



# Health Screenings

Our Health Screenings 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. 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.**

### Cost:

FREE to NCSMIG Members and enrolled Spouses or Domestic Partners

### Additional Offered Tests:

Prostate Cancer Test: FREE for male NCSMIG Members over age 50; \$25 for Members under 50

### Additional Offered Tests at Participant's Cost:

HbA1c (History of elevated glucose and known diabetics): \$45 payable to OEHS

Lipoprotein a and b (heart risk): \$56 payable to OEHS

B12 + Folate (measures for B12 & Folate deficiencies): \$52 payable to OEHS

Cystatin-C (biomarker for kidney function): \$35 payable to OEHS



## Schedule of Screenings - 2012

Date	Time	Place
Tuesday, 1/31/12	6:00 - 9:00 a.m.	<b>Humboldt County Office of Education</b> Resource Center Room (TRC) Contact: Mendie Ballester (707) 445-7126
Thursday, 2/2/12	6:00 - 9:30 a.m.	<b>McKinleyville Middle School- Azalea Station</b> Contact: Jeff Brock (707) 839-1549
Tuesday, 2/7/12	6:30 - 10:00 a.m.	<b>College of the Redwoods - Boardroom</b> Contact: Tina Wahlund (707) 476-4142
Thursday, 2/9/12	6:00 - 9:00 a.m.	<b>Arcata High School - Multi Purpose Room</b> Contact: Tammy Pires (707) 839-6481
Tuesday, 2/14/12	6:00 - 9:00 a.m.	<b>Humboldt County Office of Education</b> Resource center room (TRC) Contact: Mendie Ballester (707) 445-7126
Thursday, 2/16/12	6:00 - 9:30 a.m.	<b>Fortuna High School - Healthy Start Bldg.</b> Contact: Sarah Reback (707) 725-4461 ext. 3011
Tuesday, 2/28/12	7:00 - 9:00 a.m.	<b>Ferndale High School - Library</b> Contact: Denise Grinsell (707) 786-5900
Thursday, 3/1/12	6:30 - 8:30 a.m.	<b>Norman G. Ambrosini School - Multi Purpose Rm</b> Contact: Shay Miranda (707) 725-7823
Tuesday, 3/6/12	6:00 - 8:00 a.m.	<b>Eureka City Schools District Office</b> Contact: Kim Emerson (707) 441-3363
Thursday, 3/8/12	7:30 - 8:30 a.m.	<b>College of the Redwoods - Crescent City</b> Contact: Kelly Wilson (707) 465- 2306
Tuesday, 3/13/12	6:00 - 9:30 a.m.	<b>McKinleyville Middle School- Azalea Station</b> Contact: Jeff Brock (707) 839-1549
Thursday, 3/15/12	6:00 - 9:00 a.m.	<b>Humboldt County Office of Education</b> Resource Center Room (TRC) Contact: Mendie Ballester (707) 445-7126
Tuesday, 3/20/12	6:00 - 10:00 a.m.	<b>Southern Humboldt South Fork H.S. - Library</b> Contact: Bambi Henderson (707) 943- 1789
Thursday, 3/22/12	7:00 - 9:30 a.m.	<b>College of the Redwoods - Mendocino</b> Contact: Charlie Claybrook (707) 962-2663
Tuesday, 3/27/12	7:00 - 10:00 a.m.	<b>Hoopa High School - Gym Foyer</b> Contact: Ginger Reeves (530) 625-5600, #1, ext. 1005
Thursday, 3/29/12	7:30 - 9:00 a.m.	<b>Mattole Elementary School</b> Contact: Laureen Jones (707) 629-3311
Tuesday, 4/3/12	6:00 - 9:00 a.m.	<b>Humboldt County Office of Education</b> Resource Center Room (TRC) Contact: Mendie Ballester (707) 445-7126

\* February 20 - 24, 2012 is President's Week



# Wim & Wiger

A Health Newsletter Serving the North Coast Schools Medical Insurance Group

Vol. 16, No. 12, December 2011

Editor: Mendie Ballester

(707) 445-7126

## Director's Note

Mendie Ballester - JPA Secretary

As a self-funded Medical program, our JPA does not purchase traditional commercial insurance. Each year the JPA collects monetary contributions to cover the cost of expected claims and expenses for each program year. We then contract with Blue Shield of California to utilize their PPO network and to process claims from our pool of contributions.

This is an important distinction from buying a policy from an insurance company. The money used to pay our claims comes from our own account. Therefore, the ability for each of us to control the type and amount of claims we incur can make a significant positive impact on the rate increase level we need to take each year. Did you know that in the 2010-2011 program year, we paid \$21,206,827 for medical claims and \$5,204,521 for prescriptions?

One of the most important things we can do is be proactive in managing our own health. I know that is a lot easier said than done, but it is important that we all do what we can to pitch in. On the back page of this month's newsletter, you will find the schedule for the 2012 Health Screening Program. I strongly encourage you to sign up and participate in this important program. The Health Screening Program is FREE to enrolled employees and their spouses/partners. The only cost to you is if you choose to order extra tests that are offered above what is provided in the basic screening.

