Administrative Bulletin

V-28  4.25.14

1. **REMINDER: AUTISM AWARENESS RESOURCE & INFORMATION FAIR**

East Allen County School’s Autism Team is hosting an Autism Resource and Information Fair at Park Hill Learning Center on April 26, 2014 from 10 am – 3pm. Please support our efforts in promoting Autism Awareness. For more information contact Jennifer Hartman. See Enclosure #1 for further details.

   Connie Brown, ext. 3109

2. **REMINDER: COMMUNITY FOCUS ON HEALTH**

The Focus on Health, New Haven High School site, will be held on April 26, 2014, from 8:00 a.m. until noon. Low cost blood testing will be offered again this year; tests included are Blood Chemistry Profile (Chem 17), Hemogram (anemia), Thyroid Stimulating Hormone, Prostate Specific Antigen, Vitamin D, and AIC (3 month blood sugar average). A 10-12 hour fast will be required for those receiving a Chem 17 blood draw. Payment for blood work is cash or check only.

   Eric Manor, ext. 1003

3. **HOOSIER FAMILY OF READERS**

Hoosier Family of Readers is excited about the new partnership with First Book, a non-profit organization that puts books in the hands of children from low-income families. Use the links below to find out more about First Book and to register so that you can start ordering books (free and very low cost) for your school or organization.

The Hoosier Family of Readers is an initiative to build a culture of readers in the state of Indiana. But in order to read, kids need books! That’s why the Hoosier Family of Readers is excited to partner with nonprofit First Book to help you and your Family of Readers access brand new, free and low-cost books. For more information, contact the First Book Help Team at (800) READ-NOW or help@firstbook.org

   Michael Shaffer, ext. 3151
4. YMCA DIABETES PREVENTION PROGRAM

Learn about the YMCA’s Diabetes Prevention Program and how to reduce your risk for developing diabetes, one small step at a time. See Enclosure #2 for more details.

Eric Manor, ext. 1003

5. HEALTHIER CHOICES RECIPE ROUNDUP

The EACS Employee Wellness Program is putting together a Healthier Choices Recipe Book. Submit your healthy recipe by Monday, May 19 to Eric Manor, EACS Wellness Coach at emanor@eacs.k12.in.us. For more information see Enclosure #3.

Eric Manor, ext. 1003

6. ELEMENTARY & GRANDPARENT 1 MILE 4 WELLNESS

New Haven Parks & Recreation is sponsoring the 1 mile 4 wellness for boys and girls in preschool thru sixth grade. The event will be held at New Haven High School on May 17, 2014 at 9:00 am. To register go to RUNRACE.NET. See Enclosure #4 for an application form.

Tamyra Kelly, ext. 1050

7. WORLD DIABETES SUMMIT

The Diabetes Summit starts on May 5, 2014 and runs for 12 days through May 16. Each day you’ll be invited to watch 4-5 incredible presentations, right on your computer. There’s no need to travel, book a hotel, or pay for an expensive seminar. These cutting-edge experts will come right into your office or living room and share valuable lessons from their extensive knowledge and experience. These presentations are yours to enjoy, absolutely free, for 24 hours. See Enclosure #5 for more details.

Eric Manor, ext. 1003

8. AUTISM T-SHIRT RE-ORDER

Due to popular demand, East Allen County School’s Autism Team is going to place another order for Autism t-shirts the week of April 28th. If you would like to order a t-shirt please see Enclosure #6.

Connie Brown, ext. 3109

DREAM IT. DO IT.
Due to popular demand, East Allen County School’s Autism Team is going to place another order for t-shirts the week of April 28th. The order window will be very short because we are only allowed so many fundraising days per year. The logo for the t-shirt will also be slightly different, with the 2014 Resource Fair being removed. The new logo is below.

Please send your completed order form and money to Jennifer Hartman (x3119) at Park Hill Learning Center. Please send me an email if you put your order in the courier and you don’t think I will receive it by the afternoon of Tuesday, April 29th.

