



Well Worth It

October 1, 2009
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Wellness Council of West Virginia, 75 Olde Main Plaza, St. Albans, WV 25177
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Caperton Award Finalists

The Wellness Council of West Virginia annually recognizes business leaders who communicate wellness to employees, allocate resources to support wellness interventions and participate in wellness activities at the worksite with the Caperton Award.

The 2009 Caperton Award Finalists are **Jim Baden** of Alcon in Huntington, **Susan Brewer** of Steptoe & Johnson PLLC, and **Bob Pepper** of NGK Spark Plug in Sissonville. The winner of the Caperton Award will be announced at the 23rd Mid-Atlantic Conference on Worksite Wellness on October 22 - 22, 2009. Congratulations to each of the finalists!



2009 N.E.W.W. Award Winners

The Wellness Council annually recognizes companies with results-oriented wellness programming. The 2009 award winners are:

Silver

HealthSouth MountainView Regional Rehab Hospital - Morgantown

NIOSH - Morgantown

St. Francis Hospital I - Charleston

Highland Hospital - Charleston

Bowles Rice McDavid Graff & Love PLLC - Charleston

Gold

FBI - Clarksburg

HIMG - Huntington

Steptoe & Johnson PLLC - Clarksburg



23rd Mid-Atlantic Conference on Worksite Wellness

October 22 - 23, 2009

Charleston Marriott Hotel

Registration information is available at www.wcwg.org - register today!



Business Flu Shot Clinics Available

Did you know that the Kanawha-Charleston Health Department will come to your workplace for free and offer your employees the flu shot? There is a nominal fee for the flu vaccine and the health department will some insurance companies for the cost of the flu shot.

How much easier can it be to protect your most valuable asset – your employees? The health department also offers walk-in flu clinics on a weekly basis. To learn more, call the Kanawha-Charleston Health Department at 304-348-6882.

For businesses outside the Kanawha County area, contact your local health department to learn more about the services available to your business.

Wellness Council EAP Survey 2009

The Wellness Council is conducting a brief survey to help us help you! The survey is being included in the same email as this newsletter and the file name is EAP Survey 2009. Completed surveys are due Friday, October 16th and may be emailed to info@wcwv.org with "Survey" in the subject line or faxed to 304-722-8074. All completed surveys will be entered into a drawing for a beautiful piece of Blenko glass. Take a few minutes and complete your survey today!

Tobacco Cessation

Looking to provide tobacco cessation activities at your worksite? Contact the Regional Tobacco Prevention Coalition Coordinator at the Wellness Council to assist with tobacco cessation or contact the West Virginia Quitline at 1-877-966-8784.

West Virginia
TOBACCO
QUITLINE
1-877-966-8784

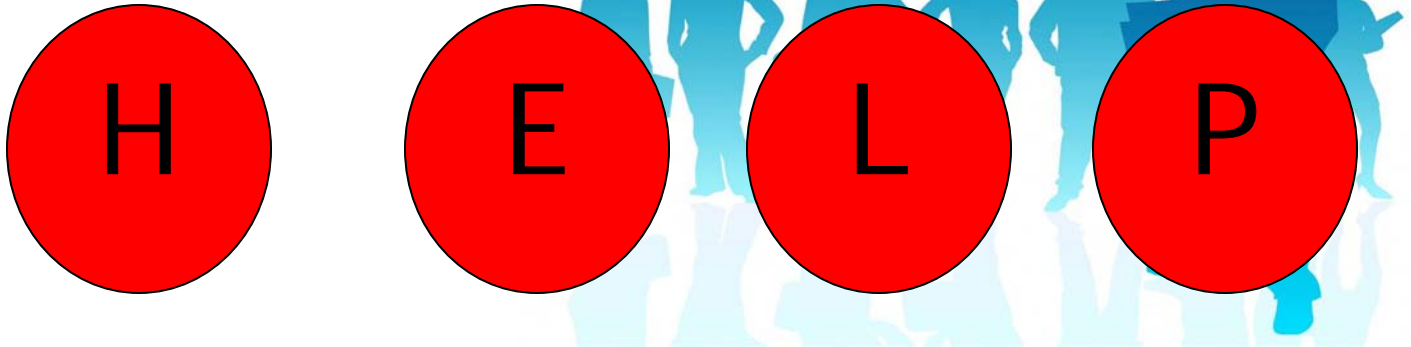
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The ability to convert ideas to things is the secret of outward success.

