

# Wow!



## WORKING ON WELLNESS

CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER ★ JULY 2009

### Fourth of July Fun in Grand Prairie

#### Lone Stars & Stripes Celebration

Lone Star Park • 1000 Lone Star Parkway

Friday, July 3, and Saturday, July 4

Gates open at 3 p.m., first live race at 5 p.m.

Fireworks at approximately 10 p.m. following the last live race

Family fun activities including pony rides, petting zoo and bounce houses.

[www.lonestarpark.com](http://www.lonestarpark.com) • 972-263-RACE

#### Fireworks at Joe Pool Lake

Saturday, July 4

Lynn Creek Park • 5700 Lake Ridge Parkway

Entry fee \$15 per car

[www.GrandFunGP.com](http://www.GrandFunGP.com)



#### Watch Fireworks at AirHogs Baseball Game

Saturday, July 4

Game begins at 6:05 p.m., watch Lone Star Park fireworks from the ballpark

AirHogs vs. Sioux Falls • QuickTrip Ballpark, 1600 Lone Star Parkway

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

### Main Street Discount Lunches

Main Street restaurants in Grand Prairie are offering city employees lunch discounts:

**Jimmy's Catfish** - \$1.25 off single orders OR free drink with meal

**Nina's Café** – 10% off entrees

**Don Juan's** – Taco Thursdays, 5 beef hard-shelled tacos for \$3.19

**Texas Outback BBQ** - \$1 off each meal order



**Uptown Family Restaurant** (former Main Street Restaurant) is under new management with a new menu – **20% off for city employees Tuesdays only through July 15**. Also, daily in-house specials (1 meat, 2 vegetables, roll) \$5.95.

**Sonic Drive In** – Monthly Special: FREE upgrade to Route 44 with any combo meal.

### Discounts on Foreclosed Homes

The Foreclosed Home Acquisition and Resale Program (FHAR) assists **qualified government employees working in Grand Prairie** (including federal, state, county, city and school district employees) to purchase foreclosed homes in Grand Prairie.

The program, administered through the city of Grand Prairie Housing and Neighborhood Services Department, provides up to a \$20,000 grant to assist qualified buyers. For more information visit the Housing Department on [www.gptx.org](http://www.gptx.org).

### Employee \$10 Golf

Prairie Lakes Golf Course summer discount for employees  
3202 SE 14th St.

Wednesday and Thursday after 5 p.m.

9 holes, includes cart

Call 972-263-0661 for availability.

### Employee Night at AirHogs

Cheer on the Grand Prairie AirHogs as they play the El Paso Diablos.

Thursday, July 30

7:05 p.m.



QuickTrip Ballpark  
1600 Lone Star Parkway

E-mail Carolyn Clary with your name and the number of tickets you need or call 972-237-8000.

## Benefits

### Sign Up for Newsletter, Win a Wii

Win a Nintendo Wii from UHC just by signing up for the free newsletter - *Healthy Mind Healthy Body*. The giveaway sign-up period is now until July 30. Drawings will take place on Friday, July 31.

#### What does the newsletter provide?

The *Healthy Mind Healthy Body* monthly e-newsletter delivers a fresh, authoritative perspective on the best ways to get and stay healthy. In each issue, members will find a variety of monthly topics ranging from fitness and nutrition to heart health. They even have the ability to customize their own personalized e-newsletter.

#### How can I sign up to receive the FREE newsletter?

Members can qualify for the Nintendo giveaway by subscribing to the *Healthy Mind Healthy Body* e-newsletter or updating their topic preferences at [www.uhc.com/myhealthnews](http://www.uhc.com/myhealthnews).

#### Signing up involves taking the following simple steps:

1. Select the name of your health plan (PacifiCare, UnitedHealthcare, UnitedHealthcare of the River Valley or Oxford).
2. Enter the Group Number and Member ID from your medical ID card .
3. Enter your e-mail address.
4. Click "Enter Now."
5. Choose up to five health topic preferences.
6. Select your format preference (e-mail, mail or both).
7. Provide your contact information.
8. Click "Submit Preferences."



