

December 2020

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*Merry Christmas*



# Wellness Committee

Fostering a workplace culture that supports healthy lifestyle choices for all

## Quarterly Newsletter

### "SAY WHAT?"

COVID has been with us since March of 2020 and numbers are still on the rise. We can all do our part in containing this virus.

1. Wear masks appropriately (over nose AND mouth)
2. Wash hands frequently
3. Maintain 6 feet distance between you and someone else

Why do I have to wear a mask? COVID can be spread even if you are asymptomatic so wear your mask.

When you wear a mask, you are protecting family, friends co-workers and those around you in case you are infected.

### HEALTHY LIFESTYLE TAKEAWAYS

#### IMPROVING STRESS LEVELS

Tis the most wonderful time of the year! However, this time also brings a lot of stress to many people. There are several ways in which to manage stress during the holidays:

1. set your priorities
2. change expectations
3. state boundaries clearly
4. volunteer
5. physical activity (If gyms are not open, you can always look up any type of exercise on the internet to help you get moving).

### HEALTHY DELICIOUSNESS WELLNESS CHAMPION

#### EASY PARTY MEATBALLS

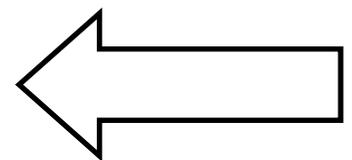
- 1 32OZ. FROZEN MEATBALLS (TURKEY)
- 1 JAR CHILI SAUCE
- 1 SMALL JAR OF SUGAR FREE GRAPE JELLY

Combine all ingredients in a crock-pot and heat on low until heated through.



Our Wellness Champion for this quarter is Tina Larson from the Maintenance Department. Tina continuously tries to improve her eating practices and remains active even though her job involves sitting at a desk. She has great awareness of health tracking and loves to cook healthy for her family. She continues to be actively engaged with any wellness challenges that come up. She enjoys yoga. Tina is continuously working on her efforts to improve her overall wellness.

CONGRATULATIONS TINA!



### SUGGESTION ANSWERS

.There were no suggestions in the boxes around the agency. This section will focus on winter safety tips. When walking on a slippery surface, walk like a penguin to lessen the chances of slipping. Prepare your car with an emergency kit. Do not use cruise control on snow covered roads. Steer in the direction of a skid should you be in one.

For more safety tips, click on the following link:

<https://chcw.org/8-winter-safety-tips/>