

JANUARY 2025



TO DO

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NOTES

YOGA CLASS - JANUARY
6TH & 20TH FROM
12:30PM - 1PM. ROOM
207

PARTICIPATE IN QUARTERLY
CHALLENGES THROUGH
THE WELLNESS
PLATFORM (WELLRIGHT)*
TO EARN POINTS
TOWARDS YOUR
WELLNESS INCENTIVE

*MUST BE ON CITY'S HEALTH INSURANCE TO
ACCESS PLATFORM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 GET A COLORING BOOK - COLOR ON YOUR LUNCH TO RELEASE SOME WEIGHTED STRESS	4
5	6 YOGA CLASS! 12:30 - 1PM ROOM 207  	7	8	9	10	11  SCHEDULE YOUR ANNUAL PHYSICAL - GET AHEAD OF THE GAME! 
12	13	14	15	16 ARE YOU GETTING ENOUGH PROTEIN? FIND OUT <u>HERE!</u>  	17	18
19 GOALS!  NEW YEAR, NEW YOU! SET SOME GOALS & STICK TO THEM!	20	21	22	23	24	25
26	27 YOGA CLASS! 12:30 - 1PM ROOM 207  	28	29	30	31	

YOGA

JANUARY 6TH
JANUARY 27TH
FEBRUARY 3RD
FEBRUARY 10TH
MARCH 3RD
MARCH 17TH

LOCATION - CITY HALL ROOM 207
ALL EMPLOYEES ARE WELCOMED!



CITY WELLNESS

QUARTER 1 YOGA SCHEDULE

2025



Financial Wellness

We are excited to announce that we are offering some Financial Wellness lunch & learn sessions coming up, presented by our Financial Empowerment Coordinator, Dina Knibbs.

RSVP is recommended for each session - Register [HERE](#) or by scanning the QR code.

Location - City Hall Room 207



FEBRUARY

26

12PM - 1PM

Making a Budget. It can be done!

MARCH

12

12PM - 1PM

Bank on it - Banking Principles

APRIL

23

12PM - 1PM

Spending & Saving - Keeping Track

MAY

14

12PM - 1PM

Asset Protection - Insurance

JUNE

11

12PM - 1PM

Retirement Planning

JULY

9

12PM - 1PM

Building Wealth - Estate Planning



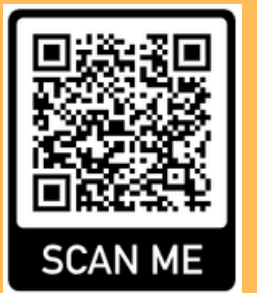
Racine
Financial
Empowerment
Center
*Free One-on-One
Financial Counseling*

Upcoming Sessions

We are excited to announce that we are offering some Financial Wellness sessions coming up, presented by our Financial Empowerment Coordinator, Dina Knibbs.

RSVP is recommended for each session - Register [HERE](#) or by scanning the QR code.

Location - City Hall Room 207



AUGUST

13

12PM - 1PM

Be Prepared for Emergencies

SEPTEMBER

10

12PM - 1PM

Holiday Budgeting

OCTOBER

8

12PM - 1PM

Jeopardy - Recap of sessions. All welcomed!



Racine
Financial
Empowerment
Center
*Free One-on-One
Financial Counseling*



Meet your Racine Employee Health & Wellness Center care team

The Racine Employee Health & Wellness Center, in partnership with Ascension Wisconsin, works with you to help you achieve health and wellness goals by providing services ranging from primary and preventive care, chronic disease management, wellness services and health coaching.



Caitlin Stansil, MSN, APNP, FNP-C

Caitlin is a dedicated, patient-focused Family Nurse Practitioner with a passion for assisting patients with reaching their health goals. Caitlin brings her advanced assessment skills and strong clinical judgment as well as an extensive history of providing nursing care in Women's Health.



Lizel Granada, APNP

Lizel Granada, APNP, is a family practice nurse practitioner with 13 years of experience. She has experience working with patients with acute illness such as URIs, strep, covid, pink eye, ear infections and minor injuries. She has also managed chronic health conditions such as diabetes, hypertension, hyperlipidemia, thyroid conditions, asthma, allergies, women's health and preventive wellness exams of all ages.

