

# better together

## Workplace Wellness Newsletter

February 2019

## New and Improved myStrength

If you've tried **myStrength** before and stopped using it you **NEED** to see what's new! Recent upgrades in the myStrength software has improved continuity between the mobile app and the PC version.



**Always There, Uniquely Tailored to Each User**  
Emotional health and well-being is a journey. myStrength is here each day to provide inspiration, cultivate resilience and strengthen skills to build strong mental health.

**Focused on what is important**  
myStrength adjusts each day and with every interaction. Preferences and goals, current emotional and motivational states, ongoing life events are all captured. Sophisticated machine learning algorithms create individualized myStrength experiences which include interactive programs, in-the-moment coping tools, inspirational resources and community support.

## Healthy Winter Recipe

Provided By Jessi Huber

### Lentil Soup (Italian Vegetable)

Prep Time: 10 minutes  
Cook Time: 1 hour  
Servings: 6  
Calories: 300

#### Ingredients

1 ½ cup diced carrots  
1 ½ cups yellow onion  
1 ½ Tbsp minced garlic  
4 cans vegetable broth  
2 cans dices tomatoes  
2 cups chop kale/spinach  
1 ¼ cups dried brown lentils  
1 ½ tsp dried basil  
2 Tbsp olive oil  
½ tsp dried oregano  
½ tsp dried thyme  
Salt and pepper  
1 ½ cups diced zucchini  
1 Tbsp lemon juice



#### Instructions

1. Heat olive oil in a large pot over medium-high heat.
2. Add carrots and onions and saute 2 minutes then add garlic and saute 2 minutes longer.
3. Pour vegetable broth and tomatoes. Add lentils, basil, oregano, thyme and season with salt and pepper to taste.
4. Bring to a boil then reduce to medium-low, cover and simmer 35 minutes, stirring occasionally.
5. Add zucchini and kale and simmer 10 minutes, if using spinach wait to add it until the last 2 minutes.
6. Stir in lemon juice and add up to 1 cup of water to thin as needed (as the soup rests the lentils soak up more of the broth).
7. Serve with parmesan cheese if desired.

## 2018 Better Together Benefit Usage

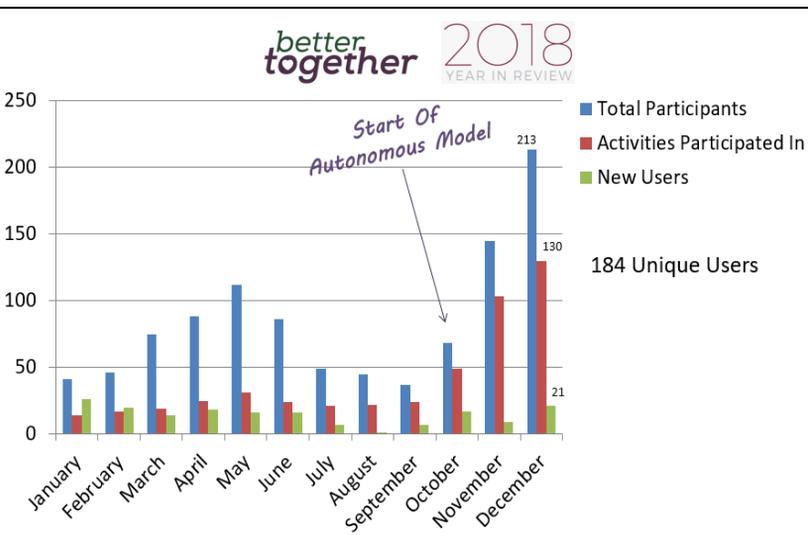
**Better Together Benefit Penetration Rate:** approximately 51%

### January – September 2018:

Activities: Facilitator driven = Limited time and facility availability  
Usage: 64 total average participations per month (non-unique)  
Activities: 22 total average activities per month

### October – December 2018:

Activities: Autonomous = Available hourly and at every facility  
Usage: 142 total average participations per month (non-unique)  
Activities: 94 total average activities per month



## Wellness Team Member Spotlight

Have questions about wellness at Towerline?

Danelle Elliot works at the Towerline location as a Support Coordinator for the Autism Department.

