

2017 Health Screening Locations

Thursday, 2/9/17	6:00 - 9:00 AM	Humboldt County Office of Education Resource Center Alder Room Contact for sign up: JPA Office (707) 445-7126
Tuesday, 2/14/17	6:00 - 10:00 AM	Del Norte District Office - Azalea Room - Crescent City Contact for sign up: Kristin Bergren (707) 464-0244
Thursday, 2/16/17	6:00 - 9:30 AM	Arcata High School - Fine Arts Building Contact for sign up: Tammy Pires (707) 839-6481
Tuesday, 2/28/17	7:00 - 9:00 AM	Ferndale High School - Library Contact for sign up: Denise Grinsell (707) 786-5900
Thursday, 3/2/17	6:00 - 9:30 AM	McKinleyville Middle School - Azalea Station Contact for sign up: Doreen Anello (707) 839-1549 ext. 1004
Tuesday, 3/9/17	6:00 - 8:30 AM	Happy Camp High School Contact for sign up: Crystal Herrin (530) 926-3006
Tuesday, 3/14/17	6:00 - 9:00 AM	Redwood Preparatory Academy Contact for sign up: Becky Scales (707) 682-6149
Thursday, 3/16/17	6:00 - 9:00 AM	Humboldt County Office of Education Resource Center Alder Room Contact for sign up: JPA Office (707) 445-7126
Tuesday, 3/21/17	6:45 - 10:00 AM	Hoopa High School - Nurse Room Contact for sign up: Ginger Reeves (530) 625-5600 #1, ext. 1005
Thursday, 3/23/17	7:30 - 9:00 AM	Mattole Elementary - District Office Contact for sign up: Lauren Gothe (707) 629-3311
Monday, 3/27/17	6:00 - 9:00 AM	Butte Valley High School - Library Contact for sign up: Amy Popp (530) 397-4000
Tuesday, 3/28/17	6:00 - 9:00 AM	Yreka Elementary School Jackson Street Elementary School - K1 Room Contact for sign up: Donna Tudor (530) 842-1168
Wednesday, 3/29/17	6:00 - 9:00 AM	Mt. Shasta High School Contact for sign up: Crystal Herrin (530) 926-3006 x.1102
Tuesday, 4/4/17	6:00 - 9:00 AM	Humboldt County Office of Education Resource Center Alder Room (TRC)



Wim & Wiger

A Health Newsletter Serving the North Coast Schools' Medical Insurance Group

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707-445-7126

Director's Note

Stacy Lane - JPA Director

It is hard to believe that yet another year has come to a close. From our office to yours, we wish you a very safe and prosperous 2017!

The first Health Screenings of 2017 start this month. Remember, you may attend a Health Screening at any location. This program is FREE for both you and your eligible spouse/partner. The major advantage of this program is that you will receive several thousand dollars worth of FREE blood tests. Personally, I discovered I have two autoimmune diseases from this screening. It is a very important screening as it tests for a multitude of ailments such as diabetes, cancer, thyroid disease, nutritional deficiencies, liver and kidney function and much more! If you would like a list of the tests covered by the screening, as well as those additional tests you may purchase for a nominal fee, please contact our office at 707-445-7126.

As noted in letters that were mailed to your home in December, as well as in last month's newsletter, there has been a change in the CVS/Caremark formulary. Please make sure

you read this letter carefully and call the CVS/Caremark Customer Service number listed on the letter and on the back of your CVS/Caremark ID card if you have any questions. If you still need assistance after talking to CVS/Caremark, please feel free to give us a call.



As you will see on the next page, January is both Cervical Health Awareness Month, as well as Thyroid Awareness month. I strongly urge you to sign up for our Health Screening program, as I mentioned above, as we offer a FREE TSH (thyroid stimulating hormone) test, which is often the first sign of a malfunctioning thyroid. Other tests, such as red and white blood counts, which often are indicative of a larger issue, are also offered as part of this screening.

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■ Blue Shield 24/7 Nurse Line: 1-877-304-0504 ■ Teladoc 24/7 Physicians: 1-800-835-2362

January is Cervical Health Awareness Month

Cervical cancer was once one of the most common causes of cancer death for American women. But over the last 30 years, the cervical cancer death rate has gone down by more than 50%. The main reason for this change was the increased use of screening tests. Screening can find changes in the cervix before cancer develops. It can also find cervical cancer early - in its most curable stage.

Another way to prevent cervical cancer is to get vaccinated against human papilloma virus (HPV), which causes most cases of cervical cancer. The American Cancer Society is actively fighting cervical cancer on many fronts.

They are helping people get tested for cervical cancer, helping them understand their diagnosis, and helping them get the treatments they need. The American Cancer Society also funds new research to help prevent, find, and treat cervical cancer.

