

# HEALTH

A Publication for Teachers Health Trust Participants



# TRAXX

Summer 2013 ☼ Volume 12, Issue 2  
For Teachers by Teachers

## 2013 WellFit for Life & Best Weigh to Go *Winners' Showcase*

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*What Parents Should Know*

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# Trust Tidbits

## Trust Office Closures

The Teachers Health Trust will be closed on Thursday, July 4<sup>th</sup> in observance of Independence Day. The Trust will resume normal business hours on Friday, July 5<sup>th</sup>.

## Safely Taking Off Pounds Weight Management Program

The WellFit for Life program has come to a close but the Trust is still here to help you continue a healthy weight loss regimen. S.T.O.P. is designed to provide participants a selection of providers utilizing different methodologies, tools and resources that best fit their needs. The program is open to all participants and/or eligible dependents enrolled in a Diamond, Platinum or Retiree medical plan. For more information, visit [www.teachershealthtrust.org](http://www.teachershealthtrust.org) or contact the Wellness Division via phone at (702) 866-6192 or e-mail [wellness@teachershealthtrust.org](mailto:wellness@teachershealthtrust.org).



## Vacationing, Prescription Drug and Non-PPO Benefits

The summer months are here again and the Trust hopes you will be enjoying some well-earned free time visiting fun locales outside of Clark County. Participants in need of prescription medications while on vacation should know that CVS Caremark services are available nationwide. All participants can obtain an additional 30-day supply of their prescription medication once per calendar year. If you will be away for an extended period, be sure to discuss the additional supply with your pharmacist.

Also, all participants travelling this summer should be aware of their non-PPO benefits:

**Emergency Care:** Paid as In-Network.

**Urgent Care:** Deductible is waived and Trust pays 70% of the Eligible Medical Expense.

**Standard Care:** Office visits, consultations and/or treatments will be processed as out-of-network.

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## HEALTH TRAXX

*The Teachers Health Trust  
 Quarterly News Publication*

*Health Traxx* is published quarterly by the Teachers Health Trust to help participants make life-saving decisions about health care. Although editorial content is based on sound medical information, we ask that you consult a health care professional regarding all medical concerns. We encourage you to keep copies of this news publication for the purpose of building a handy home medical reference guide or to recycle issues to friends and family.

Any opinions expressed by an author/source whose article appears in this publication are solely the opinions of the author/source and do not necessarily reflect the views of the Trust. If you have questions or comments regarding this issue, e-mail the Trust at [wellness@teachershealthtrust.org](mailto:wellness@teachershealthtrust.org) or write to:

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## A MESSAGE FROM THE CEO

The time has come for me to step down from my current position as CEO of the Health Trust on June 30 and to find time to pursue some ideas that I have perhaps allowed to remain dormant for too long. On July 1, 2013, Michelle Spellman will become the Chief Executive Officer of the

Trust and Brenda Kelley will assume the position of Chief Operating Officer. Both of these women have been working at the Health Trust for many years and are exceptionally qualified to move into their respective positions. The Board of Trustees has asked me to continue performing legal services for the Health Trust and to act in a consulting and advisory capacity, as needed. I will still have an office at the Trust, but will only be using it on a limited basis.

At the same time that I am stepping down, contract negotiations between CCEA and CCSD are getting ready to begin. Proper funding of the Health Trust is vital to its mission to provide all of you with the best health benefits possible at the most reasonable cost. All of us at the Health Trust solicit your support in letting the School Board know how important this benefit is to you and that the continuing increase in health care costs requires appropriate funding. The premium increase passed by the Board of Trustees last September has still not been acknowledged by CCSD and negotiations are ongoing regarding that issue. This increase is needed to stabilize the Health Trust's cash flow requirements. At the same time, the Health Trust has adequate reserves to ensure its continued operations.

In 2014, most of the changes made by the Affordable Care Act will be implemented and there will be many changes in the delivery of health care and the options available to people for insurance coverage and benefits. Politics will have a role in these changes as there are numerous proposals in Congress for changes to this law and all of us will have to wait to see what the system looks like when the dust settles.

My tenure at the Trust has been a meaningful period in my life and I have truly enjoyed the opportunity to interact with so many caring and dedicated people. While I will miss that interaction, my recent birthday reminded me it is time to move on. Thank you for your efforts and support on behalf of the Health Trust, which I hope will continue in the future.

Sincerely,

Chief Executive Officer  
 June 2013

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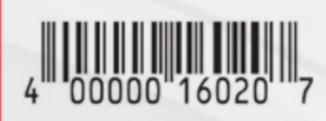
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\* Service not available in MA. Must be age 18 and older. Restrictions may apply.  
\*\* Some restrictions apply.



