

October 2025

# Wellness NEWSLETTER

## HEALTH OBSERVANCE

## Domestic Violence Awareness Month

*Wellworks For You*

Domestic violence affects more people than we might expect, and its impact often touches not just survivors. Friends, family members, coworkers, and even entire communities can carry the weight of an abusive relationship. Whether you've experienced it yourself or have supported someone who has, you are not alone.

This October, Domestic Violence Awareness Month is a reminder that survivors are strong, and support is available, no matter your situation or your story. If you've ever been affected, directly or indirectly, your experience matters, and your healing is valid.

Whether you need immediate help or are just looking to understand your options, there are trusted, confidential resources available to support you or someone you care about.

**National Domestic Violence Hotline:** 24/7 support, including safety planning, shelter referrals, and understanding your legal rights.

- 1-800-799-7233
- Text "START" to 88788
- thehotline.org

**StrongHearts Native Helpline:** Culturally appropriate, confidential support for Native communities.

- 1-844-7NATIVE
- strongheartshelpline.org

**Love is Respect (Teens & Young Adults):** Support and education for those navigating dating relationships.

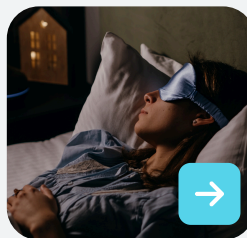
- 1-866-331-9474
- Text "LOVEIS" to 22522
- loveisrespect.org

**RAINN (Rape, Abuse & Incest National Network):** Specialized help for survivors of sexual violence, including resources for men and LGBTQ+ individuals.

- 1-800-656-HOPE
- rainn.org

Whether you're rebuilding after abuse or walking beside someone who is, there is strength in community and power in knowing help is available.

Source: <https://www.thehotline.org/>



### 2 BETTER SLEEP FOR A BETTER YOU

## The Importance of Sleep Hygiene

Good sleep hygiene is key to improving overall health and wellbeing.



### 3 EMPOWERING WELLNESS THROUGH KNOWLEDGE

## National Health Education Week

Understanding health topics such as nutrition, physical activity, and preventative care can help you take control of your wellbeing.



### 4 Featured Recipe

## HEALTH TIP CORNER



### The Importance of Sleep Hygiene: Better Sleep for a Better You

What's so magical about a good night's rest that leaves us feeling sharper, calmer, and more energized? The truth is, while you're snoozing, your body and brain are hard at work behind the scenes. Sleep isn't just rest; it's repair, reset, and realignment. Here's a peek at what really happens during those precious hours of shut-eye:

**Your Brain Clears Clutter:** Think of your brain like an inbox. Every day, it collects messages, memories, stress, and stimuli. During sleep (especially deep, non-REM sleep), it "files away" what's important and clears out what's not. This process boosts memory, learning, and decision-making.

**Your Body Repairs Itself:** While you sleep, your body shifts into healing mode. Muscles recover. Hormones like growth hormone and melatonin kick in. Your immune system does critical maintenance, making it easier to fight off illness and inflammation.

**Your Stress Levels Reset:** REM sleep plays a powerful role in emotional processing. It's when your brain helps regulate mood and reduce the intensity of stressful memories. That's why after a rough day, a good night's sleep can make things feel more manageable.

**How Much Do You Need?** Most adults need 7–9 hours of sleep per night, though quality matters as much as quantity. If you're waking up groggy, snapping more easily, or craving more sugar and caffeine than usual, your sleep might be to blame.

Better sleep isn't a luxury; it's a biological necessity. When you prioritize your rest, your brain functions better, your body heals faster, and your whole day improves. So tonight, do yourself a favor: wind down early, get cozy, and let your body do what it does best. A better you starts with better sleep.

**Source:** <https://www.sleepfoundation.org/sleep-hygiene#:~:text=Sleep%20hygiene%20refers%20to%20both%20your%20sleep%20environment,healthy%20habits%2C%20and%20optimizing%20your%20bedroom%20for%20sleep.>

#### 4 QUICK TIPS TO SLEEP SMARTER



**Power Down Early:**

Avoid screens at least 30 minutes before bed to reduce blue light exposure.



**Stick to a Schedule:**

Go to bed and wake up at the same time each day—even on weekends.



