



THE RESOURCE CENTER

WELLNESS COMMITTEE  
FOSTERING A WORKPLACE CULTURE  
THAT SUPPORTS HEALTHY LIFESTYLE  
CHOICES FOR ALL  
QUARTERLY NEWSLETTER

“REALLY?”

PUBLIC SERVICE LOAN FORGIVENESS (PSLF) IS A HOT TOPIC RIGHT NOW. THERE ARE CERTAIN REQUIREMENTS THAT NEED TO BE MET IN ORDER TO QUALIFY. PLEASE CLICK ON THE FOLLOWING LINK TO SEE IF YOU QUALIFY: STUDENT LOAN, PSLF, LIMITED WAIVER WEBINAR RECORDING SILVER LION STUDENT LOAN ADVISORS HAS CONTRACTED WITH ARC NEW YORK AND IS OFFERING A FREE LOAN REVIEW. PLEASE FOLLOW THE LINK PROVIDED TO SCHEDULE THIS REVIEW: [HTTPS://CALENDLY.COM/AARONSLAV](https://calendly.com/aaronslav)

HEALTHY LIFESTYLE TAKEAWAYS

WINTERIZING YOUR HOME  
IT IS NOW FALL AND ITS TIME TO START THINKING ABOUT GETTING YOUR HOME READY FOR THE UPCOMING COLD WINTER MONTHS. HERE ARE SOME TIPS FROM CLEANING YOUR GUTTERS TO CHECKING YOUR PIPES (THANKS TO LOWES): [HTTPS://WWW.LOWES.COM/N/HOW-TO/WINTER-PREPARE-DNESS-CHECKLIT](https://www.lowes.com/n/how-to/winter-prepare-dness-checklit). BE PREPARED THIS WINTER! STAY TOASTY AND WARM.

HEALTHY DELICIOUSNESS

ZUCCHINI SALAD

1 TSP VEGETABLE OIL

2T LEMON JUICE

1/4 TSP OREGANO OR BASIL

1/4 TSP EACH SALT AND PEPPER

5C ZUCCHINI ROUNDS

1/2C THINLY

SLICED/CHOPPED SMALL

RED/SWEET ONION

1/4C PARMESAN CHEESE

DIRECTIONS:

MIX OIL, LEMON JUCIE, OREGANO, SALT AND PEPPER

ADD ZUCCHINI

ONION AND

CHEESE



WELLNESS CHAMPION

EVERY QUARTER, THE STARS WELLNESS TEAM LOOKS FORWARD TO RECEIVING NOMINATIONS FOR THE QUARTERLY WELLNESS CHAMPION. THIS QUARTER'S WELLNESS CHAMPION IS LYNNE NEWMAN. LYNNE HAS ALWAYS ENTERED EACH NEW STARS YEAR WITH ENTHUSIASM AND HIGH HOPES. SHE HAS REALLY MADE SIGNIFICANT PROGRESS IN IMPROVING HER OVERALL WELLNESS. SHE PARTICIPATES IN SEVERAL STARS RELATED ACTIVITIES THROUGHOUT THE YEAR. ADDITIONALLY, HER POSITIVE NATURE AND HAPPY DEMEANOR IS A WELCOME SITE AT TRC. CONGRATULATIONS LYNNE! KEEP UP THE GOOD WORK AND KEEP SMILING!

SUGGESTION ANSWERS

EVEN THOUGH THERE WERE NO SUGGESTIONS IN THE SUGGESTION BOXES, SOMEONE MADE A SUGGESTION THAT THE POINTS VALUE OF CHALLENGES “SHOULD BE EQUAL” TO THE CHALLENGE ITSELF. STARS ALWAYS LOOKS AT EACH SUGGESTION AND WILL BE MAKING CHANGES TO ITS CURRENT POINTS VALUES FOR CHALLENGES. IF YOU HAVE ANY SUGGESTIONS FOR STARS, PLEASE DROP A SUGGESTION IN THE BOX AT YOUR FACILITY. YOU CAN ALWAYS CALL HEATHER COURTNEY AT 661-1571 OR JON DeSANTIS AT 661-1492 TOO. INTERESTED IN STARS? GIVE US A CALL!