

THE RESOURCE CENTER WELLNESS COMMITTEE

FOSTERING A WORKPLACE CULTURE

THAT SUPPORTS HEALTHY LIFESTYLE CHOICES FOR ALL

QUARTERLY NEWSLETTER

"Really?"

It's easy to protect yourself from UV exposure...



Long-sleeved shirts, pants, and a wide-brimmed hat offer the best protection. If you're wearing a baseball cap or short-sleeved shirt, make sure to put sunscreen on your ears, neck, and arms.



Healthy Lifestyle Takeaways

QUICK SNACK IDEAS WITH PROTEIN

14 ALMONDS

- < 100 calories
- \$\$\$\$\$ in fiber

YOGURT WITH SUNFLOWER SEEDS

- 1 teaspoon unsalted sunflower seeds
- 1/2 C plain yogurt (RICH IN PROTEIN)

BLUEBERRY SMOOTHIE

- 1/3 C NON-FAT YOGURT
- 2/3 C FROZEN BLUEBERRIES

- ICE

- PUT
TOGETHER
AND
BLEND!



Wellness Champion



Brandi Somerton

Every quarter, the STARS Wellness Team looks forward to receiving nominations for the Quarterly Wellness Champion. This quarter's Wellness Champion is Brandi Somerton. Brandi is quick to encourage others to take a walk. She enjoys yoga and will encourage others to join her. Brandi also instructs those we support in yoga.

IN MEMORIAM

Barb Ravellette, who had worked at TRC for a number of years, recently passed away. She worked in the DH department and was known for making her wonderful desserts for any event. This was often referred to as "Shay Barb"! Barb was also known for her quick wit and amazing personality. Barb will be missed by her TRC family and especially Layla. Her wonderful ideas for wellness will be missed.

Suggestion Answers

There were no suggestions made and placed in the suggestion boxes around the agency. STARS always looks at each suggestion and makes changes to its current plan. 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! (numbers above).