



# Employee Wellness Newsletter

## Monthly Digest October Fall

October 2021

### Wellness Updates

"Taking care of ourselves is not selfish, it should be our priority"



This summer, at the CCSD PD Palooza, the CCSD Wellness Team presented plans for our wellness initiative. We realized that this information was exciting and felt we needed to give you an update. The Staff Wellness Team has sent out some wellness calendars, surveys, and emails regarding wellness activities. However, the most exciting news is that we are in the early stages of remodeling the Central Office gym located on Old High School Road. The gym will be the first location for the CCSD Staff Wellness Center.

This is Phase 1 of the plans to provide staff with opportunities to take classes and pump iron. We have received some donations of gently used equipment from our high school weight rooms. Additionally, we applied for a grant that gave us new yoga mats, kettlebells, and resistance bands. What we have not received through donations we will purchase with other funds. The items we plan to buy for the wellness center include treadmills, stair steppers, dumbbell set, stationary bicycle, barbell set, rowing machines, and ellipticals. With all that said, the renovations to the gym will take most of this school year. We anticipate the opening sometime in Spring of 2022. There are more good things to come.



By The Staff Wellness Team on October 1, 2021

### Check out the October Staff Wellness Calendar

Click on google link to view the activities, mini challenges, exercises, and what you can do to build better habits, have fun and enjoy.

[CLICK HERE: OCTOBER WELNESS CALENDAR - ACTIVITY](#)



## Upcoming NMPSIA Webinars for the month of October

### Maintaining a Healthy Lifestyle

**Tuesday, October 12, 2021, 3:30 pm – 4:30 pm**

When it comes to maintaining a healthy lifestyle, you probably think of eating a well-balanced diet and getting plenty of physical activity. And you'd be right – but in this webinar, we'll go beyond the basics and discuss strategies in addition to nutrition and exercise. We'll explore tactics to manage your screen time, the importance of addressing emotions, how to get a good night's rest, and fostering meaningful social connections.

[Register here - Meeting Registration - Zoom](#)

### Helping you with Resources for Resilience

**Monthly Themes Starting Thursday, October 21<sup>st</sup>, 2021 4:00 pm – 5:00 pm**

The global pandemic and subsequent accelerated pace of rapid change are transforming our professional, political, scientific, and personal environments. Our success and happiness depend on our ability to tap into our inherent resilience as human beings and transform how we think and behave in order to thrive in this whirlwind era of our lives.

- [Register for October: How to Deal with Anger](#)
- [Register for NOVEMBER: A Step Forward: Living Through & With Grieving Process](#)
- [Register for DECEMBER: Finding Forgiveness for Ourselves and Others](#)

### OH, MY GOURD IT'S FALL! – COOKING SHOW

**Thursday, October 21<sup>st</sup>, 2021 12:00 p.m. – 1:00 pm**



Fall brings shorter days and cooler temperatures outside so let's create warm recipes with seasonal ingredients. Join us as we explore fun ways to prepare tasty recipes using pumpkin, squash, and melon.

[CLICK TO REGISTER](#) or scan the QR code with your smart phone →



### Working Well with Mindfulness

Register now for Working Well with Mindfulness. You will have access to:

- Weekly Drop-in Meditation Sessions on Zoom: Monday's & Thursday's 12-12:20 pm
- Twice Monthly Drop-in Workshops, 1st and 3rd Saturday every month: 10-11am Topics include:
  - Mindfulness for True Stress Reduction
  - Mindful Eating, Mindfulness at Work
  - Mindfulness for Better Sleep and so much more!
- October Saturday Topics
  - Oct. 2nd: Riding the Waves: Mindfulness to Reduce Reactivity
  - Oct. 16th: Stillness in a fast-paced World



These sessions will be led by Michelle DuVal, MA, Director of The Mindful Center. Come to all the sessions or just drop in when your schedule allows!

[REGISTER HERE](#) for Michelle's Life on Mindfulness subscription.



### SUCCESS OVER STRESS: Art Therapy: Effective Stress Buster

Engage in activities that relax the mind and body is an essential tool for stress management. For many people, creative expression provides the perfect outlet to release stress.

[CLICK HERE.....](#) for more information.

## NMPSIA Walktober Challenge 4-week challenge registrations opens Monday, October 4

Getting active has never been easier... or more fun. Take advantage of October's crisp temperatures and spectacular colors to get moving outside. Starting on Monday, October 11, you'll be engaged in touring autumn's most vibrant landscapes so that you can be active. You will be able to earn colored leaves, points and badges as you record your walking activity. To make it easier you can use tracking device to record your steps. Just put the wireless tracker on in the morning, sync it with your computer or app, and your steps will automatically load to your Walktober account. This is a 4-week challenge and if you complete 80% of the total points you will be entered in a drawing for an Amazon Gift card.

