



the

CommonHealth Compass



White Bean and Turkey Chili

Yield: 8 servings (serving size: about 1 cup)

Ingredients

1 tablespoon canola oil
2 cups diced yellow onion (about 2 medium)
1½ tablespoons chili powder
1 tablespoon minced garlic
1½ teaspoon ground cumin
1 teaspoon dried oregano
3 (15.8-ounce) cans Great Northern beans, rinsed and drained
4 cups fat-free, less-sodium chicken broth
3 cups chopped cooked turkey
½ cup diced seeded plum tomato (about 1)
⅓ cup chopped fresh cilantro
2 tablespoons fresh lime juice
½ teaspoon salt
½ teaspoon freshly ground black pepper
8 lime wedges (optional)

Preparation

Heat oil in a large Dutch oven over medium-high heat. Add onion; sauté 10 minutes or until tender and golden. Add chili powder, garlic, and cumin; sauté for 2 minutes. Add oregano and beans; cook for 30 seconds. Add broth; bring to a simmer. Cook 20 minutes.

Place 2 cups of bean mixture in a blender or food processor, and process until smooth. Return pureed mixture to pan. Add turkey, and cook 5 minutes or until thoroughly heated. Remove from heat. Add diced tomato, chopped cilantro, lime juice, salt, and pepper, stirring well. Garnish with lime wedges, if desired.

Nutritional Information

Calories: 286 (19% from fat) • Fiber: 5.5g
Fat: 6g (sat 1.2g, mono 2.1g, poly 1.6g)
Protein: 32.4g • Carbohydrate: 24.3g
Cholesterol: 85mg • Iron: 4.8mg
Sodium: 435mg • Calcium: 105mg

Jennifer Martinkus, *Cooking Light*, Nov. 2006

Quit For Life™ Proves “You Can in 2011!”

The new year is here. Instead of making a New Year's *resolution* to quit, make a New You *evolution* to being a non-smoker! CommonHealth offers the *Quit For Life* tobacco cessation program at zero cost to you.

The 4 Essential Practices

Quit For Life teaches you how to become an expert in living without tobacco. Based on research, there are four essential practices that lead to success. These practices, along with support from a Quit Coach and nicotine replacement therapies (NRT) when needed, are a winning combination.

- 1. Quit at Your Own Pace.** Quit on your terms, but get the help you need, when you need it.
- 2. Conquer Your Urges to Smoke.** Gain the skills you need to control cravings, urges and situations involving tobacco.
- 3. Use Medications So They Really Work.** Learn how to supercharge your quit attempt with the proper use of nicotine substitutes or medications.
- 4. Don't Just Quit, Become a Non-Smoker.** Once you've stopped using tobacco, learn never again to have that “first” cigarette.

Non-smokers exposed to secondhand smoke increase their heart disease risk by 25-30%, and their lung cancer risk by 20-30%.

How It Works

First, decide to get help to stop smoking or other tobacco use. Then, enroll in the *Quit For Life* program, and good things start to happen.

- **Quit Coach** – A Quit Coach will call you to talk about support. You'll be able to set up a call schedule that works for you, and you can call for extra support at any time.
- **Personal Quit Plan** – Your coach will talk about what has and has not worked for you in the past, and help you create a personal Quit Plan that includes techniques that are right for you.
- **Quitting Treatments** – Your Quit Coach will help you decide whether nicotine replacement treatment (NRT) such as nicotine patches, gum or bupropion is right for you.
- **Quit Guides** – Full of helpful tips and information, these guides provide an extra boost to keep you on track. They'll be sent to you when you begin working with your Quit Coach.

Continued on page 3

The Central Virginia Regional Jail Family

The Central Virginia Regional Jail is located south of the Town of Orange and serves Fluvanna, Green, Louisa, Madison and Orange Counties. The hard working men and women of Central Virginia Regional Jail strive to meet the needs of the citizens while effectively meeting their committed responsibilities. Each member of the department is appointed through a rigorous selection process to insure that only the finest and best trained officers are given the opportunity to serve our citizens. The dedication that these individuals show to their community does not end at their job duties.



