

- ▶ FREE WISDOM TEETH REMOVAL AT SPRINGDALE.....1
- ▶ POLICY RELEASE: FAMILY PLANNING & PREGNANCY1
- ▶ Q&A: FAMILY PLANNING & PREGNANCY POLICY.....2
- ▶ REMINDER: SHIPPING LAB SPECIMENS TO CDD2
- ▶ JOB CORPS HEALTH, WELLNESS & DISABILITY WEBSITES.....2
- ▶ SPOTLIGHT ON HEALS: 5 YEARS OF PROGRESS.....3
- ▶ RESOURCES FOR FREE MEDICATIONS5
- ▶ HEALTH DOCUMENTS5
- ▶ HEALTHCARE MARKETPLACE OPEN ENROLLMENT6
- ▶ HEALTH OBSERVANCES6

Health & Wellness *solutions*

NEWSLETTER FOR JOB CORPS HEALTH & WELLNESS STAFF

Free Wisdom Teeth Removal at Springdale

Springdale Center Dentist Tuan Truong, DMD, heard of a continuing education program at nearby Oregon Health and Science University (OHSU) and had an idea to use the event to help Job Corps students. This continuing education program provided licensed dentists with practice in extracting wisdom teeth on volunteer patients.

The center began actively marketing the opportunity to students and several signed up for screening. Dr. Truong set up a location for panoramic X-rays and the majority of the students were deemed eligible for wisdom tooth extraction. Students’ needs were ranked based on complexity of extraction and those with more complex extractions were assigned to more experienced dentists.

Twenty-one students (17 from Springdale and four from PIVOT) had their wisdom teeth extracted through this continuing education activity. The average cost of a wisdom tooth extraction in the Pacific Northwest is \$3,000. Dr. Truong estimates that students received \$63,000 worth of services by participating in this event.



Springdale JCC’s Center Dentist, Tuan Truong, DMD, Springdale student, and Laurie Zugliani, Dental Assistant.

Springdale’s Health and Wellness Manager, Jessica Anderson, was impressed by the contributions from other departments on center, saying, “Residential Living and Food Service staff really pitched in to help students with their recovery. The cafeteria offered soft foods all weekend and into the following week. The dorms ordered popsicles and had plenty of ice on hand.” The Health and Wellness Center also provided students with packets of over-the-counter painkillers and instructions for pain management. A few students needed prescription medication and bed rest. Residential Living staff were able to take care of students who needed additional assistance over the weekend.

Ms. Anderson was impressed that so many students took advantage of having their wisdom teeth extracted.

Policy Release: Family Planning & Pregnancy

On September 19, 2014, Job Corps released updated policies for family planning, pregnancy, medical separations with reinstatement rights (MSWR), and transportation. Resources, including a technical assistance guide, copies of trainings, and other documents can be accessed on the Job Corps Health and Wellness website at <https://supportservices.jobcorps.gov/health/Pages/FamilyPlanning.aspx>. On the following page is additional guidance on how to plan for a student’s separation under this revised policy.

Q&A: Family Planning & Pregnancy Policy

Q: What criteria should the obstetrical/gynecological provider and the center health and wellness team take into account when determining a date for pregnant student's separation?

A: Some students will be able to stay on center until near delivery; others will need to be separated earlier. The center physician and/or obstetrical provider(s) and the pregnant student should agree upon a separation plan. The plan needs to be a flexible, working document. Factors to consider in developing a separation plan include:

- A student's plan for delivery location will influence how long she can remain on center due to recommended restrictions on travel for pregnant women nearing term. If the planned delivery site is distant, travel restrictions/airline policies would determine length of stay. Such restrictions/policies might influence the student's choice of where to deliver.
- Women with complications of pregnancy or risk factors for preterm birth or birth complications may need to separate from the program earlier upon the recommendation of their obstetrical provider.
- The obstetrician who will perform the delivery, not just the prenatal care, should be involved in determining the student's date of separation. If the delivery site is close to the center or student is nonresidential, the student might stay in Job Corps to near term. Arrangements for the transfer of care to a provider where the student will give birth should begin at the time the pregnancy is diagnosed. Referral is based on the student's preference, and may be made to a maternal and child health clinic or to a private physician. Some providers place limits on when they will accept a new patient (e.g., not after 34 weeks gestation).
- It is in the student's best interest to be enrolled in Medicaid or other health insurance in the state where she plans to deliver. Health and wellness staff should collaborate with the student to ensure that her prenatal services and delivery are covered by insurance, if possible.

