



IMPORTANT NUMBERS

Know someone who wants to quit smoking, dipping, or chewing tobacco? Is having a baby? Is stressed over family and job demands?

Here are some phone numbers to resources that can help:

Quit Tobacco:

Quit For Life
1-800-456-2345

Pregnancy:

COVA Care Future Moms:
1-800-345-1234

COVA Connect Partners in Pregnancy:
1-866-239-0618

Employee Assistance:
www.dhrm.virginia.gov
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Just Drive, Virginia

July 1 — October 30

Every day, all over the Commonwealth, drivers hit the road for business and for pleasure. Some drive for a living – transporting people, operating heavy equipment, carrying goods; others commute to work and school. Some drive 18 wheelers, others are on four or two wheels. The one thing we all have in common is the road. We must share the road and find a way to get from point A to point B in a safe and efficient manner.

How well do you know the rules of the road? When's the last time you had to take a written or practical test at the DMV? Do you ever take the scenic route? With today's hectic pace, we all want to get where we're going quickly and easily, however traffic gridlock seems to stall our efforts. Are you a courteous driver? Do you share the road? Do you see motorcycles and pedestrians?

The Just Drive VA program will address many of the hot topics we see all around us:

- ☞ distracted driving
- ☞ aggressive driving
- ☞ impaired driving

Plus it will offer suggestions on

- ☞ sharing the road with bicyclists, motorcycles, and pedestrians
- ☞ road trips on the road less traveled – Virginia Byways and other scenic routes.

Participants will receive an incentive while supplies last. Contact your Regional Coordinator to schedule a program at your agency and visit www.commonhealth.virginia.gov for more information on the Just Drive VA program.

Start A Veggie Swap

Most home gardeners know this feeling: your garden produces bucket loads of squash, zucchini, onions or tomatoes until you can't stand to look at another one, while you gaze hungrily over other people's fences at delicious-looking crops you don't have. Solution – a veggie swap! There are plenty of good reasons for getting together with your co-workers to swap home grown produce:



- ☞ reduce waste
- ☞ save money
- ☞ cut food miles
- ☞ add variety to your diet
- ☞ share the goodness of your garden
- ☞ get to know your co-workers
- ☞ encourage sustainable living
- ☞ share ideas and knowledge

Consider setting up a veggie swap at your office. Whether it is a one time event or a weekly thing throughout the harvest, everyone can benefit from more fresh and delicious vegetables. Think about bringing your favorite recipe with your vegetables so others will know the best way to prepare them. If you have extra produce after your swap, check with your local food bank about fresh produce donations. You can also do a seed swap in the spring to keep the bounty going for the next season.

Inside CommonHealth

National Employee Health & Fitness Day

In May, various agencies did something to celebrate National Employee Health & Fitness Day. Many agencies chose to do a walk or encouraged staff to take a walk before or after work. A few agencies had unique plans: Danville DMV held a Snack Attack Challenge, Patrick Henry Community College offered a Bike & Lunch on the Dick & Willie Trail, and the Virginia Museum of Natural History held a naturalist led walk on the same trail.

The agency coordinator at the DMV, Sophia Lipford, said walking around the block for 15 minutes wasn't something they could do, so she chose to have a snack competition; judging was based on taste, creativity, presentation, nutritional value, and information. The winning team got certificates and water bottles.

Susan Shively, PHCC's agency coordinator, coordinated transportation from the college as well as bike and helmet use and lunch sponsored by Activate, which offers bikes and helmets to riders daily. It was a beautiful ride and a tasty lunch. For some, it was their first time on a bike since childhood!

Lynn Pritchett, a staff member at VMNH and a naturalist, led the group on a walk and introduced them to the wildlife along a one-mile section of the Dick & Willie Trail. McDonald's sponsored their refreshments offering bottled water and ice cream cones! The humidity was down, sun was moderate. Spring fever rampant.

Got a great idea for next year's National Employee Health and Fitness Day, let us know. Be creative, go for it and enjoy! It is a celebration of wellness, so it can be as simple as a walk or as elaborate as you'd like!



PHCC biking the Dick & Willie Trail



VA Museum of Natural History had a naturalist lead a hike

Walk on the Wildside, A CommonHealth Walk in Virginia State Parks

On Saturday, June 18th, Regional Coordinators led hikes in state parks across the state! Participants got free parking and swimming passes as well as a park store discount coupon and a frisbee, and one lucky winner, Randal Hartzog, won a free weekend of camping in a cabin at a state park of his choice! Hungry Mother, Douthat, Claytor Lake, Sky Meadows, First Landing, and Pocahontas were the state parks included this year. It was a great day to take a stroll on a trail and celebrate the 75th anniversary of Virginia's State Parks.



Program Notes

We hope you take the opportunity to attend one of our Agency Coordinator meetings. These gatherings provide valuable networking and great information. For this meeting, representatives from the DMV and State Police are speaking on driving safety to coincide with our Just Drive VA program. The information at these meetings is helpful, and a good time is had by all. Our next set of meetings will be in December. Our hope is that you will come away from the meeting feeling as though you got more than just information about CommonHealth but a connection with other agency coordinators, an enjoyable time, and knowledge that will improve your life.

The CommonHealth Team

