



October Wellness Newsletter

Special Points of Interest

- ☆ Walk a Mile
- ☆ Health Fair
- ☆ Choose to Lose Challenge
- ☆ Healthy Recipes
- ☆ Financial Wisdom
- ☆ CareHere Recipe
- ☆ Veggie Boats
- ☆ HelpNet



2016 Walk a Mile in Her Shoes
Join S.A.F.E. Place in the fight to end domestic violence!

s.a.f.e.
PLACE
secure area family environment

Saturday, October 22, 2016 @ 10 a.m.
Lakeview Square Mall - Battle Creek, MI
Visit www.safeplaceshelter.org to register.
269-965-6093

Please join us!

Brought to you by:



Calhoun County Health Fair

When: Tuesday October 4th

Time: 11:00am-1:00pm

Where: Justice Center—1st Floor Public Area

- ♥ FREE FLU SHOTS for County Employees. Dependents that are covered by the County's Medical Insurance are also eligible for a **FREE** vaccine. For dependents not on the County Health plan, the cost is \$15 and checks should be made payable to Calhoun County.
- ♥ Blood Pressure
- ♥ Financial Wellness
- ♥ Door Prizes
- ♥ Attending gives you a point on your Ticket to Wellness
- ♥ Informational Flyers
- ♥ Demonstrations and more!



**TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.**

Back Again!

Just in Time Before the Holidays

Choose to Lose Challenge



Just in time for the Holiday season

- ✔ **Create a team of two, and come up with a team name (members of a team will be anonymous to other teams)**
- ✔ **Your teammate can be a co-worker, family member, significant other, or your BFF. Choose someone who will help and support you.**
- ✔ **Challenge will start Tuesday, October 11th**
- ✔ **Challenge will end Tuesday, November 22nd**
- ✔ **First weigh-in will be reported on October 11th as a group total (Your individual weight will be kept secret in the confines of your own group)**
- ✔ **Weigh-in will be reported as a group total every Tuesday**
- ✔ **Remember to ALWAYS weigh yourself on the same scale, and if possible at the same time. If you weigh-in before work, try and keep that schedule for 6 weeks**
- ✔ **For fairness, weight loss will be calculated by percentage**
- ✔ **Weigh-in will be reported to Marie via email at mstmand@calhouncountymi.gov**
- ✔ **Marie will be sending a weekly report to all participants so you can tell how your team is doing compared to the other teams**
- ✔ **November 22nd will be the last weigh-in**
- ✔ **Every participant gets a fit ticket point**
- ✔ **The biggest loser team will get prizes!!**

Prizes to be determined!



Healthy Recipes

Good for a fit ticket validation

Submitted by Helen Miles

Black Bean Hummus

- ♥ -4 garlic cloves
- ♥ -2 - 15 oz. cans black beans drained and rinsed
- ♥ -2/3 C Tahini
- ♥ -1/3 C fresh squeezed lemon juice
- ♥ -1/2 C water
- ♥ -1/4 C olive oil
- ♥ - 1/2 tsp salt
- ♥ - toasted pine nuts and chopped parsley

Combine all ingredients (except salt, pine nuts and parley) in a food processor until desired consistency met. Add salt, starting with 1/2 teaspoon , more or less to taste.

-Optional- if you want to spice it up (add a jalapeño pepper or other hot pepper; red pepper flakes; or stir in some red hot or fresh hot salsa).

Recipe makes about 3 cups of hummus.



Submitted by Angela Stanton

Eggplant Parmesan

- ♥ -3 eggplants, peeled and thinly sliced
- ♥ -2 eggs, beaten
- ♥ -4 cups Italian seasoned bread crumbs
- ♥ -6 cups spaghetti sauce, divided
- ♥ -1 (16 ounce) package mozzarella cheese, shredded and divided
- ♥ -1/2 cup grated parmesan cheese, divided
- ♥ -1/2 teaspoon dried basil

Preheat oven to 350°F.

Dip eggplant slices in eggs, then in bread crumbs. Place in single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side.