This group of people makes a huge positive impact on those in their local area through the many community service and philanthropy projects that they take on to make the world a better place.

The staff at CVRJ holds a blood drive every other month. This is headed up by their administrative staff and lead Diana Gilmore makes it a fun themed event each time with door prizes and goodies in the lounge. The employees also support their local 40+ bed homeless shelter, Sheltering Arms, with bake sales and food donations. Many of the staff participate in home repair trips to far Southwest Virginia to make a difference in the community of Jonesville, VA too. In addition to helping those in Virginia, the staff reached out across the globe to bring the comforts of home to those serving in Iraq. They collected DVDs for a video collection to be sent to Army soldiers as well as a cookie bake of over 70 dozen cookies. All of the recipes were from CVRJ employees and they are gearing up for another cookie bake. "It's a family," says employee Diane Kitchen.

The Central Virginia Regional Jail has been a member of TLC for close to a decade now with Agency Coordinator Cindy Oakes as their CommonHealth TLC coordinator for the last eight years. She keeps a bulletin board stocked with the latest CommonHealth emails, health tips, Quit for Life information and CommonHealth happenings. The items change every week to help keep her co-workers interest in their health strong in the place it counts the most...the lunchroom. She loves heading up CommonHealth as "you always learn something new...every time." This past quarter, the group did the Something To Smile About program and when Cindy mentioned this to her dentist at her last check up, he thought it was such a great program that he contributed extra supplies to the participants. The program included bonus materials on gum disease, full sized toothbrushes, and floss in a handy travel kit. The staff enjoyed the program as it was "something totally different" and "opened my eyes to the impact our dental health has on the rest of our body" as one participant summed up. The TLC Regional Coordinator, Kristina Fischbach enjoyed giving this group, who gives so much back to everyone else, her time and attention to make their days a little healthier.



Administrative Staff (l to r): Diana Gilmore, Cindy Oakes (TLC Agency Coordinator), and Zee Jones. Not pictured: Michelle Eutsler

Kudos to Future Moms!

Having my first child was such a rewarding experience for me. I had a healthy pregnancy and an easy delivery thanks to great prenatal care from my midwives and the Future Moms program. It was so comforting to know that answers to my many questions and concerns could be resolved with just a call to one of the knowledgeable nurses at the Future Moms line – day or night. Even little questions, like some new product a friend mentioned or checking the validity of old wives tales could be addressed in my calls with the nurses. The materials that they sent were perfect for reviewing information about my pregnancy with my husband (who had almost as many questions as I did!). Now that my baby has arrived, Future Moms continues to be helpful with access to information about breastfeeding and support for my postpartum health. They even sent me an emergency contact wipe board for the refrigerator so that the babysitter will have all of the information she needs to take good care of our bundle of joy. This program is so comprehensive and is a wonderful way to access solid information and support for anyone who is expecting.



*Maeja Grayce Fischbach,
Born 10.24.10
Weight 8 pounds 3 ounces,
Length 19.5 inches*

Quit For Life™ Proves “You Can in 2011!”

Continued from page 1

Why Quit?

- Your family is counting on you to be healthy.
- You want to feel better.
- You want to save the money you spend on tobacco for something more positive.
- You want to stop craving something you know is bad for you.
- You want to protect non-smokers from the dangers of secondhand smoke.

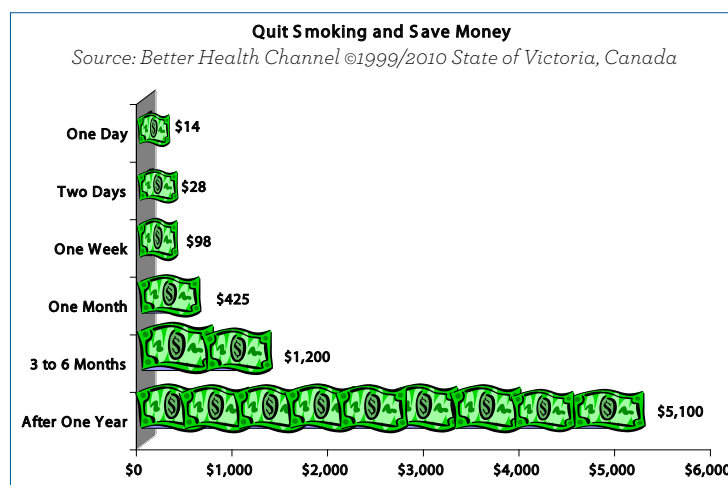
Quitting is harder than anyone who doesn't use tobacco can imagine. *Quit for Life* will help you break through the barriers that have kept you from success in the past.