Henry Ward Beecher

providing free



when you are ready

Real Help for Those who are Ready to Quit

FREE WORKSHOP

If you are ready to kick the habit, we'd like to help.

The Wellness Council of West Virginia is offering Free Quit Tobacco Workshops. This exclusive 3-hour session is **FREE** and open to all members of the Wellness Council of West Virginia.

Understanding Quitting

Quitting smoking and other tobacco products is a complicated process. Some participants may think quitting is only about willpower ("I failed because I didn't try hard enough."). Discussing the different aspects of quitting tobacco and presenting tools to help with quitting can help participants design a quit plan that works for them.



WORKSHOP GOAL

The goal of the Quit Tobacco Workshop is to help participants feel more prepared and confident about quitting smoking and other tobacco products. By the end of the workshop, participants will:

- ∞ Increase their understanding of tobacco dependence, learn why quitting is challenging, and learn about overcoming these challenges
- ∞ Understand the benefits and limitations of cessation medications
- ∞ Learn about the tools they need to quit
- ∞ Feel more prepared and confident about quitting.

Class times are customizable to meet *your* schedule.

Contact the Wellness Council of West Virginia to schedule.
(304) 722-8070

Or email kelli.frampton@wcvv.org
Or email cheryl.jackson@wcvv.org

You Should Know...

Roasted Pumpkin Seeds. Roasted pumpkin seeds are a healthy alternative to the Halloween candy that abounds this time of the year. Pumpkin seeds are chock full of protein, fiber, zinc, iron, and magnesium. Roasting the pumpkin seeds is an easy process and many recipes and seasonings abound on the internet. Google "roasting pumpkin seeds" to find the recipe that best suits your families tastes.



FDA bans candied flavored cigarettes. Three cheers for the Food and Drug Administration! The FDA recently banned the production and sale of candied flavored cigarettes. These cigarettes were primarily targeting young people and the long term positive effects of this ban are tremendous. Hip Hip Hooray!

Binge eating and depression. Binge eating occurs when people are out of control with their food consumption. The disorder usually leads to obesity and the person feels very guilty after going on a "binge" for being unable to control themselves. There are often underlying depression, anxiety or personality disorders to contribute to the disorder. Treatment options are available and usually involve treatment for the underlying mental health problems as well as appetite suppression techniques. Binge eating, like other eating disorders, can be treated.

Even if something is left undone, everyone must take time to sit still and watch the leaves turn. - Elizabeth Lawrence

October is National Breast Cancer Awareness Month

The American Cancer Society (ACS) focuses on the importance of early detection of breast cancer during National Breast Cancer Awareness month. Breast cancer is one of the most commonly diagnosed cancer in women. Women are encouraged to follow routine preventative testing to detect breast cancer in earlier and often, more treatable stages. The ACS guidelines for breast cancer screening for women of all ages can be found at http://www.cancer.org/docroot/PED/content/PED_2_3X_ACS_Cancer_Detection_Guidelines_36.a.sp?sitearea=PED.



Make sure the important women in your life (yourself, your mother, wife, daughter, close friend) are aware of the importance of early detection of breast cancer. Their life could depend on it. Additional resources are available at the National Breast Awareness Month website http://www.cancer.org/docroot/PED/content/PED_2_3X_ACS_Cancer_Detection_Guidelines_36.a.sp?sitearea=PED

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