[Register today! by clicking on this link - Walktober](#)

### Brain Game

Take a break to unscramble these words and phrases.

[Download Game](#)



### Podcast

This month's podcast discusses three reasons why you should incorporate energy breaks into your day.

[Listen](#)



### Eating to enhance gut health

The health of your gut microbiome is a significant factor in the health of your entire digestive system. How well you stomach and intestines digest and absorb the food you eat depends on the conditions of the microorganism in your gut.

[CLICK HERE](#) to read more on gut health.

*Source: National Institute of Complementary and Alternative Medicine.*

### NMPSIA Presbyterian Members AT HOME WELLNESS SCREENINGS – Test kit

FREE Health Wellness Screening kits for all Presbyterian members. The home test kit uses a finger stick blood draw to measure Total Cholesterol, HDL, LDL, Triglycerides and Glucose. Home test Kits come with instructions and video link to follow along.

For more information [...CLICK HERE](#)



Stay tuned for BCBS & Cigna to advertise for Home Wellness Screenings Test Kit.

## Gym Membership Discount Information

**Blue Cross Blue Shield** - Make Your Fitness Program Membership Work for You.

[Click for BCBS Gym Membership Information](#)



**Cigna** - Don't break a Sweat trying to break a set, Simple steps to get to your fitness discounts.

[Click for Cigna Gym Membership Information](#)



**Presbyterian** - Keep moving with a Fitness Pass Membership Only \$12.50 per eligible member per month. Enrollment is year-round.

[Click for Presbyterian Gym Membership Information](#)





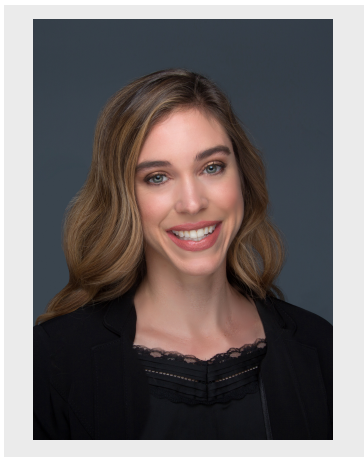


The New Mexico Public Schools Insurance Authority (NMPSIA)  
PRESENTS **the October Wellness Webinar**



# Maintaining a Healthy Lifestyle

When it comes to maintaining a healthy lifestyle, you probably think of eating a well-balanced diet and getting plenty of physical activity. And you'd be right--but in this webinar, we'll go beyond the basics and discuss strategies in addition to nutrition and exercise. We'll explore tactics to manage your screen time, the importance of addressing emotions, how to get a good night's rest, and fostering meaningful social connections.



**Tuesday, October 12, 2021, 3:30-4:30 PM**

**ZOOM LINK:**

<https://phs-org-corp.zoom.us/meeting/register/tJlIdeqopjsrEtPujruonBWEQXn3Nlu1s0zj>

**Paige Kinucan, TSG Program Manager**

Paige's passion lies in striving to find balance in health & happiness, and in helping others pursue their own health journey. A longtime New Mexico resident, Paige is proud to call Albuquerque home & deeply appreciates the people, land and cultures of the Southwest.

She received her Bachelor's degree in Exercise Science and Master's degree in Human Nutrition & Functional Medicine, but considers herself a lifelong student in the field of well-being. She is constantly learning from her colleagues and community, and can't wait to share and learn more along with you!

**Can't make the webinar? No problem.**

All registrants will receive a recording of the webinar sent to their email.



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# OH MY GOURD, IT'S FALL!

## COOKING SHOW



### Gourds aren't just for decorating and carving!

Fall brings shorter days and cooler temperatures outside so let's create warm recipes with seasonal ingredients. Join us as we explore fun ways to prepare tasty recipes using pumpkin, squash, and melon.

**Thursday, October 21**

12:00 p.m. - 1:00 p.m.



To Register, [click here](#), or scan the QR code with your smart phone.

Questions? Contact [wellness@phs.org](mailto:wellness@phs.org)





# Helping you with Resources for

# RESILIENCE

*The global pandemic and subsequent accelerated pace of rapid change are transforming our professional, political, scientific and personal environments. Our success and happiness depend on our ability to tap into our inherent resilience as human beings and transform how we think and behave in order to thrive in this whirlwind era of our lives.*

***We have put together a series that is sure to bring support where needed.***

Our Resilience Workshops are one hour long, monthly sessions that provide research-based strategies and tools to help you cope and build resilience.