Reminder: Shipping Lab Specimens to CDD

To maintain the temperature of refrigerated specimens in an acceptable range during transport, **freezer packs MUST be frozen SOLID** prior to shipping. Failure to do so may result in specimens arriving at the lab outside of the acceptable temperature range. If a specimen is not maintained within the acceptable range, CDD is required by CAP, CLIA and other regulations to reject the specimen(s).

Freeze packs completely overnight to provide maximum protection for specimens. Ensure that the Styrofoam lid fits securely, and place the rubber band around the box. Even though temperatures are beginning to cool, it is still imperative that you follow these steps to maintain your refrigerated specimens.

Refer to the CDD test catalog for further information on specimen handling for specific tests. Contact CDD Client Care, (888) 858-8663, with any questions regarding specimen preparation and shipping.

Job Corps Health, Wellness & Disability Websites

The following health, wellness and disability websites are now public facing. Individuals can access these sites without a Citrix user account using the following url: <https://supportservices.jobcorps.gov/> .

- disABILITY (<https://supportservices.jobcorps.gov/disability/>)
- Food and Nutrition (<https://supportservices.jobcorps.gov/FoodNutrition/>)
- Health and Wellness (<https://supportservices.jobcorps.gov/health/>)
- Healthy Eating and Active Lifestyles (<https://supportservices.jobcorps.gov/HEAL/>)
- Supporting Students with Learning Disabilities (<https://supportservices.jobcorps.gov/SupportingStudentsLD/>)



Spotlight on HEALs: 5 Years of Progress

Job Corps released the Healthy Eating and Active Lifestyles (HEALs) program 5 years ago. In that time, centers have made strides in offering nutritious foods, physical activity options, and weight management activities. This *spotlight* features recent activities at centers that were educational and fun for students.

As a nonresidential center without shower facilities, **New Orleans JCC** has had to be creative in its recreation programming. They offer light workouts every morning and more intense workouts on Thursday afternoons during the last hour of the training day. The six regular morning exercise participants have lost a cumulative 100 pounds in the past 6 months. Quarterly, the center hosts a special event, such as a staff vs. student aerobics competition.

Arecibo JCC recently hosted a conference about nutrition. The center also offers regular Zumba dance classes and a walking group.

San Diego JCC's Culinary Department and Maintenance Crew have developed a Center School Garden, featuring a variety of vegetables to include squash, broccoli, collard greens, kale, carrots, radish, okra, chilies, tomatoes, beets, onion, lettuce, chard and cabbage. The HBI Plumbing trade has also installed a drip watering system to conserve water. Once harvested, the culinary trade will prepare healthy meals and will conduct food demonstrations for students, providing them with nutritional information and tasty recipes to encourage healthy eating.

Denison JCC's center garden provides vegetables for use in the cafeteria. The garden is watered by 300-gallon rainwater collectors. Additionally, the brick trade instructors offer a daily trade fitness program and dormitory leaders discuss nutrition during weekly dormitory meetings.



New Orleans JCC

Arecibo JCC

San Diego JCC

Denison JCC

Cassadaga JCC students participated in *The Color Run*, known as “Happiest 5k on the Planet!” in Buffalo, NY. The run is not timed, so participants can focus on having fun and feeling healthy and happy. Runners are showered with blue, yellow, pink, and purple sprays at every mile. After the race, runners were treated to a post-race party with Zumba, music, and dancing.

DL Carrasco JCC's small garden has squash, bell peppers, pumpkins, watermelons, tomatoes and basil. Recreation Manager, Mr. Milton, tends the garden with the help of students. Food Service Manager, Mr. Herrera, and culinary students used the vegetables pictured below to prepare a ‘healthy’ meal.

Tulsa JCC offered a program called “FIT Factor” (modeled after the TV show Fear Factor). Students were teamed up based on their trades and participated in field events and timed races for the physical portion of the competition. For the “fear” portion they had to drink a “mystery” smoothie filled with fruits and vegetables. They followed the drink by eating a kiwi. All who participated got a Fit Factor t-shirt and the winning team got bragging rights by having “Winner” on the back of their shirt.

Cassadaga JCC (L)

DL Carrasco JCC (C)

Tulsa JCC (R)



Spotlight on HEALs (con't.)

Oneonta JCC students regularly hike the Susquehanna River Greenway trail in West Oneonta. Center Director, Chris Kuhn, rewards students with Starbucks when a CPP group stays together during a hike.