Just think: the health benefits of not smoking start just minutes after you quit.

If your last cigarette was:	Some positive changes you can expect:
20 minutes ago	Heart rate drops to normal
12 hours ago	Carbon monoxide level in your bloodstream drops to normal
2 weeks to 3 months ago	Heart attack risk begins to drop and lung function begins to improve
1 to 9 months ago	Coughing and shortness of breath decrease
1 year ago	Added risk of coronary heart disease is half that of a smoker's
5 to 15 years ago	Stroke risk is reduced to that of a non-smoker's
10 years ago	Lung cancer death rate is about half that of a smoker's; risk of cancers of the mouth, throat, esophagus, bladder, kidney and pancreas decreases
15 years ago	Risk of coronary heart disease is back to that of a non-smoker's

Source: Centers for Disease Control and Prevention

Not to mention the money you can save up for magazines, the movies or even to take your family on a trip.



Ready, set, go! To join *Quit For Life*, go to www.commonhealth.virginia.gov/tlc and select the *Quit for Life* program to learn more and enroll online. Or call 1-866-784-8454.

“Joining this program was the only thing I did differently this time and it worked. Just knowing you were standing by me made all the difference.”

– *Quit For Life member*

Fire Safety for Your Family:

Courtesy of the Virginia Department of Fire Programs

Many groups, including some safety organizations, offer adhesive “child locator” window decals to be placed on the window panes of rooms where children sleep. The decals are supposed to help firefighters find children in a fire. However, the Virginia Department of Fire Programs does not recommend them. Firefighters are trained in the best way to find and rescue people. They will know what to do. Putting a sign on your child’s window may show a burglar a good place to enter your home. Old decals could potentially lead a firefighter on a dangerous, yet needless search for a child who isn’t there. Many fire departments do not recognize the decals as legitimate markers because they often remain affixed to windows long after a child has outgrown the room or families with children have moved away.

Rather than using decals, make a fire escape plan and practice it. This includes everyone in the home knowing what to do when they hear the sound of the smoke alarm. In its simplest form, this means escaping the home as quickly as possible and going straight to your pre-arranged meeting place. You can help firefighters by getting to your meeting place on your own. Call 9-1-1 or the emergency number for the fire department once you get outside and wait outside for them to arrive. Take a headcount to check and see if everyone has escaped the home. If someone is trapped inside, do not try to save them yourself. Alert the fire department when they arrive that someone is inside. The firefighters have the training and equipment to locate and rescue someone.

The keys to surviving a fire that every home needs are simple, but they do require forethought. If a fire occurs, you and your family members have to react immediately. Taking the following steps will help you be prepared:

- Make sure you have working smoke alarms on every level of your home and protecting every bedroom.
- Create a carefully developed fire escape plan that every member of the family is familiar with.
- Conduct regular family fire drills, so everyone can practice getting out.
- If you build or remodel your home, consider installing a home sprinkler system. Combined with smoke alarms, it is the best fire protection your family can have.

Download a Home Fire Escape Plan at <http://www.nfpa.org/assets/files/FPW09/FPW09EscapeGrid.pdf>.

Expectant Moms Take Note!

Your health plan includes a free maternity management program to help you or your covered family members have a healthy pregnancy and a healthy baby! Sign up within the first trimester. Some plans may waive the inpatient hospital copayment if you meet program requirements. For more information, visit www.commonhealth.virginia.gov/tlc.



Need Healthy Tips? Go to CommonHealth Online!

www.commonhealth.virginia.gov/tlc

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



101 N. 14th Street
Richmond, VA 23219