# the buzz

October 2015

# FREE FLU SHOTS FOR CITY EMPLOYEES

Influenza is a contagious respiratory illness that can lead to hospitalization and, in severe cases, death. Even healthy people can get very sick from the flu and spread it to others. Protect yourself and your loved ones by getting a flu shot. FREE flu shots are available to City employees ONLY. Everyone receiving a flu shot must provide proof as a City employee.

Bee-Fit is offering ten days of FREE flu shots in 20 different locations for ALL City employees throughout the month of October. The Centers for Disease Control and Prevention consider vaccination "the first and most important step in protecting against flu viruses," making it essential to your health this season.

Appointments are encouraged but not required. Call 314-747-7234, Monday – Friday, 8 a.m. - 5 p.m., up to 48 hours prior to the flu shot event you would like to attend and you will be given priority over walk-ins. ALL City employees are welcome to attend any date and time. Everyone getting a flu shot will receive a small bottle of hand sanitizer and a wellness kit which includes tissues, a disposable thermometer, sanitizing wipes, lip balm and a Vitamin C booster.

## OCTOBER

| | | |
|---|---|---|
| Mon, Oct 19 | Chain of Rocks | 10:30am - 12pm |
| Mon, Oct 19 | Equipment Services | 1:30pm - 2:15pm |
| Mon, Oct 19 | Streets Division | 2:30pm - 4pm |
| Tues, Oct 20 | *City Hall Rotunda | 9am - 1pm |
| Tues, Oct 20 | N. Refuse | 1pm - 2pm |
| Tues, Oct 20 | Medium Security Institution | 2:30pm - 4pm |
| Wed, Oct 21 | Carnahan Building | 8:30am - 10am |
| Wed, Oct 21 | 1520 Market | 11am - 1:30pm |
| Wed, Oct 21 | City Justice Center | 2:30pm - 4pm |
| Thu, Oct 22 | McRee Pipeyard | 8am - 9am |
| Thu, Oct 22 | Kingshighway Water | 9:30am - 10:30am |
| Tues, Oct 27 | Board of Elections | 8:30am - 9:30am |
| Tues, Oct 27 | S. Refuse | 1pm - 2pm |
| Wed, Oct 28 | Parks/Rec | 7am - 8:30am |
| Wed, Oct 28 | Fire B | 10am - 12pm |
| Wed, Oct 28 | Family Courts | 1:30pm - 3:30pm |
| Fri, Oct 30 | Fire A | 10am - 12pm |

## NOVEMBER

| | | |
|---|---|---|
| Tues, Nov 3 | Airport (Main) | 7am - 9am |
| Tues, Nov 3 | Airport Materials Management | 9:30am - 10:30am |
| Tues, Nov 3 | Howard Bend | 11:30am - 12:30pm |
| Wed, Nov 4 | *City Hall Rotunda | 9am - 1pm |
| Wed, Nov 4 | Forestry | 2pm - 3:30pm |
| Thu, Nov 5 | Broadway Buildings Division | 8:15am - 9:15am |
| Thu, Nov 5 | Fire C | 10am - 12pm |

* Employees receiving a flu shot at City Hall must bring their UHC ID card.

# IN THE SPOTLIGHT:

## Meet Connie Bolte

Connie is an Inventory Specialist with the Water Department. This lifelong St. Louisan has worked for the City since June 2014. Connie is a proud mother of 3 and grandmother to a 5-month-old girl. During Bee-Fit's recent Summer Slim Down program, Connie was able to drop 15 pounds! Her hard work is paying off. Here is Connie's health story:

**1. What has been the biggest wellness hurdle you have overcome?** The biggest wellness hurdle I had to overcome was my cravings. I had to get myself into the proper mental state in order to deal with this problem.

**2. What keeps you motivated?** I keep seeing the scale going down, albeit very gradually.

**3. Describe the support system you have in place that helps you achieve your goals.** Most of my friends and family members are aware that I would like to lose some weight and they respect that by not offering me foods that would go against my willpower. (Except for this one guy in my office.)

**4. What Bee-Fit programs have you participated in?** The Summer Slim Down is my very first Bee-Fit program.

**5. What is your favorite healthy food to eat?** My favorite healthy food to eat is spinach.

**6. Any advice for others who would like to lose weight?** Anyone who would like to lose weight needs to understand that it takes a few days at the beginning of a new plan to adjust. There are a few things that help such as diet Jell-O, no sugar added popsicles, pickles, plain popcorn, and just realizing that after you have finished eating (maybe just a Lean Cuisine for example) if you wait about 20 minutes you just ask yourself, "Am I still hungry?" You might not be hungry anymore and you can go for a run and forget about it. The last thing I might mention is that if you get serious and do searches, the internet is loaded with websites that can give you some great tips.

**7. What are your future health goals?** My goal is to have incredibly good health for the rest of my life.

# october happenings:

Mile•by•Mile 26.2 Marathon 2015

### Mile-By-Mile Marathon:

Walk, jog and run your way to 26.2 miles (or more) in 6 weeks!

Participants should continue tracking their mileage through October 25. Logs will be submitted October 26 – 30. Contact Lisa Banotai at BanotaiL@stlouis-mo.gov if you have any questions.

Bee-Fit
A Partnership of the City of St. Louis & BJC HealthCare

Provided by:
Department of Personnel and
BJC HealthCare for
the Bee-Fit Wellness Program

For more information:
Contact Lisa Banotai at 314-622-4849
or BanotaiL@stlouis-mo.gov

Look for us on:

BJC HealthCare