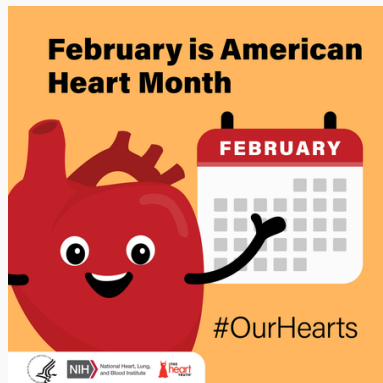


BEE WELL

Thomas County Wellness Newsletter

February 2024

Vol. 46



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FEBRUARY

#ActiveClassrooms



Active Kids
Do Better.

"Always bear in mind that your own resolution to succeed, is more important than any other ONE thing."

– Abraham Lincoln

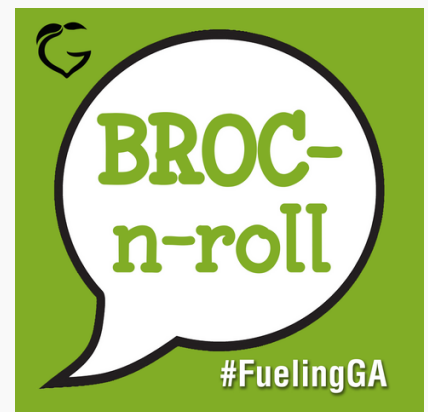
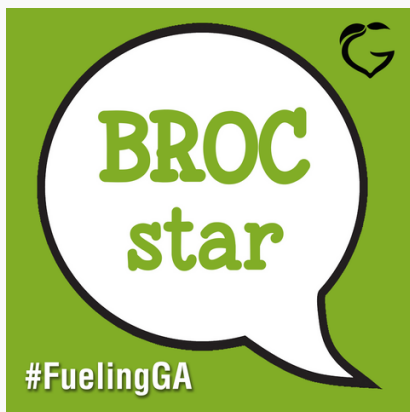
HARVEST OF THE MONTH

The Harvests of the Month for February are Cruciferous Vegetables! Cruciferous vegetables include broccoli, cauliflower, Brussels sprouts and cabbage. Out of this vegetable group, Live Better has chosen Broccoli as their Superfood for the Month of February.

Cruciferous vegetables are non-starchy vegetables, which makes them lower in calories and carbohydrates and higher in fiber. Cruciferous vegetables do not contain cholesterol and have minimal fat and sodium, making them a heart healthy choice for your plate.

The Superfood, Broccoli, is a good source of vitamins and minerals including Vitamin C, Potassium, Vitamin K, and folate. Broccoli also contains carotenoids like lutein, zeaxanthin, and beta carotene which are important nutrients for healthy eyes. Another nutrition fact about broccoli is that unlike most non-starchy vegetables, cooked broccoli provides over 2 grams of protein per 1/2 cup serving. With all these nutrients, you can see why broccoli is considered a superfood!

- For facts and information on cruciferous vegetables, click [here](#).
- For food based learning lessons with cruciferous vegetables, click [here](#).
- For information on how to cook with broccoli, click [here](#).
- For information on how to cook with cauliflower, click [here](#).



Roasted Broccoli and Cauliflower a recipe from Georgia School Nutrition

MAKES: 8 cups PREP TIME: 5 minutes plus bake time CATEGORY: Side

Ingredients:

- 4 cups Cauliflower florets
- 4 cups Broccoli florets
- ¼ cup Olive oil
- ½ tsp Black pepper
- ½ tsp Salt

Steps:

1. Preheat oven to 425 degrees F.
2. Line a baking pan with parchment paper.
3. Wash cauliflower and broccoli florets.
4. Stir selected spices into olive oil before pouring over broccoli and cauliflower florets.
5. Evenly space florets on lined baking pan.
6. Bake for about 15-20 minutes until tips are slightly brown.

Tip: Have fun spicing this recipe up by flavoring with your favorite herbs and spices.

MONTHLY OBSERVANCES

Active Classrooms Month

February is Active Classrooms Month. Classroom physical activity can benefit both teachers and students. According to the Active Schools organization, “Classroom physical activity helps students feel better, work together as a team, reduce anxiety, and maintain focus all while helping them learn and retain academic content.” Teachers and educators are encouraged to take part in Active Classrooms Month. Here are some resources to help you participate.



FEBRUARY

#ActiveClassrooms



Click [here](#) for Active Classrooms Resources and click [here](#) for ideas on Classroom Energizers.

Click [here](#) for the CDC Resource: Strategies for Classroom Physical Activity in Schools.

