CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER ★ MAY 2014

## May is Women's Health Month

The goal of this month is to empower women to make their health a priority. National Women's Health Week, May 11-17, also serves as a time to help women understand what it means to be well.

What does it mean to be a well woman? It's a state of mind. It's being as healthy as you can be.

Most importantly, it's about taking steps to improve your physical and mental health:

- Visit a health care professional to receive annual checkups and preventive screenings.
- Get active. Exercise at least 30 minutes daily.
- Eat healthfully. Incorporate whole grains, fruits and vegetables into your diet.
- Pay attention to mental health. Get enough sleep and manage stress.
- Avoid unhealthy behaviors, such as smoking, texting while driving and not wearing a seatbelt or bicycle helmet.

## **Preventive Health Services for Women**

Most health plans must cover preventive health services for women, ensuring a comprehensive set of preventive services like breast cancer screenings to meet women's unique health care needs. Per the Healthcare Reform, many plans must cover the following list of preventive services for women without charging a copayment or coinsurance.\* This is true even if you haven't met your yearly deductible.

Comprehensive coverage for women's preventive care includes, but is not limited to:

- Breast Cancer Mammography screenings
- Cervical Cancer screenings
- Contraception (most types)
- Domestic and interpersonal violence screening and counseling
- Folic Acid supplements for women who may become pregnant
- Gestational diabetes screening for women 24 to 28 weeks pregnant
- Osteoporosis screening for women over age 60, depending on risk factors
- Sexually Transmitted Infection screenings for sexually active women
- Tobacco use screening and interventions for all women
- Well-woman visits

\*This applies only when these services are delivered by an in-network provider.

### **Well-Woman Visits**

A well-woman visit is an annual checkup. It's a time to see your health care provider to:

- Discuss your health habits and family history.
- Get or schedule necessary screenings and exams.
- Set health goals and establish a plan to help you achieve them.

Schedule your well-woman visit every year. Thanks to the Affordable Care Act, it's considered a preventive service and must be covered by most health plans at no cost to you. During your well-woman visit, you can receive many services, such as screenings for blood pressure, cholesterol, cervical cancer, and more, free of charge. If your health care provider says you need more than one well-woman visit in a year, the additional visits are also covered.

## Road-e-o and Cookout

Thurs., May 22 • 11 a.m.-1 p.m.
Turner Park Pavilion

Join us for the Equipment Road-eo and hamburger and hot dog cookout! Celebrate National Public Works Week, test your heavy equipment operating skills, and enjoy a free meal with fellow employees.

The Road-e-o is sponsored by the Employee Recognition Committee, the Public Works Department and the Parks, Arts and Recreation Department.

# Wellness

## 15-Minute Anytime, Anywhere Workout

You don't need a pricey new fitness class to shake up your routine. Work out any time, in any place, with this total-body plan—which uses nothing but a household hand towel—created by Melissa Paris, a New York City—based personal trainer.

#### Leg Curl

Lie face-up on the floor, knees bent and both heels on a towel; lift your hips until your body forms a straight line from knees to shoulders (a). Slide your heels away from you as far as you can without dropping your hips (b). Pause, then return to start. That's one rep. Do 20.





#### **Seated Oblique Twist**

Sit on the floor and hold the towel taut between your hands, arms straight and extended at shoulder height; lean back and raise your feet about a foot off the floor, keeping your core tight and knees bent (a). Pull the right end of the towel toward the floor, rotating your shoulders and torso (b). Pause, then rotate back to center and repeat on the other side. That's one rep. Do 20.



#### **Lateral Lunge**

Stand with your feet shoulder-width apart, hands on hips, and your right foot on a towel (a). Bend your left knee and push your hips back as you slide your right foot out to the side as far as you can (b). Pause, then pull that foot back to start. That's one rep. Do 15, then switch sides and repeat.



#### Superman Press

Lie face-down on the floor, chest lifted, and hold a towel taut between your hands in front of your shoulders, elbows bent

- (a). Press the towel away from you until your arms are straight
- (b). Return to start. That's one rep. Do 20.



Stop for 30 to 60 seconds at the end (if needed), then repeat up to two more times.

