



A CHOCOLATE EGG PER DAY MAY KEEP THE HEART DOCTOR AWAY

Eating as little as a quarter of an ounce of chocolate each day—an amount equal to about one small Easter egg—may lower your risk of experiencing a heart attack or stroke, a new study has found. For best results, the chocolate should be dark, experts say.

Compared to people who rarely ate chocolate (about one bar per month), the people who ate the most chocolate (slightly more than one bar per week) had a 27% and 48% reduced risk of heart attack and stroke, respectively. Studies have suggested that eating chocolate can lower blood pressure, which in turn reduces the risk of heart attacks and strokes.

These findings don't mean that you should stuff yourself with chocolate Easter eggs. Chocolate is high in calories, and, as with any such food, eating too much of it can swell your waistline and harm your health in other ways. If people start eating small amounts of chocolate, it should replace something else, preferably other high-calorie sweets or snacks.

Taken from Health.com



**FREE to NCSMIG Member
\$80.00 for Non-Member**

Additional Offered Tests:

Prostate Cancer Test: FREE for male NCSMIG Members over age 50; \$25.00 for Members under 50 and Non-Members

Additional Offered Tests at Participant's Cost:

HbA1c (History of elevated glucose and known diabetics): \$45.00 payable to OEHS

Lipoprotein a and b (heart risk): \$56.00 payable to OEHS

Health Screenings

Our Health Screen will include height, weight, blood pressure, take-home colon cancer test, urinalysis, blood panel, and a choice of the TSH (thyroid) test or C-reactive protein (hsCRP) test for heart attack or stroke risk. The blood panel requires a 6-hour fast. Medications can be taken with water. A prostate cancer blood test is free to men 50 or older who are NCSMIG Members. Otherwise, the cost is \$25.

All results of your tests are confidential. **Please allow 3 weeks for the results. If you will need the results sooner, please inform the doctor's staff when you arrive.**

Date	Time	Place
Tuesday, 4/5/11	6:00 - 10:00 a.m.	Southern Humboldt South Fork H.S. - Library Contact: Bambi Henderson (707) 943-1789
Thursday, 4/7/11	7:00 - 9:30 a.m.	College of the Redwoods - Mendocino Contact: Charlie Claybrook (707) 962-2663
Tuesday, 4/12/11	7:00 - 10:00 a.m.	Hoopa High School - Gym Foyer Contact: Jaqueline Hanger (530) 625-5600, #1, ext. 1005
Thursday, 4/14/11	7:30 - 9:00 a.m.	Mattole Elementary School Contact: Laureen Jones (707) 629-3311
Tuesday, 4/19/11	6:00 - 9:00 a.m.	Humboldt County Office of Education Contact: Mendie Ballester (707) 445-7126

** February 21 - 25, 2011 is President's Week*



Wim & Wigor

A Health Newsletter Serving the North Coast Schools Medical Insurance Group

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Editor: Mendie Ballester

(707) 445-7126

Director's Note

Stacy Lane - JPA Director

The NCSMIG Board of Directors held their annual program rate setting meeting on Wednesday, March 16th. This was a very busy meeting with detailed presentations being given by the financial auditor, consultants and program actuary. An actuary, for those of you who aren't familiar with the term, is an individual who assesses financial risk and trend factors which are then used by insurance organizations to set rates based upon their statistical analysis. With that being said, our actuary has recommended a 5.7% rate increase for plans Redwood and Oak for the 2011-2012 program year. The rates for Spruce and the HSA high deductible plan will be based on maintaining a set percentage difference based off of Plan Oak. A spreadsheet with the plan descriptions and 2011-2012 rates will be available shortly in your district office. A review of our Dental and Vision plans again showed that we are in a very positive financial position with both programs. Therefore, for 2011-2012, we will be taking a 0% increase on all Delta Dental plans and reducing premiums for all VSP Vision plans by 10%.

With extremely challenging times being faced by all our members, we are very excited to be able to provide you with this very positive renewal for all three JPA programs. Remember, all our programs are self-funded. This means we do not purchase insurance coverage from Blue Shield, Delta Dental or VSP. All financial risk exposure belongs directly to the JPA. Blue Shield, Delta Dental and VSP are simply networks we use and third party administrators who pay claims using our money. Therefore, you have my word that we will continue to proactively manage each of our programs to minimize future rate increases. If you have any questions about the JPA program, or would like me to come out to your school to speak with you, please feel free to call our office at (707) 445-7126 to arrange a meeting. I can explain the organization of our programs, how you can best save money using your coverage or simply give you an opportunity for a general question and answer period.

