

Chocolate Cake with Chocolate-Orange Sauce

Have your cake and eat it, too: Swapping in applesauce for butter and using nonfat cream cheese saves you 215 calories and 19 grams of fat per slice of this rich-tasting chocolate cake.

Ingredients:

- butter
- 1^{3/4} c. all-purpose flour
- 1^{2/3} c. granulated sugar
- 1 c. unsweetened cocoa
- 2 tsp. unsweetened cocoa
- 2 1/2 tsp. baking soda
- 1/2 tsp. salt
- 3 large egg whites
- 1 c. low-fat buttermilk
- 2/3 c. Applesauce
- 2 tbsp. canola oil
- 4 oz. nonfat cream cheese
- 1 1/4 c. confectioners' sugar
- 1/2 c. orange juice
- 2 tbsp. orange juice
- 2 tsp. orange liqueur (optional)



TOTAL TIME: 1:20
PREP: 0:20
LEVEL: Moderate
SERVES: 12

<http://www.countryliving.com/food-drinks/g917/chocolate-cake-recipes-0210/>

Directions:

1. Preheat oven to 350 degrees F. Butter a nonstick 9-inch cake pan. Cut and butter a circle of parchment to fit into bottom of pan. Set pan aside.
2. In a large bowl, sift flour, sugar, 1/2 cup cocoa, baking soda, and salt; set aside. In a medium bowl, beat egg whites until glossy and soft peaks form. Using a rubber spatula, stir buttermilk, applesauce, and oil into flour mixture until combined and batter is smooth. Fold egg whites into batter and transfer to prepared pan.
3. Bake cake, with rack set in the middle, until a toothpick inserted into center tests clean, 40 to 45 minutes. Transfer pan to a wire rack and let cool for 20 minutes. Invert cake and let cool completely.
4. Meanwhile, in a medium bowl, beat together cream cheese, confectioners' sugar, and 1/2 cup cocoa. In a medium pot over medium-high heat, bring juice to a boil and cook until reduced by half, 2 to 3 minutes. Add juice to cocoa mixture and stir until combined and the consistency of molasses. Pass sauce through a fine strainer for a smooth and silky consistency. Stir in orange liqueur, if desired. Sift remaining 2 teaspoons cocoa over cake. Slice cake, spoon sauce over each slice, and serve.



Wim & Wiger

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Director's Note

Stacy Lane - JPA Director

As I mentioned to you in our April newsletter, the NCSMIG Board of Directors took action in March to move the annual Open Enrollment period from November to May. Open Enrollment is that time during the year where you may change your Medical plan, enroll in the benefits program or add eligible dependents you failed to add during their initial enrollment period. Your district has copies of the plan descriptions, rates and the enrollment form, if you would like to make a change to your plan or add an eligible dependent. Your new plan or dependent coverage will become effective on July 1, 2017, which will coincide with the date of the annual rate change. Now you will be able to know a full twelve months of premium before selecting which plan works best for your family.

The timeframe during which you may make changes to your plan is May 1st – May 31st. All change requests must be in the JPA office no later than 5pm on Wednesday, May 31st. Any requests received after that date will not be accepted. No exceptions will be made for forms received after this date. As with all changes to your account, you must first submit your completed form to your district office. After it has been verified for completion, your district will forward it to the JPA. Please take your

district's time for processing into consideration so you don't miss the deadline. Also, please make sure your application is complete, including social security numbers and/or any required paperwork, such as certified copies of marriage, adoption or birth certificates. Certified copies are those that are stamped and signed by a county or court official. "Keepsake" copies, typically received from the hospital or marriage officiant, are not official legal documents and will not be accepted.

Since the Open Enrollment period has been permanently moved to May, there will not be another opportunity to make plan changes until May 2018. However, there are circumstances that may be listed as qualifying events, which would allow you to change plans beforehand. Please check with your district benefits contact if you would like more information on the special qualifying events. Since the selection of a plan is personalized, and varies greatly from person to person, please feel free to give our office a call (707.445.7126) and we can assist you in understanding which plan may work best for you. If you would like me to visit your school to discuss the plans, I would be more than happy to do so. If you have any questions, please give us a call, Monday-Friday, 8am – 5pm.

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MAY IS NATIONAL BIKE MONTH

National Bike to Work Week 2017 will be held on May 15-19. Bike to Work Day is May 19!

May is National Bike Month, sponsored by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling — and encourage more folks to giving biking a try.

National Bike Month is so much more than 31 days in May.

It's a celebration of bikes; a reminder to get rolling again; a gateway to riding more often; a time to evangelize the beauty of bikes; and much, much more. Since 1956, May has been recognized as National Bike Month, and the League has sponsored this celebration of bicycling for decades. National Bike to Work Week and Bike to Work Day are often cited as the month's flagship events, occurring the third week and third Friday of May, respectively. Indeed, bike commuting has grown by 62% from 2000 to 2013 — but Bike Month is about so much more than just getting to and from the office.

The momentum is building: With growing cultural awareness around health and wellness, sustainability and economic savings, bicycling is being seen by new and broader audiences as a simple solution to many complex problems, from reducing obesity rates to increasing mobility options.

Bicycle Commuter Benefit:

The Bicycle Commuter Act provides a tax-benefited reimbursement for the expenses of bicycle commuting. Any employer, if they chose to do so, may provide a reimbursement of up to \$20 per month for reasonable expenses incurred by the employee in conjunction with their commute to work by bike. The reimbursement is a fringe benefit paid by the employer the employee does not get taxed on the amount of the reimbursement. Be aware, though, that the bicycle commuter benefit is more restrictive than other qualified transportation fringe benefits in several ways:

- An employee cannot choose to reimburse themselves with pre-tax income, the reimbursement must be paid by the employer; and
- An employee cannot receive both the transit and bicycle fringe benefits in the same month.

<http://bikeleague.org/>

MAY IS NATIONAL PHYSICAL FITNESS & SPORTS MONTH

Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active.

Here are just a few benefits of physical activity:

- **Children and adolescents** – Physical activity can improve muscular fitness, bone health, and heart health.
- **Adults** – Physical activity can lower the risk of heart disease, type 2 diabetes, and some types of cancer.
- **Older adults** – Physical activity can lower the risk of falls and improve cognitive functioning (like learning and judgment skills).

How can National Physical Fitness and Sports Month make a difference?

We can use this month to raise awareness about the benefits of physical activity — and spread the word about fun ways to get moving!

Here are just a few ideas:

- Encourage families to make small changes, like taking a walk after dinner or going for a bike ride.
- Motivate teachers and administrators to make physical activity a part of every student's day.

- Identify youth leaders in the community who can talk to their peers about the importance of being active.

Aim for 2 hours and 30 minutes a week of moderate aerobic activities.

- If you were not exercising before, start slowly. Begin with 10 minutes of aerobic activity and gradually build up to doing 30 minutes at a time.
- Aim for 30 minutes of aerobic activity on most days of the week.
- Choose aerobic activities — activities that make your heart beat faster — like walking fast, dancing, swimming, or raking leaves.
- Tell your doctor if you have shortness of breath, chest pain, or unplanned weight loss.

Do strengthening activities 2 days a week.

- Try using exercise bands or lifting hand weights. You can also use bottles of water or cans of food as weights.

<https://healthfinder.gov>
