

## ZU-CANOEES

Zucchini stuffed with tomatoes, mozzarella and basil make a fresh summer side dish. For the nicest presentation, use long, relatively skinny zucchini.



### NUTRITION INFORMATION

<b>Serving Size:</b>	1	<b>Sugars:</b>	4g
<b>Calories:</b>	87	<b>Fiber:</b>	2g
<b>Fat:</b>	4g	<b>Cholesterol:</b>	3mg
<b>Saturated Fat:</b>	1g	<b>Protein:</b>	7g
<b>Carbohydrates:</b>	7g	<b>Folate:</b>	39mcg

### Ingredients:

- ½ cup diced mozzarella cheese, preferably fresh
- ¼ cup thinly sliced fresh basil
- ½ teaspoon freshly ground pepper, divided
- ½ teaspoon salt, divided
- 1 tablespoon white-wine vinegar
- 1 tablespoon extra-virgin olive oil
- 1 cup quartered grape tomatoes
- 1 tablespoon minced shallot
- 2 medium 2-inch-wide zucchini

### Preparation:

1. Trim both ends off zucchini; cut in half lengthwise. Cut a thin slice off the backs so each half sits flat. Scoop out the pulp, leaving a ¼-inch shell. Finely chop the pulp; set aside.
2. Place zucchini halves in a microwave-safe dish. Sprinkle with ¼ teaspoon each salt and pepper. Cover and microwave on High until tender-crisp, 3 to 4 minutes. (Alternatively, steam in a steamer basket over 1 inch of boiling water in a large skillet or pot.)
3. Whisk oil, vinegar, shallot and the remaining ¼ teaspoon each salt and pepper in a medium bowl. Add tomatoes, cheese, basil and the reserved zucchini pulp; toss to combine. Divide the filling among the zu-canoes.

[www.eatingwell.com/recipe](http://www.eatingwell.com/recipe)



# 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

At their last meeting, the Board of the North Coast Schools' Medical Insurance Group voted to extend an additional time during the year when you may opt to change your Medical plan. Traditionally, you have only been able to select a plan at your initial enrollment and annually during Open Enrollment. Effective immediately, you may now change plans at the close of bargaining, or if not represented, after the date your district deems your agreement for the fiscal year to have been approved. Please note, this is a qualifying event for you to change your Medical plan only. It is not a time where you may add dependents you did not enroll during their initial or open enrollment timeframe or elect to enroll in benefits if you are part-time.

You will now have 30 days from your closing date to submit change forms to our office. Your district will notify you when this thirty day window opens and closes. The effective date of the change will be the first of the month following the opening of the window, not the first day of the month after we receive your application. Depending

on when you submit your paperwork to our office, your plan change effective date may be before the actual close of your thirty day window. Please check with your district to see how this new special plan change period may apply to your particular unit. We will continue to provide our standard Open Enrollment period each year in the month of May.

As a reminder, if you are traveling this summer and need to visit a doctor, remember you have 24/7 access to Teladoc! They can be reached at 1.800.835.2362. I love using Teladoc... it's quick, easy and cost effective! You can also sign up online at [www.teladoc.com](http://www.teladoc.com)... make sure you have your Blue Shield card and a credit card handy when you create your account. Did you know you can upload pictures to the doctor before your call? Feel free to give us a call at 707.445.7126 if you need assistance.

\*\* Reminder: Our summer office hours are Monday-Thursday, 7am – 5pm. We are closed on Friday \*\*

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## AGE WELL IN THE WORKPLACE

One in every 5 American workers is over 65, and by 2020, 1 in 4 American workers will be over 55, according to the U.S. Bureau of Labor Statistics. As the average lifespan increases, people will likely be working beyond the typical retirement age. This means it is critical to stay healthy throughout your life. If you are over the age of 50, consider being screened for the following life-threatening conditions:

- Colorectal cancer
- Diabetes
- High blood pressure
- High cholesterol
- Obesity

Likewise, if you are over the age of 60, consider being immunized annually for the flu, shingles and pneumonia. Prioritizing health now will allow you to live a longer, healthier life well into retirement.

### CRITICAL HEALTH CHECKS FOR WORKERS OVER 50



**GET SCREENED FOR:**  
- Breast cancer  
- Cervical cancer  
- Colorectal cancer  
- High cholesterol



**GET IMMUNIZED FOR:**  
- Influenza  
- Pneumonia



**YOU'RE AT RISK IF YOU:**  
- Smoke  
- Binge drink  
- Overeat  
- Have high blood pressure

## SUMMER HEALTH AND SAFETY TIPS

Summer is a great time to enjoy outdoor activities. Taking simple, commonsense precautions will ensure a fun-filled and safe summer. Here are a few reminders:

### FUN IN THE SUN

It only takes a few minutes to protect yourself from too much sun exposure to reduce your risk of sunburn and skin cancer. Apply sunscreen and lip balm with SPF of 30 or higher. Discard if the expiration date has passed. Limit midday sun exposure from 10:00 AM to 4:00 PM when the sun is its strongest. Wear loose fitting, light colored clothing and a hat with a brim, and always wear sunglasses with a high UV rating (100 is the best).

### THE GREAT OUTDOORS

Gardening, camping, hiking and many other outdoor activities are great ways to enjoy exercise and nature. However, it does have its pit-falls. Poisonous plants, such as Poison Ivy, Oak or Sumac, as well as ticks and other parasites, can put a damper on your outdoor adventures. Learn to identify them so you can avoid them. You can decrease your risk by using protective clothing, such as a long pants, long-sleeved shirt and vinyl gloves, as well as barrier lotions/creams.

### ABOUT POISON IVY, OAK AND SUMAC

The skin rash caused by these plants is not contagious and is usually treated effectively at home. Wash the area with water immediately after contact. Relieve itching and other rash symptoms by using wet compresses or taking cool baths.

Over-the-counter oral antihistamines, hydrocortisone creams or anti-itch lotions/creams may help relieve symptoms. See your health care provider if the rash persists, covers most of the body, or gets worse with swelling and/or widespread, large, fluid-like blisters.

### ABOUT TICKS

Although most ticks do not carry diseases (like Lyme Disease) or cause serious health problems, it is important to remove the tick quickly to prevent infection and avoid possible exposure to disease. Do not handle the tick with your bare hands. To remove the tick:

1. Use a fine-tipped pair of tweezers (or hands covered with gloves or tissue paper).
2. Grab the tick's mouth (the part attached) as close to the skin as possible, and pull straight out until its mouth lets go of the skin. (Do not pull the tick from its body or use a twisting motion.)
3. Put the tick in a jar filled with rubbing alcohol in case later identification is needed.
4. Thoroughly wash the site of the bite with soap and water.
5. Notify your health care provider if a rash or signs of illness develop (i.e. fever, nausea, etc).

<http://blogs.ext.vt.edu/eatsmart-movemore>

## ALLERGY ALLEVIATION

Allergies are an annual nuisance for many people. To reduce your allergies, be sure to take the following steps:

- Wash your bedding every week in hot water to help keep pollen under control.
- Wash your hair before going to bed, since pollen can accumulate in your hair.
- Wear an inexpensive painter's mask and gloves when cleaning, vacuuming or painting to limit dust and chemical inhalation and skin exposure.
- Vacuum twice a week.
- Limit the number of throw rugs in your home to reduce dust and mold.
- Make sure the rugs you have are washable.
- Change air conditioning and heating air filters often.