Forms and payment must be received no later than Tuesday April 29th. Shirts will be delivered around May 16th.

Name____________________________________________  School__________________________________________

Phone number or room ext____________________________________________________________

Payment Method: _______________Cash/Amount

______________Check/Number___________________Amount(make payable to EACS)

All t-shirt sizes are $10. Youth sizes have been included if anyone would like to order t-shirts for family members. The t-shirts will be black with the following logo:
Diabetes Prevention Program
YMCA OF GREATER FORT WAYNE

A LOT CAN HAPPEN IN ONE YEAR

Join the YMCA’s Diabetes Prevention Program and learn how to reduce your risk for developing diabetes, one small step at a time.

Our one-year community-based program is designed to enable adults to make lifestyle changes that will improve their overall health and reduce their risk of developing type 2 diabetes.

The YMCA’s Diabetes Prevention Program is supported by the Centers for Disease Control and Prevention, the Diabetes Prevention and Control Alliance, and other national organizations committed to preventing chronic disease.

YMCA MEMBERSHIP NOT REQUIRED.
To see if you qualify or for information about program fees and financial assistance, contact:

WENDY SPITZNAGEL OR MEAGHAN SHOLL
347 W. Berry Street, Suite 500
Fort Wayne, IN 46802
260-422-6488
Hereforyou@fwymca.org
www.fwymca.org

New cases of diabetes are reduced 58% by programs like ours.

Programs like the YMCA’s Diabetes Prevention Program reduce the number of new cases of diabetes by 58% overall and by 71% in individuals over age 60.

Research from the National Institutes of Health
If you are at high risk of developing type 2 diabetes, the YMCA’s Diabetes Prevention Program can help you make lifestyle changes that will improve your overall health and well-being and reduce your chances of developing the disease. Take the first step in controlling your health. Find out your risk for prediabetes.

In order to qualify for the YMCA’s Diabetes Prevention Program, participants must be at least 18 years old, overweight (BMI ≥ 25)\(^*\) and at high risk for developing type 2 diabetes or have been diagnosed with prediabetes\(^†\).

**TAKE THE TEST – KNOW YOUR SCORE!**

Answer these seven questions – for each “yes” answer, add the number of points listed:

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are you a woman who has given birth to a baby weighing more than 9 pounds?</td>
<td>1</td>
</tr>
<tr>
<td>Do you have a parent with diabetes?</td>
<td>1</td>
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<tr>
<td>Do you have a brother or sister with diabetes?</td>
<td>1</td>
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<tr>
<td>Find your height on the chart to the right. Do you weigh as much as or more than the weight listed for your height?</td>
<td>5</td>
</tr>
<tr>
<td>Are you younger than 65 years of age and get little or no physical activity in a typical day?</td>
<td>5</td>
</tr>
<tr>
<td>Are you between 45 and 64 years of age?</td>
<td>5</td>
</tr>
<tr>
<td>Are you 65 years of age or older?</td>
<td>9</td>
</tr>
</tbody>
</table>

**TOTAL POINTS FOR ALL “YES” RESPONSES:**

If you scored a 9 or higher, then you may be at risk for prediabetes or diabetes, and may qualify for the program. Contact Meaghan Sholl at Hereforyou@fwymca.org for more information. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.

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**AT-RISK WEIGHT CHART**

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight (in pounds)</th>
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<tbody>
<tr>
<td>4' 10&quot;</td>
<td>129</td>
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<tr>
<td>4' 11&quot;</td>
<td>133</td>
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<tr>
<td>5' 0&quot;</td>
<td>138</td>
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<tr>
<td>5' 1&quot;</td>
<td>143</td>
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<tr>
<td>5' 2&quot;</td>
<td>147</td>
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<td>5' 3&quot;</td>
<td>152</td>
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<td>5' 4&quot;</td>
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<td>5' 9&quot;</td>
<td>182</td>
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<td>5' 11&quot;</td>
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<td>6' 1&quot;</td>
<td>204</td>
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<td>6' 2&quot;</td>
<td>210</td>
</tr>
<tr>
<td>6' 3&quot;</td>
<td>216</td>
</tr>
<tr>
<td>6' 4&quot;</td>
<td>221</td>
</tr>
</tbody>
</table>

