



# Eugene Education Association

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## 4J BENEFITS AND WELLNESS NEWSLETTER

Prepared by Julie Wenzl • 541-790-7682 • December 14, 2011 • Issue Number 258

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### STRESSED OUT?

Stress has become so much a part of our daily lives that we aren't always aware of the negative effects it can have on our health, our productivity, and our relationships. Many of us complain about being overwhelmed, burned out, or exhausted, and we may feel that there is little that we can do about it.

The good news is that there are proven strategies we can use to reduce the stress in our lives and to improve our ability to cope with the stressors we encounter. The 4J Joint Benefits Committee is excited to offer the seminar, *Stress Management for Better Health*, free to all 4J employees and retirees, and their spouses or domestic partners.

The one-hour class will be offered five times – one class at each high school and a 5<sup>th</sup> class at the Ed. Center:

- **Thursday, January 12<sup>th</sup> – Ed. Center Tower Room, 9:30 – 10:30 a.m.**
- **Tuesday, January 17<sup>th</sup> – South Eugene High School Library, 4:30 – 5:30 p.m.**
- **Thursday, January 19<sup>th</sup> – Churchill High School Library, 4:30 – 5:30 p.m.**
- **Tuesday, January 24<sup>th</sup> – North Eugene High School Library, 4:30 – 5:30 p.m.**
- **Thursday, January 26<sup>th</sup> – Sheldon High School Library, 4:30 – 5:30 p.m.**

During the one-hour seminar you will learn about the impact of stress on your health and learn some coping strategies for your body and mind. If you're feeling stressed out, mark your calendar and plan to attend the session that is most convenient for you.

### ADDRESS AND PHONE CHANGES

With the mailing of W-2 forms just around the corner, it's important to make sure the District has your current address. To update your address, you'll need to complete and submit an Address Change form to 4J Human Resources. That form can be

downloaded from the HR Forms page of the 4J website: <http://www.4j.lane.edu/hr/forms>.

When you update your address with 4J, the OEBB and ODS systems will also get updated, so there is no need to contact them separately. In fact, if you contact OEBB or ODS to update your address you will be referred back to the District, so you'll save yourself some time by starting with 4J.

If you have dropped your landline in favor of cell service only, please use the Address Change form to update your phone number. There may be times when the Benefits Office needs to contact you – having a correct phone number registered with the District helps streamline communication.

### WELLNESS CLINIC BLOOD DRAWS

The Wellness Clinic can only do blood draws for labs ordered by clinic staff or during the scheduled drop-in cholesterol screenings. Since the Wellness Clinic is not a draw station, clinic staff cannot do labs ordered by an outside provider. For those labs, you will need to work with your provider regarding where blood draws may be done. Your anticipated cooperation with this long-standing Wellness Clinic/District policy is greatly appreciated!

### WELLNESS CLINIC WINTER BREAK HOURS

On Thursday, December 15<sup>th</sup>, the 4J Wellness Clinic will close at 2:00 p.m. In order to accommodate patients, the clinic will be open through the regular lunch break period.

The Clinic will be open regular hours Monday through Friday the week of December 19, 2011.

The Clinic will be closed for the remainder of Winter Break, December 26, 2011 – January 2, 2012. This closure period allows time for employee vacations and for annual maintenance of the facility.

The regular Wellness Clinic hours, which will begin again Tuesday, January 3, 2012 are Monday

through Friday, from 9:00 a.m. – 6:00 p.m. with the last appointment slot at 5:30 p.m. The Clinic is closed for lunch from 1:00 – 2:00 p.m. The phone number is 541-686-1427.

Please remember there is a \$20 no-show fee for missed appointments at the Wellness Clinic. If possible, please give the Clinic 24 hours notice when you need to cancel an appointment. If your appointment is less than 24 hours away, please call and cancel anyway – this may allow the Clinic to schedule an appointment for another patient. The Wellness Clinic has a voicemail system, so if you realize outside of regular hours that you must miss your appointment, you can call and leave a message.

### NUTS ABOUT PEANUTS

According to the *University of California, Berkeley Wellness Letter*, peanuts are the most frequently consumed “nut” in the U.S., even though technically they are not nuts. Peanuts grow in the ground, and therefore belong to the legume family, but because they share many physical and nutritional attributes of tree nuts, they are typically grouped in the nut family. Peanuts contain B vitamins, vitamin E, magnesium, iron, copper, potassium and fiber, and have more protein than any tree nut, ounce for ounce as much as poultry, fish or meat. While they are high in fat, and thus calories, most of the fat is heart-healthy unsaturated fat.

Other nutty tidbits:

- Peanuts are the only “nuts” that have resveratrol, an antioxidant found in grapes, wine, and soy that may be heart-healthy and have other benefits. (Red wine has the most.)
- The thin papery skins are good for you – that’s where most of the antioxidants are. Some peanut butters contain the skins.
- According to the National Peanut Board, it takes approximately 540 peanuts to make a 12-ounce jar of peanut butter.
- The calorie difference between dry- and oil-roasted peanuts is very small. Most of the fat and calories you get come from the peanuts themselves, not from oil that may be added in processing.

Unless you are allergic, you can enjoy a handful of nuts, including peanuts, most days. Eat them in place of other foods, particularly snacks that are high in calories but low in nutrients.

### WINTER VACATION

Like all teachers, I will be on winter vacation from December 19, 2011 through January 2, 2012.

If you need assistance with your benefits during that period, you can access a great deal of information and/or forms on the 4J website:

<http://www.4j.lane.edu/hr/benefits>.

For recorded information about a wide variety of benefits topics, you can call the 4J Benefits Information Hotline at 541-790-7667.

Some other phone numbers you may need:

- **Oregon Educators Benefit Board (OEBB)**  
1-888-469-6322
- **ODS Medical Customer Service**  
1-866-923-0409
- **ODS Dental Customer Service**  
1-866-923-0410
- **ODS Pharmacy Customer Service**  
1-866-923-0411
- **ODS Registered Nurse Advice Line**  
1-866-321-7580
- **Weight Watchers for OEBB members**  
1-866-531-8170
- **PPS (mail order pharmacy provider)**  
1-800-552-6694
- **BioScrip (mail order & specialty medications provider)**  
1-877-316-8921
- **Reliant Behavioral Health (Employee Assistance Program)**  
1-866-750-1327
- **The Standard (Life, AD&D & Long-Term Disability Insurance) • 1-866-756-8115**
- **Manley Services**  
541-485-7488

Have a wonderful winter break and remember, when we return the days will be getting longer again!

#### CIVIL WAR BLOOD DRIVE UPDATE

More than 6,500 Duck and Beaver fans donated blood during the 10<sup>th</sup> annual Civil War Blood Drive. While the Beavers have held the trophy most often over the years, the Ducks took home the trophy this fall for the second year in a row – 3,416 to 3,173!

If you missed this year’s Civil War Blood Drive but still want to give the life-saving gift of blood to someone for the holiday season, you can schedule an appointment (in the Eugene area) by calling the Lane Blood Center at 541-484-9111.