



Friday Facts

September 6, 2024

Community Resources

Can you thrive all on your own? It's certainly possible! But for most of us, a little help can go a long way. Luckily, community resources—which can include people, places, activities, and other things—can be found in many areas. In fact, you may often use community resources without even realizing it!

Examples of community resources you may be frequently using:

Places

- Public parks
- Playgrounds
- Libraries
- Museums
- Post office
- Grocery stores
- Restaurants
- Movie theaters

People

- Teachers
- Firefighters
- Police officers
- Doctors
- Mechanics
- Dentists
- Vets
- Religious leaders

Services

- Physical health services
- Mental health services

- Substance abuse services
- Religious services
- Financial services
- Entertainment services

Here are a few ways you can find local help to BEST support your health and wellness:

- **Findhelp.org** can help you find food, housing, transit, health, money, education, work, or legal resources.
- **Call 2-1-1** to receive a list of local nonprofits and charities that provide several resources. More than 15 million referrals to help and for resources were made by this network in 2023.
- If you're in Wisconsin, **visit coveringwi.org/county-community-resources** and click on your county to find local help for health insurance, food and nutrition, child and cash assistance, housing support, and more.



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Friday Facts

September 13, 2024

Local Elections

Participating in local elections is a vital way to connect with your community and ensure your voice is heard. Here are some helpful hints and tips to make the most of your involvement:

Get informed

- Research the candidates and issues
- Attend local debates and forums
- Review sample ballots

Engage with your community

- Join or form discussion groups
- Volunteer for campaigns or polling stations
- Use social media wisely

Stay engaged year-round

- Attend city council meetings
- Participate in local community events
- Support local journalism

Plan your vote

- Check your voter registration
- Consider early voting to avoid long lines on Election Day
- Understand the voting process

Encourage others to vote

- Help register voters
- Organize rides to polling places
- Share your experience

Follow up after the election

- Hold elected officials accountable
- Stay active in community issues

Connecting with your community through local elections not only makes your voice heard but also strengthens the fabric of your community. By staying informed, engaged, and proactive, you help ensure that your community reflects the values and needs of its residents.



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Friday Facts

September 20, 2024

Volunteering

Volunteering in your community offers a wide range of benefits, both for the individuals and causes you support and for your own well-being.

Health and Wellness Benefits

- **Improved Mental Health:** Volunteering reduces stress, anxiety, and depression by providing a sense of purpose and connection.
- **Physical Activity:** Many volunteer activities involve movement, boosting your physical health.
- **Cognitive Stimulation:** Engaging in problem-solving and learning new skills keeps your mind sharp.

Personal Growth and Development

- **Skill Development:** Volunteering helps you learn new skills or enhance existing ones, contributing to personal and professional growth.
- **Increased Self-Esteem:** Making a positive impact builds self-confidence and life satisfaction.
- **Sense of Purpose:** Volunteering provides a meaningful way to contribute to society, leading to a more fulfilling life.

Social and Professional Benefits

- **Building Connections:** Volunteering connects you with people from diverse backgrounds, expanding your social network and strengthening community ties.

- **Career Opportunities:** It can enhance your resumé, offer networking opportunities, and help you explore new career paths.

Community Impact

- **Making a Difference:** Your efforts directly contribute to the betterment of your community.
- **Inspiring Others:** Your involvement can encourage others to take action, amplifying the positive impact.

Volunteering is a fulfilling activity that enhances your health, fosters personal growth, and strengthens your community. Double the fun by having friends or loved ones join when serving alongside you!

If you need a little boost to get yourself going, consider utilizing your free professional coaching sessions. You will learn a lot about yourself through the process and can feel confident moving forward to help others!



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Friday Facts

September 27, 2024

Summer Treat

Sometimes our workplace is our BEST source of community. Those times when you get to share a meal and bond with coworkers offer a feeling of belonging. You're all in it together. If you feel like celebrating the end of the hot summer days, bring in this bright, lemony treat and revel in the accolades sure to come from your work community.

Lemon Cream Cheese Bars

Ingredients

- 2 (8 oz.) packages refrigerated crescent roll dough, divided
- 2 lemons, zested and juiced, divided
- 2 (8 oz.) packages cream cheese, softened
- 1/2 cup white sugar
- 2 Tbsp butter, melted
- 3 Tbsp white sugar

Directions

1. Preheat oven to 350 degrees. Line the bottom of a 9x13-inch baking dish with aluminum foil and coat with cooking spray.
2. Unroll 1 crescent roll dough; press into the bottom of the prepared baking dish, stretching to the edges.
3. Mix together lemon juice and 3/4 of the lemon zest in a large bowl. Beat cream cheese and 1/2 cup sugar into juice-zest mixture with an electric mixer until smooth and creamy; spread over crescent roll dough in the baking dish.

4. Unroll remaining crescent roll dough and place over cream cheese mixture, stretching to the edges. Brush melted butter on top. Mix together 3 Tbsp sugar and remaining lemon zest in a small bowl; sprinkle over melted butter.

5. Bake in the preheated oven until top is golden brown, about 30 minutes. Allow to cool for about 20 minutes.

6. Lift dessert from the baking dish using foil; transfer to a cutting board. Cut into squares, leaving on foil. Return dessert to the baking dish and refrigerate until chilled, at least 1 hour.

You can also make this recipe with Splenda and low-fat cream cheese.

(Recipe and photo from allrecipes.com.)



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