Once the member completes these steps, a confirmation message will be displayed that reads: "Thank you for signing up to receive *Healthy Mind Healthy Body*. Your first edition will be on its way to you soon. Here's to your good health! This also confirms you are now eligible to participate in the *Healthy Mind Healthy Body* Nintendo Wii Sweepstakes drawing."

### Don't Drink and Brush



One time you shouldn't clean your teeth? Right after you drink a soda or other acidic beverage, says Mary Hayes, DDS, a spokesperson for the Chicago Dental Society. Acid in the drink, combined with the abrasive action of brushing, can erode your tooth enamel, she explains. To protect your pearly whites against the caustic compounds in soda, sip water or chew gum to activate acid-neutralizing saliva—then brush your teeth. It's also smart to follow the same routine if you have heartburn. The condition keeps your mouth in an acidic state.

## Wellness

### The Power Behind the Peel

The next time you peel an orange or grapefruit, forget about picking off the white underside of the peel, called albedo—it's a rich source of the soluble fiber pectin, which helps lower cholesterol. It also contains vitamin C and a host of other substances, such as polymethoxylated flavones and d-glucarate, which are under study for their potential roles in reducing inflammation and preventing cancer.

*Prevention*

### Dive Into Longevity

For the ultimate anti-aging workout, grab a pair of goggles. South Carolina researchers followed 40,547 adults ages 20 to 90 for more than three decades and discovered that swimmers—regardless of age—were about 50 percent less likely to die during the study than were sofa sitters, walkers, and runners. Scientists speculate that water-based workouts are tops for lifelong fitness, thanks to their low injury risk and built-in full-body toning combined with joint-friendly cardio.



*Prevention*

### Heartburn Help

New Heartburn Help: One glass of wine daily may cut your risk of reflux-induced Barrett's esophagus by 56%, reports a new study. The condition, which affects up to 5% of people, can lead to esophageal cancer. More than 70% of patients who think they have exercise-induced asthma may actually have reflux, found a study from the University of Utah. Taking heartburn drugs before working out significantly reduced symptoms.

*Prevention*

## Fun and Fit Activities

Sign up for your favorite activity and get to know other fun City of Grand Prairie employees.

Program	Coordinator/Contact Info.	Cost/Incentives
<p><b>Prairie Lakes Golf Course</b> 3202 SE 14th St. Summer discount for employees. After 5 p.m., Wednesday and Thursday 9 holes with cart.</p>	<p>Please call 972-263-0661 for availability.</p>	<p>\$10 per person</p>
<p><b>Spin Class</b> Join Anytime! Mon., Wed., 12:30 p.m. Bowles Life Center, 2750 Graham St.</p>	<p><b>Linda Long</b> - Parks and Recreation 972-237-8243 llong@gptx.org</p>	<p>Employee cost: \$16 monthly</p>
<p><b>Bowles Life Center Membership</b> Enjoy our Weight/Fitness Room complete with elliptical machines, treadmills, bikes and indoor track or shoot some hoops on the basketball court</p>	<p><b>Bowles Life Center</b> 2750 Graham St. 972-237-7529</p>	<p>\$130 per year (\$5 per paycheck) for city employees</p>

## Good Health at Every Age

*A decade-by-decade checklist*

Building good health over the decades is like tending to a garden—take the right steps early on and you’ll reap big rewards later. Erica Swegler, M.D., a family physician on the medical staff at Baylor Regional Medical Center at Grapevine, shares these recommendations for a lifetime of good health:

### 20s and 30s

Update your vaccinations. You need a tetanus, diphtheria and pertussis immunization every 10 years. It is recommended that women up to age 27 receive a cervical cancer vaccination and should start Pap smears three years after sexual activity begins. Sexually active women should be screened for chlamydia every six

months until they are in a long-term monogamous relationship.

