



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.

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



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

Welcome to 2012! The month of January is the time each year that your district holds Open Enrollment for your benefits coverage.

When you enroll in the benefits program, you have the option to add your eligible dependents to your plan. If you do not enroll your dependents during this initial eligibility period, you must wait until the annual Open Enrollment period to add any eligible dependents that were not properly added to your plan.

Open Enrollment is held for the JPA programs annually in the month of January for a coverage effective date of February 1st. **If you have eligible dependents you would like to enroll on your plan, a completed application (including any required documentation such as a certified copy of a birth certificate or marriage certificate) must be received in the JPA office, via your district office, no later than 5:00pm on Tuesday, January 31, 2012.**

If you are a part-time employee and did not opt to join the benefits program when you were first hired, you may also enroll during this time period. If you have any questions, please contact the benefits administrator at your district office.

January is also designated as National Thyroid Awareness Month. The thyroid is a small butterfly shaped gland that is located in the front of your neck, slightly below your voice box, and is an important part of your endocrine system. Its primary function is to produce hormones that influence most of the metabolic functions

of the body. Thyroid dysfunction can affect your bodily function in many different ways, often causing you to become hypothyroid or hyperthyroid

As you'll read in this month's newsletter, thyroid dysfunction can often be initially discovered by running a simple TSH (thyroid stimulating hormone) blood test. In fact, this test is available to our members and

their spouses as part of our FREE annual Health Screening. I discovered my own thyroid disease thanks to participating in the Health Screening in February 2009. I strongly recommend you look over the schedule on the back of this month's newsletter and sign up for a Health Screening today

Common thyroid diseases include Hashimoto's Thyroiditis, Graves Disease

and even Thyroid Cancer. Did you ever wonder why doctors giving exams, such as the sports physicals given to our student athletes, feel along the bottom front of your neck? They are feeling for an enlarged thyroid gland, goiter or for lumps that may indicate the presence of thyroid nodules.

On page 2 you will find a guide on how to administer a self "Neck Check." Making this a regular part of your health routine may help you discover a troublesome thyroid before it becomes a major problem.

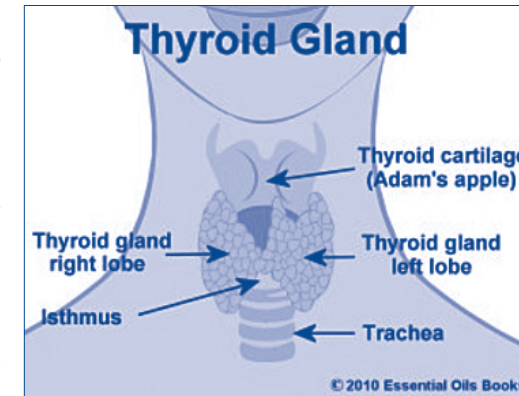
For those of you who have had, or are going through, treatment specifically for Thyroid Cancer, or are supporting a family member going through treatment, I wanted to tell you about a fantastic support group run by one of our own

Continued inside...

Schedule of Screenings - 2012

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

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



DIRECTOR'S NOTE - CONTINUED FROM PAGE 1

members, Kathy Miller. They meet on the 2nd Thursday of every month from 6:30 to 8:00pm at the American Cancer Society office in Eureka's Henderson Center. It is a great opportunity to share your experiences, learn about treatment options and how to monitor yourself once you are in remission. If you are interested in joining this group, or would like a thyroid self-exam information card, please feel free to stop by one of their meetings or email Kathy at eureka-ca@thyca.org.

January is Thyroid Awareness Month

Every time you look in the mirror, a key to your well-being is staring back at you: your thyroid gland. The thyroid gland is a small, butterfly-shaped gland located in the lower front of the neck, above the collarbones, and below the voice box (larynx).

Your thyroid gland makes hormones that help control the function of many of your body's organs, including your heart, brain, liver, kidneys, and skin. Making sure that your thyroid gland is healthy is important to your body's overall well-being.

Some patients who have an enlarged thyroid gland may also produce too much or too little thyroid hormone. Because many symptoms of thyroid imbalance may be hard to recognize and may be mistaken for symptoms caused by other conditions, the best way to know for sure about your thyroid health is to ask your doctor for a TSH (thyroid-stimulating hormone) test, a simple blood test that measures whether your thyroid gland is functioning normally.



