito hours.
- Drain any standing water on your yard. Mosquitoes breed in stagnant waters.
- Remove any water-holding container from your yard or turn them upside down.
- Keep pools clean and chlorinated.
- Dispose of any tires. Tires can hold water and breed mosquitoes.
- Clean pet water dishes regularly.
- Change the water in bird baths and plant pots at least once a week.

And remember, you can prevent the transmission of West Nile virus by keeping mosquitoes under control.

### Veggie Quick Facts

**Vary your veggies.** Vegetables are rich sources of fiber and potassium. Dark green leafy veggies also offer calcium. Try to work in all colors of the rainbow with choices like sweet potatoes, carrots, red peppers, tomatoes, broccoli, and spinach.

**Focus on fruits.** Fruits also offer fiber and potassium. Choose fresh, frozen, or dried fruit, without added sugar. Fruits can be added to meals and snacks. Go easy on the fruit juice. Whole fruits have more fiber and nutrients and less sugar.

**Increase servings.** Research consistently shows that a diet high in antioxidant-rich plant foods (fruits and vegetables) may offer protection from several types of cancer. Whole, plant-based foods provide a wide array of vitamins, minerals, fiber, antioxidants and phytonutrients. These are plant compounds that have been shown to help fight disease.

**Wash all produce.** Make sure to use large amounts of cold or warm tap water when washing your fruits and vegetables. Scrub with a brush when appropriate; do not use soap. Throw away the outer leaves of leafy vegetables, such as lettuce and cabbage.

### Naturally Slim

Talk about Naturally Slim has been floating around the City of Grand Prairie for months now. As many as 90 employees have completed the 10-week course, and more than 30 will complete it this summer! Naturally Slim is a new way of losing weight—there are no foods to buy and no points to count. The secret to Naturally Slim is quite easy and the method for success simply involves learning new techniques about when and how to eat. That's it! Past participants have experienced positive changes, including but not limited to:

- An average of 12.6 pounds of weight loss per person
- As much as 25 pounds of weight loss
- Improved blood sugar levels
- Improved cholesterol levels
- Improved blood pressure readings
- Decreased BMI

#### Rick Herold—Park and Rec

I am surprised what a good program Naturally Slim is for diabetics. It was amazing how I got used to not eating in the morning, yet my blood sugar was fine until around lunch. I was not a success story, but that was because I was not loyal to the program throughout. However, there were many things that will continue to help me down the road. For me, the best were:

- **SLOW DOWN.** Every time I did that, I did feel full quicker and with less food and calories.
- Eating protein with each meal was beneficial for me.
- Nutritional Labels—thought I knew, but learned more.
- Eat only when you are truly hungry.

*Continued on page 4*



## Wellness

### Naturally Slim *Continued*

#### Steve Alcorn—City Attorney's Office

I had never done any formal diet programs, but was pleasantly surprised that Naturally Slim seemed so easy. The videos were full of practical suggestions, with examples of what changes you had to make to your lifestyle. You learn to eat to live, not live to eat. You can eat anything you want to eat, but watch how and when you eat; eat when you are hungry, and realize that all the sugar we have been eating is not good for us. We need to lose the idea that we should fill our plates to overflowing, and then go back for more. I hope that the program is offered again, and that more employees have an opportunity to participate.

#### Rhonda Nabors—Facilities

I am thankful to have been accepted into the Naturally Slim Program. The program is easy to understand, educational, and provides a lifestyle CHANGE not a diet that will eventually fail. These are the positive effects I have experienced following this lifestyle change:

- After 10 weeks, I had lost 17 pounds and I'm still losing – down 23 pounds now.
- My quality of sleep has improved – I fall asleep faster and stay asleep longer.
- My energy level is balanced throughout the day, lasts longer, and I have no more “ups” and “downs”.

# 12

Percentage increase in active guys' triglyceride levels after they'd skipped the gym for a week. *MensHealth*

## Employee of the Month

**John Lusk, Senior IT Analyst for the Information Technology Department**, has been named Employee of the Month for June. He maintains various HTE/Sunguard systems for a number of city departments, including Utility Services. With about 50,000 water accounts, and \$50 million in annual revenue, John has a big responsibility with the Utility Services Department. When things go wrong with the system, he responds 24/7, once even at 2 a.m. during his vacation in Hawaii. He has been an important part of many of the service enhancements made by the Utility Services department, including customer online payments, automated outbound calling, mail outsourcing and more. “John is always looking for ways to help us reach our goals, never dwell-



*John Lusk*

ing on the obstacles,” Doug Cuny, Utility Services Manager said. “Quietly doing a great job every single day, he is one of the great unsung heroes making this incredibly complex system do what it's supposed to.”

## Message from the Manager

I would like to welcome our new Mayor, Ron Jensen, and our new District 1 City Council Member, Jorja Clemson. Ron has served as our District 6 representative since 2002 and he has a great passion for our city. Jorja is a lifetime resident and will be an excellent asset to our council as we continue our goal to keep Grand Prairie on the map as a World Class city. Residents will vote in a runoff on June 15 to name the new District 6 Council Member. To find out more about the Grand Prairie election, visit [www.gptx.org/elections](http://www.gptx.org/elections).

In addition to electing a new

mayor and council member on May 11, residents voted to continue the one quarter of one cent sales tax for street improvements. The continuance of this sales tax is a great tribute to our Streets Department for their expertise in repaving identified streets and alleys in the program.

Thank you for Creating Raving Fans. Your hard work is appreciated.



Tom Hart  
City Manager

## Wellness

### Help in a Curry

If you've ever been a Marlboro man, you may be able to undo some of the damage: Consuming curry can help former smokers breathe easier. In a Singapore study, ex-smokers who ate curry monthly scored 10 percent higher on a lung function test than those who didn't eat the spice blend. Even folks who had never lit up took deeper breaths after downing curry-rich food. Credit the antioxidants in the spice turmeric, says study author NgTze Pin, M.D., Ph.D. Not a curry fan? Make yellow mustard your go-to condiment; it's high in turmeric.

*MensHealth*