



NCSMIG/JPA Annual 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.**



**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

Date	Time	Place
Tuesday, 2/1/11	6:00 - 9:00 a.m.	Humboldt County Office of Education Resource center room (TRC) Contact: Mendie Ballester (707) 445-7126
Thursday, 2/3/11	6:00 - 9:30 a.m.	McKinleyville Middle School- Azalea Station Contact: Jeff Brock (707) 839-1549
Tuesday, 2/8/11	6:30 - 10:00 a.m.	College of the Redwoods - Boardroom Contact: Tina Wahlund (707) 476-4369
Thursday, 2/10/11	6:00 - 9:00 a.m.	Arcata High School - Multi Purpose Room Contact: Tammy Pires (707) 839-6481
Tuesday, 2/15/11	6:00 - 9:30 a.m.	Fortuna High School - Healthy Start Bldg. Contact: Sarah Reback (707) 725-4461 ext. 3011
Thursday, 2/17/11	6:00 - 9:00 a.m.	Humboldt County Office of Education Resource center room (TRC) Contact: Mendie Ballester (707) 445-7126
Tuesday, 3/1/11	7:00 - 9:00 a.m.	Ferndale High School - Library Contact: Denise Grinsell (707) 786-5900
Thursday, 3/3/11	6:30 - 8:30 a.m.	Norman G. Ambrosini School - Cafeteria Contact: Shay Miranda (707) 725-7823
Tuesday, 3/8/11	6:00 - 8:00 a.m.	Eureka H.S. Annex (formerly Marshall Elementary) Contact: Kim Emerson (707) 441-3363
Thursday, 3/10/11	6:00 - 9:30 a.m.	McKinleyville Middle School- Azalea Station Contact: Jeff Brock (707) 839-1549
Tuesday, 3/15/11	7:30 - 8:30 a.m.	College of the Redwoods - Crescent City Contact: Kelly Wilson (707) 465-2306
Thursday, 3/17/11	6:00 - 9:30 a.m.	Humboldt County Office of Education Resource center room (TRC) Contact: Mendie Ballester (707) 445-7126
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: Lauren Jones (707) 629-3311

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



Wim & Wigor

A Health Newsletter Serving the North Coast Schools Medical Insurance Group

Vol. 15, No. 12 December 2010

Editor: Mendie Ballester

(707) 445-7126

Director's Note

Stacy Lane - JPA Director

It's hard to believe that 2011 is right around the corner! It's been a very long year and I am excited about the important progress we've made with our Medical program. I am happy to report that we have had a tremendous response to our outreach with local providers to become part of the Blue Shield PPO network by January 1st. Providers, such as Urology Associates in Eureka, have shown a strong interest in signing a contract to provide you with PPO services. As a reminder, we know each provider we have paid claims for in the past that are not currently with Blue Shield. The decision was made to move to Blue Shield knowing who we needed to contract and the timeframe in which we have to do that. As I have mentioned to many of you who I have spoken with, traditionally, there have not been very many residents of Humboldt County who participate in a Blue Shield PPO medical program. The vast majority of Humboldt County residents utilize the Blue Cross PPO and Blue Shield HMO programs. Historically, there has not been great pressure on local providers to become Blue Shield PPO providers. However, now that we have 6,000 local members of our program moving to the Blue Shield PPO network, it has provided the catalyst for many of them to seek out a contract! If you have a specific doctor, therapist, etc., you would like us to contact, please feel free to give us a call at (707) 445-7126 with their name. We'll be more than happy to reach out to them. Also, keep your eyes on your mailbox, as we expect your

new ID cards to be sent out on December 6th. We will be opening the Blue Shield Customer Service phone lines to you in early December for your convenience. Please look for flyers at your school with the Customer Service number.

Also, on the back page this month, you will find the schedule of dates and times for our annual Health Screening event. I very strongly encourage you to participate. I always hear people say that they go to their doctor frequently and don't need to participate, or are like me and don't like needles! I would respond that we provide you with an entire battery of tests that you most likely don't get done on a regular basis....and it's FREE for you and your spouse! In 2009, I discovered through this screening a chronic and potentially life-threatening medical condition. I never would have gone to the doctor and credit this program with keeping me healthy and managing my disease. Please, please make sure you sign up and take advantage of this great program!

We're very excited about the new year and our new program. Please give us a call if you have any questions or want to request a specific provider be contracted. We wish you and yours the very happiest of holiday seasons and a safe and healthy 2011!

Did you know?
Cranberry juice may prevent gum disease and urinary tract infections. Natural compounds in the juice may ward off gum disease by preventing bacteria from adhering to the teeth below the gum line. Cranberry juice also delivers 39 percent of the daily value for vitamin C per 8 ounces, raises levels of good cholesterol and keeps your urinary tract tip-top. A berry smart sip indeed!

December Holiday Safety Tips

The holidays are an exciting time of year for kids and adults, so to help ensure that everyone has a safe holiday season, here are some tips from the American Academy of Pediatrics (AAP).