### 40s

Start seeing your doctor every year to check for signs of diabetes, thyroid disease and high blood pressure. Women need a routine screening mammogram at 40, repeated every one to two years. Men should start digital rectal exams to check for prostate cancer. Men over age 45 should take a baby aspirin (81 mg) daily for heart disease prevention.

### 50s

Start colon cancer screenings and get a pneumonia shot. (Smokers of any age should get this shot.) Men should add annual prostate-specific antigen

(PSA) screenings to check for prostate cancer. Women over age 55 should take a baby aspirin (81 mg) daily for stroke prevention.

### 60s

You need a shingles vaccine whether or not you have had chickenpox. Women should start bone density screenings. Make your end-of-life wishes known.

### 70s & 80s

Keep your brain active. Your doctor may recommend stopping certain screenings, based on your risk factors and life expectancy.

*BaylorHealth*



## Wellness

### Advances in Allergies

If you want to avoid allergies, cut back on alcohol. A Danish study of 5,870 women found that the risk of nonseasonal allergies (such as sniffles due to dust mites or cats) increased 3 percent for each drink consumed weekly. The study showed that women who drank more than 14 alcoholic beverages per week were 78 percent more likely to develop these allergies than those who had less than one drink weekly.

Unclear: whether drinking has the same clogging effect in men.

*Reader's Digest*



## Employee of the Month

**Lupe Hidalgo, Housing Counselor for Housing and Neighborhood Services**, has been named Employee of the Month for July. She has been a city of Grand Prairie employee for 11 years. Hidalgo works with clients to determine their housing needs by counseling them and assisting with complicated Section 8 paperwork. Recently Lupe went beyond the call of duty visiting an elderly client at home to make sure her housing paperwork was up-to-date. Her coworkers say she is always willing to help with forms and computer programs as needed.

“Lupe demonstrates professionalism, accuracy, efficiency and enthusiasm each day on the job,” said Chanda Inman, Housing Counselor. “She often sacrifices her time to schedule appointments that suit the needs of her



**Lupe Hidalgo**

clients and she is always sensitive to their needs while maintaining professionalism. She exhibits great leadership skills through training and by example.”

## Message from the Manager

I hope everyone is enjoying the summer. We have another free employee night at QuikTrip Ballpark to see the Air-Hogs on July 30. E-mail Carolyn Clary at [cclary@gptx.org](mailto:cclary@gptx.org) or call her at 972-237-8000 to let her know how many tickets you need.

If you're a Grand Prairie resident, there are some discounts offered from area tourist venues. With a Grand Prairie ID, city residents receive \$5 off tickets at **Louis Tussaud's Palace of Wax and Ripley's Believe It Or Not!**, use **Lynn Creek Park** free of charge, and they can visit the **Comfort Suites on Interstate 20** and Great Southwest Parkway for \$79 per night. Kids stay free and the hotel has free breakfast and an indoor pool.

**Lone Star Park** has a deal for everyone this summer:

### **Discounted Family Pack for \$30 (\$59.50 value)**

Four general admissions; four hot dogs, four soft drinks and two Lone Star Today programs.

### **Box Seat Value Pack for \$22 (\$31.25 value)**

One box seat; one Lone Star Today program; one value basket including a cheeseburger, fries and soft drink. Must purchase four or six-seat box. Not valid on Belmont Stakes or Lone Stars and Stripes.

### **Counter Seat Value Pack for \$14 (\$27.75 value)**

One counter seat, one Lone Star Today program, one value basket including a cheeseburger, fries and soft drink. Must purchase four or six-seat box. Not valid on Belmont Stakes or Lone Stars and Stripes.

A limited number of free admission coupons for **Lone Star Park's Lone Stars and Stripes celebration on July 3 and July 4** are available in the brochure rack in the City Hall brochure rack near the Communications and Marketing Department.

Have a safe and happy July Fourth weekend!

A handwritten signature in black ink, appearing to read "Tom Hart".

Tom Hart City Manager