If you have a family member with thyroid disease, are over the age of 35, or have any symptoms or risk factors associated with thyroid disease, you should talk to your doctor about getting a TSH test. It's not difficult to keep your thyroid in balance, but you need to know your numbers.

If you are diagnosed with thyroid disease, be sure to take your thyroid medicine every day, as instructed by your doctor, and refill your prescription on time so that you don't miss any doses. Your doctor may want to periodically run a TSH test to monitor your thyroid levels to ensure that you receive the optimal dose of thyroid medicine.

For more information on thyroid function, treatment or lab tests, you can visit one of the following helpful sites:

American Thyroid Association
www.thyroid.org

EndocrineWeb
www.endocrineweb.com

Lab Tests Online:
www.labtestsonline.org

Did You Know?

Foods that contain **thiamine**, a water-soluble B-complex vitamin, aid in thyroid production and improves thyroid function. Some foods that are rich in thiamine include black beans, peas, lentils, long grain brown rice, whole wheat bread, ready-to-eat cereals, Brazil nuts, milk, cooked eggs, oranges, pecans and spinach.

Blue Shield 24/7 Nurse Line: **(877) 304-0504**

How to take the Thyroid “Neck Check”

All you will need is:

- A. Glass of water
- B. Handheld mirror

1. Hold the mirror in your hand, focusing on the lower front area of your neck, above the collarbones, and below the voice box (larynx). Your thyroid gland is located in this area of your neck.
2. While focusing on this area in the mirror, tip your head back.
3. Take a drink of water and swallow.
4. As you swallow, look at your neck. Check for any bulges or protrusions in this area when you swallow.

Reminder: Don't confuse the Adam's apple with the thyroid gland. The thyroid gland is located further down on your neck, closer to the collarbone. You may want to repeat this process several times.

5. If you do see any bulges or protrusions in this area, see your physician. You may have an enlarged thyroid gland or a thyroid nodule and should be checked to determine whether cancer is present or if treatment for thyroid disease is needed.

Black Bean Croquettes with Fresh Salsa



Staples like canned black beans and frozen corn transform into spicy croquettes in mere minutes. Serve with warm corn tortillas, coleslaw and lime wedges.

Ingredients:

- 2 15-ounce cans black beans, rinsed
- 1 **teaspoon** ground cumin
- 1 **cup** frozen corn kernels, thawed
- 1/4 **cup** plus 1/3 cup plain dry breadcrumbs, divided
- 2 **cups** finely chopped tomatoes
- 2 scallions, sliced
- 1/4 **cup** chopped fresh cilantro
- 1 **teaspoon** chili powder, hot if desired, divided
- 1/4 **teaspoon** salt
- 1 **tablespoon** extra-virgin olive oil
- 1 avocado, diced

Nutrition Info Per Serving:

Calories	405
Fat	12 g
Cholesterol	0 mg
Carbohydrates	61 g
Added sugars	0 g
Protein	16 g
Fiber	16 g
Sodium	438 mg
Potassium	621 mg

Daily Value Nutrition Bonus:

Folate	81%
Vitamin C	35%
Iron	25%
Vitamin A	25%
Potassium	18%

Preparation:

Active Time: 25 minutes **Total Time:** 45 minutes

1. Preheat oven to 425°F. Coat a baking sheet with cooking spray.
2. Mash black beans and cumin with a fork in a large bowl until no whole beans remain. Stir in corn and 1/4 cup breadcrumbs. Combine tomatoes, scallions, cilantro, 1/2 teaspoon chili powder and salt in a medium bowl. Stir 1 cup of the tomato mixture into the black bean mixture.
3. Mix the remaining 1/3 cup breadcrumbs, oil and the remaining 1/2 teaspoon chili powder in a small bowl until the breadcrumbs are coated with oil. Divide the bean mixture into 8 scant 1/2-cup balls. Lightly press each bean ball into the breadcrumb mixture, turning to coat. Place on the prepared baking sheet.
4. Bake the croquettes until heated through and the breadcrumbs are golden brown, about 20 minutes. Stir avocado into the remaining tomato mixture. Serve the salsa with the croquettes.



Remember to get your free flu shot through the CVS/Caremark flu shot program!