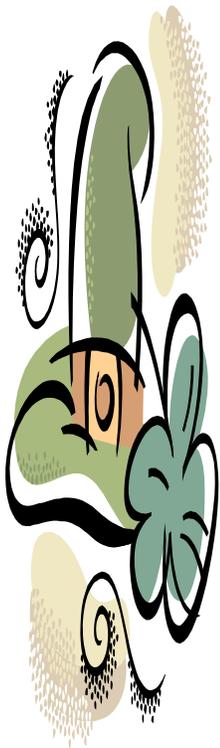


March 2019

IN THIS ISSUE

- “Say What?”
- Healthy Deliciousness
- Wellness Champion
- Healthy Lifestyle Takeaways
- Suggestion Answers



# Wellness Committee

Fostering a workplace culture that supports healthy lifestyle choices for all

## Quarterly Newsletter

“SAY WHAT?”

HEALTHY DELICIOUSNESS

WELLNESS CHAMPION

What are the benefits of physical activity?

1. maintain weight
2. Fights chronic conditions/diseases
3. Improves mood
4. Improves sleep
5. Improves energy
6. Builds healthy bones, muscles,

Joints

With the warmer weather coming up, now is the perfect time to start a regular activity routine. Any type of activity is better than no activity at all.

EAT SMART NY

Bruchetta Salad

3 cups chopped roma tomatoes

1/2 cup chopped red onion

1/4 cup fresh chopped basil

1/2 teaspoon salt

1/4 teaspoon black pepper

2 tablespoons balsamic or red wine vinegar

1 tablespoon oil

2 cups croutons

Combine everything but the croutons in a bowl. Stir croutons in salad and serve. Refrigerate leftovers within 2 hours.



Congratulations to our First Quarter of 2019 Wellness Champion, Resa Rosen-Murray. Resa was nominated by a fellow co-worker who indicated that Resa has lost quite a bit of weight, being “in the zone.” Resa is determined to feel healthier. She is an inspiration to all those around her! Congratulations Resa!

HEALTHY LIFESTYLE TAKEAWAYS

SUGGESTION ANSWERS

SPRING CLEANING

Now is the time when people decide that perhaps, after a long winter, their house needs a good spring cleaning. This issues healthy takeaways come from Marie Kondo, author and creator of the KonMari Method of Tidying Up. She discusses how we can go about getting rid of all the unnecessary clutter we have accumulated in our home. Here are some tips: **1. don’t organize by room, organize by item** **2. ask, while holding the item, if the item brings you joy: if no, get rid of it.** Places to take unwanted items include First Community Lutheran Community Local Outreach Store, Second Chances, St. Luke’s Thrift Store

There were no suggestions from the suggestion boxes located throughout the agency.

Our second blood drive for 2019 will be on April 26 at the Dunham Avenue facility in the Special Events Room. Soon, our bicycle racks will be installed at MJRC and Dunham. With the warm weather coming, it is hoped to see a lot of bicycles on these racks because staff have taken their bike to work.

**211-Call this number for quick references to local health/human services**