## Run the Rails 5K and 1-Mile Fun Run/Walk

Join the Water Department/Revenue Management team for the Run the Rails 5K and 1-Mile Fun Run in Saginaw on Saturday, June 7. The race will begin at the Saginaw Recreation Center, 633 W. McLeroy Blvd., and the flat course runs through Willow Creek Park. The 1-Mile Fun Run/Walk begins at 7:30 a.m., and the Chip Timed 5K begins at 8 a.m. A portion of the proceeds from the race will benefit the Saginaw Chamber/Eagle Mountain Saginaw ISD Scholarship Fund. For registration prices, a map of the area and more information, visit RunTheRails.com.

# Remember to Wear Sunscreen!

Sun tanning can cause skin cancer, premature aging, cataracts and immune system suppression – not to mention painful burns. To avoid these consequences, everyone over the age of six months should wear sunscreen with an **SPF of 15 or higher every day**, according to health experts. It should be applied

30 minutes before you go outside and reapplied every two to three hours that you're in the sun. A 2010 small-scale study found that if you aren't lathering daily, you could be doubling your chance of developing melanoma, the

deadliest form of skin cancer. "If you're getting enough sun to get a tan, then you're getting too much," says Dr. David J. Leffell, professor of dermatology and surgery at the Yale School of Medicine. Just one bad sunburn significantly increases a person's risk of developing skin cancer later on. Huffington Post

## Family Zumba Day

Join Get Fit GP on Saturday, May 10, for a FREE Family Zumba Event at Tony Shotwell Life Center, 2750 Graham St. The event will feature two Zumba classes, health vendors, door prizes and more! The first class will be from 9:30 a.m. to 10 a.m. The second will run from 10 a.m. to 10:30 a.m.

It is suggested that participants be at least five-years-old.

Call 972-237-8055 for more information.

## **May Events at Farmers Market**

Farmers Market, 120 W. Main St., has a lineup of upcoming events that are sure to interest all ages. Throughout May, Farmers Market will feature programs to educate and entertain foodies, gardeners, crafters, animal lovers and more. Check out the May schedule below.

#### Saturday, May 3

 The 27th annual Cinco de Mayo celebration will take place next door to Market Square at City Hall Plaza, 317 College St. Farmers Market sits in the middle of the Cinco de Mayo parade route, and the celebrations will spill over into Market Square. The festival will include GPISD performers, mariachi bands, folklorico dancers and vocalists. There will also be bounce houses, Tex-Mex cuisine and arts and crafts.

#### Saturday, May 10

• DFW residents will have the chance to talk with Congressman Marc Veasey, who represents parts of Grand Prairie in Congressional District 33. The meet and greet will be held from 10:30 a.m. to noon.

#### Saturday, May 17

- Obie Obermark from Obie BBQ Spices will hold a cooking demonstration at 10:30 a.m.
- Grand Prairie High School's Jazz Band will hold a live performance on Market Square's plaza. The show will begin at noon.

#### Saturday, May 24

- Grand Prairie Horticulturist Susan Henson will host an annuals gardening class at 11:30 a.m. Come learn how to spruce up your yard for spring.
- Millar's Grill will be featured in the Restaurant Showcase at 10:30 a.m.
   Samples, coupons and other goodies from the newly restored Grand Prairie classic will be available.

#### Saturday, May 31

- In honor of Craft Day at Farmers Market, an array of craft vendors will be on the lawn at Market Square. Farmers Market's complete roster of craft and food vendors will also be on-site and open for business.
- Farmers Market celebrates Adopt-A-Pet day. Grand Prairie Animal Shelter's Waggin' Wagon will be at Market Square from 8-11 a.m. The airconditioned and heated trailer will have up to 21 cats and dogs available for adoption. All dogs and kittens on the trailer will cost \$35, and cats aged one-year-old and older will be FREE. Most animals will be sterilized and have their rabies vaccination. Waggin' Wagon employees will accept cash, checks and all credit cards except American Express as payment for the adopted pets.

Farmers Market features locally grown fruits and vegetables, meats, honey, pasta, spices, tamales, candles, soaps and much more. The market is open every Saturday, March to December, from 8 a.m. to 1 p.m. For more information, call 972-237-4599 or visit www.gptx.org/farmersmarket.

## Wellness

# Don't Forget About Compass

No matter how complex or simple, we all have healthcare needs. From finding a doctor to solving a billing problem, getting straight answers can seem impossible at times. But you're in luck – you have a Compass!

