



the CommonHealth Compass



Mexican Turkey Tortas

Prep Time: 12 Minutes

Ready In: 12 Minutes

Servings: 4

Ingredients

1 tablespoon canola oil

Bean and Corn Relish:

½ cup cooked black beans, no salt added

¼ cup frozen whole kernel corn, thawed

1 tablespoon chopped cilantro

1 tablespoon chopped red onion

4 teaspoons cider vinegar

2 teaspoons honey

hot pepper sauce to taste

⅓ teaspoon ground cumin

⅓ cup Reduced Fat Mexican Style

Shredded Cheese

Sandwiches

4 bolillo rolls or baguettes

4 tablespoons prepared guacamole

12 slices ultra thin, lower sodium, oven roasted turkey

1 cup shredded lettuce

Preparation

Combine beans, corn, cilantro, onion, vinegar, honey, hot pepper sauce and cumin; add cheese. Set aside.

Cut rolls in half horizontally, remove soft center, leaving a ¼-inch shell. Spread 1 tablespoon guacamole inside each hollowed roll. Top each with 3 slices turkey, ¼ cup black bean mixture, and ¼ cup shredded lettuce; top with remaining roll tops.

Nutritional Information

Calories 330; Fiber 5g; Calories From Fat 64; Sugars 5g; Total Fat 7g; Protein 14g; Saturated Fat 1g; Carbohydrates 49g; Cholesterol 22mg; Potassium; Sodium 708mg; Weight Watchers® PointsPlus™ value: 8 per serving/sandwich

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Include a Safe Home in Your Spring Cleaning

For most of us, spring is a time of cleaning the house, pulling out summer clothes, and working on some house projects.

When was the last time you included these items on your “spring cleaning” to-do list?

- Change batteries in smoke alarms
- Check your fire extinguishers
- Locate the fire extinguisher at your office
- Create a “Disaster Supply Kit”
- Check pantry, fridge and freezer for foods that need to be purged.



If you need resources to help with these and other items to keep your home safe, then Home Safe Home can help.

- Attend this program at your agency
- Read the CommonHealth weekly emails.
- Visit www.CommonHealth.virginia.gov for helpful handouts and links
- Contact us at wellness@dhrm.virginia.gov for additional information.

Here is a part of a story shared by a state employee after she attended an at-work Home Safe Home program.

“Have been wanting to tell you all and our lovely CommonHealth lady about how it is beneficial and important to have Sharon & her program. One of her last visits with us she discussed home safety in which she mentioned smoke detectors etc & Radon tests for your home and how this part of VA - particularly west of here (like where I live) is high in Radon. So I got a Radon test and did it a couple wks ago at my current house. The local Health Dept told my dad that the highest rating they’ve heard of in this area is a “13” - mine was 12.5!

p.s. - because it was a damp/raining week when I did the first test, it’s recommended that I do another when we dry out some this Spring. When I think of all the sleepovers downstairs in (the) “man-cave” and all the PlayStation/Nintendo playing etc that has happened down there - and my treadmill is down there too & (the) weight room etc...”

Home Safe Home has helped many employees be safe and secure where their heart is - at home!



Governor's Weight Loss Challenge Results



Congratulations on a great Governor's Weight Loss Challenge! Employees who took part lost more than 14,000 pounds and some teams had such success that they are continuing the effort. Additional results are posted at www.commonhealth.virginia.gov.

So far, CommonHealth has received emails, phone calls, and pictures of teams exercising, laughing and posing. Keep them coming to wellness@dhrm.virginia.gov or to the website by clicking the *Share Your Story* link.



Join CommonHealth for a walk in a state park!

June 18, 2011 at 10 am

(Rain or Shine!)

All state employees and their family members may join.

Participate at any of the following state parks:

Claytor Lake

Pocahontas

Douthat

Sky Meadows

First Landing

Hungry Mother

All participants receive:

1. A free pass for a future visit
2. A discount coupon for the gift shop
3. A coupon for free swimming
4. An entry into a drawing for a free cabin rental*



Visit www.commonhealth.virginia.gov for details

* The free passes, coupons, and drawing entries will be given only to first hundred state employees at each location.

How Much is That Cigarette Costing You?

Let's face it. Smoking costs money. While the financial aspects shouldn't be the only reason to consider quitting, you may not be aware of how much smoking actually affects your life.

