



Lunch 'N Learn - January

Watch the short videos and take the quizzes to earn 1 wellness point for each month. Earn up to 5 points.



January's Lunch 'N Learn = 1 point

"Technology & Wellness - How to Use It To Be Well and Stay Well"

Video - <http://bit.ly/jan-lunch-learn>

Quiz - <http://bit.ly/jan-lunch-quiz>

Expires - February 28, 2021, at 11:59 p.m.

December's Lunch 'N Learn = 1 point

"An Experiment of Gratitude: The Science of Happiness"

Video - <https://bit.ly/dec-lunch-learn>

Quiz - <https://bit.ly/dec-lunch-quiz>

Expires - January 31, 2021, at 11:59 p.m.

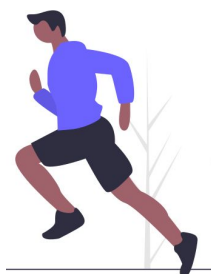
\$40 Fitness Reimbursement Deadline

February 15, 2021, is the deadline to submit proof of your 80 visits to a fitness facility during the January 1 through December 31, 2020 calendar year.

Please turn in your documented proof of attendance to Pattie Pilz in Human Resources.

Free Virtual Group Exercise Classes

We will continue to offer FREE virtual group exercises classes in 2021. Participate in either live streaming classes and/or recorded options! All class offerings begin the week of January 11. Classes will not be held during Spring Break.



Financial Webinar: Get on Track

Join Sharon Schmidt, Worksite Benefit Consultant, for a webinar scheduled for January 13, 2021, at 4:00 p.m. You can join the session by using a Mac, PC, or a mobile device.



Registration Information

[Click here](#) to register. After registering, you will receive a confirmation email containing webinar log in information.

Seminar Highlights:

- Investing basics
- Retirement planning
- Establish long-term financial goals
- Retirement income needs
- Retirement income sources
- Reduce product fees
- Make your money work harder
- Roth IRA, Traditional IRA, TSA, or 403(b)
- Diversify investment dollars

Financial Webinar: Submit Your Points

You must follow these steps below to receive points!

Employees and spouses on SASD health insurance will earn 3 points for attending this financial webinar.

1. Login to [MyHealics.com](https://myhealics.com).
2. Click on *Rewards* in the top navigation bar.
3. Scroll down to *SASD Specific Programs*.
4. Locate *Sponsored Financial Wellness Education...*
5. Click the plus sign.
6. Click *Record*.
7. Enter program name, location, and date.

Live Stream: Clare Spalding's Core Fusion

[Meet Clare Spalding](#) (video)

Start your mornings off right with Clare as she leads you through a core workout virtually. No sign up required. Drop in anytime!



[Zoom Link](#)

Meeting ID: 835 2004 4235

Mondays (5:45-6:45 a.m.)

[Zoom Link](#)

Meeting ID: 844 5844 2597

Wednesdays (5:45-6:45 a.m.)

Live Stream: Cyndi Crimmins' Soul Sculpt

[Meet Cyndi Crimmins](#) (video)

Soul Sculpt is geared for the "gym-focused" yogi who loves to sweat, build endurance, strengthen muscles, and jam to high energy music. It can be modified for all levels. No yoga experience needed. Classes are currently virtual and free. No sign up required. Drop in anytime!



[Zoom Link](#)

Meeting ID: 504 223 1551

Passcode: Snoopy

Tuesdays (5:30 - 6:30 p.m.)

Wednesdays (5:00 - 6:00 p.m.)

Thursdays: (4:15 - 5:15 p.m.)

Recorded Class: Ann-Marie Larson's Yoga

[Meet Ann-Marie Larson](#) (video)

[Sign up](#) to receive weekly yoga classes straight to your inbox from Ann-Marie Larson, 200 RYT Yoga Instructor.



Oatmeal Pancakes With Cinnamon Apples

(From Eat This, Not That!)

1 1/2 cups buttermilk

3/4 cup instant rolled oats

3/4 cup whole wheat flour

2 Tbsp milk

1 Tbsp melted butter

1 1/2 tsp baking powder

1/2 tsp baking soda

Pinch of cinnamon (plus 1/8 tsp for the apples)

Pinch of nutmeg

1 Granny Smith apple, peeled, cored, and chopped

1/2 cup apple juice

2 Tbsp brown sugar

Butter or cooking spray



Preheat the oven to 200°F.

In a large mixing bowl, combine the buttermilk, oats, flour, milk, butter, baking powder, baking soda, pinch of cinnamon, and nutmeg. Stir to gently combine, then set aside to rest for a few minutes.

Combine the apple, apple juice, brown sugar, and remaining 1/8 teaspoon cinnamon in a small saucepan and bring to a simmer. Cook until the apple has softened and the liquid has thickened.

Heat a large nonstick or cast-iron skillet over medium heat. Adding a bit of butter or cooking spray before each round, scoop 1/4-cup portions of batter into the skillet and use a spatula to spread into thin, even circles. Cook until small bubbles form in the top of the batter, 2 to 3 minutes, then flip and cook for another 2 minutes. Keep pancakes warm in the oven while you finish cooking.

Serve topped with the warm apples.

Delish!

Personal Training Program Revamped!

[Sign up](#)

[View Elliot Schmitt's video](#)

To help reach your goals faster, you will meet with Elliot Schmitt for 30 minutes TWICE per week, for 6 weeks.



- Training held January 18 - February 26.
- Meet with Elliot virtually.
- Fitness center membership NOT required.
- SASD health insurance is not needed.
- No cost to participate.
- Training is offered to employees and spouses.
- Preference given to those new to fitness.
- Need a refresher course? Sign up!
- Earn 5 points for completion of the program.

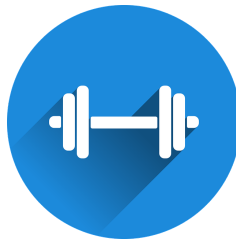
Fitness Centers To Reopen!

North and South High School Fitness Centers reopen January 18, 2021.

Monday-Friday Hours

North/South - 5:15-7:15 a.m.

North/South - 4:15-8:00 p.m.



Saturday Hours

North - 6:30 a.m. - 12 noon

South - 7:30 a.m. - 1:00 p.m.

- Masks are required.
- Check in via the computer when you arrive.
- No need to sign up using Google Sheets.
- Locker rooms will be available.
- Social distancing will be observed.
- Certain exercise machines will be unavailable.
- You will need to sign in and sign out.
- Comply with all of the safety standards from fall.

Fitness Classes Begin the Week of January 18

Registration is now open for land and water fitness classes. To view the entire list of classes, go to the [Rec. Dept.](#) website. Then click the green *Search Box* (without entering any text). Click the green *Add to Cart* button to register. Contact the Rec Department at (920) 459-3773 if you have any questions.

Your "MyHealics" Account

Use the below steps to access your MyHealics account.



1. Visit [MyHealics.com](#)
2. Username: employee ID # (see notes below)
3. Password: wellness
4. Company ID: SASD

After you log in, you will be prompted to change your password and select security questions.

- Employees and spouses have individual accounts
- Spouses cannot access each other's accounts
- Accounts are not linked

Notes

Remove any leading zeros on your employee number. For example, if your employee ID# is 099999, you should enter 99999.

Spouses are to add an "s" to the end of the employee ID number. Using 99999 again as an example, the spouse's employee number would be 99999s.

Viewing Links In Newsletters

To view links in this newsletter, follow these steps:



1. Click on the text link.
2. A pop-up box appears below the text link.
3. Click on the link again in the pop-up box.
4. The link should open in a new window.



**Welcome
Back
Everyone!**