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# Diabetes Day in May

2013 Event in Review



The 2013 Diabetes Day in May event was another great success for the Trust! The annual event was held on Saturday, May 11, 2013 at Sunrise Hospital, and it was the place to be! Sunrise Hospital, once again, partnered up with us to make Diabetes Day in May free to both our participants and the community at large. Guests were introduced to educational classes, programs, support groups, screenings and a Diabetes Education Seminar presented by Dr. Anthony V. Borgia and Rebecca Eberly, CDE/RD.

Whether you have been newly diagnosed or have been living with diabetes for many years, Diabetes Day in May is an excellent opportunity for your friends, family members and yourself to obtain information about services and resources focused on assisting all to lead a better and healthier life. Diabetes Day in May will surely return in 2014, so be sure to mark your calendars and

make it a point to attend next year's event.

The Trust owes an enormous thank you to Sunrise Hospital for all they do to help and support our teachers not only for this important event but throughout the year.

*Olga Singleton, Contributor  
Teachers Health Trust*

Those in attendance had the opportunity to visit a wide array of participating vendors and were able to schedule future appointments to utilize their services. Quite a few vendors were also offering free screenings, such as Nevada Eye Care Professionals. They conducted vision screenings and helped to educate visitors on how diabetes specifically affects the vision. Premiere Physicians performed Body Mass Index (BMI) analyses and offered essential how-to information about making healthy day-to-day choices. The services provided by our providers allowed participants and guests the knowledge required to feel empowered to manage and improve their health and quality of life. The Trust wishes to express our gratitude and appreciation to all the participating vendors!

As always with Trust events, we like to take a little time out for some fun! An abundance of raffle prizes was given away. European Massage provided a heavenly 15-minute massage to all who were interested and healthy treats were made available throughout the event. Sunrise Hospital allowed guests hands-on access to the first totally "intuitive" laparoscopic surgical robot in existence, da Vinci! More than 8,500 surgical procedures have been completed using the da Vinci Robot and on-site demonstrations helped to illustrate the new technology. What an opportunity it was to actually play with the robotic technology!

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# 2013 WellFit for Life & Best Weigh to Go: Individual Winners



Nancy Mellor  
M.J. Christensen E.S.  
Novice  
71.52 miles



Erin Giblin  
Sandra Thompson E.S.  
Advanced  
301 miles



Guy Wadas  
James Cashman M.S.  
Advanced  
418 miles



Felicia Norris  
Chaparral H.S.  
Extreme  
631.2 miles



Ramona Morgan  
J.E. Manch E.S.  
Novice  
42.00 miles



Barbara Naftal  
Laura Dearing E.S.  
Extreme  
1,654.52 miles



Judy Epstein  
Francis H. Cortney M.S.  
Advanced  
398.23 miles



Eden Little  
ECSE Program  
Intermediate  
248.87 miles



Michelle Stephenson  
Eva Wolfe E.S.  
Intermediate  
291.28 miles



Denise Carson  
Doris Reed E.S.  
Extreme  
713.25 miles



Kimberly Jefferson  
Thurman White M.S.  
Extreme  
1,085.59 miles



Evie Ward  
Visually HDCP  
Advanced  
342.77 miles



Ann Marie Foster  
Theron & Naomi Goynes E.S.  
Intermediate  
275.51 miles



Pamela Mello  
Canarelli M.S.  
Novice  
64.32 miles



Carol Campbell  
Palo Verde H.S.  
Novice  
72.62 miles



Gerald Villa  
High Desert State Prison H.S.  
Novice  
69.12 miles



Lisa Lee  
Marion Cahlans E.S.  
Intermediate  
234.05 miles



Monica Valtierra  
Jerome Mack M.S.  
Intermediate  
283.97 miles



Harold Nichols  
Durango H.S.  
Intermediate  
292.07 miles



Robert Swift  
Variety  
Extreme  
1,411.91 miles



Maribel Cervantes  
Ruth Fyfe E.S.  
Intermediate  
179.36 miles



Scott Carter  
Thurman White M.S.  
Intermediate  
280 miles



Dena Demman  
Palo Verde H.S.  
Advanced  
594.46 miles



Lori Fletcher  
Trust/CCEA  
Intermediate  
98.56 miles



CeCe Meyer  
Marion Cahlan s E.S.  
Advanced  
511.13 miles



Kim Steinberg  
Francis H. Cortney M.S.  
Intermediate  
201 miles



Kimberly Aitken  
Durango H.S.  
Advanced  
344.71 miles

**Not Pictured**  
Samuel Toomer, Arbor View H.S.  
Sharri Marley, Visually HDCP



# Divisional Winners

## MENTAL MUSCLE EXPRESS



Boost your brain power by solving these puzzles. See if you can uncover the meaning in these words, letters, symbols and positions. Each puzzle represents a common word, phrase, expression, person or place.

The example below is "spring break."

SPR ING

(1)

ME  
AW

(2)

SIGN  
.....

(3)

DASHOTRK

(4)

H DINNER  
S DINNER  
A DINNER  
W DINNER

(5)

AAAAA  
HER

Report Card

See answers on page 12.