Racine Employee Health & Wellness Center

2333 Northwestern Ave.,
Suite 114
Racine, WI 53404
t 262-687-5565



Scan the QR code to learn more about your onsite centers and schedule an appointment online.

In-person and virtual appointments available
SCHEDULE AN APPOINTMENT TODAY!

Importance of an Annual Physical



Key reasons why you should get an annual physical

- 1. Healthcare maintenance.** At your annual physical, your provider ensures that your healthcare maintenance is up to date. It begins with a routine check of your vital signs like blood pressure, heart rate, and weight. The focus is preventative.
- 2. Vaccinations.** When was your last tetanus shot? Are you vaccinated for shingles or pneumonia? Your provider will review your vaccination status against these and other preventable illnesses.
- 3. Lifestyle modification.** Talk with your provider about your eating, exercise and sleep habits.
- 4. Depression/anxiety screening.** Untreated depression and anxiety commonly lead to fatigue, irritability, weight gain, and even physical pain. Your provider can initiate treatment and refer you to a mental health professional.
- 5. Set goals.** Want to train for a 5K? Lower your cholesterol? Get better sleep? Your annual physical is the time to discuss your health—both physical and psychological—and make a plan that you can follow.



Superfood of the Month: Garlic

What is it?

Garlic is a bulbous flowering plant. Its close relatives include the onion, shallot, leek, and chive. It is native to South Asia, Central Asia and northeastern Iran and has long been used as a seasoning worldwide. Well-preserved garlic was found in the tomb of Tutankhamun. Garlic is easy to grow and can be grown year-round in mild climates. Harvest is in late spring or early summer.

What do I do with it?

Garlic has long been used to enhance the flavor of many foods to include meats, fish, vegetables, soups, stews, salads and breads. Garlic can be used raw, caramelized, fried, pickled and fermented.

Why should I eat it?

Garlic is a common cooking ingredient with numerous health benefits. Examples include managing cholesterol, boosting heart health, supporting the immune system, protecting against the common cold, and more.

Tips for buying and storing

When you're at the supermarket, look for garlic that has firm cloves and tight skins. If the garlic feels soft, it's on its way out.

Store heads of garlic in a cool, dry place with plenty of air circulation. Garlic is best kept in a cool (not cold) place, so avoid putting it in the refrigerator unless you plan to use it all within a few days.



Lemon & Garlic New Potatoes

INGREDIENTS

- 1-pound small red potatoes
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1/4 cup shredded Parmesan cheese
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

PREPARATION

1. Cut scrubbed potatoes into wedges; place in a large saucepan. Add water to cover; bring to a boil. Cook, covered, until tender, 10-15 minutes; drain.
2. In the same pan, heat oil over medium-high heat. Add potatoes; cook until browned, 4-6 minutes.
3. Add garlic; cook 1 minute longer. Remove from heat.
4. Stir in remaining ingredients.

<https://www.tasteofhome.com/recipes/lemon-garlic-new-potatoes/#RecipeCard>



NEW YEAR, NEW YOU

YOUR PHYSICAL THERAPIST IS READY TO HELP YOU WITH ANY FITNESS GOALS!



Most of us begin the New Year with the best intentions: “THIS is the year I’m going to take care of myself.” We join a fitness center, get confused by all the new machines, look at all the super-fit, athletic regulars, and soon become discouraged or disinterested.

Introducing: **your physical therapist!** As the medical community’s movement experts, physical therapists evaluate a much broader picture of your health than a personal trainer might. They look at your history, lifestyle and goals and develop a step-by-step plan to get you moving in a way that works and motivates YOU.

Your physical therapist is there to help you get through any pain, discomfort or difficulty moving and back to the activities you enjoy!

Thanks to your employer’s benefit, you and your family can now receive physical therapy whenever you want it at little to no cost to you!

Start feeling better today!

To schedule your appointment, call **833-950-0865**, scan, or click the link below.



CLICK HERE



Convenient MOSH and DPT locations nearby: Kenosha, Union Grove, Burlington, Oak Creek, Franklin, Greenfield, Brookfield, Wauwatosa



Things We Wish Grown Ups Knew...

