

# BEE WELL

Thomas County Wellness Newsletter

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*We become not a melting pot  
but a beautiful mosaic.  
Different people, different beliefs,  
different yearnings, different  
hopes, different dreams.*

- Jimmy Carter



# DISTRICT WELLNESS

## Step It Up Challenge Results



We had 83 active participants in this year's Step Challenge, who together, over the course of 4 weeks, took over 21.5 million steps (21,574,089 to be exact!) Our top 3 individuals all came from the Gold Team (TCCHS, TCMS), but our Blue Team (Hand-in-Hand, Garrison-Pilcher, Cross Creek, BOE, Bishop, Renaissance, and Pathways) out-stepped the Gold Team in the end by taking 294,710 more steps. Our individual winners each received a gift card to Active Soles Running Company for a job well done!

2024

# STEP IT UP CHALLENGE WINNERS



## INDIVIDUAL WINNERS

1st Place- Erin White- TCCHS- 589,345 steps

2nd Place- Kristen Swan- TCCHS- 523,460 steps

3rd Place- Dalton Bynum- TCMS- 485,966 steps



## TEAM WINNER

BLUE TEAM- 10,936,164 steps  
HnH, GP, CC, BOE, BH, Pathways



# BE WELL SHBP

- Open Enrollment There are no major changes to the 2025 Be Well SHBP® well-being program.
- Redeem Your Well-being Rewards Don't let all your hard work go to waste! Remember to complete the RealAge® Test for 2024 to activate your account. Redeem your \$150 Visa® Prepaid Card by December 15, 2024; unredeemed points will automatically be redeemed as well-being incentive credits.

The graphic features the logos for SHBP (State Health Benefit Plan), sharecare, and BeWell SHBP at the top. The central illustration shows a woman and a man standing on a large green leaf, holding up a large white bowl filled with various fruits like bananas, grapes, watermelon, and apples. The text 'Healthy Eating for a Healthy Life' is written in a large, teal font on the left side of the illustration.

Individuals who maintain a healthy eating pattern live longer and are at lower risk for developing chronic diseases such as heart disease, type 2 diabetes, and obesity. For those who are already living with a chronic disease, healthy eating can help manage these conditions.

Why It Matters | Nutrition | CDC

## HANDY GUIDE TO THE Perfect Portion

The term “portion” means how much of a food you are served or how much you eat.<sup>1</sup> Check out Sharecare’s Handy Guide to the Perfect Portion to build your own healthy eating patterns.



Enjoy **2 palms** worth of lean protein each day

**PALM OF HAND**, 3 ounces



Eat **5 -10 handfuls** of cooked whole grains daily

**CUPPED HAND**, ½ cup



Eat about **2 fistfuls** of chopped fruit a day. Munch on **2-4 fistfuls** of diced vegetables daily

**FIST**, 1 cup



Opt for no more than **3 thumb-sized** servings of fat each day

**THUMB**, 1 tablespoon

# LIVE BETTER SUPERFOOD OF THE MONTH

## Pumpkin

LIVE BETTER WELLNESS WEDNESDAY NEWSLETTER

OCTOBER 2024

# Pumpkin



Scan the QR code  
to learn more about the  
superfood of the month!



### NUTRITION FACTS

1 cup cubed pumpkin

Calories 30

Total Fat 0g

Saturated Fat 0g

Cholesterol 0mg

Sodium 1mg

Carbohydrates 8g

Dietary Fiber 1g

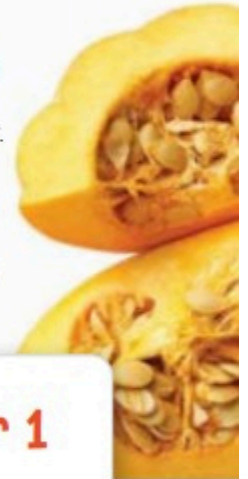
Total Sugars 3g

Protein 1g

October is a month overflowing with delicious and nutritious produce, and pumpkins are a Fall favorite. Pumpkins can be used for so much more than carving or painting. They fulfill the vegetable requirement on MyPlate. They are low in calories yet rich in nutrients like Vitamin A, which is essential for vision and immune function.

Their vibrant orange skin is packed with beta carotene, which our bodies convert to Vitamin A. Pumpkins are also full of antioxidants that fight cell damage as well as Vitamin C and fiber.

All the different parts of the pumpkin can be used, too! The flesh is tasty roasted or pureed and the seeds make a great, crunchy snack. This Fall, embrace the pumpkin and all the ways it can boost your health!