I am often asked if my staff or I see the tests after they are completed. The answer is

no. Your test results are extremely confidential and known only to yourself and the medical doctor who reviews them. Every year we are given a summary, without associated names, of the types of issues that have been found through the program. Additionally, members often call in to share their personal stories. Typical findings include high blood pressure, magnesium deficiencies, high cholesterol, breast cancer, prostate cancer, thyroid dysfunction and other serious issues. If detected early and taken care of, these conditions can be properly managed, helping you stay healthy and reduce your potential for future out-of-pocket medical expenses.

Several years ago, I personally had an abnormal test result from the screening that resulted in identifying a condition that could

*Continued*

**REMEMBER**  
to get your  
**FREE**  
flu shot



through the  
**CVS/Caremark**  
flu shot program.

# Holiday Safety Tips

- Always have an operable fire extinguisher readily available and replace the batteries in your smoke detector annually.
- Batteries can be hazardous if bitten or swallowed. The alkaline contents can leak from the battery and cause a chemical burn to the mouth, lips and tongue. Swallowed batteries can obstruct the airway or esophagus. All batteries should be out of the reach of small children. Even the small disc or button batteries can be dangerous.
- Perfumes are popular gifts that can be dangerous because they contain large amounts of alcohol. Perfumes that smell good are more tempting for a child to taste. Children are more sensitive to the effects of alcohol than adults so a small amount can be dangerous.
- Holiday decorations can pose special poisoning hazards. In homes with small children, take special care to avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children to avoid the child swallowing or inhaling small pieces, and avoid trimmings that resemble candy or food that may tempt a child to eat them.
- Artificial snow should always be applied with adequate ventilation. Inhaling the propellants and solvents from the can or spraying the aerosol near the eyes can cause injury. Use spray snow according to directions and in properly ventilated areas.

## Director's Note, continued

have caused serious, if not life threatening issues for me. Thankfully this screening caught it early enough that I was able to deal with it before it became a more serious issue. I regularly have people tell me they don't participate in the program because they see their doctor on a regular basis....or because they don't like needles. I would ask that you

- Potpourri smells good and looks pretty but many contain irritating oils that can cause allergic rashes or vomiting and diarrhea.
- Seasonal Holiday plants can be poisonous if eaten and should be kept out of a child or pet's reach.

## Electrical Decorations

- Use only outdoor lights outside your home.
- Never use indoor extension cords outside.
- Examine light strings each year, discard worn ones.
- Connect no more than three strands together and avoid overloading wall outlets and extension cords.
- Make sure trees hung with lights are not touching power lines.

*Taken from Maricopa County Safety Office*

## National Hand Washing Awareness Week 12/4/11 – 12/10/11

### The 4 Principles of Hand Awareness:

1. Wash your hands when they are dirty, after using the bathroom and before eating.
2. Do not cough into your hands.
3. Do not sneeze into your hands.
4. Above all, do not put your fingers into your eyes, nose or mouth.

*Taken from National Health Information Center*

please reconsider and think about participating. Last year we had our highest participation ever and I would like to break that record this year. If you have any questions about how the screening works, or would like more detailed information, please feel free to contact our coordinator, Mendie Ballester, at 707-445-7126 or by e-mail at mballester@humboldt.k12.ca.us.



## Molasses Cookies

**Yield:** 4 dozen (serving size: 1 cookie)

### Ingredients

- 1 cup packed brown sugar
- 1/2 cup vegetable shortening
- 1/2 cup molasses
- 1 large egg
- 2 1/4 cups all-purpose baking flour
- 2 teaspoons baking soda

- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground ginger
- 1/4 teaspoon salt
- 1/2 cup water
- 1/4 cup granulated sugar
- Cooking spray

### Preparation

• Combine brown sugar and shortening in a large bowl; beat with a mixer at medium speed until light and fluffy. Add molasses and egg; beat well. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 5 ingredients (through salt), stirring with a whisk. Add flour mixture to sugar mixture; beat at low speed just until blended. Cover and freeze 1 hour.

• Preheat oven to 375°.

• Place water in a small bowl. Place granulated sugar in another small bowl. Lightly coat hands with cooking spray. Shape dough into 1-inch balls. Dip one side of each ball in water; dip wet side in sugar. Place balls, sugar side up, 1 inch apart, on baking sheets coated with cooking spray. Bake at 375° for 8 minutes. Remove from pans; cool on wire racks.

### Nutritional Information

Calories:	66
Calories from fat:	27%
Fat:	2g
Saturated fat	0.5g
Monounsaturated	0.7g
Polyunsaturated	0.5g
Protein:	0.7g
Carbohydrate:	11.8g
Fiber:	0.2g
Cholesterol:	4mg
Iron:	0.5mg
Sodium:	67mg
Calcium:	12mg

*Taken from Cookinglight.com*

**Blue Shield Tele-Nurse #: 877-304-0504**