## Here's how it works:

- Third Thursdays of every month
- 60-min workshops providing a different tool and resource each month
- Monthly themes
  - OCTOBER - How to Deal with Anger
  - NOVEMBER - A Step Forward: Living Through & With the Grieving Process
  - DECEMBER - Finding Forgiveness for Ourselves and Others
- Register by clicking the monthly theme

Starting Thursday, October 21st  
4 p.m. – 5:00 p.m.



# Drop In Meditation Breaks

Feeling overwhelmed and need  
a break in your day?

**We have you covered!**



Drop in for 20-min live, guided mindfulness meditations with other employees from all over New Mexico! These sessions are brought to you by **The Solutions Group** and are available to all client groups and their employees and members.

**TUESDAYS: 12:30 - 12:50 pm**

**THURSDAYS: 12:00 - 12:20 pm**

**FRIDAYS: 12:00 - 12:20 pm**

Drop in any Thursday. Register to get the link:

<https://tsgmeditations1.themindfulcenter.com>

These sessions will be led by  
**Michelle DuVal, MA, director of The Mindful Center.**





# You're Invited!



## Join Us For Working Well with Mindfulness

Join us for Working Well with Mindfulness! Sign-up once and gain access all year-round to different mindfulness programs to suit your different needs.

We're here to support you.

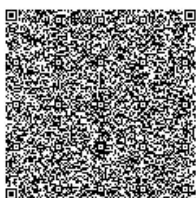
*"Be happy in the moment, that's enough. Each moment is all we need, not more."* --Mother Theresa

## To Register

<https://themindful-e-center.com/courses/204/enroll>

### Program Includes:

- Twice Monthly Drop in Workshops, every 1st and 3rd Saturday of the month, 10AM-11AM.
- Weekly Drop In Meditation Sessions, Monday's & Thursday's, 12-12:20 PM.
- October Saturday Topics:
  - \*October 2nd: Riding the waves: Mindfulness to Reduce Reactivity
  - \*October 16th: Stillness in a fast-paced World



Or Scan  
This Code  
With Your  
Phone

Drop in for whatever programs serve you.....  
we're here for all of your mindfulness and stress reduction needs!



# AT HOME

## *Wellness Screening*

### FREE WELLNESS SCREENINGS

by mail-order for NMPSIA Presbyterian members 18 and over.

### KITS ARE AVAILABLE TO ORDER NOW!

The home test kit uses a finger stick blood draw to measure Total Cholesterol, HDL, LDL, Triglycerides and Glucose. Home Test Kits come with instructions and video link to follow along.

Fasting is required before you process kit. Please continue to hydrate with water and take your regular medications!



### DON'T DELAY!

**LAST DAY TO ORDER A KIT IS OCTOBER 31**

Kits must be post-marked and returned by December 31.

Once you receive your results, you may be contacted by a Registered Nurse to review your results if they are out of range.

### ORDER A HOME TEST KIT HERE:

<https://uswemd.com/signup/nmpsia>

### QUESTIONS?

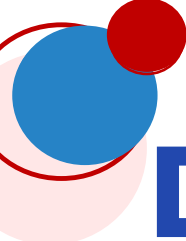
Contact [nmpsia.wellness@phs.org](mailto:nmpsia.wellness@phs.org)



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# DO YOU HAVE A

## *Primary Care Provider?*



### **It's Time for Preventive Screenings.**

It's not too late to contact your Primary Care Provider to schedule your 2021 annual physical exam and preventive screenings. Changes in how provider offices schedule patients, and a greater understanding of what can be done to prevent the spread of disease has made it more comfortable to visit a provider's office.

### **Don't delay – schedule your annual preventive exam now!**

Your Primary Care Provider (PCP) is the best place to start when you need any type of medical care. A PCP provides preventive care, diagnoses illness and disease, and helps you navigate to the right specialist when necessary.

Your PCP helps you concentrate on staying healthy.

### **DO YOU NEED A PCP?**

Contact your health plan to help you find a PCP.

