

DECEMBER 5TH IS INTERNATIONAL VOLUNTEER DAY

International Volunteer Day or IVD, serves as an opportunity for volunteers and organizations to raise awareness of the wonderful contributions they make to their communities. This is not only a great day to volunteer, but it can be a time to reflect on your personal contribution to your community and how you can give back. According to the Heart Foundation, volunteering has 5 keys ways to make you happy:

1. It gives you a sense of purpose
2. It can keep you active and, as a result, healthier
3. It's social
4. Volunteering is universal
5. You're making a difference

You can even use a website such as <https://www.volunteermatch.org/volunteers/> to find a local organization or cause to volunteer with near your home or work!

<https://www.heartfoundation.org.nz/about-us/news/blogs/volunteering-makes-you-happy>



QUICK FACT

BY: CDC

DID YOU KNOW?

Utilizing hand sanitizer will help reduce the spread of germs, but handwashing proves a more successful method of eliminating harmful microbes. If you do use sanitizer, it's advisable to find one that contains 60% alcohol or more, and when applying to the hands be vigilant in covering the entire surface areas.

10 Stress Management Techniques for the Holidays

A Wellworks For You Blog

It's the most wonderful time of the year! Or, so the song goes. But you've got a thousand batches of cookies to bake, endless parties to attend, a gift list a mile long, and a parade of relatives filling your guest room. What's so wonderful about that? Let's be honest, as much fun as the holiday season is, it's also a time widely known for its stress. Which is exactly why it's so important to maintain your healthy lifestyle and practice stress management techniques to keep things running smoothly.

Rely on Your Old Standbys: We have family traditions and go-to recipes for a reason – they work! A huge family holiday dinner is no time to attempt that complicated new recipe you've been thinking about. Stick to the classics that everyone loves and expects, (and that you can make in your sleep!). While it's fun to add your own creative touch to the holidays, don't go overboard and get overwhelmed with too many new projects.

Know Your Limits: This is a huge stress management tip any time of year, but especially during the holiday season, when we tend to spread ourselves thinner than ever! You do not have to contribute to every single cookie swap or host every get-together. This also applies to your holiday budget – set limits and stick to them. After all, worrying about money is the number one cause of stress in America, with 64% of us naming finances as a "significant source" of stress.

[Click here](#) to continue reading.

FEATURED RECIPE:

Skillet Gnocchi with Chard & White Beans

Serving Size: 1 cup



INGREDIENTS

- ❑ 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
- ❑ 1 16-ounce package shelf-stable gnocchi
- ❑ 1 medium yellow onion, thinly sliced
- ❑ 4 cloves garlic, minced
- ❑ ½ cup water
- ❑ 6 cups chopped chard leaves, (about 1 small bunch) or spinach
- ❑ 1 15-ounce can diced tomatoes with Italian seasonings
- ❑ 1 15-ounce can white beans, rinsed
- ❑ ¼ teaspoon freshly ground pepper
- ❑ ½ cup shredded part-skim mozzarella cheese
- ❑ ¼ cup finely shredded Parmesan cheese

DIRECTIONS

1. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, 5 to 7 minutes. Transfer to a bowl.
2. Add the remaining 1 teaspoon oil and onion to the pan and cook, stirring, over medium heat, for 2 minutes. Stir in garlic and water. Cover and cook until the onion is soft, 4 to 6 minutes. Add chard (or spinach) and cook, stirring, until starting to wilt, 1 to 2 minutes. Stir in tomatoes, beans and pepper and bring to a simmer. Stir in the gnocchi and sprinkle with mozzarella and Parmesan. Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes.

NUTRITION

Serving Size: 1 cup

Per serving: 326 calories; 7 g fat(2 g sat); 6 g fiber; 56 g carbohydrates; 14 g protein; 60 mcg folate; 9 mg cholesterol; 5 g sugars; 0 g added sugars; 2,724 IU vitamin A; 28 mg vitamin C; 191 mg calcium; 4 mg iron; 610 mg sodium; 366 mg potassium

Source: <http://www.eatingwell.com/recipe/249817/skillet-gnocchi-with-chard-white-beans/>

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HANDWASHING AWARENESS

WASH YOUR HANDS AND YOUR WORKMATES WILL THANK YOU

By: Wellworks For You

To keep your workplace as germ-free as possible, washing your hands frequently and always following a bathroom break is one of the best ways to protect yourself and your co-workers.

WHY IS IT SO IMPORTANT TO WASH YOUR HANDS?

Washing your hands with soap helps to eliminate illness-producing germs that are all too easily and commonly transferred to these areas:

- Eyes, nose, and mouth
- Food and drinks, especially during preparation
- Fixtures, furniture, and commonly used objects

BEST HAND WASHING PRACTICES

To eliminate the spread of germs in the workplace, the Centers For Disease Control and Prevention (CDC) recommends washing hands with clean water and soap. For best results, hands should be lathered (including the areas underneath the nails) for 20 seconds per hand-washing session. Once hands have been rinsed, air dry or use a clean towel.

WILL HAND SANITIZER KEEP YOU AND YOUR CO-WORKERS GERM-FREE?

Utilizing hand sanitizer will help reduce the spread of germs, but handwashing proves a more successful method of eliminating harmful microbes. If you do use sanitizer, it's advisable to find one that contains 60% alcohol or more, and when applying to the hands be vigilant in covering the entire surface areas.

Source: Wellworks For You and CDC

Please Note: The Content in this newsletter is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.



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