



CommonHealth
IMPORTANT
NUMBERS

Know someone who wants to quit smoking, dipping, or chewing tobacco? Is having a baby? Is stressed over family and job demands?

Here are resources that can help:

Healthy Lifestyles
Quit Tobacco
Diet/Nutrition

Healthy Beginnings
Pregnancy

866-938-0349

Employee Assistance:
www.dhrm.virginia.gov
Employee Programs
Anthem: 800-346-5484
855-223-9277
Aetna: 888-238-6232
Kaiser: 866-517-7042

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Inside CommonHealth

VOLUME 8 ISSUE 1, AUGUST 2013



Getting Your ZZZs... CommonHealth's Guide to Healthy Sleep

CommonHealth's new sleep education program, *Getting Your ZZZs... CommonHealth's Guide to Healthy Sleep* begins September 1st. The program will take a closer look at what may be interfering with your "sweet dreams" and increasing your risk of heart disease. We will address why sleep is needed, what sleep does for our bodies, how sleep keeps our hearts healthy, good sleep hygiene, and planning ahead for your best night's sleep.

Whether it is a sleep disorder, our nonstop 24/7 culture, work schedule, or stressful situations, not getting enough sleep negatively affects our heart and all aspects of our lives. Finding ways that you can improve your sleep will put you on a path toward restful nights and productive, healthy days and CommonHealth can show you how. Schedule a program with your Regional Coordinator today.

Check Out CommonHealth in Social Media



CommonHealth has expanded its library of videos to include all topics covered in the last 5 years on our new [YouTube](#) channel. You can view any video from any past program anywhere that you can access the web. Videos on healthy eating, safe driving, good dental care, and much more are all in one easy location on the web. Visit the page today and see what you can share to help your co-workers, friends, and family live healthier and happier lives.

Also, "like us" on [Facebook](#) where you can get a dose of the great health information that CommonHealth has to offer while you keep up with your friends and family online. We have made it easy for you to stay engaged in your wellness journey and spread the word to others about healthy living, all with just a few clicks. Get in on the fun and "like us" today!



Inside CommonHealth

Marshall AHQT's CommonHealth Garden

A proper diet is important to help workers meet the physical demands of many jobs at VDOT and many other agencies. Last winter eating healthier was discussed as a safety topic at Marshall's AHQT. During the meeting, Tom Boisvert, an employee, mentioned that everyone should eat more vegetables. Later that day Tom asked to plant a small garden behind the AHQT's. Now if a crew member wanted a salad, they have everything there to fix one. In his spare time, Tom takes home and cans any leftovers. The garden was planted, tended, and watered during lunch breaks. The CommonHealth Garden at Marshall AHQT is a success and has been actively producing! Way to go Tom and the crew at VDOT Marshall! You are an inspiration!



Small Steps=Big Rewards



Congratulations to our many agencies that walk away their calories and reduce stress. **DJJ Juvenile & Domestic Relations Court – Richmond** walks downtown Richmond every Wednesday at noon. Some days it is a big group, other days just a few employees gather and walk. Kim Russo, Acting Deputy Director knows the benefits of exercise and encourages them to get moving. Keep up the great work!



Another New Addition to CommonHealth

Susan Perry, Regional Coordinator for the Roanoke Valley, and her family welcomed a son, Dylan Matthew, on June 10, 2013. He weighed in at 7 pounds and 14 ounces.

VDOT Bowls It Over!

On July 19th, VDOT Central Office and CommonHealth hosted a Wii Bowling event. Approximately 55 employees dropped by on their lunch hour to play a quick game of virtual bowling using the Wii. They burned calories, laughed, and had fun! Using two TV's and two Wii systems allowed for multiple players on each system, as well as a little friendly competition. Participants enjoyed healthy snacks, CommonHealth giveaways, and a fun/energetic break from the work day. If you would like to try something similar at your location, CommonHealth can help by offering a learning station, so participants can get health information and a prize. Congratulations to Deborah Gardner and Nancy Berryman for thinking outside the box and getting the staff moving.



Program Notes

The *Think FAST about Stroke* program wraps up on August 31, 2013. This great program provided information on how to minimize your risk for a stroke as well as how identify symptoms and respond when a stroke happens—it even helped save at least one life! The **Getting Your ZZZ's** program begins on September 1, a program designed to raise awareness of the importance of sleep as well as provide some great tips to help with many of the sleep issues commonly reported.

Sincerely,
The CommonHealth Team

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