

Healthy Resources

Free App of the Month:



TrailLink: Bike, Run, Walk Trail maps for outdoor fitness

TrailLink is the ultimate trail-finder app to help you stay active and get outdoors. Enjoy full-length trail descriptions, reviews, photos, and detailed trail maps not found anywhere else!



Employee Resources Through Sutter Health



FREE Virtual Classes in June!

- Prostate Cancer Support Group - Tuesday, June 13 @ 7pm

A group meeting for men with prostate cancer which provides support, information and education.



- No Pressure! The Basics of Managing Your Blood Pressure At Home - Wednesday, June 14 @ 12pm

In this virtual webinar you will learn the basics of managing your blood pressure at home.



For more info on these FREE classes, contact Catherine.Graham@eskaton.org
You do not need to be enrolled in the Sutter Health Network to take advantage of Sutter Health's classes and Programs!

Upcoming Employee Wellness Events

July

- UV Safety Month
- 8 Dimensions of Wellness Challenge
- Healthy Cook-off

August

- Brain Fitness Month
- 31-Day Water Challenge

September

- Cancer Prevention Month
- 30-Day Fitness Challenge
- Employee Softball Tournament



Question: What is an Employee Assistance Program?

Answer: An Employee Assistance Program (EAP) is a **confidential** workplace service that helps employees cope with a crisis or other stress related situation.



Eskaton's Employee Assistance Program

This FREE program is available to all Eskaton benefit-eligible employees & their families!

Free services include: short term counseling, parenting & childcare resources, legal consultations, financial counseling, eldercare resources and on-line educational resources.

1-800-344-4222
www.concern-eap.com
Log in with the company code: Eskaton



Aflac Access Aflac Anytime!

Why Aflac? Aflac pays cash **directly to you** to help with daily expenses due to a covered illness or accident. You can use your Aflac benefits to help pay for anything from groceries to childcare and even rent!

For more information contact:

Lisa Garland
Benefits Advisor
Lisa.Garland@us.aflac.com
916-780-0959

Concern EAP

June 2023 Free Webinar:

PTSD: Let's Get the Facts



- Log on to: employees.concernhealth.com
- Use Company Code: Eskaton
- Choose Webinar from the Format pulldown list
- Click on the webinar to view.



June 2023



At Eskaton we take great pride in our employees and their wellbeing. Our goal is for each employee to reach their optimum wellness.

We are ESKATON.



EMPLOYEE WELLNESS NEWSLETTER

Employee Spotlight



Jesse Lewis-Tygart, Office Manager at Eskaton Natomas Manor, utilizes a whole health wellness approach that keeps him in top condition mentally, physically and spiritually. Jesse's love of adventure and exploring new places is the catalyst for his holistic approach to his wellness. Jesse stays active by taking long walks and hikes, exploring new trails and parks. He loves the ocean and makes the time to visit as often as possible as it grounds him and gives him energy. Jesse's wellness routine includes making sure that he eats his meals on a regular schedule, trying not to eat too late into the evening. This healthy habit keeps him from snacking all day and over-indulging. Jesse also makes sure to meet his step goals – no matter what activity he is doing. Jesse said, **"It could be as simple as a walk with our dog Valentina at the park or a small hike"**. When Jesse is feeling tired or down, playing with his pets can instantly make Jesse's day better – seeing them rush to the door when he comes home from a long day at work instantly brings him happiness. The hardest challenge for Jesse (like most of us) is consistency. Jesse said, **"Staying consistent with my exercise while also working full-time, and helping out my family can be overwhelming. It can be easy to skip a day and be lazy on the couch, but I try and stay consistent"**. Jesse overcomes his challenge with consistency with the support of his husband Zach and his friends. Jesse said, **"Usually one of us has the energy and wants to go out and do something, so we encourage each other"**. The best part of Jesse's wellness routine has been learning about all the beautiful places that he and Zach have visited during their adventures together. Jesse said, **"On each hike, walk, or swim, we always take in all of the beauty that the world offers"**. When asked what advice he would give to others looking to create their own wellness routine, Jesse said, **"Get a wellness buddy! Whether it be your partner, friend or roommate, get someone to hold you accountable with whatever healthy habits you are trying to achieve because trying it alone is a lot more difficult"**. We are so proud of Jesse's dedication to his whole-health wellness accomplishments and we look forward to seeing him reach his goal for the coming year!



Participate In Our Next Wellness Challenge and Win Prizes!



ACTIVE "AFTER HOURS" CHALLENGE

June 5 - June 30, 2023

Submit your "off the clock" activities and win weekly prizes!



- ~ Do something physically active outside of your work hours.
- ~ Fill out the "Activity" slip (located on your community's Wellness Board) or use the QR code to submit your "off the clock" activities.
- ~ Enter as many times as you want throughout the challenge! The more activities you do - the better your chances of winning will be!

P2

PHYSICAL ACTIVITY/
HEALTHY RECIPES

P3

HEALTHY LIFESTYLES

P4

ACTIVITIES/
THINGS TO DO AND SEE

Send suggestions to:
wellness@eskaton.org

