

# BEE WELL

Thomas County Wellness Newsletter

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## IN THIS ISSUE

Cafeteria Conversations

Monthly Health Observances

Nutrition Bingo Challenge

*"If January is the month of change, February is the month of lasting change. January is for dreamers... February is for doers."*

—Marc Parent

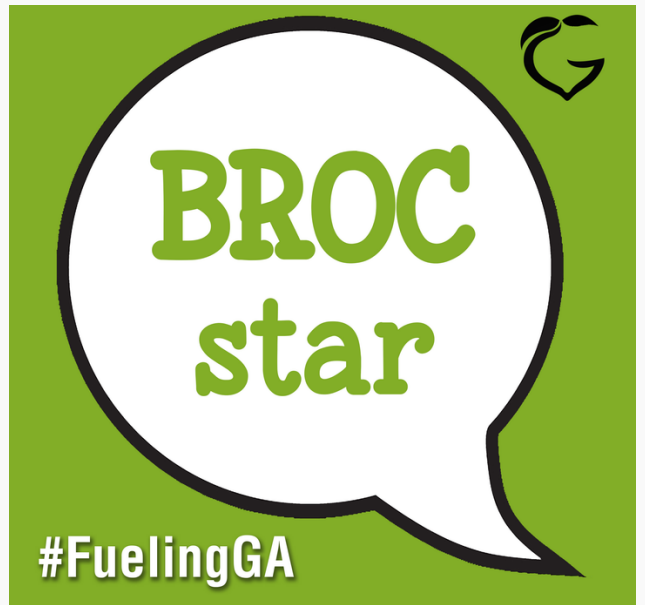
# HARVEST OF THE MONTH

The Harvest of the Month for February is cruciferous vegetables, which includes cabbage, broccoli, and cauliflower.

Grown in Georgia throughout the year, each of these vegetables enjoy the more temperate climate we enjoy in South Georgia and can thrive if protected throughout the colder, winter months.

Thomas County School Nutrition uses a variety of cruciferous vegetables on our menus, and recently was able to serve broccoli grown by the TCCHS Ag. Dept. at all of our schools. To learn more about cruciferous vegetables, check out these facts and to preview class activities, click here.

To incorporate cruciferous vegetables into your meals at home, try this sweet and crunchy Garlic Broccoli Salad. And for a less starchy way to eat your favorite comfort food, try this Buttery Mashed Cauliflower recipe. And if you are feeling a little more adventurous, you can take the cauliflower swap to the next level with this Delicious Fluffy Cauliflower Gnocchi Recipe.




## CAFETERIA CONVERSATIONS

### *Locally Grown Fruits*

We think one of the most valuable lessons we can teach students in the cafeteria is to ask, "Where did my food come from?". While we proudly serve many Georgia-grown items on our menus, it is especially rewarding when we can educate our students about the food grown here locally in Thomas County.

Through partnerships with our TCCHS Ag. Dept. and local farmers, we are able to serve Thomas County grown produce that is fresh from the farm throughout the year. This is especially exciting as our students can experience first-hand the difference in taste and quality while our School Nutrition department can help support our local farmers and the local economy - a win for all involved.

During the month of February, Thomas County School Nutrition is pleased to serve sweet, Hamlin oranges grown and harvested in Barwick, GA, on the farm of Sweet Citrus Acres. Sweet Citrus Acres is owned and operated by Randy Barwick.