## Pumpkin Mac & Cheese for 1

### INGREDIENTS

¾ cup pasta, pre-cooked  
1 ½ Tbsp canned cheddar cheese soup  
1/8 cup pumpkin purée  
1 ½ Tbsp milk, 1%  
1 Tbsp cheese, low-fat  
1 tsp deli mustard

### METHOD

1. In a microwave safe bowl, combine the soup, pumpkin, milk, and mustard. Stir together and microwave for 45–60 seconds until warmed and well-combined.
2. Add the cooked pasta to the sauce and sprinkle cheese on top. Heat another 30–45 seconds or until cheese melts.

This dish meets the Live Better nutritional guidelines for an entree. Portion: 1 recipe. Yield: 1 serving. Calories: 216; Total Fat: 3g; Saturated Fat: 1g; Cholesterol 4mg; Sodium: 248mg; Total Carbohydrate: 38g; Dietary Fiber: 3g; Sugars: 4g; Protein: 10g; Potassium: 178mg; Calcium: 94mg



# Employee Assistance Program

## Monthly Tip

GEORGIA'S PUBLIC EDUCATION

### Employee Assistance Program

a partnership with:

**Acentra**  
HEALTH



#### MONTHLY TIP

## The Sandwich Generation: Managing Multiple Roles

An increasing number of individuals are juggling two roles simultaneously – caring for their own children and their aging parents. Many are also balancing workplace demands. The following are some strategies to help manage the pressure that comes with fulfilling these roles.

- **Prioritize tasks that align with your values.** Issues often surface that seem urgent in the moment but are actually not essential. These matters can easily trump more meaningful activities. Decide where your priorities fall so that you can make decisions about what is important to you in the moment. This way when you naturally can't get to everything, you can feel a sense of satisfaction that you have accomplished tasks that are of high value.
- **Let go of perfectionism.** We often place unrealistic expectations on ourselves. In order to reduce guilt related to feeling inadequate when it comes to meeting all demands, try to bring your best self to everyday tasks. Accept that you're giving it your all and look at missteps as opportunities for growth.
- **Make time for fun.** Create opportunities to engage in enjoyable activities by embedding fun into roles, even if only for 10-15 minutes. A non-preferred task can turn into something enjoyable when you shift your perspective. Fold laundry while listening to a podcast or catching up with a friend, for example.
- **Actively notice the enjoyable everyday moments.** Becoming absorbed in small moments of joy and being present to experience them can help switch off daily responsibilities and enhance positive emotions.
- **Remember your why.** Bring conscious awareness to the importance of your current role. When faced with challenging or unpleasant tasks, remind yourself that you will feel the benefits later on which can help provide a buffer to in-the-moment stress.
- **Celebrate small successes.** It's often not easy to see how your hard work is paying off until you look back on your efforts and notice how certain sacrifices have paid off. Take a moment to acknowledge the outcome of your actions, especially when you might not receive positive affirmation from others.

Sometimes a perspective shift can help when managing the complexities of balancing multiple roles. Your Employee Assistance Program is also available to support you. Reach out for referrals to counselors, childcare, summer camps, adult care, in-home services, and much more.

Evans, K, et al. "Working Sandwich Generation Women Utilize Strategies Within and Between Roles to Achieve Role Balance". National Library of Medicine. Accessed from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4909236/>

#### Help Starts Here

Free, confidential access to professional consultants and online resources, 24 hours a day, 7 days a week, 365 days a year.

1-866-279-5177

[www.EAPHelplink.com](http://www.EAPHelplink.com)

Code: GADOE

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# Employee Assistance Program

## Aging Parents Seminar



October 2024

## Aging Parents, Renewed Connections

### ONLINE SEMINAR

One of the most significant transformations we encounter is the aging of our parents. The transitions that come with this can be challenging, but they offer opportunities to deepen our relationships.

### LET US HELP

Visit the website below starting October 15th

WEBSITE: [www.EAPhelplink.com](http://www.EAPhelplink.com)

TOLL-FREE: 1.866.279.5177

COMPANY CODE: GADOE

YOUR EMPLOYEE ASSISTANCE PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

## DID YOU KNOW?

As an employee of Thomas County Schools, if you work more than 29 hours per week, then you have access to the Georgia Public Education Employee Assistance Program.

Many free, valuable, and confidential services and resources are included in the **Georgia Public Education Employee Assistance Program (EAP)**, all of which are focused on building and maintaining your mental and emotional wellbeing. The EAP is available to ALL public-school, PreK-12 teachers and K-12 employees who work at least 29 hours a week.

### Services and Resources

- Up to four free counseling sessions per issue, per year with a licensed counselor
- Free 30-minute consult with an experienced attorney; reduced fees for additional time and services
- Free 30-minute consult with a financial professional; reduced fees for additional time and services
- Referrals to available care and resources for your loved ones
- Assistance finding services for such daily life issues as home repairs, moving, pet care and travel planning

### How to Contact

- Call **866.279.5177** for services, referrals and questions
- Informative interactive website at [www.eaphelplink.com](http://www.eaphelplink.com) code: GaDOE