American Heart Month

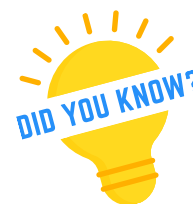
February is American Heart Month during which all adults are encouraged to focus on their heart health by knowing the risk factors for heart disease and taking steps to mitigate those risks. According to the CDC, “Heart disease is the number one killer of both men and women. Heart disease can happen at any age, but the risk goes up as you age.” Know your risk!

3 Key Risk Factors for Heart Disease

- High Blood Pressure
- High Cholesterol
- Smoking



Other Risk Factors for Heart Disease

- Poor Diet-> diet that is high in fat, cholesterol, and sodium
- Sedentary Lifestyle-> Not enough physical activity
- Drinking too much Alcohol
- Diabetes
- Obesity



1 out of every 3 deaths in the United States is related to heart disease.

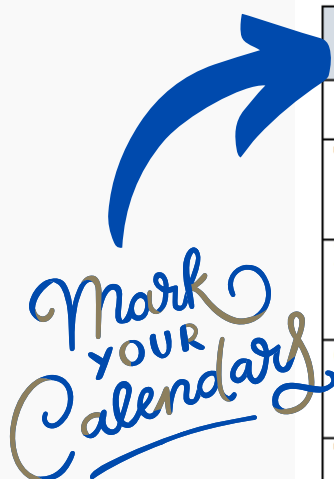
Other February Observances

- Black History Month
- Frederick Douglass's Birthday (Feb. 1st)
- Women's Heart Week (Feb. 1st-7th)
- National Wear Red Day (Feb. 2nd)
- Groundhog Day (Feb. 2nd) 
- Congenital Heart Defects Awareness Week (Feb. 7th-14th)
- Chinese New Year-Year of the Dragon (Feb. 10th)
- Superbowl Sunday (Feb. 11th) 
- Abraham Lincoln's Birthday (Feb. 12th)
- Fat Tuesday/ Mardi Gras (Feb. 13th)
- Random Acts of Kindness Week (Feb. 14th-20th)
- Valentine's Day (Feb. 14th)
- Ash Wednesday (Feb. 14th)
- President's Day (Feb. 19th) 
- National Muffin Day (Feb. 20th)
- National Love Your Pet Day (Feb. 20th)
- George Washington's Birthday (Feb. 22nd)
- W.E.B. Du Bois's Birthday (Feb. 23rd)
- National Strawberry Day (Feb. 27th)
- National Pokemon Day (Feb. 27th)
- National Pancake Day (Feb. 28th) 
- Leap Day (Feb. 29th)- 2024 is a Leap Year

SHBP BIOMETRIC SCREENINGS

On-site Biometric Screenings

Thomas County Schools will be hosting 4 onsite biometric screening events for SHBP members. During the SHBP sponsored onsite screening event, a health professional will collect measurements, including height, weight, waist circumference, and blood pressure. A sample of your blood will be collected to determine your cholesterol, glucose, hemoglobin A1c and triglyceride levels. Information for the onsite screening events is listed below. You can attend a screening at any of the locations, but you must register in advance to attend a screening.



Thomas County Schools 2024 SHBP Biometric Screenings		
Location	Date	Time
Thomas County Middle School • Science Lab	Tuesday, April 9 th	7:30 am - 3 pm
Board of Education • PLC	Monday, April 15 th	7 am - 3 pm
Garrison Pilcher • Gymnasium	Tuesday, April 16 th	7 am - 3 pm
TCCHS • Conference Room	Monday, April 29 th	7 am - 3 pm

Starting **February 1st**, you can register for a biometric screening appointment by following these steps.

1. If you have not registered for the BeWell SHBP® program, [register here](#).
2. If you have already registered for the BeWell SHBP® program, you can [log in here](#).
3. Once logged into your Sharecare account, click on the “Achieve” link on the left-hand side of the page.
4. Click on the “Programs” tile.
5. Click on the “Health Screening” tile. This will redirect you to the Quest scheduler.
6. Read the Terms and Conditions and click “Accept & Continue”.
7. Read the consent language, click on “I accept” then click the “Continue” box.
8. Confirm your personal information and mailing address is correct and click “Save”.
9. To schedule a screening at a Patient Service Center (PSC) click on “Schedule a Screening” or to schedule a screening at an onsite event click on “Make an Appointment”.
10. Search for and select a desired location.
11. Choose desired date and time.
12. Review and confirm all information.

NOTE: Your biometric screening at a Quest Diagnostics PSC or an SHBP-sponsored onsite screening event must be scheduled through your Sharecare account (instructions above). If these biometrics screenings are not scheduled through your Sharecare account, you may be responsible for 100% of the cost. INCENTIVE: You will receive 120 Well-Being points for completing a biometric screening, but must complete the Real-Age test before those points are added to your account.