

December 2018

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Wellness Committee

Fostering a workplace culture that supports healthy lifestyle choices for all

Quarterly Newsletter

“SAY WHAT?”

NO MORE RESOLUTIONS!

Instead of New Year’s Resolutions, Melissa Eisler at the Chopra Center recommends the following:

1. schedule a retreat for yourself every quarter-can’t take care of others if you don’t take care of yourself
2. Commit to “your people”: spend time with those who lift you up
3. Think about past year: can’t move forward without knowing/understanding the past
4. Express gratitude for people, places and things
5. Don’t try and change: **ACCEPT YOURSELF**

HEALTHY DELICIOUSNESS

Banana Oatmeal Cookies

- 2 very ripe bananas
- 1C quick oats
- 1/2 tsp. cinnamon
- 1/2 tsp. vanilla extract
- 1/2C raisins

Preheat oven to 350 degrees. In a medium bowl, mash bananas with a fork until mostly smooth. Add oats, cinnamon, vanilla and raisins. Drop spoonfuls of dough onto lightly sprayed/oiled baking sheet. Bake 10-15 minutes. Let cool before serving.

- 100 calories
- 1 g total fat
- 3 g dietary fiber
- 9 g sugars

WELLNESS CHAMPION

Our wellness champion for this quarter is Tammy Moreen from Accounts Receivable. Over the past year, Tammy has worked hard on improving her health. She has a routine of going to the gym, eating healthier options and encourages others to do the same. She has lost a significant amount of weight and continues to follow this healthy lifestyle. She remains active in her church, with her daughter. She is a great role model! Congratulations Tammy!

HEALTHY LIFESTYLE TAKEAWAYS

Oh, the weather outside can be frightful. Here are some winter safety tips to keep in mind when traveling this winter:

Do not use cruise control accelerate/decelerate slowly

Increase following distance to 8-10 seconds

Keep gas tank at least half full

Have jumper cables, inflated spare tire, bag of salt/cat litter, compass, first aid kit, blankets, mittens, socks and hats in your vehicle

SUGGESTION ANSWERS

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

Our first blood drive for 2019 will be on January 4 at the Dunham Avenue facility in the Special Events Room. For all those who present to donate and/or volunteer, a nice pancake breakfast will be provided.