## Elementary School

Marion Cahlan  
Eva M. Wolfe  
Ruth Fyfe  
Jack Dailey

## Middle School

Brian & Jeri Cram  
Thurman White  
Francis H. Cortney

## High School

Palo Verde  
Durango

## Special School

Variety

## Rural School

High Desert State Prison

## Licensed Department

Visually H/DCP

# Best Weigh to Go Winners

...and a few honorable mentions.



2015 Best Weigh to Go  
**1<sup>st</sup> Place**

Total Loss  
**94 pounds**  
**22.82%**



**ROCK & ROLL**



2015 Best Weigh to Go  
**2<sup>nd</sup> Place**

Total Loss  
**67 pounds**  
**16.5%**



**TEAM LEWIS**




2015 Best Weigh to Go  
**3<sup>rd</sup> Place**

Total Loss  
**78 pounds**  
**15.6%**



**WEEN**



# Kids Korner

## 2013 Back-to-School Immunization Workshop

Participants with school-aged children in need of annual immunizations should be sure to mark their calendars for the 2013 Back-to-School Immunization Workshop. The Teachers Health Trust has partnered with the Wellness Group to host this important workshop for all eligible dependents on Wednesday, August 7, 2013. Space is limited, so participants must RSVP to attend this workshop. Online RSVP begins Monday, June 10, 2013. **Parents are strongly encouraged to fax copies of immunization records to the Trust prior to the workshop. Additionally, parents should bring hard copies of records with them on the day of the workshop.**



<b>Date:</b>	<b>Wednesday, August 7, 2013</b>
<b>Time:</b>	<b>10:00 a.m. - 2:00 p.m.</b>
<b>Location:</b>	<b>Teachers Health Trust Sedway Room 2950 E. Rochelle Ave. Las Vegas, NV 89121</b>
<b>RSVP:</b>	<b>www.teachershealthtrust.org</b>
<b>Contact:</b>	<b>Phone: (702) 866-6192 Toll-free: (800) 432-5859 Fax: (702) 794-2093 wellness@teachershealthtrust.org</b>

Kids Korner is designed with the health of your students in mind. Do you have an upcoming event focused on kids' health and fitness that you would like to get the word out about? Do you have a program that implements healthy habits at your school that you would like to share with others? Send the details along with your name, school and contact information to Brenda Kelley at [bkelly@teachershealthtrust.org](mailto:bkelly@teachershealthtrust.org), and you may see your ideas in the next *Health Traxx* issue!

# Tips for a Less Stressful Shot Visit



### Before Getting Shots

Come prepared! Take these steps before your child gets a shot to help make the immunization visit less stressful on you both.

- Read any vaccine materials you received from your child's health care professional and write down any questions you may have.
- Find your child's personal immunization record and bring it to your appointment. An up-to-date record tells your doctor exactly what shots your child has already received.
- Pack a favorite toy or book, and a blanket that your child uses regularly to comfort your child.

For older children

- Be honest with your child. Explain that shots can pinch or sting, but that it won't hurt for long.
- Engage other family members, especially older siblings, to support your child.
- Avoid telling scary stories or making threats about shots.

### At the Doctor's Office

If you have questions about immunizations, ask your child's doctor or nurse. Before you leave the appointment, ask your child's doctor for advice on using non-aspirin pain reliever and other steps you can take at home to comfort your child.

Try these ideas for making the shots easier on your child.

- Distract and comfort your child by cuddling, singing, or talking softly.
- Smile and make eye contact with your child. Let your child know that everything is ok.
- Comfort your child with a favorite toy or book. A blanket that smells familiar will help your child feel more comfortable.
- Hold your child firmly on your lap, whenever possible.

For older children

- Take deep breaths with your child to help "blow out" the pain.
- Point out interesting things in the room to help create distractions.
- Tell or read stories.
- Support your child if he or she cries. Never scold a child for not "being brave."

Once your child has received all of the shots, be especially supportive. Hold, cuddle, and, for infants, breastfeed or offer a bottle. A soothing voice, combined with praise and hugs will help reassure your child that everything is ok.

### After the Shots

Sometimes children experience mild reactions from vaccines, such as pain at the injection site, a rash or a fever. These reactions are normal and will soon go away. The following tips will help you identify and minimize mild side effects.

- Review any information your doctor gives you about the shots, especially the Vaccine Information Statements or other sheets that outline which side effects might be expected.
- Use a cool, wet cloth to reduce redness, soreness, and swelling in the place where the shot was given.
- Reduce any fever with a cool sponge bath. If your doctor approves, give non-aspirin pain reliever.
- Give your child lots of liquid. It's normal for some children to eat less during the 24 hours after getting vaccines.
- Pay extra attention to your child for a few days. If you see something that concerns you, call your doctor.

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**MENTAL MUSCLE ANSWERS**  
 1. Me and my shadow 2. Sign on the dotted line  
 3. A shot in the dark 4. Wash up before dinner  
 5. Straight A's on her report card

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