



# Work Hard, Play Harder

## Did You Know?

September is also Healthy Aging Month, so if you think it's too late to reinvent yourself, think again. It's never too late to find a new career, a new sport, passion, or hobby.

Start walking not only for your health but to see your neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. Tip: If you don't have a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love! Also, take time this month to set up your annual physical and other health screenings!

## September is Childhood Cancer Awareness Month

### The Importance of Vaccines

Vaccines have the power to protect against some of the most dangerous diseases. There's a long history of lifesaving vaccines developed for polio, smallpox, whooping cough, tetanus, influenza and more. Even with all the progress made, we're facing a constant battle against infectious diseases. Researchers are working hard to respond to new and evolving threats. Boosting your knowledge about vaccines and how they work can help protect even more people.

Your immune system defends your body from harmful germs. Vaccines are made with weakened or killed germs, called antigens, which cause your body to make antibodies against diseases. When enough people get vaccinated against a disease, it can protect an entire community from illness. Some vaccines provide lifetime immunity, while others can protect you for many years or just one year. Viruses can change from year to year, and scientists are always working to create new vaccines or update them.

Source: Cigna

Childhood Cancer Awareness Month is recognized every September by childhood cancer organizations around the world. With a goal to increase awareness and raise funds for those affected by childhood cancer, the American Childhood Cancer Organization encourages everyone to Go God during the month in honor and memory of kids with cancer.

Most childhood cancers fall into one of several specific types. Common adult cancers (lung, breast, colon) rarely occur in children or adolescents. Childhood cancers tend to be more aggressive than adult cancers. However, relative to the prevalence of many forms of adult cancer, childhood cancer is, statistically speaking, relatively rare. Yet, despite its rarity, childhood cancer remains the number one disease killer of children in the U.S. today.

Approximately 1 in 285 children in the U.S. will be diagnosed with cancer before their 20<sup>th</sup> birthday, and each year in the U.S. alone, more

than 15,000 children age 0-19 will be diagnosed with cancer. Globally, there are more than 400,000 children diagnosed with cancer each year. In 2020, an estimated 181,000 childhood cancer cases will go undiagnosed. That's almost one-third of all cases.

At the American Childhood Cancer Organization, they believe that knowing your enemy is part of fighting it. A critical problem in the fight against childhood cancer has been a lack of coordinated information-gathering that could facilitate more research, enable better treatment options, and empower families and survivors.

A central element of their mission is helping to ensure that policymakers, researchers, and leaders in the healthcare community, in the U.S. and abroad, have the tools they need to collect data and share as much information on childhood cancer as possible.

For more information or to make a donation, visit [www.acco.org](http://www.acco.org).



### Questions?

Visit Cigna's website at [www.mycigna.com](http://www.mycigna.com) for more personalized information. For other questions, contact a Cigna representative at

1-800-244-6224.

### **2021-2022 Wellness Challenges**

ACPS will once again this year utilize a wellness hub to host a variety of challenges throughout the school year. The first challenge will be the Olympic Action Activity Challenge, which will run from September 20-October 15, 2021. We enjoyed the Summer Olympics, and you can help carry the torch to Tokyo, learning fun facts about the Torch Route through Japan along the way. Track your favorite activities and reach achievements for tracking 6,000; 8,000; and 10,000 steps per day throughout the challenge. Register to participate at [www.employeewellnesshub.com/acps](http://www.employeewellnesshub.com/acps).

### **September Virtual Garden Workshop**

We will once again partner with Gardenuity to host a virtual gardening workshop on Friday, September 24, 2021, from 5:30-6:30 p.m. and will feature leafy greens for salads as well as raffle drawings! Register by Friday, September 10th (6pm ET) by clicking this link: <https://www.eventbrite.com/e/acps-salad-garden-workshop-w-gardenuity-cigna-tickets-165309857233>. When you register you will be asked to please fill in the address where you would like your garden kit and plants shipped (please note that Gardenuity cannot ship to PO Boxes). After registering, your complete container garden kit will be delivered to your door before the event, so you can enjoy the benefits that come from growing your own herbs and plants. You will also receive the Zoom call information the week of our workshop. Each garden ships with everything you need to get your container garden started with fully-rooted, live plant collections ready to plant during the Gardenuity Workshop. You don't need a big yard for this garden! Your custom garden can grow on your patio, porch or balcony.

### **Weekly Chain Reaction and America Says Games Continue**

Our weekly Chain Reaction and America Says trivia games will continue this school year, so you'll still have plenty of opportunities to win prizes. Check your email on Mondays and Wednesdays for new chains and games. Good luck!

### **Employee Health Fair -SAVE THE DATE!**

This year's employee health fair will be held on Friday, November 12, 2021, from 2-4 p.m. at Allegany High School. More details will be forthcoming closer to the event. Flu shots will also be offered, so mark your calendars now!

## Harissa Fish Tacos – Healthy tacos perfect for a Weekend snack or Taco Tuesday

Source: Cigna



### **Ingredients:**

- 2 lbs. red snapper fillets, skinned and cut into large cubes
- (8) 6-inch blue corn tortillas
- (8) Bibb lettuce leaves
- 3 tbsps. Red harissa
- 2 tbsps. Honey
- 1 tbsp. rice vinegar
- Pinch of kosher salt
- (8) tps. Plain Greek yogurt
- (8) tbsps. Spicy tomato salsa (see recipe)
- (4) radishes, sliced
- 3 tbsps. Water
- Lime wedge
- Micro radish as needed
- 1 tsp. chives (optional garnish)

### **Spicy Tomato Salsa**

- (4) plum tomatoes, chopped, no seeds
- (2) jalapenos, minced
- (1) habanero, minced
- ½ shallot, minced
- 24-30 cilantro leaves, roughly chopped
- (2) limes, juiced
- ½ tsp. kosher salt

### **Directions:**

1. Combine all spicy salsa ingredients together until combined.
2. In a skillet over medium heat, mix harissa, water, vinegar, honey, and lime. Add fish and simmer 5-6 minutes until cooked thoroughly.
3. Gently toast tortillas until slightly crispy.
4. Place lettuce leaf inside each tortilla.
5. Add fish, then yogurt, then salsa, then radish, and micro radish.
6. Garnish with chives.