

FERGUSON-FLORISSANT

JANUARY 2024

WELLNESS NEWSLETTER



Wellness encompasses 8 mutually interdependent dimensions: physical, intellectual, emotional, social, spiritual, vocational, financial, and environmental (1). Attention must be given to all the dimensions, as neglect of any one over time will adversely affect the others, and ultimately one's health, well-being, and quality of life.

Set Wellness Goals: Mental, Physical, Social, and Spiritual Goals.

SMART goals are: Specific, Measurable (how will you know if you met your goal), Actionable (what action will you take to meet your goals), Realistic, and Timelined

WELLNESS INFORMATION

St. Louis Magazine Health

Stay well mentally, physically, socially, and emotionally
with our Wellness newsletter

24 ways to make the most of 2024 in St. Louis

- TOP SENIOR CARE
- TOP DOCTORS
- FITNESS
- OUTDOORS
- TOP DENTISTS

MONTHLY EVENTS

January IS:

For more information, hover over and click on the topic.

- [National Bath Safety Month](#)
- [National Blood Donor Month](#)
- [Cervical Health Awareness Month](#)
- [Financial Wellness](#)
- [Mental Wellness Month](#)
- [National Eye Care Month](#)
- [Self-Love Month](#)

MENTAL HEALTH

Please know that asking for help is a sign of strength — not weakness. If you're in a crisis, please dial 988 to reach the Suicide & Crisis Lifeline. If you're looking for professional help or looking for specific support, we encourage you to use Good Good Good's Mental Health Resources Guide. You can also text HOME to 741-741 to instantly connect with a trained crisis counselor, 24/7, for free.

Breathe FOR Change



Free January Toolkit:
8 Educator Wellness Practices for 2024



your free toolkit includes:

- 15 pages of simple wellness practices designed to help reduce stress, improve your sense of calm, and improve your overall well being.
- CASEL-aligned strategies that include teaching tips and reflection questions for easy integration into your daily life and teaching.

BENEFITS



Hello - good news...One Pass Select will be available to plan members Jan. 1, 2024. One Pass Select is a subscription-based fitness and well-being program that supports a healthier lifestyle. It provides a total solution for your employees' health needs, including physical and digital fitness options and grocery delivery subscriptions.

If a plan member age 18+ chooses to participate, the plan member pays the cost associated with the level they select. There are no long-term contracts for those who enroll: all levels can be canceled in 30 days by the member.

Most of the levels also include grocery delivery with One Pass partners.

One Pass Select offers:

- Lower cost gym options with no long-term contracts or annual gym registration fees. On average, employees see 20% retail gym membership savings.
- Flexible fitness choices and multi-location access through a network of more than 17,000 gyms and boutique studios nationwide and thousands of digital classes.
- A convenient digital experience with easy access to browse participating gyms, a personalized dashboard and more.

BHC Well-being Toolkits:

Resources for Employee Health

Kickstart your 2024 benefit strategy with the BHC's Well-being Toolkits! Highlighting employee-focused campaigns, educational resources, and communication templates for various well-being topics, these toolkits support employer members in prioritizing workplace health and productivity throughout the entire year. Resources are available in both online and paper formats and can be branded with your organization's logo. Start exploring toolkits for the following topics:

- Mental Health
- Type 2 Diabetes
- Heart Health
- Obesity
- Flu Shots
- Antibiotic Resistance
- Health Care Consumerism

Preventive Care Questionnaire

FINANCIAL HEALTH

5 Ways to Improve Your Finances in January

- Set short- and long-term goals
- Firm up a financial plan
- Cultivate good credit
- Consider an IRA
- Get a head start on tax prep



Savory Bread Pudding with Kale and Butternut Squash



Ingredients:

- 1 teaspoon vegetable oil
- 1 yellow onion
(peeled and chopped)
- 4 large eggs
- 2 cups low-fat milk
- 1/2 cup shredded
low-sodium mozzarella
or cheddar cheese
- 4 cups bread
(stale or dried)
- 3 cups chopped raw kale
- 2 cups frozen butternut
squash
- 1/4 teaspoon Kosher salt

NUTRITION



Happy New Year! We hope the holiday season has been ripe with abundance and togetherness for you, kicking-off a fresh start into 2024.

Did your resolutions include prioritizing your health, and/or learning to grow your own food? We have 3 ways to help you on your journey!

- 1. Find EarthDance fresh organic produce at the January indoor winter market: January 20, 9am - 12pm @ St. Stephen's Episcopal Church & Pay what you can.**
- 2. Sign up for the Apple & Pear Pruning Workshop, our first on-farm adult education event of 2024!**
- 3. Get ready for Spring Training for Gardeners, a 5-week course designed for beginners to gardening as well as those who want to plan and maintain their most successful garden yet! [Be the first to hear about registration details.](#)**

Find our Farm Fresh Produce at the Ferguson Winter Farmers Market all Winter Long!