Compass offers numerous services, including:

- Unlimited access to a health concierge
- Unbiased doctor recommendations
- Hospital costs and quality information
- Straight answers about your benefits
- Bill reconciliation

Why should you contact Compass? Here are a few ideas:

- Save money—compare prices before you receive care
- Find a doctor—take the guesswork out of finding a physician
- Insurance questions—ask them anything about insurance, even Medicare

Contact Kelly O'Brian, the city's Compass HealthPro, Monday-Friday, 8 a.m.-6 p.m. at kellyo@compassphs. com or 800-513-1667 x667.

\$900 is was uneat

is wasted on uneaten food each year

by the average American family. On average, we throw away 12 pounds of food each week. This means that we waste more than 600 pounds of food a year! For more information about food conservation and easy-to-implement methods to save both food and money, visit ShrinkThatFootprint.com.

# Employee of the Month



Robert Myers, Senior Financial Analyst for the Budget Department, has been named Employee of the Month for May. In addition to his other duties, Myers has been assisting the Police Department during the vacancy of its Senior Financial Analyst position. "Although Myers holds a position with assigned tasks of his own, he seems to always take care to make sure we at the PD are taken care of," writes the Police Support Services Manager Teresa Coomes. "Myers has assisted with necessary reports, invoicing and other budget issues that have surfaced. He proved to be very knowledgeable, experienced and a pleasure to work with. He is now training the Police Department's new Financial Analyst, who, I hope, will take on all of his work ethic as well as knowledge."

## **Anti-Break Fluid**

Dairy gets all the credit for fortifying your frame, but there may be another food that can help you bone up: olive oil. In a study, people who consumed a Mediterranean diet plus virgin olive oil for two years saw an increase in osteocalcin, a protein that's a marker of bone growth. Those who didn't up their oil intake experienced no such bone boon, reports the Journal of Clinical Endocrinology and Metabolism.

Women's Health

### **News**

## **Memorial Day Celebration**

Monday, May 26 • 10 a.m. Veterans Memorial • 925 W. Conover Dr.

Join the Parks, Arts and Recreation Department at the Veterans Memorial as we pay tribute to the men and women who have made the ultimate sacrifice to preserve our freedom. This year's event will include: bagpiper, 21-gun salute, flyover, photo display, musical entertainment, free hot dog lunch, free trees and military memorabilia for sale.

The Memorial Day service is presented by the Grand Prairie Parks, Arts and Recreation Department, the Metro Rotary Club of Grand Prairie, the Grand Prairie Rotary Club and the Grand Prairie Memorial Gardens and Mausoleum. For more information, call 972-237-8100.

## Family Fun at Uptown Theater

Take a family trip to Uptown Theater, 120 E. Main St. The Dallas Summer Musical Academy and the Grand Prairie Arts Council are bringing family classics, *Little Mermaid Jr.* and *The Wizard of Oz*, to Uptown Theater this May. Travel with Dorothy and Toto on a whirlwind adventure into a strange and magical land or take a fantastical journey "under the sea" with Ariel and her friends.

Little Mermaid - Presented by the Dallas Summer Musicals Academy

- Free Admission!
- Saturday, May 3 4:30 p.m., 6:30 p.m.
- Sunday, May 4 11 a.m., 12:30 p.m., 2 p.m., 3:30 p.m.
- Saturday, May 17 5 p.m.
- Sunday, May 18 1 p.m.

Wizard of Oz Marionette Show - Presented by the GP Arts Council

- Tickets: \$10-\$12
- Saturday, May 10 11 a.m., 1 p.m.

For the latest Uptown Theater news and offers, text "UPTN" to 90210 or visit uptowntheatergp.com.

## May 10 Sales Tax Election

If you live in Grand Prairie, now is the time to vote for or against the continuation of the ½ cent sales tax for The Epic—an all-age recreation center and library that includes trails, an amphitheater, an all-accessible playground and indoor/outdoor water park. The facility would be in Central Park, near SH 161 and Arkansas across the lake from The Summit and west of the Police-Fire building.

If the proposition fails, the  $^{1}/_{4}$  cent sales tax would retire, the city would not build the project, and sales tax would decline from 8.25% to 8%.

Early voting is open now until Tuesday, May 6, and election day is Saturday, May 10. For voting locations and more information, visit gptx.org/election.