

December 2021

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January, February and March Observances

January

Cervical Health Awareness Month

February

American Heart Month

March

Colorectal Cancer Awareness Month



Wellness Committee

Fostering a workplace culture that supports healthy lifestyle choices for all

Quarterly Newsletter



“REALLY?”

March 13 is a big day: daylight savings time begins. This means we “spring” our clocks forward. This is significant for a couple of reasons. First of all, it is the beginning of longer days, which means, more light. Additionally, this is a great time to change the batteries out of smoke detectors and fire alarms.

Here are some things you can do with that extra hour of daylight:

1. Walk outside
2. Plan your garden
3. Spring clean your home
4. Spend time with family

HEALTHY DELICIOUSNESS WELLNESS CHAMPION

Overnight Oats

- 1/2 c low fat milk
- 1/4 c Greek yogurt, fat free
- 2 tsp honey
- 1/4 tsp cinnamon
- 1/4 tsp vanilla extract
- 1/2 c uncooked rolled oats
- 1/4 c raspberries, frozen

Combine milk, Greek yogurt, honey cinnamon and vanilla extract in a container with a lid.

Add oats and mix well.

Gently fold in raspberries

Cover/refrigerate for 8 hours

Enjoy cold or heat as desired

Every quarter, the STARS Wellness Team looks forward to receiving nominations for the Quarterly Wellness Champion. What is the Quarterly Wellness Champion? The Quarterly Wellness Champion is a person who encourages a workplace environment that supports healthy lifestyle choices for all. Do you know someone who encourages overall workplace wellness both for themselves and those around them? If you know someone who demonstrates this quality, please think about submitting a nomination form. If you need a form, please contact Heather Courtney at 661-1571 or Jon DeSantis at 661-1492.

HEALTHY LIFESTYLE TAKEAWAYS

Did you know that you have access to all of your insurance information right at your fingertips? If you utilize Independent Health for your medical insurance carrier, you can access your insurance information, look at your claims, see your deductibles and find in network doctors and urgent cares should the need every arise. If you have an Iphone, visit your App Store and download MyIH App. For Android users, visit your google play store and download MyIH App. Everything you need is right there!

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.