Pay what you can for produce at our booth at

The Ferguson Winter Farmers Market

Third Saturdays of the month

November - April

9am-Noon

St. Stephen's Episcopal Church

33 N. Clay Ave.

Ferguson, MO 63135

Sign up today to bring the Mobile Dairy Classroom to your community!



Summer Camp Guide



FITNESS CHALLENGE January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 3 Basic Lunges 3 Squat Jumps	2 3 Heel Kicks 3 Jump and Twists	3 3 Basic Lunges 3 Squat Jumps	4 3 Heel Kicks 3 Jump and Twists	5 3 Basic Lunges 3 Squat Jumps	6 HOBBY DAY Choose 1 hobby
7 5 Heel Kicks 5 Jump and Twists	8 5 Basic Lunges 5 Squat Jumps	9 5 Heel Kicks 5 Jump and Twists	10 5 Basic Lunges 5 Squat Jumps	11 5 Heel Kicks 5 Jump and Twists	12 5 Basic Lunges 5 Squat Jumps	13 HOBBY DAY Choose 1 hobby
14 7 Heel Kicks 7 Jump and Twists	15 7 Basic Lunges 7 Squat Jumps	16 7 Heel Kicks 7 Jump and Twists	17 7 Basic Lunges 7 Squat Jumps	18 7 Heel Kicks 7 Jump and Twists	19 7 Basic Lunges 7 Squat Jumps	20 HOBBY DAY Choose 1 hobby
21 10 Heel Kicks 10 Jump and Twists	22 10 Basic Lunges 10 Squat Jumps	23 10 Heel Kicks 10 Jump and Twists	24 10 Basic Lunges 10 Squat Jumps	25 10 Heel Kicks 10 Jump and Twists	26 10 Basic Lunges 10 Squat Jumps	27 HOBBY DAY Choose 2 hobbies
28 12 Heel Kicks 12 Jump and Twists	29 12 Basic Lunges 12 Squat Jumps	30 12 Heel Kicks 12 Jump and Twists	31 12 Basic Lunges 12 Squat Jumps			

Get Active for the New Year!

Use this printable calendar to keep kids active during the month of January!
It's also National Hobby Month, so you can encourage students to try a new hobby
on the weekend with family members.

- ☐ For Basic Lunges, do the number listed for each side
☐ HOBBY DAY - choose 1-2 activities listed on Page 4 or choose your own

Find the visuals for each fitness activity below.

Special thanks to:



Visit www.healthiergeneration.org for more
ideas on how to inspire a healthy, active lifestyle.



Register for Birds of
Winter
riverlands.audubon.org
or scan QR code!



Audubon | Audubon Center
at Riverlands

Eagle Ice Fest

Kick off eagle season this year at the Alton
Audubon Eagle Ice Festival! Check out the
schedule on Facebook @audubonriverlands!
January 6th.....10:00a-2:00p

Raptor Saturday

Made possible by Phillips 66

Live Raptor Meet & Greets and Guided Swan &
Eagle Walks throughout the day.

Ticket Levels: Meet & Greet and Swan & Eagle
Walk: \$10ea S'mores: \$5
January 13th, 20th, 27th.....10:00a-2:30p
February 3rd.....10:00a-2:30p

Also made possible by Sarah Wilson & Lou Stemmler

Winter Illumination Walks

Live Owl Meet & Greet, Illuminated River Ark,
Night hike, S'mores and more!
Ticket Levels: \$5 youth \$15 Adults
December 16th and 17th.....5:00-8:00p

Eagle Days w/ MDC

February 10th..... 9:00a-3:00p **FREE**

Bows for Birds

Made possible by Widman, Inc.

STL Region-wide bird themed scavenger hunt
with raffle prizes. Can you find all 12 birds?
December 9th through February 4th 2024 **FREE**

Eagle Sunday

Live Eagle Meet & Greets and Guided Swan &
Eagle Walks throughout the day.
Ticket Levels: Meet & Greet and Swan & Eagle
Walk: \$10 S'mores: \$5
January 7th, 14th, 21st, 28th.....10:00a-2:30p
February 4th, 11th.....10:00a-2:30p

Roost Watch

Made possible by Warren & Susan Lammert

Experience roosting winter migrants on these
Saturday evening events. **FREE**
January 6th, 20th.....4:00-5:30p

Great Backyard Bird Count

Made possible by Missouri American Water

Virtual Training: February 9th **FREE**
Event: February 16th-19th **FREE**



Birds of Winter is held at the Riverlands Migratory Bird Sanctuary in collaboration with the US Army Corps of Engineers and on USACE property, but is not a USACE sponsored event.