- **Health Care:** Statistics show that smokers have more medical problems and die at an earlier age than nonsmokers, leading to higher health and life insurance costs. Tobacco users go to the doctor more often, and typically use more medications than the average nonsmoker. Tobacco use plays a role in many diseases that may lead to disability and/or death. Lung cancer, heart disease, emphysema, leukemia, chronic bronchitis, asthma, cervical cancer, kidney cancer and stomach cancer are just a few.
- **Beauty/Hygiene:** Smokers pay more to combat bad breath, yellow teeth, smelly clothes and hair, yellow nails, and wrinkles. Whitening toothpaste, visits to the dentist, perfume, dry cleaning bills, and breath fresheners all add up.
- **Home/Auto:** The scent of stale smoke tends to linger and smokers pay more to keep their homes and cars clean. The value of an otherwise pleasant care or home decreases due to unpleasant odors. Statistics show that smokers get into more car accidents and cause more house fires than nonsmokers. The result? Smokers pay auto and home insurance rates that are often hundreds of dollars a year higher than nonsmokers.
- **Social Stigma:** Smoking is no longer a socially acceptable activity. Bans continue to increase in locations like restaurants, bars, airports, hotels, ballparks, and in the workplace. More states are banning cigarette use.

There are many reasons to quit smoking; the financial cost is just one. It's time to weigh the cost of engaging in the number one cause of preventable death.

You can quit smoking and we will show you how. The Quit For Life® Program is a proven method for quitting tobacco. CommonHealth provides the program at zero cost to you and your eligible dependents. When you are ready, call 1-866-QUIT-4-LIFE (1-866-784-8454) or visit www.quitnow.net/commonhealth. A Quit Coach® will help you create a Quitting Plan that fits your lifestyle. Nicotine replacement therapies are covered if they are part of your plan. We are here to help!

Health and Wellness at Your Fingertips

Where can you see a program on Home Safety, read all about relieving stress, and get information about quitting smoking or having a baby all in one place? The CommonHealth Web site! Stop by today at www.commonhealth.virginia.gov to view videos of our current and past programs as well as to get the handouts and coupon sheets.

Need details on the reimbursement and discount program for Weight Watchers or want to find a fitness center nearby that offers discounts to state employees? You can access both there too.

Additionally, our website links you to your Regional Coordinator as well as various other resources and sites regarding family health and wellness. Searching for a recipe or weekly email we've sent previously? Find it at www.commonhealth.virginia.gov! Make the site your home or at least your "go to" source for health and wellness-related information.





Are Springtime Allergies Getting You Down?

It's springtime, and along with the warmer weather and beautiful garden landscapes come allergy symptoms for many. Taking over-the-counter or prescription medication may be an easy solution, but it often comes with side effects—drowsiness (or sometimes just the opposite) and extreme dryness. Wouldn't it be nice to rid yourself of the symptoms and the side effects? Here are five easy, safe, and natural ways to cut down on hay fever.

1. Change your clothes (and shower too) after coming in from outside. Clothes and hair trap pollen and allergens, so keep them both fresh and clean! A shower before bed removes the allergens from your hair and skin and also keeps the sheets free from the pollen, dander, and mold spores that may cause that middle of the night allergy attack.
2. Increase your consumption of anti-inflammatory foods. Eating flaxseed, walnuts, salmon, and other foods high in omega-3 fatty acids can help reduce inflammation in your nasal passages. It may help you say goodbye to the sinus pressure that causes headaches.
3. Eat fewer mucus-causing foods. Dairy products, fried and processed foods, wheat, eggs, and chocolate can increase inflammation and strain the immune system making allergy symptoms seem worse.
4. Use a neti pot to help wash out allergens and pollen from your nostrils.
5. Use a little dab of petroleum jelly just inside your nostrils to trap any irritants before they enter your nasal passages.

Put a little spring in your step during this allergy season by heading off issues before they start. Try these tips before reaching for your current remedy, and you may be surprised at how well you do without it.

An Old Remedy for Allergy and Cold Relief Makes a Comeback

Do you suffer with sinus headaches, allergies, pressure? Perhaps nasal irrigation may be the solution, and the neti pot is one of the most popular methods. According to WebMD, research has backed up claims that nasal irrigation alleviates congestion, facial pain and pressure, and reduces the need for antibiotics and nasal sprays. Nasal irrigation is done with a neti pot.



Using a saline solution of 1-teaspoon non-iodized salt to 16 ounces of lukewarm water, the neti pot thins and flushes out the mucus from the nasal passages.

How do I use a neti pot? There are no fancy buttons or anything automatic, but you may still stare at it and wonder, "What do I do?" After filling the pot with the saline solution, tilt your head at a 45-degree angle, place the spout into the upper nostril, and pour. The solution will flush out the nasal passage and flow out the other nostril. Breathe through your mouth as you pour to help close the back of your throat. Do the procedure over a sink or in the shower three times a week or even daily to find relief.

While this may not seem to be the most attractive procedure, many find that it is more comfortable than one would think and often highly effective! Neti pots are inexpensive (\$20 or less typically) and can be found at health food stores and pharmacies.



Visit CommonHealth Online!

www.commonhealth.virginia.gov

If you have any questions, comments or concerns, please e-mail us at wellness@dhrm.virginia.gov



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