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\(^*\)Asian individual(s) BMI ≥ 22

\(^†\)Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

**PLEASE COMPLETE THE INFORMATION ON THE BACK OF THIS FORM.**
DO YOU HAVE ONE OF THE FOLLOWING LAB VALUES OR DIAGNOSIS?

- A1c: (must be 5.7% – 6.4%)
- Fasting plasma glucose: (must be 100 – 125 mg/dL)
- 2-hour (75 gm glucose) plasma glucose: (must be 140 – 199 mg/dL)
- Prediabetes determined by clinical diagnosis of gestational diabetes (GDM) during previous pregnancy

CONTACT INFORMATION AND REFERRAL SOURCE

YOUR CONTACT INFORMATION:

First name*
Middle name
Last name*
Gender*
Date of birth*
Email address
Street 1*
Street 2
City*
State*
Zip code*
Home phone
Work phone
Mobile phone
Height (Ft, In)*‡
Weight*‡

RACE/ETHNICITY:

- American Indian or Alaska Native
- Asian
- Native Hawaiian or Other Pacific Islander
- Black or African American
- Hispanic/Latino of any race
- White

REFERRAL METHOD:

- Doctor/Physician
- Nurse
- Diabetes Educator
- Dietician/Nutritionist
- Practice Manager or Office Manager
- Dentist
- Optometrist/Ophthalmologist
- Pharmacist
- Screening/Testing Event or Health Fair
- Family/Friend or Word of Mouth
- Employer
- Insurance Company
- Media (TV, web, radio, print, etc.)
- Staff Member
- Other: ________________________________

The YMCA’s Diabetes Prevention Program is part of the Centers for Disease Control and Prevention-led National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention and Control Alliance.

People with private health insurance should check with their employer about the availability of this program as a covered benefit, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1 800 237 4942.

[YMCA] and the National Council of Young Men’s Christian Association of the United States of America (“YMCA of the USA”), have made a commitment to collaborate on efforts to support a national movement to increase awareness and take measures to prevent diabetes and its complications among groups at risk, and to help support treatment outcomes for individuals who have confirmed diagnoses or indications of prediabetes by promoting an effective lifestyle change. The parties referenced above do not warrant or guarantee any specific outcomes for program participants, with respect to diabetes prevention.
The EACS Employee Wellness Program is putting together a Healthier Choices Recipe Book – I Need Your Help!

Share your favorite healthy recipes! I will put together a collection of the submissions and create a Healthier Choices Recipe Book that will be distributed throughout the district for FREE.

What is a healthy recipe?
Clearly, everyone has a different idea of what is healthy. To me, a healthy recipe means a dish that will improve your physical and mental health and put you in a positive, happy, healthy frame of mind. So tell me in your submission a little bit about why you feel your recipe is healthy.

Submit recipes for the following categories:
✓ Substitutions (Example: Greek yogurt in place of sour cream)
✓ Breakfast
✓ Lunch
✓ Dinner
✓ Snacks
✓ Deserts

Include the following with your submission:
✓ Dish Name
✓ Ingredients
✓ Directions
✓ Servings
✓ Why you feel your recipe is considered healthy
✓ Personal Comments about the recipe that you want to share (Optional)

Submit your healthy recipe by Monday, May 19th to Eric Manor, EACS Employee Wellness Coach at emanor@eacs.k12.in.us

Questions? Contact Eric Manor, EACS Wellness Coach: emanor@eacs.k12.in.us or 446-0100 ext. 1003
This event is open to any boys or girls in preschool thru sixth grade. Preschoolers thru 2nd grade will run 800 meters; while 3rd thru 6th grade will run 1600 meters. Race schedule is an estimate. We will run the next race as soon as the previous race is over. The first race will start at 9 and each race will follow shortly after the previous race is completed. At the mid point, all grandparents will walk 1 mile together (4 laps around the track).

