



# United 4Health

PUHSD Employee Wellness Newsletter

*Happy  
2018-2019  
School Year*

## MONTH STORIES

---

**02**

August is  
Immunization  
Awareness Month

---

**03**

Grilled Lemon-Sage  
Chicken Recipe

---

**04**

Wellness Ambassador  
and  
PUHSD Wellness  
Website

---

## WELCOME BACK!

Welcome back to the 2018-2019 school year. I hope you had a fun and relaxing summer vacation.

The wellness program is back for a second year. Thank you for your participation and support in year one. This year the program will focus on prevention. You will begin to see communication for biometrics screenings, onsite flu shots and cancer screenings. All communications will have the new United4Health PUHSD Wellness Program name and logo. In addition to the screenings, there will be onsite education and e-learning programs and challenges.

With the focus on prevention, activities will be centered around four dimensions of wellness: Physical, Emotional, Financial, and Social.

I am looking forward to a happy and healthy 2018-2019 School Year.

# August is Immunization Month

Flu season starts in the fall and can continue into the spring. By practicing good health habits and getting your annual flu vaccination, you can protect yourself and others. Although most people with influenza will recover without additional medical issues, influenza can cause serious illness and death, particularly among older adults, very young children, pregnant women, and those with certain chronic medical conditions.

The strain of influenza constantly changes, but the best protection is to get the flu vaccine every year. It takes about two weeks for the body to develop an immunity to influenza.

## Important things to know about the flu shot:

- The flu shot is safe for individuals that have asthma.
- The flu shot is covered by Medicare and other health insurance.
- Most people experience little or no reaction to the flu shot. The most common side effect is a swollen, red, tender area where the vaccination is given.
- You cannot get the flu from the flu shot. It is made from either inactivated (killed) viruses or parts of the virus.



## Practice Good Health Habits

- During flu season, avoid crowds and large indoor gatherings.
- Wash your hands often. The most common way to catch the flu is to touch your own eyes, nose or mouth with germ-y hands. So keep your hands clean, and away from your face. Wash hands with soap and warm water for 30 seconds, or about the amount of time it takes you to sing "Happy Birthday" twice. Also carry hand sanitizer.
- Keep your distance when you are sick or if you are around someone else who is sick.
- Keep it to yourself. One gift you can give others is to help prevent other people from catching your flu. You should stay home from work, school and public places when you are sick (Keep in mind you can still spread germs up to 7 days after getting sick). Cover your mouth and nose with a tissue or your elbow when coughing or sneezing, but never your hand. It may prevent those around you from getting sick

In the fall, large comprehensive schools will host onsite flu shot clinics for BCBS Members. There is a 40 person minimum. Look for more details in future communications.

# Grilled Lemon-Sage Chicken

## Ingredients:



- 6 boneless, skinless chicken breast halves (about 4 ounces each)
- 6 lemon slices, cut in half (optional)
- Fresh sage leaves (optional)
- Marinade
  - 1 tsp. olive oil
  - 1 tsp. grated lemon zest
  - ¼ cup fresh lemon juice
  - ¼ cup chopped fresh sage leaves
  - 1 tbsp. chopped fresh rosemary or 1 tsp. dried, crushed
  - 2 or 3 medium garlic cloves, minced
  - 1 tsp. black peppercorns, cracked
  - ½ tsp. salt

## Directions:

- In a large resealable plastic bag, combine the marinade ingredients.
- Preheat the grill on medium-high.
- Discard all the visible fat from the chicken.
- Put the chicken with the smooth side up between two sheets of plastic wrap.
- Using a tortilla press, the smooth side of a meat mallet, or a rolling pin, lightly flatten the chicken to a thickness of ¼ inch, being careful not to tear the meat.
- Add to the marinade. Seal the bag and turn to coat. Refrigerate for 30 minutes to eight hours, turning occasionally. Discard the marinade.
- Grill the chicken for 6 to 7 minutes on each side, or until no longer pink in the center.

To serve, garnish with the lemon slices and sage leaves.

Makes six servings

Each serving provides:

calories 125

total fat 1.5 g

cholesterol 66 mg

sodium 268 mg

carbohydrates 0 g

fiber 0 g

sugar 0 g

protein 26 g

---



# Wellness Ambassadors Wanted

Are you committed and passionate about health?  
Are you focused on fostering wellness in your work  
site and the Phoenix Union High School District?

The following schools are looking for a wellness ambassador:

- Alhambra High School
- Trevor G. Browne High School
- Camelback High School
- Cesar Chavez High School
- Betty Fairfax High School
- Carl Hayden Community High School
- North High School
- South Mountain High School
- Bostrom High School

\*\*The role is voluntary with a minimal time commitment

Contact Jennifer Sundling for more information  
[conjsundling@phoenixunion.org](mailto:conjsundling@phoenixunion.org)

---

## The Wellness News Site of the Phoenix Union High School District



Check out the Phoenix Union High School District  
Wellness website for more information and  
educational information.

<https://puhsdwellness.org>

---