



Did You Know?

Fall is the perfect season to slow down and take a look at your health and wellness. And with so many fun activities to do, you'll want to stay as healthy as possible to enjoy them all!

Strategies for a Healthy Fall

As the days get shorter and cooler, and the seasons change, use these strategies to help prevent chronic diseases and maintain a healthy lifestyle.

- Get your COVID-19 and flu shots. The CDC recommends a yearly flu vaccine as the first and most important step in protecting against the virus.
- Track COVID-19 community levels and wear a mask indoors with substantial or high transmission.
- Wash your hands with soap and clean, running water for 20 seconds.
- Get your screenings. Visit your doctor and dentist for preventative services and regular check-ups.
- Brush your teeth twice a day with fluoride toothpaste.
- Aim to get at least 7 hours of sleep per night.
- Be sun safe. Wear long-sleeved shirts and pants, wide-brimmed hat, sunglasses, and sunscreen with at least SPF-15.
- Make time to unwind and connect with others.
- Drink wisely. Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.
- Move more, sit less. Adults need at least 150 minutes of moderate-intensity aerobic activity every week.
- Eat healthy fruits, veggies, whole grains, lean meats, and low-fat dairy products.
- Don't use tobacco.

Source: www.cdc.com

Work Hard, Play Harder

With the start of cold and flu season, along with the temptation to stay inside and eat comfort food, fall feels like the perfect season to be lazy. But don't give up on your health this fall. Keeping up your exercise routine, eating healthy, and resting enough can keep your health on track this season. It will also sustain your immune system if you continue your healthy habits through the end of the year.

October is National Bullying Prevention Month

National Bullying Prevention Month is an important time to elevate the conversation about addressing and preventing bullying of K-12 children and youth.

Bullying is the aggressive use of power, targeting another person or group of people with repeated, unwanted words or action, hurting them emotionally or physically. Bullying impacts the education, health, and safety of K-12 youth.

Bullying is a common form of violence for youth. One in five students report that they have been bullied; chances are, is happening to a young person you know and care about. And the issue not only affects not only the youth who are bullied, but those who witness it say the behavior impacts them as well.

Bullying can happen anywhere. It is not just a school issue; it can happen wherever youth come together – athletic and academic competitions, neighborhood, and online.

Ignoring bullying will not make it go away. Silence and inaction are not acceptable

responses to bullying. Everyone needs to be empowered with options for responding to bullying situations.

Everyone's actions matter, and we all have a role to play in bullying prevention. It's vital for adults to know how to respond, to be there for those involved in bullying situations, to hold youth accountable for bullying behavior, and to support and educate youth about how to advocate for themselves and for others.

It is important to reinforce the message that all students deserve to feel safe and supported, and to promote acting with kindness, acceptance, and inclusion.

This month is the opportunity to encourage everyone to take action to create safe and supportive schools, communities, and online environments. It also provides the opportunity to offer information and education, with tangible steps to address and prevent bullying.

The message is stronger when united by the common belief that bullying is wrong and shouldn't happen to anyone, ever.

Source: www.pacer.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.



Wellness Challenge Ends October 7th

Our first wellness challenge ends on October 7, 2022. The Beaches Around the World activity challenge allowed participants to set sail visiting beaches around the world to soak up some sun, all while learning fun facts while you track daily steps. All active participants will receive a plush and stylish throw blanket for their efforts. Thanks to those of you who make the choice each day to maintain an active and healthy lifestyle!

Next Wellness Challenge on Deck: Fifteen Days of Fitness

Our second wellness challenge of this school year, Fifteen Days of Fitness, will run from November 7, 2022, until November 21, 2022, ending just in time for Thanksgiving break. This progressive challenge is the ultimate combination challenge in which participants must complete a different health-related activity each day for 15 days. The activities will be revealed each day and can include fitness, nutrition, stress, social, and strength activities. Stay tuned for more information!

6th Annual Employee Health and Vendor Fair October 28th

The 6th Annual Employee Health and Vendor Fair will be held on Friday, October 28, 2022, at Mountain Ridge High School from 3-5 p.m. The event, which is sponsored by Cigna, is for ACPS employees, and will feature giveaways and raffle prizes! Flu shots and other vaccinations will be available for anyone on the ACPS medical plan, so be sure to bring your insurance card. Be on the lookout in your email for an updated flyer that lists raffle prizes and participating vendors. New this year will be an online sign-in via QR code to make for less congestion upon arrival at Mountain Ridge. This list is used to pull raffle winners, so don't skip it!

Cigna EAP Webinars

Happy fall! As we begin to enjoy the crisp mornings, sweatshirts, changing leaves, and pumpkin spice, it's a good time to stop and evaluate your self-care practices. Choose to spend a few minutes each day doing something to "fill your cup" and soothe your soul.

There are two Cigna EAP webcast seminars in October. They are one hour long, including a Q&A at the end of each session. All webcasts take place on Wednesdays at 2 p.m. 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.

- October 5, 2022 – Raising Money Savvy Kids
- October 19, 2022 – Managers: Leading with Emotional Intelligence

Recipe Source: www.eatingwell.com

Roasted Gnocchi & Brussels Sprouts with Meyer Lemon Vinaigrette

Yield: 4 Servings



Ingredients

- 2 Meyer lemons
- 1 lb. Brussels sprouts, trimmed and quartered
- 16 oz. package shelf-stable gnocchi
- 1 cup thickly sliced shallots
- 4 tbsps. Extra-virgin olive oil, divided
- ½ tsp. ground pepper, divided
- ¼ tsp. salt, divided
- ¼ cup slivered oil-packed sun-dried tomatoes

Instructions

1. Preheat oven to 450°.
2. Slice and seed one lemon. Toss in bowl with Brussels sprouts, gnocchi, shallots, 2 tbsps. oil, ¼ tsp. pepper, and 1/8 tsp. salt. Transfer to a large rimmed baking sheet.
3. Roast, stirring once or twice, until the gnocchi are plump and the Brussels sprouts are tender, 18-20 minutes.
4. Squeeze juice from remaining lemon. Return the gnocchi mixture to the bowl and toss with sun-dried tomatoes, lemon juice and the remaining oil, salt and pepper.

Nutrition Information

- Calories 424
- Carbs 64.5g
- Protein 10.6g
- Fat 15.8g
- Saturated Fat 2.2g
- Cholesterol 124mg
- Sodium 550.5mg
- Dietary Fiber 7g

Tips

Sunny yellow Meyer lemons have a distinctive sweet-tart floral taste. You can substitute for the juice with 2 parts lemon juice and 1-part OJ.