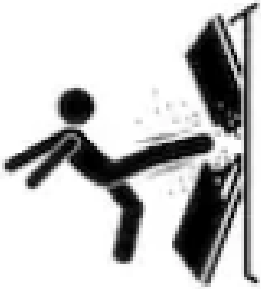


better together

Workplace Wellness Newsletter

July 2019

Breaking Down the Barriers to Wellness!



Have you ever wanted to participate in a BTO Wellness activity and forgotten to sign in or wanted to take a Wellness walk and the sign in sheet was on the other side of the building? NO MORE!

As of July 22 there will be NO MORE sign in sheets! All you'll need to do is fill out a BTO sheet and get approval from your supervisor to participate in the activity. All of the tracking will be done through eTime similarly to PTO.

Wellness Team Member Spotlight

Allison Kalmes-Hadd

Allison works in Network Services as a Provider Network Auditor at our A&W location and has been a HUGE advocate for the SCCMHA Wellness Benefit initiative from the start. She planned and coordinated Knitting for Relaxation and most recently participated in the SCCMHA / SVRC Wellness on the Waterfront community event!

For more information about knitting and other wellness topics Allison is a GREAT resource! akalmes@sccmha.org



NOTHING - SUSPICIOUS.US

July Healthy Recipe

Grapefruit Avocado Salsa

Ingredients

- 1 large grapefruit, peeled and sectioned
- 1 medium avocado, diced
- ½ medium cucumber, diced
- ¼ cup red onion, diced
- 1 small jalapeno, seeded and diced
- Juice of 1 lime
- ¼ cup cilantro leaves, chopped
- ¼ tsp. cumin
- ½ tsp. sea salt

Appetizer:

Perfect for chip dipping or just eating by the spoonful.

Serves 4.

Instructions

1. Use a large knife to cut the peel away from the grapefruit. Then use a paring knife to cut the sections from the membranes.
2. Place grapefruit sections in a medium bowl along with remaining ingredients.
3. Gently stir to combine. Serve immediately or store in a covered container in the fridge for up to 2 days.



IT'S HOT
OUTDOORS
STAY
HYDRATED