Oneonta JCC ⇒



⇓ Dayton JCC



Roswell JCC hosts a HEALs Physical Education Class during the training day. The class meets three times a week for 1½ hours each class. Basic stretching and exercises, basic lifting and safety instructions, a dietary intake log, a personal success log, and weight monitoring are included in this class.

⇐ Roswell JCC



Treasure Island JCC's Health and Wellness and the Food Service Departments meet once a month to work on ideas to help students learn to live healthy. The Health and Wellness program encourages students to sign up for the HEALs program. The center offers a daily HEALs fitness walk and a comprehensive exercise program.

Mingo JCC ↑
Treasure Island JCC ⇒
Pine Ridge JCC ↓



Students at the **Benjamin L. Hooks JCC** dressed as super heroes for a 5k to support youth with diabetes.



↑ Brunswick JCC
⇐ Benjamin Hooks JCC
↓ Pinellas County JCC

Recently, **Pinellas County JCC** students made smoothies with apples, pears, and kale. The center also brought in a Registered Dietician from Hospital St. Anthony's to give the students a virtual shopping tour with emphasis on how to read labels.



At **Dayton JCC**, the Health and Wellness Center partnered with Food Service in September to offer healthy lunch options.

Los Angeles JCC ↑

At **Pine Ridge JCC**, 77 active students have lost 1,433 pounds since January 2013. The group meets once a week and the students set individual goals, get their measurements, and attend a short health class.

Mingo JCC provides an incentive system called HEALs Rising Star to help students begin or increase healthy behaviors. Through this program students earn prizes and recognition. Most of the students on center participate in this program and it has sparked friendly competition.

At **Los Angeles JCC**, on September 25th, 2014, Health and Wellness, with collaboration from the Food Services and Recreation Departments hosted an educational event in national recognition of September as "Fruit and Veggies – More Matters" month. The event provided educational material on the benefits of fruits and vegetables, literature containing different kinds of fruits and vegetables, calorie count, sample items for test tasting, and emphasized the importance of consuming and incorporating more fruits and vegetables in daily meal planning. Students were encouraged to complete a circuit or a solo activity of 50 repetitions to coincide with the Job Corps 50th Anniversary.

At **Brunswick JCC**, on September 27, 2014, several students and staff participated in the HEALs 5k run/walk. The students and staff were highly motivated as they walked and ran a very vigorous track.



Resources for Free Medications

Medications are available at a reduced cost through a variety of programs:

- Partnership for Prescription Assistance: <https://www.pparx.org/intro.php>
- Prescription programs: www.needymeds.com and www.pharmacydiscountnetwork.com
- GlaxoSmithKline:
 Tips: <http://us.gsk.com/html/healthcare/healthcare-cost-savings.html>
 Programs: <http://us.gsk.com/html/healthcare/healthcare-our-programs.html>



