

Wellness Wednesday

~Nourish Body, Mind & Soul~

January 13, 2021

Oak Grove School District



It's Not Too Late To Get Your Flu Shot

Extended availability for retail locations now through March 31, 2021.

Kaiser Permanente members can get a flu shot at no additional cost from many retailers and pharmacies, including Rite Aid, Safeway, and Walmart. Visit kp.org/flu to find a Kaiser Permanente, retail, or pharmacy location near you.

Protect Yourself from COVID-19

Please take time to review this public safety video; it is important for everyone to be ambassadors of safety and share this vital information with family, friends, and the community.

<https://www.youtube.com/watch?v=gZAOuJwu6V8&list=PL0W5-rGnmYNC7tF0Ha2fPsRzYX-YqzorK&index=2&t=47s>



January National Blood Donor Month

January is Blood Donor Awareness Month. In addition to donating blood, you can also donate plasma. People who have recovered from COVID-19 have antibodies that may help treat people who have recently had the virus. Do your part to help in the fight against the COVID-19 pandemic and donate plasma. Blood centers have an urgent need for all blood types right now with the surge in COVID-19 cases. Visit your local Red Cross to donate today or click on the link for more information.

<https://www.aabb.org/for-donors-patients/give-blood>



Nutrition & Wellness Month

Delta Dental provides employees and their families with many useful resources. See link below for Delta Dental's **Grin Magazine**.

<https://www.deltadental.com/grinmag/us/en/ddpa.html>



Natural Remedies For Getting Rid of a Cold

What can we do to help our bodies through the process of healing a cold?

Here are some remedies for your body and mind.

- Rose hip tea is full of vitamin C and can prevent colds
- Lemons, oranges, and apple cider are all considered to be cold remedies
- For chills, take fresh ginger root
- Historically, layers of the onion were believed to draw contagious diseases from patient; onions were often hung in sick rooms. Today, we know that onions have antibacterial qualities
- Boil a whole onion, and then drink the water. You can add a little butter and salt if the taste is unbearable!
- Cut up fresh garlic gloves and add them to chicken soup or other foods, or swallow small chunks of raw garlic like pills
- Like onion and garlic, horseradish generates lots of heat to help offset colds. A daily horseradish sandwich is the best cold remedy out there!
- Eat loads of hot and spicy food, like chili, to clear the sinuses.
- Prunes are rich in fiber, vitamins A and B, iron, calcium, and phosphorus
- To treat sore lips, go to bed with honey on them