#### **Blue Cross and Blue Shield Members**

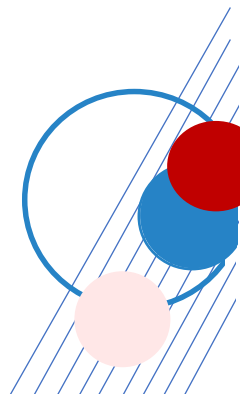
**Call:** 888.966.7742 **or visit:** [www.bcbsnm.com/nmpsia](http://www.bcbsnm.com/nmpsia)

#### **Cigna Members**

**Call:** 800.244.6224 **or visit:** <https://my.cigna.com/web/public/guest>

#### **Presbyterian Health Plan Members**

**Call:** 888.275.7737 **or visit:** <https://www.phs.org/health-plans/employer-plans/Pages/new-mexico-public-schools-insurance-authority.aspx>







# VITAMIN

Vital health information in a minute

## Brush up on oral health

### Healthy mouth, healthier you

Having a healthy smile isn't just about how you look on the outside. It can make a big difference in how you feel. Oral health can affect self-esteem, school performance and attendance at both work and school.<sup>1</sup> Problems with your teeth can negatively affect your mood and emotional state, and may lead to embarrassment or anxiety in social situations. That's why taking care of your mouth and seeking treatment for dental problems is so important.

Your mouth can give clues about what's happening in the rest of your body, too. A look in your mouth can tell your dentist or doctor a lot about your overall health.<sup>2</sup>

### Risk of infection

The mouth is a place where bacteria can grow rapidly. Without frequent brushing and flossing, bacteria can lead to oral infections, tooth decay and gum disease. Certain bacteria may be able to travel from the mouth to the lungs, increasing the risk of pneumonia and other respiratory infections. Having diabetes can lower the body's ability to fight off bacteria and increase the risk of a serious infection. *What you can do:* Brush, floss and use mouthwash to get rid of bacteria.

### Gum disease

Gum disease is caused by the buildup of plaque (a sticky film of bacteria) on the teeth. Gum tissue may appear swollen and red and is likely to bleed. Gum disease can lead to tooth loss and may be linked to a higher risk of heart disease. Having advanced gum disease may signal health problems and make it difficult to manage diabetes and other conditions. *What you can do:* Keep up with regular dental visits and follow your dentist's advice.

### Sources:

1. Centers for Disease Control and Prevention. Oral Health Basics. <https://www.cdc.gov/oralhealth/basics/index.html> (last reviewed/updated April 30, 2020).

2. Mayo Clinic. Oral health: A window to your overall health. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475> (last reviewed/updated June 4, 2019).

**Together, all the way.®**



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## 4 Simple Ways to Take an Energy Break

1. Let your mind wander.
2. Fuel your body and brain. Choose a high-protein snack like a handful of nuts or almonds.
3. Get outside and enjoy all nature has to offer.
4. Exercise your eyes – follow the 20/20/20 rule. Every 20 minutes, take 20 seconds to stare at something at least 20 feet away.

# Take a Break

1. LXAER \_\_\_\_\_
2. ERGCRAHE \_\_\_\_\_
3. EURFLE \_\_\_\_\_
4. UGULNP \_\_\_\_\_
5. ESEERICX \_\_\_\_\_
6. LZIESICOA \_\_\_\_\_
7. LPYA \_\_\_\_\_
8. AERD \_\_\_\_\_
9. TIMDETAE \_\_\_\_\_
10. EESRECIX ROYU YEEs \_\_\_\_\_



# One-Pan Chicken Alfredo



**Servings:** 8 **Serving Size:**  $\frac{3}{4}$  cup

## Nutritional Facts (per serving):

220 calories, 22g carbohydrate, 8g total fat, 15g protein, 1g fiber, 320mg sodium, 4g sugar

### Ingredients

- 1 large chicken breast, cubed (about one cup)
- 2 tablespoons oil
- 2 tablespoons flour
- 1  $\frac{3}{4}$  cups chicken broth
- 1  $\frac{3}{4}$  cups nonfat or 1% milk
- 1 teaspoon garlic powder
- $\frac{1}{2}$  teaspoon onion powder
- $\frac{1}{2}$  teaspoon dried basil
- 3 cups dry penne pasta
- 2 cups broccoli, chopped (fresh or frozen)
- 1 cup grated parmesan cheese

### Instructions

1. In a skillet over medium-high heat, brown chicken in oil.
2. Add flour, broth, milk, spices and pasta to skillet and stir well.
3. Bring to a boil; cover; reduce heat; simmer until pasta is almost tender, stirring occasionally.
4. Add broccoli, cover, and cook until broccoli is tender.
5. Remove from heat and stir in cheese.
6. Refrigerate leftovers within 2 hours.

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