



Kaiser Permanente

December Newsletter

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"Health is a state of complete physical, mental, and social well being, and not merely the absence of disease or illness"

Happy Holidays!

Enroll in superior health care and stay healthy this holiday season. We offer three healthcare plans to choose from:



PowerPlan 1

Monthly Cost
\$250.00
\$5.00 Office visits,
Physical Exams,
Immunizations,
Prescriptions, and
Teen wellness
Services.

PowerPlan 2

Monthly Cost
\$150.00
\$10.00 Office visits,
Physical Exams,
Immunizations,
Prescriptions, and
Teen wellness
Services.

PowerPlan 3

Monthly Cost
\$100.00
\$15.00 Office visits,
Physical Exams,
Immunizations,
Prescriptions, and
Teen wellness
Services.



Health Tip of the Month

The typical teen loves junk food and hates eating vegetables. However, healthcare experts state that you can look and feel better if you take in the proper nutrition. It is recommended that the average teen eat 5 servings of fruits and vegetables each day. Your body requires food that has vitamins, minerals, and essential nutrients.



Kaiser Permanente



Department News & Announcements



Human Resources

Can you say pay raises and promotions? Yes, it's time for evaluations! We will start job evaluations this month.



Accounting

Don't forget to make your purchases at the trade fair and keep your sales receipts for the financial portfolios.



Sales and Marketing

Congratulations to Haythem for enrolling five new companies this month.



Information Technology

View our new and improved website at www.fusd.net/summitvb

Announcements

Get your H1N1 shot and protect yourself from the flu. For more information please contact your local Kaiser Permanente or visit <http://xnet.kp.org/newscenter/pointofview/2009/042709swineflu.html>.

Upcoming Events

Event	Date	Location
Long Beach Trade Fair	2/26/10	Long Beach Convention Center, California
Kaiser Permanente Staff Training	3/12/10	Fontana, California
San Diego Trade Fair	To Be Announced	San Diego, California



Health joke of the month...

When a physician remarked on a new patient's extraordinary ruddy complexion, he said, "High blood pressure, Doc. It comes from my family."

"Your mother's side or your father's?" I asked.

"Neither," he replied. "It's from my wife's family."

"Oh, come now," I said. "How could your wife's family give you high blood pressure?"

He sighed. "You oughta meet 'em sometime, Doc!"



National News on Healthcare

Health Care Reform and Obama

In recent news President Barack Obama has introduced a bill to congress which would provide universal health care. This attempt has had a major impact on the presidents approval rating. In the health care bill people would have the option to choose public or private health insurance. Health care would be mandated and you could be fined if you did not purchase insurance. You can stay informed on the debate at Foxnews.com or CNN.com.

November Employee of the Month



Katrina Purugganan

Katrina Purugganan has been chosen as November's employee of the month. Katrina has been working in the accounting department. She has shown leadership, responsibility and has been a role model for co-workers. Katrina's hard work and dedication has exceeded our company expectations. Congratulations Katrina Purugganan from all of us at Kaiser Permanente



"I would like to thank Carley Haro (CEO), Brenda Uribe (VP of Accounting), and Mrs. McClellan who helped guide me in the right direction so that I could succeed."



Teen Wellness Center Ask the experts at Kaiser Permanente...



Q: I am a 15-year-old girl, around 5-foot-6 (still growing) and about 130 pounds. I am skinny apart from my gut, which is fat and makes me very self-conscious. I am worried about the amount I eat. In the mornings I am never hungry and will sometimes skip breakfast. At school I will have a snack at around 11 and then have lunch at 12 to 12:30 (these are the allowed breaks in my school). In the evenings I eat dinner and then I get really hungry and will eat lots of food. My mom is a health reporter so our house is full of healthy food, and I won't snack on anything unhealthy, but sometimes I will eat up to seven oranges in one sitting. I have heard that you shouldn't eat a lot in the evening because you don't have a chance to work it off.

Is there anything you can suggest that will reverse my eating habits and will reduce the amount that I eat? Do you think that if I drink more water and smoothies they will fill me up and I won't eat as much?

A: Your concerns are common for girls your age. My teenage daughter is also concerned about her tummy, how she looks in her clothes and how to control her weight. As an adolescent, your body is changing and developing at a very rapid rate, so you should know how nutrition impacts your health and physique. There are some practical things that you can do to improve your well-being and develop a healthier body..

You absolutely can change your eating habits, but eating less may not be the main goal. It sounds like your weight is normal for your height and that you eat like many teens—ravenously! You are probably eating a lot a night because you don't eat breakfast. So let's fix that first.

Most teens don't get enough water and calcium. Although there are differences of opinion about fluid needs, we can all agree that the human body is 50-75% water so it needs to be replenished frequently. Be on the safe side and drink six to eight 8-ounce glasses of water each day as well as two or three 8-ounce glasses of skim or soy milk. Drinking more fluids will help you feel fuller too. And while drinking more fluids will help you feel fuller, remember that you should not rely on the "full" feeling that fluids give you to reduce the amount you eat, as you may end up robbing your body of needed nutrients.

Now that you know what to eat, let's reorder your thinking. It sounds like you are not aware of what is an appropriate look for your body. Your body is perfect for you right now, and it will continue to change. **ACCEPTING** how your body looks, tummy pouch, and all, will help you realize that there is no one perfect body type.