Our **Employee Assistance Program** is proud to present a *free* 4-part webinar series that highlights current trends impacting both academic and home-life for school-aged children. Each webinar will be informative and include helpful 'how-to' tips and tricks. We will include information on how our Assistance Programs can support you and your family.

Please Note: These webinars is being offered during family-friendly hours. All presentations will be on **Tuesdays**, offered at both **12:00pm – 12:30pm** and **6:30pm – 7:00pm**. You can register for single presentations **OR** the entire series!

Let Me Do It By Myself. I Need Help!

1/28/2025 12pm & 6:30pm

Presented by She'Leah Fisher, MS, NCC, LPC

Description: This presentation will focus on the developmental stages of children. Knowing these stages can help families understand when to allow age-appropriate independence and when to offer support.

My Phone is My Life. It's Driving Me Crazy!

2/25/2025 12pm & 6:30pm

Co-Presented by Evoanna Vargas, MSW, LCSW
& She'Leah Fisher, MS, NCC, LPC

Description: This presentation will focus on fostering strong family relationships through communication, consistency, and compromise in a digital world.

I Need Sleep. There is No Time!

3/25/2025 12pm & 6:30pm

Presented by Lynn O'Brien, LCSW, LMFT

Description: Research shows that a good night's sleep is vital for maintaining the health and wellbeing of children. This presentation will focus on these health benefits and offer tips for parents to help ensure that their children are getting enough sleep.

Life is Hard.

But I Can Do Hard Things!

4/22/2025 12pm & 6:30pm

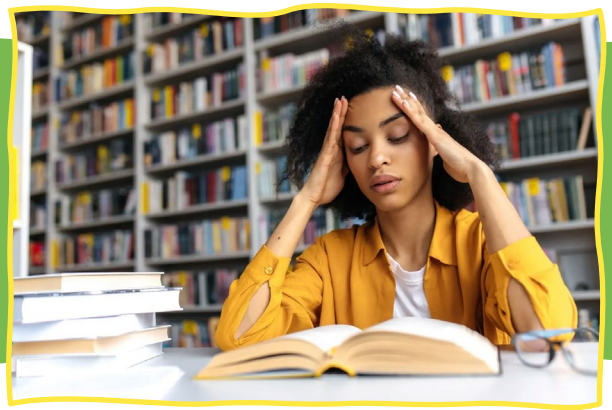
Presented by Lynn O'Brien, LCSW, LMFT

Description: This presentation will focus on the importance of helping children develop resilience in the face of a fast-changing world. In addition, parents will learn tips for helping their children manage stress and deal with intense emotions in a healthy way.

**To register, click on any of the above times OR
email EAP.LiveWellBeWell@aah.org**

**If you have questions or to access EAP services,
call 800.236.3231.**

Let Me Do It By Myself... I Need Help!



Erik Erikson was a developmental Psychologist known for his theory on psychological development. He maintained that everyone goes through a series of developmental stages that play a crucial role in promoting independence by allowing individuals to acquire skills, knowledge and confidence at various points in their lives. Here are his thoughts...

Infancy (0-2 years) – During this stage, infants begin to explore their environment. As they learn to crawl and walk, they gain mobility, which fosters a sense of independence.

- **Parent Tip:** Encouraging children to explore safely helps build their confidence.

Early Childhood (2-6 years) – Children start to develop self-help skills, such as dressing themselves, using the toilet, and feeding themselves. These accomplishments enhance their sense of autonomy.

- **Parent Tip:** Promoting interactive play becomes a critical way for children to make decisions and learn problem solving skills.

Middle Childhood (6-12 years) – School age children gain more independence through academic and social experiences. They learn to complete tasks like homework and chores.

- **Parent Tip:** Setting rules around homework and chores reinforces a child's ability to take responsibility for their actions.

Adolescence (12-18 years) - This stage is marked by a strong desire for independence. Teenagers begin making their own choices regarding friendships, academics and personal interests.

- **Parent Tip:** Communicating with Adolescents about the choices they make helps them shape their values and beliefs, allowing them to navigate the world more independently.

If you would like to read more about Erikson's stages of development, including how to support young adults, research him at: www.verywellmind.com/erik-eriksons-stages-of-psycho-social-development-2795740

**For further information or to access our EAP services,
call 800.236.3231**