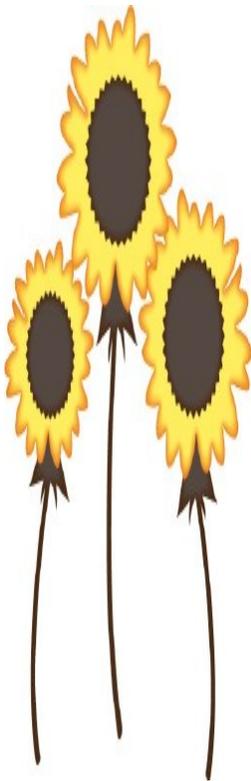


September 2020

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?"

Since COVID-19 has become a pandemic and has interrupted life as we know it, thousands of people have faced and continue to face financial hardships. There is a website that contains a lot of tools to help people budget their money and start saving as well. The website, Consumer Financial Protection Bureau, has several tools and worksheets to assist individuals with learning how to budget their money, creating and following a budget, etc. This is a free website and the information provided is also free. Please visit the following link for an in-depth look at all of the tools available:

WWW.consumerfinance.gov

HEALTHY DELICIOUSNESS WELLNESS CHAMPION

2-INGREDIENT PUMPKIN SPICE MUFFINS

1 (15 ounce) spice cake mix

1 (15 ounce) can pumpkin (not pumpkin pie mix)

Optional topping: 1/2 tsp. sugar per muffin

DIRECTIONS

Preheat oven to 350*. Place ingredients in a bowl and mix thoroughly with electric mixer/by hand for about 2 minutes. Grease/spray muffin tin cups or use paper lines. Fill each muffin cup about two-thirds full. The batter is thick, so use a knife to smooth the top of the batter. If desired, sprinkle the top of each muffin with 1/2 tsp. sugar. Bake for 18-22 minutes, until a knife or toothpick comes out clean.

Our Wellness Champion for this quarter, and actually, for the entire year, is every single one of the Direct Support Professionals who answered the call during this pandemic!!!! Each and every DSP made major sacrifices to ensure that the individuals we support received the care that they need and deserve. Flexibility, perseverance and dedication are only 3 words that describe each DSP who made it happen, and, continue to make it happen. A simple "thank you" does not seem sufficient, but, the Wellness Committee wanted to extend a tremendous THANK YOU to all the DSP's. You, indeed, are the heart of this organization!

HEALTHY LIFESTYLE TAKEAWAYS

Health Savings Accounts

Many TRC staff have opted to open a health savings account in an effort to assist with paying medical bills. A health savings account is a tax advantaged medical savings account available to taxpayers enrolled in a high deductible health plan. The funds in this account are to be used for medical expenses. Please review the article on this website for more detailed information.

<https://www.fool.com/retirement/complete-2019-guide-health-savings-account-hsa.aspx>

SUGGESTION ANSWERS

There were two suggestions in the suggestion box at Dunham. One "suggestion" was a kudos to STARS (Jon DeSantis) for the step by step instruction booklet on accessing self-reporting activities on the Work Partners website. The 2nd suggestion was looking at the tables in the break rooms and how to socially distance if 2 people are taking their lunch at the same time. During this time of social distancing, if the table in the break room is occupied, staff are encouraged to utilize meeting rooms and the courtyard for lunch.