



# Wellness Works

DECEMBER 2008

## Embodying the Six Dimensions of Wellness: Rodney Roy

In each issue of Wellness Works, the Employee Wellness Program highlights an employee who exemplifies one or more of the six dimensions of wellness: emotional, physical, occupational, social, spiritual and educational.

This month we salute Rodney Roy, document imaging tech at Community Health Choice.

Roy has been with the CHC for a year. Since that time he has participated in several Employee Wellness Program offerings.

He served as team captain for volleyball, participated in dance classes, the new cycling club and even the recent biometric screening.

What keeps Roy so active and on top of his health?

"I have type one diabetes and I use an insulin pump. I was diagnosed 22 years ago when I was 13," Roy said.

So this former personal trainer knows how critical it is to stay active and eat right.

In his free time he plays the congas with his church band called the Forefront. He is also an avid magician who specializes in card tricks.

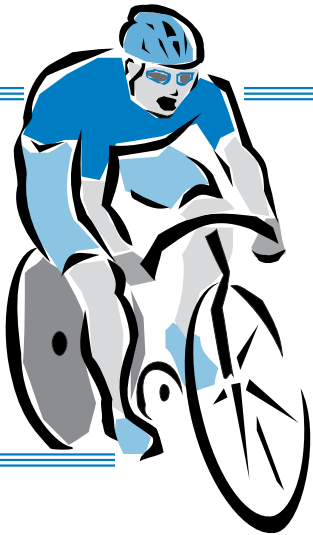
Roy encourages other employees to participate as well.

"Do it – join the teams. It's important for your health, and you get to meet new employees and make friends," Roy said.

Roy strives every day to be healthy in all areas of his life: physical, emotional social and occupational wellness. We salute you!



Roy, far right joined by fellow HCHD cyclists Juan Castañeda Jr. (L-R), Rosemarie Real and Jermaine Babineaux.



## HCHD Cycling Club

The Employee Wellness Program is proud to introduce the newest sports team - the HCHD Cycling Club.

Our cycling team is open to all of HCHD. Employees who enjoy cycling at any experience level are encouraged to join.

Each month members will participate in an organized ride in or around town. Club members will participate in monthly rides, practice for the MS150, meet other HCHD riders, receive incentives from Employee Wellness and reap all the benefits of cycling!

Jermaine Babineaux, assistant nurse manager at Ben Taub, is the team captain. Contact Employee Wellness at 713-566-6538 to sign up.

## Biometric Screening a Success

The first ever Employee Wellness Biometric Screening was held in November after being rescheduled due to Hurricane Ike. A total of 1,014 employees were screened during the event, which exceeded the goal of 1,000 employees.

"It took a tremendous effort to organize, advertise, and implement this service during every shift," said Dr. Margo Hilliard, senior

vice president of community services. "Our employees were able to obtain these important tests without disruption of vital services to patients and customers. Our employees now have the information they need to understand how to improve their health."

Thank you to everyone who made this event possible and participated!

## Texas Med 5K Training Club

The 2nd Annual Texas Med 5K training club is starting Dec. 3. Christina Mintner, director of the school based clinics will be reprising her role as team coach.

The group will meet every Wednesday at 5 p.m. in Hermann Park to train for the Texas Med 5K, which will be held on Jan. 31, 2009 and The Houston Marathon 09.

The group will not meet during Christmas week or New Year's week. Incentives and healthy snacks will be provided!

"Last year when we first started we had some people who could not walk a half mile and by the Texas Med 5K they ran the entire 3.2 miles. It is lots of fun" said Michelle Galindo, director of health promotion services and employee wellness.

Come out and bring your family members for worthwhile exercise. Contact employee wellness at [employee wellness@hchd.tmc.edu](mailto:employee wellness@hchd.tmc.edu) or call 713-566-6538 to join.

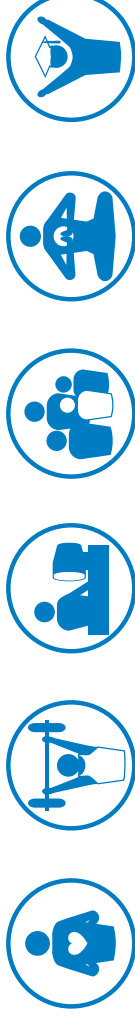
# WOW!

You still have time to complete your simple steps certificate at [www.simplestepslife.com](http://www.simplestepslife.com) and turn it into Employee Wellness for a \$25 gift card.

Remember to write your work location on the certificate. You can either fax it to 713- 566-6302, send it through interoffice mail to Holly Hall, Suite 232, or e-mail it to [employee wellness@hchd.tmc.edu](mailto:employee wellness@hchd.tmc.edu).

Dependents and spouses with Aetna are also eligible to receive card! Call 713-566-6360 with any questions.

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## Employee Wellness - BT Ballers

The Ben Taub Ballers won the championship three times in a row! BT Ballers include: front row (L-R) Juron Culbreath and Reginald Daniels, back row (L-R) Bennie Butler, Terrence Lewis (transferred to the LBJ Transporters), Raymond "Rog" Roquemore, Byron Burnett, Kevin "K-Bo" Sanders, Christian "Sonneir" Lacey and Elbert Lewis. Not pictured is Eric Price.



## Employee Wellness - Medical Mashers

The Medical Mashers are from left to right, Carlos Buford, Nikki Robinson, Lorena Quiroz, Ruben Ramos, Eric White, Vanlier Scott, bottom row (L-R) Richard Carmona and Jason Smith.



## Employee Wellness - Dance Class

The Employee Wellness dance classes are open to all HCHD staff. The classes are held at Sonia's World of Dance. Participants learn everything from urban line dancing to salsa to western dance.



## Employee Wellness - LBJ Transporters

The LBJ Transporters are: top row (L-R) Damion Dickerson, Jamairus Credit, Dewayne Smith, Stanley Deams, Devante Gates, bottom row (L-R) Kendrick Smith, Henry Patterson, Daphne Bates and Nelson Farr.

## CALENDAR

### Throughout December

DECEMBER	HCHD Cycling Club Call 713-566-6538 to sign up	Texas Med 5K Training Club Wednesdays 5 p.m. (1/6-1/28) Hermann Park	Health and Wellness Information Kits Distributed to all employees	Quit Smoking Classes/ Counseling Offered two times a month See pavilion health educator or contact employee wellness for times
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### Throughout January

JANUARY	Texas Med 5K Training Club Wednesdays 5 p.m. (1/6-1/28) Hermann Park			
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For more information, visit Employee Wellness intranet page at: <http://home/departments/wellness/main.htm>.

If you are interested in learning more about lifestyle change topics like eating better and being more active, contact a health educator at your pavilion to join a class or for one-on-one counseling. Those at non-clinical sites, call Employee Wellness at 713-566-6360.

If you are interested in joining a team, class or event, contact Employee Wellness at [employeewellness@hchd.tmc.edu](mailto:employeewellness@hchd.tmc.edu), or call 713-566-6360.