

DECEMBER 2015 UPDATE

Holidays with Family Ideal for Investigating Health History

Your doctor can use your detailed notes to see whether you need certain evaluations.

When your relatives get together over the holidays, it may be a good opportunity to investigate your family history, including its health history, suggests a genetics expert.

Talk to your grandparents and great-grandparents and make detailed notes about what they tell you about the health of their immediate family – parents, siblings and children. Record names, birth dates, year of death and any health problems experienced by those people.

The holidays are a great time to collect your family history. Most people don't know much about the family history beyond their first-degree relatives, their own parents and siblings.

Ask your older relatives if any of their siblings died during childhood and, if so, why? This type of information can be valuable.

We sometimes hear people say they've been told their mother's brother dropped dead at age 20, for example. It's important to find out why; was it because of a genetic heart condition that you might have inherited, or is it simply that brother was guilty of some accident that nobody wants to talk about?



You should also ask about health issues such as cancer, heart disease, diabetes, mental health disorders and other common conditions.

The best way to glean this type of information is to speak individually with each older relative. "Many would welcome the opportunity to share the family history and memories of deceased loved ones," Holt said.

Once you have your family health history, share it with your doctor in order to determine if you need to undergo evaluation for certain conditions.

EVENTS

Dec 12 [Walk With a Doc \(Scott & White\)](#)
9 am, San Gabriel Park, Georgetown

Dec 18 [Chair and Table Massages](#)
11:30-3:30, Baca Center
\$15-Chair (15 min); \$30-Table (30 min)
Call 512-736-9131 for appt

Dec 19 [Vern's No Frills 5K](#)
8 am, Berry Springs Park, Georgetown



DECEMBER 2015 UPDATE**GROUPS**

Basketball: Every Tuesday/Thursday at noon, Clay Madsen Rec Center. Contact Ryan Beardmore for details at rbeardmore@roundrocktexas.gov

Walk Across Texas: a free 8-week program designed to help Texans establish the habit of regular physical activity. For more information, click [here](#).

CLASSES

CoRR Fit: This 1 hour class is designed to optimize muscle building and muscle retention during weight loss. Each class targets maximum weight loss through high intensity intervals in a group setting. This program is customized for all levels of fitness and offered Monday/Wednesday/Friday mornings and Tuesday/Thursday afternoons to accommodate your schedule. Click [here](#) for full details.

**PROGRAMS**

Healthy Computing, Stretches and Exercises: Most injuries that happen at work are caused by physical stress and strain, such as sitting in the same position for a long time, making repetitive movements, which leads to overuse. Ergonomics can help you be more comfortable at work and help lower stress and injury. It is recommended to incorporate exercise and stretches in your daily routine to prevent injury. To view the CoRR Risk Management plan, click [here](#).

Stretch N'Go Program: This program has the same purpose as Healthy Computing Stretches and Exercises but is designed to target employees performing field work. Click [here](#) for details.

WEB RESOURCES

[One-Stop Guide for Living with Diabetes](#)

[Employee Net](#)

[5 Tips for Boosting Body Image](#)

Healthy Bites - check out this month's recipes

[Holiday Vegetable Stuffing](#)

[Slow Cooker Pumpkin Spice Latte Cake](#)



Aetna Resources: Please visit aetna.com for more information.

Aetna Care Pass: CarePass connects you to health and fitness apps to help you with your goals. Click [here](#) for more details.

LOCAL RESOURCES

The clinic offers employees enrolled in the CORR Health Care Plan a convenient source for healthcare *at no cost*. Now there is no need to go off-site for treatment and no waiting in the doctor's office.. It is equipped to treat everything from minor scrapes to diabetes. The clinic is located at 901 Round Rock Avenue, Suite 300.



To schedule an appointment, contact the *clinic at 512-904-0009*. Or call the *scheduling line at 866-959-9355*, Monday 6am to 4pm, Tuesday through Friday 6am to 7pm and Saturday 7am to 12pm.

Walk-in hours.

Monday - Friday
7 am to 8 am

Clinic hours

Monday 7am to 4pm (closed noon to 1)
Tues - Thurs 7 am to 5pm (closed noon to 1)
Friday 7am to 12pm

Round Rock Parks and Recreation/Clay Madsen Recreation Center – Membership is free for all City employees. Click [here](#) for a detailed listing of available classes or [here](#) for PARD programs

Round Rock Public Library – A wealth of resources available including books, DVDs and magazines. Library cards are **free** to employees.

Lactation Room: This room is solely for the use of nursing mothers, who are City of Round Rock employees, in need of a private place to nurse or pump. It is located on the 3rd floor of City Hall in the Administration office, next to the break room.