

## POLLO GUISADO (PUERTO RICAN CHICKEN STEW)

### Ingredients:

- ❑ 1 tsp. sugar
- ❑ 1 Tbsp. extra virgin olive oil, or vegetable oil or corn oil
- ❑ 1 lb. boneless, skinless chicken breasts or tenderloins (cut into 1-inch cubes)
- ❑ 1 cup low-sodium chicken stock
- ❑ Juice of 1 lemon
- ❑ 1 bell pepper (any color), thinly sliced
- ❑ 1 small onion (thinly sliced)
- ❑ 1 large carrot (sliced)
- ❑ 1 medium potato (cut into 1-inch cubes)
- ❑ 29 oz. canned, no salt added, diced tomatoes
- ❑ 1 tsp. jarred, minced garlic
- ❑ 1/4 tsp. oregano or cilantro
- ❑ 1 bay leaf



### Preparation:

1. Add oil to a medium pot and heat over medium heat, add sugar, stir and cook for 1 minute (sugar should brown slightly).
2. Add chicken and cook until browned (3-4 minutes).
3. Add stock, lemon juice, bell pepper, onion, carrot, potato, tomatoes, garlic, and herbs to pot, cover and simmer until vegetables are cooked through (approx. 30 minutes). Remove bay leaf before serving.
4. Serve with brown rice or beans or over salad.

**NUTRITION INFO:** Calories 260, Total Fat 6.5g, Saturated Fat: 1g, Cholesterol 73mg, Sodium 185mg, Total Carbs 17g, Sugars 10g, Added Sugars 1g, Protein 27g, Calcium 55mg

<https://recipes.heart.org/recipes/1102/pollo-guisado>

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# Wim & Wiger

A Health Newsletter Serving the North Coast Schools' Medical Insurance Group

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707-445-7126

## Director's Note

Stacy Lane - JPA Director

My staff likes to keep me “in the loop” on the type of questions they hear from employees that call our office. With that in mind, below are a few updates and clarifications on things going on in the JPA, based on the questions we hear from you the most!

### VSP

Just a reminder that VSP does not issue ID cards for their members. Your provider will be able to pull you up in VSP's system with just your social security number. By creating an account at [www.vsp.com](http://www.vsp.com), you will be able to see your benefits, find a contracted provider and view past claims. You can also shop online for frames at VSP's sales site, [www.eyeconic.com](http://www.eyeconic.com), where you can upload a photo of your face and even “try on” glasses remotely!

### 2018-2019 Rates & Plan Selection

As usual, our rates for the 2018-2019 program year will be set at the Board meeting on March 21st. Open Enrollment, when you can change the plan you will have for the next year, will be during the month of May. The plan change will be effective on

July 1st, to coincide with the annual change in rates. Keep your eyes out for more information on Open Enrollment in early to mid April.

### Negotiations

Have you often wondered what happens if you don't close negotiations for the upcoming year before Open Enrollment ends in May? Don't worry, you are free to change plans during the 30 day period directly following the close of your unit's negotiations, regardless of when you close during the year. For example, we have a district who officially closed 2017-2018 negotiations in December and it triggered a special plan change period for members in that unit for the next 30 days. Please check with your district on when they deem your negotiations to be closed. It may require ratification by the district's Board before it's official.

If you ever have a question, please don't hesitate to give us a call at 707.445.7126. Our office is open daily, Monday – Friday, from 8am-5pm.

■ Blue Shield 24/7 Nurse Line: 1-877-304-0504 ■ Teladoc 24/7 Physicians: 1-800-835-2362

## FEBRUARY IS AMERICAN HEART MONTH

### The Basics

Take steps today to lower your risk of heart disease. Heart disease is the leading cause of death for both men and women in the United States. To help prevent heart disease, you can:

- Eat healthy
- Get active
- Stay at a healthy weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- If you drink alcohol, drink only in moderation
- Manage stress

### Am I at risk for heart disease?

Everyone is at risk for heart disease. But you are at higher risk for heart disease if you: Have high cholesterol or high blood pressure, smoke, are overweight or obese, don't get enough physical activity and don't eat a healthy diet. Your age and family history also affect your risk for heart disease. Your risk is higher if: You are a woman over age 55, you are a man over age 45, your father or brother had heart disease before age 55 or your mother or sister had heart disease before age 65. But the good news is there's a lot you can do to prevent heart disease.

### What is heart disease?

When people talk about heart disease, they are usually talking about coronary heart disease (CHD). It's also called coronary artery disease (CAD). This is the most common type of heart disease. When someone has CHD, the coronary arteries (tubes) that take blood to the heart are narrow or blocked. This happens when cholesterol and fatty material, called plaque ("plak"), build up inside the arteries. Plaque is caused by: Too much fat and

cholesterol in the blood, high blood pressure, smoking, or too much sugar in the blood (usually because of diabetes). When plaque blocks an artery, it's hard for blood to flow to the heart. A blocked artery can cause chest pain or a heart attack.

### What is a heart attack?

A heart attack happens when blood flow to the heart is suddenly blocked. Part of the heart may die if the person doesn't get help quickly.

