



Work Hard, Play Harder

Did You Know?

The power is in your hands to prevent COVID-19 and the flu. Don't touch the T-Zone and handwash regularly.

Imagine how great it would be if you and your family were never sick again from a respiratory infection like flu, flu-like illnesses, RSV, common cold, conjunctivitis, bronchitis, pneumonia, streptococcus, and more. The T-Zone is the only portal of entry into the body, so practice the four principals of hand awareness to ensure you stay well: 1) Wash hands when dirty and before eating; 2) Do not cough into hands; 3) Do not sneeze into hands; and 4) Do not put fingers in mouth, eyes, and nose.

National Influenza Vaccination Week December 5-11, 2022

National Influenza Vaccination Week is a reminder to everyone 6 months and older that there is still time to get a flu vaccine. Vaccination is particularly important for people who are at higher risk of developing serious flu complications, including people with certain chronic conditions such as asthma, diabetes, and heart disease. In fact, in past flu seasons, 9 out of 10 adults hospitalized for flu had at least one underlying medical condition.

Since flu viruses are constantly changing and protection from vaccination decreases over time, getting a flu vaccine every year is the best way to prevent flu. Flu vaccines are the only vaccines that protect against flu and are proven to reduce the risk of flu illness, hospitalization, and death.

National Influenza Vaccination Week is a nationwide call to action to encourage everyone to get their annual flu shot. The more people vaccinated against flu, the more people are protected from flu.

December is National Safe Toys and Gifts Month

In recent years, the U.S. Consumer Product Safety Commission (CPSC) has created a robust toy safety system by requiring testing by independent, third-party testing laboratories around the world; enforcing stringent lead and phthalates limits for toys; imposing some of the most stringent toy standards; and stopping violative and dangerous toys at the ports and in the marking place before they are in the hands of consumers. These combined efforts continue to foster the confidence of American families as they prepare to shop for toys this holiday season.

Here are some helpful safety tips to remember this holiday season:

1. **Balloons:** Children can choke or suffocate on deflated or broken balloons. Keep them away from children younger than 8 years old, and discard broken balloons immediately.
2. **Small balls and toys with small parts:** For children younger than age 3, avoid toys with small parts, which are a choking hazard.

3. **Scooters and other riding toys:** Riding toys, skateboards, and in-line skates go fast, and falls could be deadly. Helmets and safety gear should be worn properly at all times and should be sized to fit.
4. **Magnets:** High-powered magnet sets are dangerous and should be kept away from children. Whether marketed for children or adults, building and play sets with small magnets should also be kept away from small children.

Once gifts are opened, it is important to immediately discard plastic wrapping or other toy packaging before they become dangerous play things. Keep toys appropriate for older children away from younger siblings, and battery charging of any kind should be supervised by adults. Chargers and adapters can pose thermal burn hazards to young children. Pay close attention to instructions and warnings on batter chargers, as some chargers lack any mechanism to prevent overcharging.

For more helpful resources, visit www.child-familyservices.org.

Questions?

Visit Cigna's website at www.mycigna.com for more personalized information.

For other questions, contact a Cigna representative at

1-800-244-6224.



Fifteen Days of Fitness Challenge Ended November 21st

Our second wellness challenge of the school year, Fifteen Days of Fitness, ended on November 21, 2022, with a total of 137 employees participating! Prizes for all active participants will be coming soon.

Next Wellness Challenge on Deck: The Stress Less Challenge

The Stress Less Challenge will begin on December 5, 2022, and continue until December 23, 2022, just in time for Christmas break. We all know that stress can be a detriment to our health. The Stress Less Challenge will help participants develop habits to reduce stress and improve overall well-being. It will also help to build the foundations of stress management. Employees will be given five tasks to complete each day, including organization, setting goals, relaxation techniques, socialization, and fitness. Stay tuned for more information!

Cigna EAP Webinars

Shopping, cooking, family - help! For many, the holidays deliver stress and challenges instead of good cheer. Join Cigna's Employee Assistance Program webinar to discover how to let go of unrealistic expectations. During the webinar, experts will discuss balancing obligations with your own needs, dealing with difficult family members, and overspending. And explore ways to really ENJOY the season!

December's Cigna EAP webcast, Holiday Stress: Putting Happy Back in the Holidays, will take place on Wednesday, December 7, 2022, at 2 p.m. It will be one hour long, including a Q&A at the end of each session. Registration information, live seminars, and on-demand replays can be accessed directly at the seminar portal, www.cigna.com/EAPwebcasts. The seminar PowerPoints are available for download at the registration site. Remember, the seminar takes place via webcast only, and replay information will be available starting two hours after the live session.

Helpful Holiday Hacks

'Tis the season for family, festivity, and food! Temptations are everywhere, and parties and travel disrupt daily routines. Here are a few helpful hacks to help stay on track. Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut calories and sugar by at least a third. Break physical activity up into smaller chunks so it's easier to schedule, like walking 10 minutes, several times a day. And be sure to schedule some "me" time every day – take a nap, walk the dog, or take a hot bath to get your energy back for the next celebration!

Gingerbread Baked Oatmeal Cups

Yield: 12 Servings

These healthy, make-ahead Gingerbread Baked Oatmeal Cups are perfect for the busy season! They also taste amazing reheated!



Ingredients

- 2 eggs
- 2 cups milk
- ¼ cup maple syrup
- 1 tsp. vanilla
- 2 ½ cups old fashioned oatmeal
- ½ tsp. baking powder
- ½ tsp. salt
- 2 tsps. Cinnamon
- ½ tsp. nutmeg
- ½ tsp. cloves
- 1 tsp. ginger

Instructions

1. Preheat oven to 350° and line or spray 12 muffin tins.
2. Mix the eggs, milk, maple syrup, and vanilla together in a bowl.
3. Mix the oatmeal, baking powder, salt, cinnamon, nutmeg, cloves, and ginger together in another bowl.
4. Add the wet ingredients to the dry and combine well. Allow the oats to soak for 10 minutes.
5. Using a small ice-cream scoop, divide the mixture evening into the 12 muffin tins.
6. Bake for 20-25 minutes or until the center is done.
7. Store the cups in the refrigerator.

Nutrition Information

- Calories 80
- Carbs 13g
- Protein 4g
- Fat 2g
- Saturated Fat 1g
- Cholesterol 28mg
- Sodium 145mg
- Dietary Fiber 1g
- Sugar 6g
- Calcium 79mg
- Iron 1 mg