**Employee Wellness Newsletter**

**Winner of the July “ENVIRONMENTAL” Challenge question in last month’s Employee Wellness Newsletter:**

**Adrianna Slisco-ELGR**

Adrianna answered the question “What things do you do to protect the environment?”

Her answer: “I’m really into recycling, gardening with compostable materials, and contributing to an environment with less plastic by using only reusable water bottles.”

Adrianna won a $5 Starbucks Gift Card!

**Employee Spotlight**

Eskaton Lodge Gold River employees Mai Lee, Ecaterina (Katie) Begun, and Sakina Lahrach all enjoy the outdoors in three different ways! Mai keeps strong by hiking challenging trails, Katie stays strong by hiking and swimming, and Sakina maintains her healthy fitness level by walking through her neighborhood daily to meditate and enjoy the trees.

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**Healthy Resources**

**FREE App of the Month:**

**Introducing the HCOnline Mobile App**

- Access digital ID cards for you and your family
- View & search for claims
- View your plan status (deductible & out-of-pocket)

**CONCERN EAP**

1-800-344-4222

www.concern-eap.com

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, online educational resources available. For specific questions call Concern at: 800-344-4222

**THE BRAIN EXERCISE INSTRUCTOR**

“I think we need to work on your frontal lobes.”

**BENEFITS ON LINE**

For a comprehensive list of Eskaton benefits log on to:

HRconnection

www.hrconnection.com

User ID: Eskaton

Password: Benefits1

**Eskaton**

Transforming the Aging Experience

**Find your Physician at Sutter Health**

Specialists: Contact Sutter’s Specialty Network team today for information about multidisciplinary specialty care, mental health services and more. Call 855-421-2904 or Email: SSN@sutterhealth.org

Primary Care: For help finding a primary care doctor, Call 800-478-8837 or visit

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**Employee Spotlight**

Mai Lee

These healthy habits are great ways to stay strong, connect with nature, and de-stress! Thank you ladies for sharing with us your favorite ways to stay active!

**Sakina Lahrach**

**Katie Begun**

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**What is the number of the parking spot?**

16 06 68 88 98

**Do you work with an Eskaton Employee who inspires you because of their healthy habits, positive outlook, special talent, etc?** Send your nominations (employee's name, community, & why they should be the Employee Spotlight of the Month) to Catherine.Graham@eskaton.org

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**Employee Spotlight**

Catherine Graham

Eskaton at River Park

“Do you work with an Eskaton Employee who inspires you because of their healthy habits, positive outlook, special talent, etc?”

Send suggestions to: Catherine.Graham@eskaton.org

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- Visit doctors using computer, Smartphone, or tablet via video or instant messaging.
- Accessible 24/7, 365 days
- Once enrolled, cap of is based on your current health plan

Livehealthonline.com

**More Information:**

**Citrix - Employee Wellness**

**Upcoming Employee Wellness Events**

**September**

- Cancer Prevention Month
- Alzheimer’s Walk (Virtual)
- 30-Day Fitness Challenge

**October**

- Eat Better Month
- Biometric Screenings

**November**

- American Diabetes Month
- Maintain Don’t Gain

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**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 check to help pay for groceries, childcare, or rent.

For more info contact: Lisa Garland, Benefits Advisor 916-780-0959

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Grilled Pluots with Dandelion Greens and Ginger Dressing

**Ingredients:**
- 1 2-inch piece of ginger, peeled & halved through the middle
- 1/2 C toasted walnuts, chopped, divided
- 1/2 C unsweetened almond milk
- 1 1/2 Tbsp cider vinegar
- 1 tsp low-sodium tamari
- 4 pitted dates, roughly chopped
- 2 pluots, halved & pitted
- 1 bunch dandelion greens

**Directions:**
1. Grill ginger, turning occasionally, until softened and charred (about 5 minutes) roughly chop.
2. In a blender, puree the ginger, 1/4 of the walnuts, almond milk, vinegar, tamari, and dates until very smooth. Add more almond milk to make it thinner if you prefer.
3. Grill pluots, flipping once until softened & just charred (5 to 10 minutes).
4. Arrange greens in a bowl, top with warm pluots and remaining walnuts - drizzle with dressing.

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**Healthy Benefits of Pluots:**
- Helps balance blood sugar levels
- Helps fight constipation
- Helps fight off infections
- Promotes healthy hair and skin
- Helps improve blood pressure
- Improves heart health
- Rich in Antioxidants

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**THINGS TO DO IN AUGUST TO EARN STICKERS FOR YOUR COMMIT TO BE FIT CARD:**
1. Create a personal mantra - Emotional
2. Listen to a motivational podcast - Spiritual
3. Participate in the 31 Day Water Challenge - Physical
4. Complete the Brain Games Puzzle Sheet - Intellectual
5. Take the “Teamwork” quiz (available from your Wellness Champion) - Occupational
6. Track every penny you spend for 3 days - Financial
7. Interview someone to learn more about them - Social
8. Recycle used batteries - Environmental

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