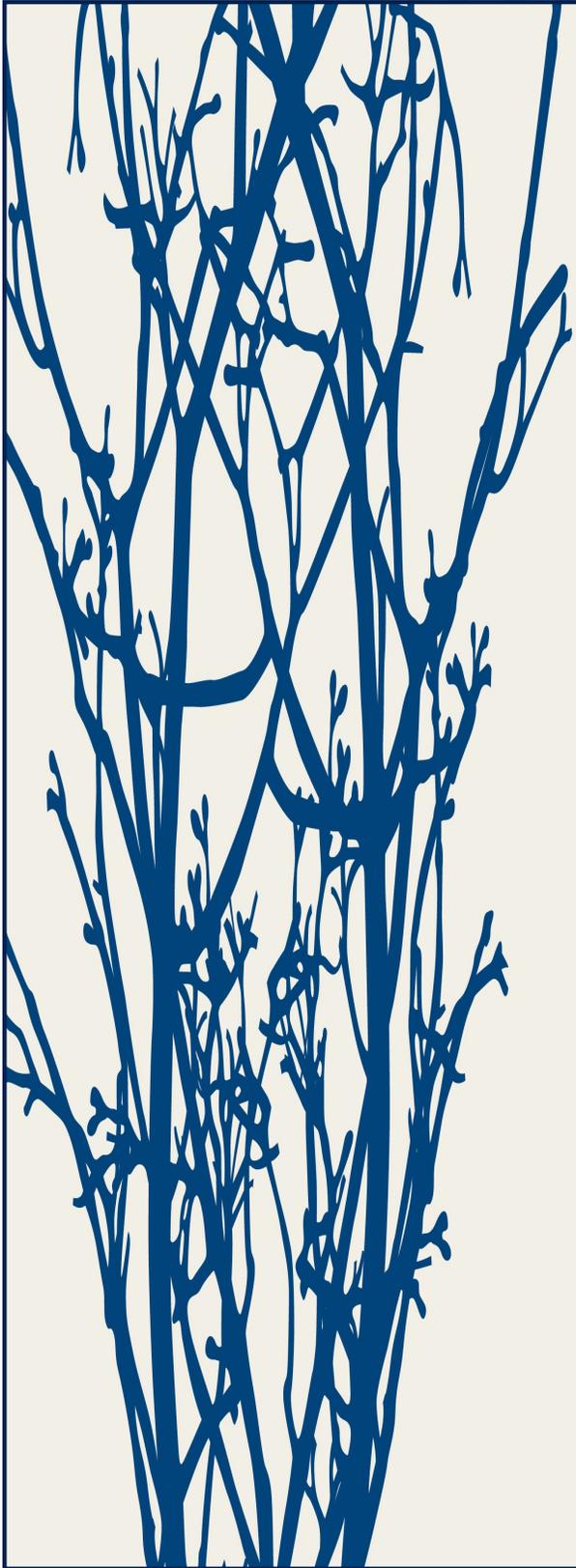
In a 9x13 inch baking dish, spread spaghetti sauce to cover the bottom.

Place a layer of eggplant slices in the sauce. Sprinkle with Mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top.

Bake in preheated oven for 35 minutes, or until golden brown.



October Financial Wisdom



SPOOKY

Retirement Plan Lingo?



Take the mystery out of retirement concepts when you visit **ifebp.**

org/Retirement101. You'll find answers to frequently asked questions and learn how to maximize the benefits of your retirement plan.

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www.ifebp.org/retirement101

Coconut Chia *Pudding*



Ingredients

- $\frac{3}{4}$ cup hot water
- $\frac{1}{4}$ cup chia seeds
- 1 can coconut milk
- 1 tablespoon maple syrup (optional)
- 2 cups of the fruit of your choice
- Dash of salt (optional)

Instructions

- Heat $\frac{3}{4}$ cup water and pour over chia seeds in a glass bowl. Let sit for 5 minutes, stirring occasionally until smooth. The chia seeds will create a gel.
- Add coconut milk, maple syrup and salt. Mix well.
- Chill for 2 hours. The chia seeds will firm up a bit while chilling and create a texture similar to tapioca.
- Top with fruit when serving.

