

Top 10: Ways to Surprise Your Mom on Mother's Day

Sunday, May 10th is Mother's Day! I don't know about you but being a mom seems like a lot of hard work to me! Mothers are known to have one of the most important jobs around – they help shape us into the individuals we are today and are known to go above and beyond their job title as MOM, always working around the clock. Want to show your mother you appreciate her on her special day but don't know where to start? Check out our top 10 ways for you to surprise your mother on Mother's Day! And if all else fails remember the best gift of all is to tell your mother you love her!

1. Give her a call
2. Write her an appreciation letter
3. Have flowers delivered (or pick them out of the backyard!)
4. Organize a family or virtual dinner, via video chat, with her as the special guest
5. Help her relax with an at-home spa package or gift card
6. Finish her to-do list
7. Spend quality time together whether it be in person or through video chat
8. Make a gift basket of her favorite things
9. Surprise her by buying that item she has been holding off purchasing for herself
10. Tell her you love her



MAY HEALTH OBSERVANCE

Employee Health & Fitness Month

May 1 – May 31

Did you Know?

It takes the body six to eight weeks to adapt to an exercise program.

A natural time to adjust your body to a new fitness routine is through the elements. Use the change of seasons to change up your workout or form of exercise, especially if you dread those cold winter months.

MAY IS EMPLOYEE HEALTH AND FITNESS MONTH!

Caitlyn Dracup; B.S. Health & Exercise Physiology

Healthy employees make happy employees and May is Employee Health and Fitness Month! Now is a great time to reflect on what you do as a company to help your workforce prioritize their health and wellness not only on the job, but at home as well. Healthy employees have shown to be more productive, miss less time at work, and use their health insurance less. Many employers can help emphasize health in both small and big ways. Start by making little changes, like removing unhealthy choices such as soda and candy from break rooms and vending machines. Offer healthier options such as flavored water and fruit. Encourage taking a walk during their lunch break. Work your way up to big changes such as offering wellness challenges, participating in a local race as a company, or even having an onsite event where they can have their biometrics done and speak with a health advocate or coach on site. Reach out to your dedicated Wellness Coordinator today to find out how we can help you optimize your Wellness Program and your employee's health!

BARBECUE SAFETY

Matthew McClain, Senior Administrative Coordinator - Wellworks For You

As the weather shifts from chilly and frigid to sunny and warm, chances are the outdoor grill will be uncovered and fired up once more. Grilling food creates wonderful meals, memories, and smells. Yet along with the fun come serious safety concerns, most notably an increased risk of house fires.

In order to keep yourself safe while grilling up those summertime dishes, keep in mind some of the following tips. It's very important to make sure your grill is located a safe distance away from your home, any deck railings, and low-hanging trees or branches. Whether you use charcoal, gas, or propane grills, you should always make sure children and pets are more than three to four feet away at all times. When lighting a gas grill, never ignite the grill while the lid is closed. If you prefer a charcoal grill and rely on starter fluid to ignite your flame, keep the fluid out of the reach of children and away from heat sources. When using propane grills, be sure to monitor your propane tank and hose for leaks frequently.

No matter which grill you utilize during those warm months, make sure you never leave your grill unattended. Grilling may be one of the most popular ways to cook food but it can also be very hazardous if not done with proper care and guidance.



Featured Recipe

DESSERT

Peach Berry Crisp

4 Servings

INGREDIENTS

- 4 peaches, peeled and sliced
- 1 cup blueberries
- 1 teaspoon lemon juice
- 2 tablespoons granulated sugar
- 1 teaspoon ground ginger
- 2 tablespoons walnuts, finely chopped
- 1/4 cup quick oats
- 1/4 cup flour
- 1/2 cup brown sugar, lightly packed
- 1 tablespoon margarine

NUTRITION

Per serving: Each serving contains approximately 245 calories, 48 g carbohydrates, 3 g protein, 5 g fat, 8 mg sodium, and 3 g fiber.



DIRECTIONS

1. Arrange fruit in 8-inch baking dish.
2. Sprinkle with lemon juice, sugar, and ginger.
3. In a medium bowl, measure dry ingredients and cut in margarine until crumbly.
4. Spread over fruit in baking dish, lifting fruit gently so crumbs coat evenly.
5. Bake at 375 ° F for about 30 minutes or until fruit bubbles and topping is browned.
6. Cool slightly.

Source: Wellworks For You Health Library