Lights:

Check all tree lights, even if you've just purchased them, before hanging them. Make sure all the bulbs work and that there are no frayed wires, broken sockets or loose connections.

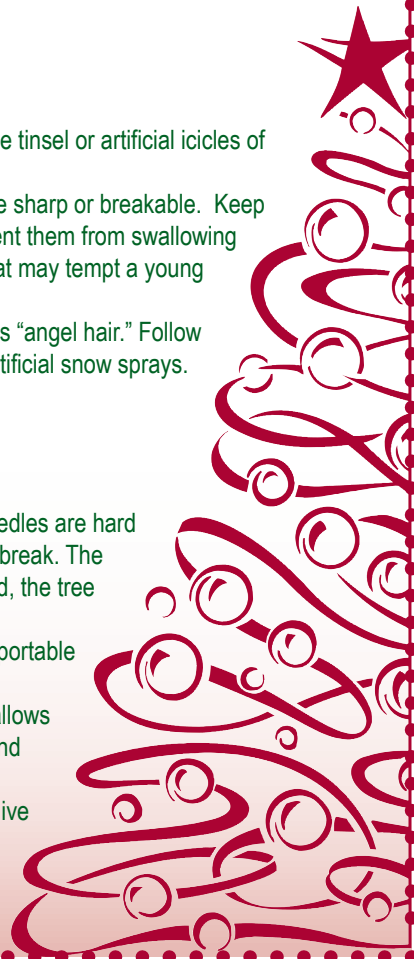
- Before using lights outdoors, check labels to be sure they have been certified for outdoor use. To hold lights in place, string them through hooks or insulated staples, not nails or tacks. Never pull or tug lights to remove them.
- Plug all outdoor electric decorations into circuits with ground fault circuit interrupters to avoid potential shocks.
- Turn off all lights when you go to bed or leave the house.

Decorations:

- Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or unleaded metals.
- In homes with small children, take special care to avoid decorations that are sharp or breakable. Keep decorations with small removable parts out of the reach of children to prevent them from swallowing or inhaling small pieces. Avoid decorations that resemble candy or food that may tempt a young child to eat them.
- Wear gloves to avoid eye and skin irritation while decorating with spun glass "angel hair." Follow container directions carefully to avoid lung irritation while decorating with artificial snow sprays.

Trees:

- When purchasing an artificial tree, look for the label "Fire Resistant."
- When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.
- When setting up a tree at home, place it away from fireplaces, radiators or portable heaters. Place the tree out of the way of traffic and do not block doorways.
- Cut a few inches off the trunk of your tree to expose the fresh wood. This allows for better water absorption and will help to keep your tree from drying out and becoming a fire hazard.
- Be sure to keep the stand filled with water, because heated rooms can dry live trees out rapidly.



Cider-Glazed Roots with Cinnamon Walnuts

Ingredients

- 3 pounds assorted root vegetables, peeled (see Tip) and cut into 1-inch pieces
- 1 cup apple cider
- 1/4 cup dark brown sugar
- 1/2 teaspoon salt, plus more to taste
- 1/4 teaspoon freshly ground pepper
- 1/2 cup chopped walnuts
- 1 tablespoon butter
- 1/8 teaspoon ground cinnamon

6 servings: about 3/4 cup each

Active Time: 30 min.

Total Time: 1 hour 35 min.

Preparation

1. Preheat oven to 400°F.
2. If using parsnips, quarter lengthwise and remove the woody core before cutting into 1-inch pieces. Whisk cider, brown sugar, 1/2 teaspoon salt and pepper in a 9-by-13-inch baking dish until the sugar is dissolved. Add root vegetables and toss to coat. Cover the baking dish with foil.
3. Bake for 20 minutes. Uncover and stir the vegetables. Continue cooking, uncovered, stirring every 20 minutes or so, until the vegetables are glazed and tender, about 1 hour more.
4. Meanwhile, place walnuts in a small skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 6 minutes. Remove from the heat and add butter, cinnamon and a pinch of salt. Stir until the butter melts and the nuts are coated. Spread out on a plate to cool slightly.
5. Transfer the vegetables to a serving dish and sprinkle with the cinnamon walnuts.

Tip

Beets, carrots and parsnips are easily peeled with a vegetable peeler, but for tougher-skinned roots like celeriac, rutabaga and turnips, removing the peel with a knife can be easier. Cut off one end of the root to create a flat surface to keep it steady on the cutting board. Follow the contour of the vegetable with your knife. If you use a vegetable peeler on the tougher roots, peel around each vegetable at least three times to ensure all the fibrous skin has been removed.

Nutrition Per serving:

219 calories; 9 g fat (2 g sat, 1 g mono); 5 mg cholesterol;
34 g carbohydrates; 4 g protein; 7 g fiber; 362 mg sodium;
730 mg potassium.

Taken From EatingWell.com