**Create a Sleep Sanctuary:**

Keep your room cool, quiet, and dark.



**Watch the Caffeine:**

Cut off stimulants at least 6 hours before bedtime.



# National Health Education Week

## Empowering Wellness Through Knowledge

Katherine Kline – Wellworks For You

Imagine sitting in a doctor's office and hearing:

*"Your LDL is elevated, so we'll want to monitor your lipid panel and consider a statin if lifestyle changes don't bring it down."*

Wait, what? Is this a diagnosis or a riddle?

If health conversations sometimes feel like they're happening in another language, you're not alone. National Health Education Week is the perfect time to boost your health literacy—aka, your ability to understand and use health information to make smart decisions for your body and your life.

### What Did They Just Say?

Here are some common health terms and acronyms you might hear during a doctor's visit, wellness screening, or while reviewing your benefits, along with what they actually mean.

- **Preventive Care/Screening** – Routine services like checkups, screenings, or vaccines are meant to help you stay healthy.
- **BMI (Body Mass Index)** – A number based on your height and weight.
- **CBC (Complete Blood Count)** – A common blood test that checks for things like infection, anemia, or overall health.
- **Lipid Panel** – A test that looks at your cholesterol levels and triglycerides.
- **A1C** – A blood test that shows your average blood sugar over the past 2–3 months.
- **Deductible** – The amount you pay out of pocket each year before your health plan starts covering more costs.
- **Copay** – A flat fee you pay for certain health services.
- **EOB (Explanation of Benefits)** – A statement from your health plan showing what was covered and what you may owe.

Being health-literate doesn't mean memorizing a medical dictionary. It means understanding enough to confidently take care of yourself. And just like learning a new language, it gets easier with practice.

### Here's how to start:

- Ask "What does that mean?" when a term confuses you.
- Use trustworthy resources like [CDC.gov](https://www.cdc.gov) or MedlinePlus.
- Review your wellness benefits, you might have free resources you didn't even know about!
- Take advantage of screenings, coaching, or health assessments offered through your wellness program.

Because when it comes to your health, being fluent in "you" is one of the most powerful skills you can have.

Source: <https://www.cdc.gov/health-literacy/php/about/index.html>



**FEATURED RECIPE**

# Healthy Banana Oatmeal Pancakes

🍳 9 PANCAKES

⌚ 20 MINUTES



## INGREDIENTS

- 2 medium ripe bananas (best when they have lots of brown spots)
- 2 eggs
- ½ cup (120g) unsweetened almond milk
- 1 teaspoon vanilla extract
- 1 ½ cups (143g) old fashioned rolled oats, gluten free if desired
- 2 teaspoons baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- Olive oil, for cooking

## NOTES

To freeze these pancakes: place the pancakes on a baking sheet so they aren't touching and place in the freezer for 30 minutes, then place them in freezer safe containers and freeze for up to 3 months. Once ready to reheat, simply add pancakes to a plate and microwave for 30-60 seconds or until warm.

## NUTRITION

**Serving Size:** 3 pancakes

**Per Serving:**

**Calories:** 311  
**Carbohydrates:** 51.5g  
**Saturated Fat:** 1.3g  
**Total Sugars:** 10.8g

**Per Serving:**

**Protein:** 12.2g  
**Dietary Fiber:** 7.4g

## DIRECTIONS

1. Add all of the ingredients to a blender and blend on high until completely smooth, about 30 seconds to 1 minute. Let the batter sit in your blender while you heat your pan up.
2. Lightly coat a griddle with coconut oil, vegan butter or olive oil and place over medium heat. Once pan is hot, add 1/3 cup of the batter to the griddle for each pancake and cook for 2-4 minutes until pancakes slightly puff up and you see a few bubbles along the edges.
3. Flip cakes and cook until golden brown on underside. If you find that pancakes are browning too quickly then you need to lower the heat. I normally start on medium heat, then decrease to medium low later so that my pancakes don't burn. If at any point your griddle starts smoking, it means your pan is too hot.
4. Wipe skillet clean and repeat with more oil and remaining batter. Makes 9 pancakes total. Serves 3, 3 pancakes each.

**Source:** <https://www.ambitiouskitchen.com/banana-oatmeal-pancakes/>