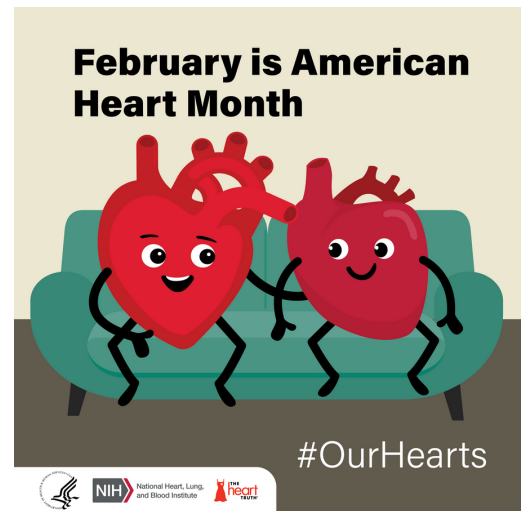


**If you were  
a farmer,  
what would  
you want to  
grow or  
raise on  
your farm?**

# MONTHLY OBSERVANCES

## American Heart Month

The American Heart Association sponsors American Heart Month in February to raise awareness about heart health. The theme this year is #OurHearts, an inspiring way for The Heart Truth® to encourage and motivate everyone to adopt heart-healthy behaviors, together. Research shows having social support and personal networks makes getting regular physical activity, eating healthy, losing weight, reducing stress, and quitting smoking easier. The better we understand #OurHearts, the more we can take care of them. Learn how you and your friends, family, and coworkers can support each other to be heart healthy. Learn more [here](#).



## Low Vision Awareness Month

**Low vision doesn't have to slow you down.**

See how vision rehabilitation is helping people live with vision loss.

Download or order your copy of "Living With Low Vision" at [www.nei.nih.gov/lowvision](http://www.nei.nih.gov/lowvision)

National Eye Health Education Program  
**NEHEP**  
A program of the National Institutes of Health

Vision impairment – including low vision – affects millions of Americans, among them are many older adults. Vision impairment can make it hard to do things like reading, shopping, or cooking. And standard treatments – like eyeglasses, contact lenses, medicines, and surgery – can't fix it completely.

The good news is that vision rehabilitation services can help people with vision impairment learn how to stay independent and make the most of their sight. To learn more, click [here](#).

## National Girls & Women in Sports Day

Feb. 1, 2023, is National Girls & Women in Sports Day! NGWSD recognizes student-athletes, champion athletes, coaches, administrators and lawmakers committed to providing equitable access to sports for all girls and women. Coming out of 2022, emboldened by Title IX's 50th Anniversary, this year's event will serve as the kickoff for the next 50. Learn more [here](#).



# WELLNESS CHALLENGE

## Nutrition BINGO



Thank you to everyone who is participating in our current Nutrition BINGO Challenge. For four weeks, participants have been focusing on following MyPlate guidelines to optimize their nutrition while learning tips to help plan, shop, and prepare healthy meals so that healthy becomes the EASY choice.

This is the last week of the challenge so make sure you are marking your BINGOs then submit your finished card [here](#).

Make sure to check back soon to see our winners!

# BE WELL - SHBP

## February Stress Less Challenge

We all likely feel stress from time to time. But if we have too much stress, particularly over a prolonged period, it may contribute to poor health behaviors linked to increased risk for heart disease and stroke. Since February is American Heart Month, SHBP wanted to share information and tools that can help.

If you are a State Health Benefit Plan (SHBP) member or covered spouse enrolled in an Anthem Blue Cross and Blue Shield or UnitedHealthcare Commercial (non-Medicare Advantage) Plan Option, you can enroll in the February Stress Less Challenge and track your stress levels daily. Upon successful completion, you can earn 40 points towards your choice of reward.

To join this month's challenge, follow these steps:

- If you have never registered for an account on BeWellSHBP.com, register [here](#); if you already have an account use your email and password to log in [here](#) (or log in to your account through the Sharecare app). Make sure you complete the RealAge® Test for 2023.
- Click on the "Achieve" navigational link and then proceed to the Challenges section to join.
- During the month of February, be mindful and track at least 21 days of "never" or "sometimes" stress levels to successfully complete the challenge.



SHBP members and their covered spouses can complete a biometric screening at no additional cost by attending an SHBP sponsored onsite screening event, going to a Quest Patient Service Center (PSC), or through an in-network physician using the 2023 Physician Screening Form. Biometric screenings can help you understand the state of your health so that you can take the necessary steps to improve it. To learn more about biometric screenings, you can read through a list of FAQs [here](#). And to help you prepare for your screening, please follow the guidelines [here](#).

Thomas County Schools will be hosting onsite screening events throughout the spring at various locations. Starting February 1st, you can register for an appointment by following these [steps](#).

**BOE, Transportation, BH, RC, Pathways - March 3rd**

**Garrison-Pilcher, Cross Creek - April 13th**

**TCCHS - April 26th**

**TCMS, Hand in Hand - May 4th**