



# TEXAS HEALTH CARE NEWSLETTER

*Texas Health Care was founded to allow doctors to be doctors. Our priority is simple: provide quality care to our patients.*

**September 18, 2015**

*(Volume XII, Edition 19)*



Please take a moment to setup your **Pay-E-Stub** if you have not already done so. It is important to **REVIEW** your payroll check and **READ** the company newsletter at <https://www.my-estub.com> If you have any questions or need assistance with the web portal, please contact the Payroll Department at the CBO 817/740-8400 or send an email to [payroll@txhealthcare.com](mailto:payroll@txhealthcare.com)

## September Birthdays

Employee	day	Employee	day	Employee	day	Employee	day
Amanda Beayrd	2	Elizabeth Garcia	5	Susie Martinez	28	Donna Romero	15
Heidi Benson	6	Jennifer Garcia	14	Erin Metting	27	Evelyn Salcedo	27
Kimberly Berlin	2	Enedelia Gonzalez	29	Maria Montoya	29	Priscilla Sanchez	5
Roberta Bohn	13	Nancy Gracia	23	Twyla Moore	10	Tina Sanchez	30
Vicki Boyett	13	Heather Haynes	10	Elizabeth Morales	21	Stephanie Scott	23
Rhonda Britton	23	Stephanie Hill	5	Alisha Mulloy	3	Kelly Sheffield	24
Barbara Brown	22	Mary Huckaby	6	Liz Nieves	27	Hannah Siegers	3
Nathaniel Castaneda	21	Kellie Hunt	29	Claudia Ortega	4	Donald Terrell	4
Sonia Cerutti	22	Priscilla Ibarra	4	Marleny Ortiz	27	Valli Traylor	1
Maria Chairez	27	Kristy Jaramillo	23	Stephanie Pippin	4	Judith Villalobos	15
Linda Cisneros	26	Katrina Jensen	16	Lisa Richards	7	Pamela Weatherred	3
Tammy Droke	26	Alzine Johnson	21	Theresa Richburg	19	Elizabeth Williams	14
Miranda Fagan	10	Lauren Keith LeBlanc	11	Sherry Robinson	3	Kimberly Winters	16
Bernadette Garcia	15	Jim Liu	5	Esmeralda Robles	25	Sandra Zamora	4



**THE  
HEALTHY  
CHOICE**

**TEXAS HEALTH CARE  
WELLNESS PROGRAM**  
for THC Employees



**Eat Healthfully and Enjoy It!**

(courtesy of CDC-Division of Nutrition)

**Do I have to give up my favorite comfort food?** No! Healthy eating is all about balance. You can enjoy your favorite foods even if they are high in calories, fat or added sugars. The key is eating them only once in a while, and balancing them out with healthier foods and more physical activity. Some general tips for comfort foods:

- Eat them less often. If you normally eat these foods every day, cut back to once a week or once a month. You'll be cutting your calories because you're not having the food as often.
- Eat smaller amounts. If your favorite higher-calorie food is a chocolate bar, have a smaller size or only half a bar.
- Try a lower-calorie version. Use lower-calorie ingredients or prepare food differently. For example, if your macaroni and cheese recipe uses whole milk, butter, and full-fat cheese, try remaking it with non-fat milk, less butter, light cream cheese, fresh spinach and tomatoes. Just remember to not increase your portion size. For more ideas on how to cut back on calories, see [Eat More Weigh Less \(http://www.cdc.gov/healthyweight/healthy\\_eating/energy\\_density.html\)](http://www.cdc.gov/healthyweight/healthy_eating/energy_density.html).

For Newsletter consideration, please submit to [cwooley@txhealthcare.com](mailto:cwooley@txhealthcare.com) Newsletters are archived in Company Intranet – MS Outlook Public Folders

– Newsletters