Health Documents

Information Notices (https://supportservices.jobcorps.gov/health/Pages/InfoNotices.aspx)	
<ul style="list-style-type: none"> • IN 14-19 "It's On Us" Campaign, and Preventing and Responding to Sexual Assaults in Job Corps; Release Date: October 8, 2014 • IN 14-14 National Bullying Prevention Month; Release Date: September 26, 2014 • IN 14-13 Title IX: Sexual Harassment, Sexual Violence, and Bullying Webinar; Release Date: September 26, 2014 • IN 14-12 Webinars and Resources on the New Job Corps Family Planning Policy, Attachments: 14-12a, 14-12b; Release Date: September 25, 2014 • IN 14-11 Distracted Driving Prevention; Release Date: September 24, 2014 • IN 14-10 Influenza Information Update; Release Date: September 9, 2014 • IN 14-08 Promoting Student Safety through Suicide Awareness and Prevention, Attachment: 14-08a; Release Date: August 29, 2014 • IN 14-07 Prevention and Mitigation of Bed Bugs Reminder; Release Date: August 29, 2014 	<ul style="list-style-type: none"> • IN 14-06 FEMA National Preparedness Month Reminder, and 2014 Hurricane Predictions Update; Release Date: August 29, 2014 • IN 14-05 Fire Safety on Job Corps Centers; Release Date: August 25, 2014 • IN 14-04 National Suicide Prevention Week, September 8-14, 2014, and World Suicide Prevention Day, September 10, 2014; Release Date: August 21, 2014 • IN 13-64 Summer Safety Reminder; Release Date: June 27, 2014 • IN 13-63 Lesbian, Gay, Bisexual, and Transgender Students – Nondiscrimination Information for Job Corps Applicants; Release Date: June 23, 2014 • IN 13-60 2014 Universal Safety Month Contest Winners; Release Date: June 13, 2014 • IN 13-59 2014-2015 Job Corps Annual Occupational Safety and Health (OSH) Program Reviews; Release Date: June 12, 2014 • IN 13-57 Hurricane Preparedness Reminder for the 2014 Season; Release Date: May 22, 2014
Program Instructions (https://supportservices.jobcorps.gov/health/Pages/PINotices.aspx)	
<ul style="list-style-type: none"> • PI 14-10 Upcoming Healthy Eating and Active Lifestyles (HEALs)-Related Observances; Release Date: August 26, 2014 • PI 14-09 Reminder to Protect Job Corps Students' Personally Identifiable Information (PII); Release Date: August 26, 2014 • PI 14-06 Applicant File Review Log and Webinar, Attachments: 14-06a; Release Date: August 21, 2014 	
PRH Change Notices (https://supportservices.jobcorps.gov/health/Pages/PRHNotices.aspx)	
PRH Change Notice 14-05 Policy and Requirements Handbook (PRH) Chapter 6, Section, 6.4, R4, Separations, Section 6.6, R4, Local Transportation, Section 6.11, R4, Family Planning Program, Section 6.11, R5, HIV/AIDS, Section 6.12, R11, Medical Separations, and Exhibit 6.1, Duty/Pay/Leave Status Chart, Attachment: 14-05a, 14-05b; Release Date: September 19, 2014	
Immunizations (https://supportservices.jobcorps.gov/health/Pages/ICDCDocs.aspx)	
Sample letter to inform parents of immunizations (July 2014)	
Lesbian, Gay, Bisexual, Transgender, and Questioning (https://supportservices.jobcorps.gov/health/Pages/LGBTQDocs.aspx)	
FAQs and Issues Facing Job Corps Centers in Meeting the Needs of Transgender Student	
Oral Health (https://supportservices.jobcorps.gov/health/Pages/OralHealthDocuments.aspx)	
<ul style="list-style-type: none"> • Dental Readiness Inspection Checklist (May 2014) • Priority Classification System (August 2014) • Caries Risk Assessment Form (September 2014) • Dental Habits Questionnaire (September 2014) 	



Health Documents (con't.)

Technical Assistance Guides (TAGs) (https://supportservices.jobcorps.gov/health/Pages/TAGs.aspx)
<ul style="list-style-type: none">• Family Planning TAG (September 2014)• Sexual Assault Prevention and Response TAG (October 2014)
Webinars (https://supportservices.jobcorps.gov/health/Pages/Webinars.aspx)
<ul style="list-style-type: none">• Family Planning and Pregnancy Policy Revision (September 24, 2014)• Sleep from A to Zzzzz: Sleep Hygiene for Job Corps Students (September 3, 2014)• Everyday Endodontics for the Job Corps Center Dentist (August 22, 2014)• TEAP and TUPP: How to Thrive During a ROCA (August 5, 2014)• Health and Wellness ROCAs: Dallas (July 31, 2014)• Group Leadership Skills (July 29, 2014)• Innovative Strategies in Applying Motivational Interviewing with At-Risk Youth who Abuse Substances (June 18, 2014)• Suspicious Drug Screening: What am I seeing and what do I do about it? (June 10, 2014)• ROCAs: Health and Wellness Common Concerns (May 14, 2014)
Webpage (https://supportservices.jobcorps.gov/health/Pages/Responding-to-a-Crisis.aspx)
Responding to a Crisis

Healthcare Marketplace Open Enrollment

Open enrollment for the Healthcare Marketplace begins November 15th. Visit <https://www.healthcare.gov/> for more information.

Health Observances

October

- Domestic Violence Awareness Month, <http://www.ncadv.org/takeaction/DomesticViolenceAwarenessMonth.php>
- National Bullying Prevention Month, <http://www.pacer.org/bullying/nbpm/>
- Red Ribbon Week, October 23–31, <http://www.nfp.org>

November

- National Healthy Skin Month, <http://www.aad.org>
- Great American Smokeout, November 20, <http://www.cancer.org>



December

- World AIDS Day, December 1, <http://www.worldaidscampaign.org/>
- National Influenza Vaccination Week, December 7–13, <http://www.cdc.gov/flu/nivw/>

Have an idea for a newsletter article? E-mail Julie Luht, julie.luht@humanitas.com, to share your story or resource.