Fun Fact

 about this healthful ingredient and its interesting health benefits:

- Chia seeds are a good source of omega-3 fats (alpha-linolenic acid), soluble fiber and minerals. They have a unique property of gelling in liquid and, unlike other seeds, can be digested whole.

For more information about eating healthy,

you may contact your health coach at wellness@carehere.com or call 877.866.8430.

Care *Here!*

VEGGIE BOAT

Zucchini Pizza Boats

Ingredients

4 medium zucchini
½ cup marinara or pizza sauce
¼ cup nutritional yeast (optional)
¼ red onion, sliced
¼ cup Kalamata olives, chopped
½ cup cherry tomatoes, sliced
2 tablespoons fresh basil chiffonade



Directions

Preheat oven to 400°F.

Cut the zucchini in half lengthwise and scoop out the inside seeds.

To help them lay flat on the pan, you can also cut a piece off the bottom of the "boat" to create a flat surface.

Mix tomato sauce and nutritional yeast (if using).

Spread a light layer of sauce (about 1 tablespoon) inside each zucchini

Top with onions, olives, and tomatoes.

Bake for 20-25 minutes, until zucchini is tender (but not mushy). Top with basil and serve.

Taco Stuffed Zucchini Boats

Ingredients

4 medium zucchini, cut in half lengthwise
½ cup mild salsa
1 lb 93% lean ground turkey
1 tsp garlic powder
1 tsp cumin
1 tsp kosher salt, or to taste
1 tsp chili powder
1 tsp paprika
½ tsp oregano
½ small onion, minced
2 tbsp bell pepper, minced
4 oz can tomato sauce
¼ cup water
½ cup reduced fat Mexican blend shredded cheese
¼ cup chopped scallions or cilantro, for topping



Directions

Bring a large pot of salted water to boil. Preheat oven to 400°F.
Place ¼ cup of salsa in the bottom of a large baking dish.

Using a small spoon, or melon baller, hollow out the center of the zucchini halves, leaving ¼-inch thick shell on each half. Chop the scooped out flesh of the zucchini in small pieces and set aside ¾ of a cup to add to the taco filling, (squeeze excess water with a paper towel) discarding the rest or save to use in another recipe. Drop zucchini halves in boiling water and cook 1 minute. Remove from water.

Brown turkey in a large skillet, breaking up while it cooks. When no longer pink add the spices and mix well. Add the onion, bell pepper, reserved zucchini, tomato sauce and water. Stir and cover, simmer on low for about 20 minutes.

Using a spoon, fill the hollowed zucchini boats dividing the taco meat equally, about ⅓ cup in each, pressing firmly. Top each with 1 tablespoon of shredded cheese. Cover with foil and bake 35 minutes until cheese is melted and zucchini is cooked through. Top with scallions and serve with salsa on the side.

Spicy Italian Stuffed Zucchini Boats

Ingredients

2 medium zucchini, cut in half lengthwise
2 garlic cloves, minced
1 medium tomato, seeded and finely chopped
½ cup finely chopped fresh mushrooms
½ tsp basil
½ tsp oregano
¼ tsp crushed red pepper flakes
2 Tbsp. olive oil
¾ cup shredded Parmesan cheese, divided
2 tablespoons fresh basil, chopped



Directions

Preheat oven to 400°F.

Using a small spoon, hollow out the center of the zucchini halves, leaving ¼-inch thick shell on each half. Chop the scooped out flesh of the zucchini. Combine zucchini pulp, garlic, tomato, mushrooms, basil, oregano, crushed red pepper flakes, olive oil and ½ cup of Parmesan cheese in a medium bowl. Divide mixture among zucchini boats.

Place stuffed zucchinis in a baking dish, cover with foil. Bake for 25 minutes or until zucchinis are tender. Sprinkle with remaining Parmesan cheese. Bake uncovered for an additional 5 minutes or until cheese is melted. Top with fresh basil.