



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



Most of us would agree that there is no place quite like home. Home is where we retreat after a long day at work to relax, unwind, replenish our bodies nutritionally, and get some much needed sleep. But, are we sure that our homes are as safe as possible?

When you leave home for more than just a day at work, do you have a to-do list to make your home safe? If a fire were to break out in your house tonight, are you confident that you would know how to get out and where to meet family members? When was the last time you emptied your pantry and refrigerator to make sure all your food is safe to eat?

CommonHealth's **Home Safe Home** program looks at vital areas of home safety, including:

- Fire Prevention
- Home Maintenance and Fall Prevention
- Food Safety
- Disaster Preparation
- Keeping your home safe while you are away

By following the tips and suggestions learned in the program, you can help assure that your home sweet home is a safe one, too!!

Participants will receive a first aid kit, while supplies last!

Contact your Agency Coordinator to find out when **Home Safe Home** is scheduled at your location. Visit www.commonhealth.virginia.gov for program information and resources, or email wellness@dhrm.virginia.gov for additional information.

Governor's Weight Loss Challenge Returns!

It's baaaack!! Due to the incredible success of last year's inaugural program, CommonHealth invites you to get ready for the 2011 Governor's Weight Loss Challenge. Last year over 700 teams participated and 18,000 pounds were lost. We hope to make this year's 12-week challenge even bigger and better. Be thinking of your team name and keep in mind these important dates.

January 3rd - January 14th - Team registration begins at www.commonhealth.virginia.gov

January 17th - Challenge begins!

January 21st - First weight in

April 8th - Final weigh in

- Each team will need to select a team captain who is responsible for gathering each person's weekly weight loss total and entering it into newly improved system.
- Be creative with you team names, but remember what you entered
- Any size team is welcome. There is no minimum or maximum number on a team so even a single can join in the fun.
- The goal is to lose 10 pounds in 12 weeks.

So get excited and start planning for your team now. Remember, the biggest loser is actually the biggest winner!

A Two-Year Weight Loss Odyssey

I began Weight Watchers on September 3, 2008, in the WWRC "At Work" meeting.

At that time I was on Amaryl, Advandia and Metformin for diabetes, Lisinopril for blood pressure and Simvastatin for cholesterol. My doctor told me that the next step for the diabetes was "the needle", either Byetta or insulin, and that he didn't think I would be successful on the Weight Watchers program.

I lost over 30 pounds and had the Simvastatin dosage cut in half by Christmas, 2008. Then the loss slowed, 1-2 pounds a week. I stuck with the program and in 2009, the Amaryl dosage was cut in half, the Advandia and Amaryl were dropped, and my doctor cut the Metformin dosage in half. By that Christmas, I had lost over 90 pounds.

In March 2010, the Metformin was cut in half again. But then the weight loss really slowed, a pound or less a week with some gains. However, by June 2010, I had lost 100 pounds and the doctor cut out the blood pressure medicine.

In July, I had emergency abdominal surgery. My surgeon has known me for 20 years and he commended the weight loss, saying it made his job easier and also made my healing go better.

On August 11, I reached my weight goal. I followed the Weight Watcher maintenance program and am now a lifetime member, with a total loss of 113.6 pounds. My endocrinologist and I are phasing out the Simvastatin; I am no longer on any blood pressure medicine, and the Metformin was completely phased out in November.

So, my Weight Watchers success story: It took me two years, but I lost 113 pounds, went from dress size 28 tight to 12, slacks from 4X to 14, and got off most of my meds (maybe all if the blood work stays good). My energy level is up; I'm eating better (and usually not hungry). I'm not making any co-pays on medicine; my clothes cost less and look better, so I have more money though it cost some to get here. I actually impressed my doctors, and the one that was doubtful is asking where to send others to join Weight Watchers.

It takes commitment and determination, but it's a great feeling when you reach your goal!

The WWRC "At Work" meeting is also successful. We need one more session to make 3 years and we're less than 60 pounds away from losing a TON.



Before



*Twyla Austin
Woodrow Wilson
Rehabilitation Center*

Quit For Life™ Proves “You Can!”

The new year is near. 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.

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.

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.

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

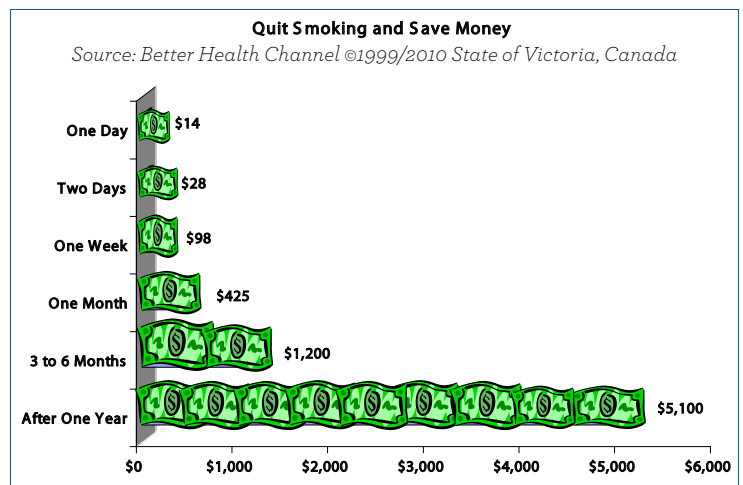
Quitting is harder than anyone who doesn't use tobacco can imagine. *Quit for Life* will help you break through the barriers that have kept you from success in the past.

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 and select the *Quit for Life* program to learn more and enroll online.

Or call 1-866-784-8454.

Fire Safety for Your Family:

The Myth of Child Locator Window Decals

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>.

Kudos to Future Moms!

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

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.



Expectant Moms Take Note!

Your state 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. Also remember to add your newborn to state health coverage within 31 days of birth.

**Need Healthy Tips? Go to
CommonHealth Online!**

www.commonhealth.virginia.gov

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

