

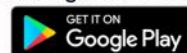
Healthy Resources

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.

ESKATON
AGE is Beautiful

June
2023

We are ESKATON.



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

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

Healthy Happenings

Self Defense Demo Class at ESC!



The Eskaton Employee Wellness Program was proud to host Sensei John Leggett and his student David Castillo at the the Eskaton Support Center on April 27 for a Self Defense Demo Class! The staff at ESC got to practice some cool "escapes" and learned some great tips to stay safe!

WINNER

Congratulations to Heiri Avila from OCW for being our Brainteaser of the Month winner for May!

Heiri won a \$5 Starbucks gift card for answering correctly!



May is BIKE MONTH



Team Eskaton 2023

Our team rode over 1,200 miles in May!



Charlotte Roberts ELM

- Catherine Graham - ESC
- Mark Day - ESC
- Steve Marquardt - ESC
- Tighe Hammam - ESC
- Keith Johnson - ECCG
- Lyndsey Dammann - ECO
- Claudine Hardy - ECCM
- Monica Sandgathe - ESC
- Phyllis Johnson - ESC
- Kris Hollinger - ESC
- Elisabeth Koester - ESC
- Mercy Garcia - ESC
- Charlotte Roberts - ELM
- Valerie Vishion - ECO



Phyllis Johnson ESC



Steve Marquardt ESC



Every June, people around the world honor Pride Month to promote justice and equality for LGBTQIA+ members and to celebrate the vibrant culture unique to their community. Pride festivities are a way to celebrate a diverse and accepting community, free from hate and judgment. We strive for a world where we can be ourselves, uniquely, freely, and unapologetically.

Scan the QR code to learn more about the history of Pride Month and what you can do to celebrate!

We would love to hear from you! Email us at DEI.Committee@eskaton.org for feedback or suggestions.



Health Benefits of Dragon Fruit

- Great source of calcium
- High in Vitamin B
- Supports eye health
- High in antioxidants
- Anti-inflammatory
- High in fiber
- Heart healthy
- Improves immunity
- Cancer prevention



Healthy Lifestyles

8 Dimensions of Wellness



Emotional



Environmental



Intellectual



Social



Financial



Occupational



Physical



Spiritual

Spiritual Dimension

Finding purpose and meaning in life

Includes:

- Feeding your mind with positivity.
- Practicing meditation.
- Being kind to others and yourself.
- Focusing on your goals.



Social Dimension

Ability to develop and maintain relationships

Includes:

- Using good communication skills.
- Having meaningful relationships.
- Respecting yourself and others.
- Creating a support team.



Ergo Corner

Did you know that 85% of the employee injuries at work are caused by improper body mechanics? At Eskaton, sprains and strains are the number one type of injury! By following this list of proper body mechanics, you can greatly reduce the chance of incurring a sprain/strain type of injury:

- Never lift an object that is too heavy or awkward in shape.
- Take your time to lift smoothly and avoid sudden movements.
- Be sure your path of travel is clear BEFORE you make a move.
- Grip objects with the palms of your hands - not just your fingers.
- Squat down to lift objects keeping the item in front of you.
- Maintain solid footing.
- Stay in good physical condition and stretch before work!



JUNE NEWSLETTER BRAINTEASER

For a chance to win a Dutch Bros gift card, send your answer to: Catherine.Graham@eskaton.org

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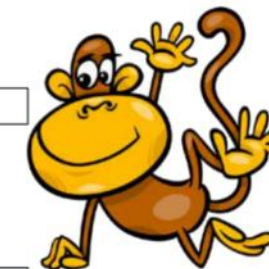
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RLEECV

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NLILTARIB

WIES



What do you call a monkey who is just like his father?

JUNE 2023 SUTTER HEALTH WEBINAR

FREE!



Scan here to access the webinar recording for FREE!

Tackling Allergies

Presented by: Mark Grijsztein, M.D.

All allergens are not the same, and a person's reaction may vary in degree of seriousness. In this webinar you will learn how to manage allergies of all types.