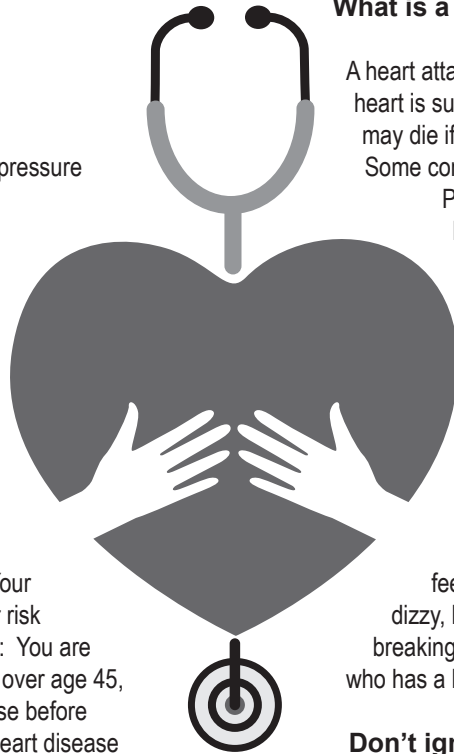
Some common signs of a heart attack include:

Pain or discomfort in the center or left side of the chest – or a feeling of pressure, squeezing, or fullness, pain or discomfort in the upper body – like the arms, back, shoulders, neck, jaw, or upper stomach (above the belly button).

Shortness of breath or trouble breathing (while resting or being active), feeling sick to your stomach or throwing up, stomach ache or feeling like you have heartburn, feeling dizzy, light-headed, or unusually tired, or breaking out in a cold sweat. Not everyone who has a heart attack will have all the signs.

### Don't ignore changes in how you feel.

Signs of a heart attack often come on suddenly. But sometimes, they develop slowly – hours, days, or even weeks before a heart attack happens. Talk to your doctor if you feel unusually tired for several days, or if you develop any new health problems (like pain or trouble breathing). It's also important to talk to your doctor if existing health issues (like pain) are bothering you more than usual. If you've had a heart attack in the past, it's important to know that symptoms of a new heart attack might be different from your last one – so talk with your doctor if you have any concerns about how you feel.



## 2018 HEALTH SCREENING LOCATIONS

Date	Time	Screening Location	Contact for Signup
Tuesday, 3/13/18	6:00 - 9:00 AM	Humboldt County Office of Education - Alder Room	JPA Office (707) 445-7126
Thursday, 3/15/18	6:00 - 9:30 AM	McKinleyville Middle School - Azalea Station	Doreen Anello (707) 839-1549 x1004
Tuesday, 3/20/18	6:00 - 9:30 AM	Fortuna Union High School - Foyer of Damon Gym	Kelly Pedrotti (707) 725-4461 x3011
Thursday, 3/22/18	6:30 - 10:00 AM	College of the Redwoods - Student Services Building	Tina Wahlund (707) 476-4142
Tuesday, 3/27/18	6:00 - 9:30 AM	Arcata High School - Fine Arts Building	Tammy Pires (707) 839-6481
Thursday, 3/29/18	6:00 - 10:00 AM	Del Norte District Office - Azalea Room - Crescent City	Kristin Bergren (707) 464-0244
Tuesday, 4/3/18	6:00 - 9:00 AM	Humboldt County Office of Education - Alder Room	JPA Office (707) 445-7126
Thursday, 4/5/18	6:00 - 9:30 AM	McKinleyville Middle School - Azalea Station	Doreen Anello (707) 839-1549 x1004
Tuesday, 4/10/18	6:00 - 9:00 AM	Toddy Thomas Elementary - Computer Lab	Vince Zinselmeir (707) 725-5197
Thursday, 4/12/18	7:00 - 9:00 AM	Ferndale High School Library	Denise Grinsell (707) 786-5900
Tuesday, 4/24/18	6:00 - 9:00 AM	Humboldt County Office of Education - Alder Room	JPA Office (707) 445-7126
Thursday, 4/26/18	6:00 - 10:00 AM	Southern Humboldt South Forth High School - Library	Brandy Pancoast (707) 943-1789
Tuesday, 5/1/18	6:45 - 10:00 AM	Klamath Trinity District Office	Ginger Reeves (530) 625-5600 #1, x1005
Thursday, 5/3/18	7:30 - 9:00 AM	Mattole Elementary - District Office	Laureen Gothe (707) 629-3311
Monday, 5/7/18	6:00 - 9:00 AM	Butte Valley High School - Library	Sheilah Reynolds (530) 397-4000
Tuesday, 5/8/18	6:00 - 9:00 AM	Yreka Elementary School - Jackson Street Elementary - K1 Room	Donna Tudor (530) 842-1168
Wednesday, 5/9/18	6:30 - 9:00 AM	Mt. Shasta High School	Jackie May (530) 926-3006
Thursday, 5/10/18	6:30 - 9:30 AM	Middletown High School - Tallman Gym Foyer	Kriss Davis (707) 987-4100
Tuesday, 5/15/18	6:00 - 9:00 AM	Humboldt County Office of Education - Alder Room	JPA Office (707) 445-7126
Thursday, 5/17/18	6:30 - 8:30 AM	Happy Camp High School	Jackie May (530) 926-3006