The American Cancer Society recommends that women follow these guidelines to help find cervical cancer early. Following these guidelines can also find pre-cancers, which can be treated to keep cervical cancer from forming. You can find more information on their guidelines at: <http://www.cancer.org/cancer/cervicalcancer>

January is Thyroid Awareness Month

Thyroid cancer is the most common endocrine cancer. Thyroid cancer is a cancerous tumor or growth located within the thyroid gland. It is one of the few cancers that has increased in incidence rates over recent years. It occurs in all age groups from children through seniors. The American Cancer Society estimates that there will be about 64,300 new cases of thyroid cancer in the U.S. in 2016. Of these new cases, about 49,350 will occur in women and about 14,950 will occur in men. About 1,980 people (1,070 women and 910 men) will die of thyroid cancer in 2016.

Many patients, especially in the early stages of thyroid cancer, do not experience symptoms. However, as the cancer develops, symptoms can include a lump or nodule in the front of the neck, hoarseness or difficulty speaking, swollen

lymph nodes, difficulty swallowing or breathing and pain in the throat or neck.

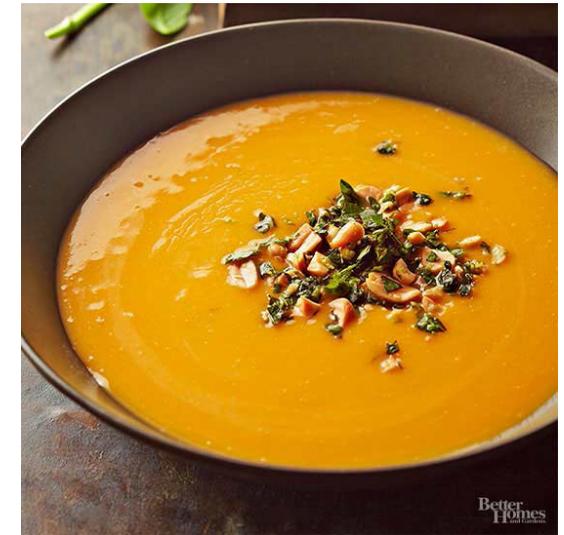
For more information on thyroid function, including other very common conditions such as hyperthyroidism or hypothyroidism, please visit the American Thyroid Association's website at: www.thyroid.org. Please keep in mind that as part of our annual Health Screening Program, we offer a FREE TSH (thyroid stimulating hormone) test that is generally the initial marker for a malfunctioning thyroid. The schedule on the back of this newsletter has the dates and locations where you can have the testing done. It is FREE for both you and your enrolled spouse or domestic partner. Thyroid disease is something that regularly occurs in both men AND women!

newswise.com

Butternut Squash Soup with Thai Gremolata

Ingredients:

- 2 pounds butternut squash, peeled and cut into 1-inch pieces
- 2 cups chicken broth
- 1 14 ounce can unsweetened coconut milk
- 1/4 cup finely chopped onion
- 1 tablespoon packed brown sugar
- 1 tablespoon fish sauce or soy sauce
- 1/2 - 1 teaspoon Asian chili sauce (Sriracha) sauce or crushed red pepper
- 2 tablespoons lime juice
- 1 recipe Thai Gremolata
- Lime wedges (optional)



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Directions:

- In a 3-1/2- or 4-quart slow cooker stir together squash, broth, coconut milk, onion, brown sugar, fish sauce, and Asian chili sauce.
- Cover and cook on low for 4 to 5 hours or on high for 2 to 2-1/2 hours. Use an immersion blender to carefully blend soup until completely smooth. (Or, transfer the mixture in batches to a food processor or blender; or use a potato masher to mash mixture nearly smooth.)
- Stir in lime juice. Ladle into bowls and top with Thai Gremolata. If desired, serve with lime wedges

2017 Health Screening Locations

Date	Time	Screening Location
Tuesday, 1/24/17	6:00 - 9:00 AM	Humboldt County Office of Education Resource Center Alder Room Contact for sign up: JPA Office (707) 445-7126
Thursday, 1/26/17	6:30 - 10:00 AM	College of the Redwoods - Student Services Building Contact for sign up: Tina Wahlund (707) 476-4142
Tuesday, 1/31/17	6:00 - 9:30 AM	McKinleyville Middle School - Azalea Station Contact for sign up: Doreen Anello (707) 839-1549x1004
Thursday, 2/2/17	6:00 - 10:00 AM	Southern Humboldt South Fork High School - Library Contact for sign up: Bambi Henderson (707) 943-1789
Tuesday, 2/7/17	6:00 - 9:30 AM	Fortuna Union High School - Foyer of Damon Gym Contact for sign up: Jennifer Wagner (707) 725-4461