**Make checks payable to New Haven Parks. Please Print.**

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<th>Last Name</th>
<th>First Name</th>
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<table>
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<tr>
<th>City</th>
<th>State</th>
<th>Zip</th>
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<table>
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<tr>
<th>Telephone</th>
<th>Gender M F</th>
<th>DOB <em><strong>/</strong>__/</em>___</th>
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<td><em>M</em> F</td>
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<table>
<thead>
<tr>
<th>Email</th>
<th>Age (race day)</th>
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**Waiver:** I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running or walking in this event including, but not limited to: falls, contact with other participants, the effect of the weather including high heat and/or humidity, traffic and the conditions of the road or any other running surface: all such risks being known and appreciated by me. For my safety, I understand that bicycles, skateboards, baby joggers, roller skates or in-line skates, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release New Haven Adams Township Parks Department, City of New Haven, East Allen County Schools and all sponsors, all volunteers, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the person named in this waiver. I allow my photograph or likeness to be used for any lawful purpose.

**EVENT 1**

4 WELLNESS SUMMER SERIES

May 17th 2014 9:00 am

New Haven High School Track

REGISTER ONLINE AT RUNRACE.NET or DROP COMPLETED FORM TO NH PARK OFFICE: 1125 HARTZELL STREET NEW HAVEN, IN 46774

COST IS $10 BY WEDNESDAY APRIL 30TH OR AFTER $15 THROUGH WEDNESDAY MAY 15TH

You must register by April 30th to be guaranteed that you will receive a t-shirt. If you do not want a t-shirt, please use coupon code NS to save $5. Coupon can only be used until April 30th.

FOR QUESTIONS CONTACT
Mike Clendenen or mclendenen@newhavenin.org 260-749-2212
Whether you’ve been diagnosed with diabetes, were told that you have pre-diabetes, have a family history, or just want to make sure you don’t get diabetes, this 12 day, power-packed summit will give you the ammunition you need to fight off the diabetes monster and win!!

**What is the World Diabetes Summit?**

This is the first ever online conference devoted to preventing and reversing type 2 diabetes.

**How does The Diabetes Summit work?**

The Diabetes Summit starts on May 5, 2014 and runs for 12 days through May 16. Each day you’ll be invited to watch 4-5 incredible presentations, right on your computer. There’s no need to travel, book a hotel, or pay for an expensive seminar. These cutting-edge experts will come right into your office or living room and share valuable lessons from their extensive knowledge and experience.

These presentations are yours to enjoy, absolutely free, for 24 hours. After that, they will be taken down and replaced with the next day’s set of amazing presentations. That’s why it is so important to register for the event – so you don’t miss a single speaker.

**How Do I Register for the World Diabetes Summit?**

You can register for this FREE event at [http://thediabetessummit.com/](http://thediabetessummit.com/)

It’s absolutely **FREE**! No strings attached!

Questions? Contact Eric Manor, EACS Wellness Coach: emanor@eacs.k12.in.us or 446-0100 ext. 1003
1. FESTIVALS OF MUSIC

Congratulations to Kim MacDonald and the award-winning performances by the Leo Jr. Sr. High School choir at the recent Festivals of Music event. The high level of achievement is a reflection of their dedication to excellence as they performed on stage.

WAY TO GO MS. MACDONALD & LEO JR. SR. HIGH CHOIR

2. EACS EDUCATIONAL FOUNDATION RECEIVES DONATION

The East Allen County Schools Educational Foundation received a $2000 donation from Paulding Putnam Electric Cooperative Trust’s “Operation Round Up” to support the Foundation’s efforts.

CONGRATULATIONS ROSE FRITZINGER & EDUCATIONAL FOUNDATION MEMBERS