IMPORTANT NEWS / GREAT OPPORTUNITY:

Due to the high volume of interested people, an additional Health Screening has been scheduled at Humboldt County Office of Education on Tuesday, April 19, 2011 from 6:00 AM – 9:00 AM. So if you missed your earlier appointment or forgot to schedule one this year, please contact Mendie Ballester at 445-7126 to schedule an appointment.



National Public Health Week
April 4–10, 2011 • www.nphw.org

**Safety is No Accident:
Live Injury-Free**



Employers and employees can work together to build safer and healthier work environments. Taking action, both big and small, to prevent injury in the workplace is common sense and effective. Here are just a few examples:

Employers start small...

- Understand and follow all workplace safety regulations and best practices. Go beyond the minimum required by the Occupational Safety and Health Administration.
- Educate employees about workplace regulations and train employees to recognize unsafe or unhealthy settings. Create an employee reporting system to allow workers to report hazardous working conditions.
- Provide required or recommended protective equipment and reflective gear to reduce employee exposure to hazards.
- Create safe work environments by identifying and fixing workplace hazards such as unstable surfaces and malfunctioning vehicles.
- Maintain a working sprinkler system and schedule fire drills to practice safe evacuation.
- Promote workplace safety by offering tips on your company bulletin board, website or newsletter.
- Conduct personal safety training programs that teach employees how to recognize, avoid or diffuse potentially violent workplace situations.
- Invite health care professionals to the workplace to discuss how to prevent injuries.

Employees start small...

- Wear all personal protective equipment protective equipment required or recommended for your occupation.
- Participate in worksite safety trainings programs and follow all workplace laws and safety rules.
- Ensure vision is not obstructed when operating heavy machinery.
- Hold a brown-bag lunch at work to focus on workplace safety.
- Use your rights to advocate for safety and health.

There is much more you can do to prevent injuries beyond these actions. Raise awareness of safety and injury prevention within your community during National Public Health Week. You can help make your job a safer and healthier place to work.

Taken from American Public Health Association

Deviled Eggs

These deviled eggs are a delicious change of pace--the savory filling is made from garlic-scented potatoes and just one hard-boiled yolk for the whole batch. They're a heavenly addition to picnics, barbecues, and party buffets. The fact that they're low-cholesterol is a bonus.

Ingredients:

- 5 hard-boiled eggs
- 1 baking potato, cooked, peeled, and cubed
- 2 cloves garlic, minced
- 3 tablespoons chicken broth
- 2 tablespoons fresh lemon juice
- 1 tablespoon white wine vinegar
- 1 teaspoon extra-virgin olive oil
- 1/4 teaspoon ground black pepper
- 2 tablespoons snipped chives or minced scallion greens

Directions

1. Peel the eggs and cut them in half lengthwise. Lift out the yolks. Set aside 2 yolk halves for use in the filling. Discard the remaining yolks or reserve them for another use.
2. Shave a thin slice off the bottom of each white so it will stand upright. Arrange the whites, hollow side up, on a large plate.
3. In a medium bowl, combine the potato, garlic, and the 2 yolk halves. Mash with a potato masher or the back of a fork until well-blended. Stir in 2 tablespoons of the broth, 1 tablespoon of the lemon juice, and 1 teaspoon of the vinegar until well-blended.
4. Add the oil and the remaining 1 tablespoon broth, 1 tablespoon lemon juice, and 2 teaspoons vinegar. Beat with a spoon until smooth and fluffy. Fold in the pepper and 1 tablespoon of the chives.
5. Using a teaspoon or a pastry bag fitted with a large star tip, fill the egg whites with the potato mixture. Sprinkle the tops with the remaining 1 tablespoon chives.

Recipe Notes

Leftover deviled eggs make delicious egg salad sandwiches that are low in fat and high in protein. For each sandwich, lightly toast 2 thin slices whole wheat bread. In a small bowl, coarsely mash 4 deviled eggs with the back of a fork. Stir in 1 to 1 1/2 tablespoons light mayonnaise. Spread over 1 slice of the toast. Top with a lettuce leaf and the remaining toast. Cut in half diagonally.

Nutritional Information

Calories: 60 Cal.; Fat: 3.2G; Sat. Fat: 0.9G; Cholesterol: 106MG; Sodium: 33.3MG; Carbohydrates: 4.2G; Sugars: 0.5G; Dietary Fiber: 0.4G; Protein: 3.6G

Taken from Eating Well

