

September 2021

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October, November, December Observances

October

Breast Cancer Awareness

Dental Hygiene Month

November

Alzheimer’s Disease Awareness

Diabetes Awareness

December

Safe Toys and Gifts Month



Wellness Committee

Fostering a workplace culture that supports healthy lifestyle choices for all

Quarterly Newsletter



“REALLY?”

Benefits of Beans

(from Meatless Monday)

Did you know:

Beans are considered a super-food: great source of plant-based proteins, high in fiber, low in saturated fat, and cholesterol-free, fiber, fiber and fiber, low in calories

Beans, because of their nutritional value, can reduce the risk of the following: cardiovascular disease, aid weight loss, diabetes. Beans are also “promoters” of bone health!

EAT THOSE BEANS!!!!!!!

HEALTHY DELICIOUSNESS WELLNESS CHAMPION

SPICED EDAMAME

- 2 tsp kosher salt
 - 1 tsp chili powder
 - 1/4 tsp red pepper flakes
 - 1/2 tsp oregano
 - 1 (1 pound) bag frozen edamame, in the pod
1. heat the salt, chili powder and pepper in small skillet over medium heat, stirring until hot and aromatic, about 3 minutes. Remove from heat and crumble in the oregano.
 2. Boil the edamame pods in salted water until tender, about 8 minutes. Drain in a colander and pat dry. Toss the edamame pods with the chili-salt and serve warm.

Congratulations to Kevin Woloszyn on becoming our next Quarterly Wellness Champion. Over the past year, Kevin made the conscious decision to invest in himself by making small, manageable lifestyle changes that have led to BIG results. Kevin worked with his health coach to turn healthy choices into healthy habits. These healthy habits led to nearly 50 pound weight loss, increased energy levels and improved his overall wellness! Kevin also encourages others around him to invest in themselves as well! Congratulations!



HEALTHY LIFESTYLE TAKEAWAYS

Here are some Halloween safety tips for trick or treating from SAFE KIDS WORLDWIDE:

1. Cross streets at corners
2. Put electronic devices down
3. Always walk on sidewalks/paths
4. Use reflective tape on costumes
5. Carry glow sticks/flashlights

SUGGESTION ANSWERS

.There were no suggestions in the boxes around the agency. If you have any suggestions for the STARS Wellness program, feel free to leave a suggestion in the suggestion boxes located at Dunham, MJRC, Cappa, Lakeshore. You can also call Jon DeSantis at 661-1492 or Heather Courtney at 661-1571 if you have any suggestions or questions.

