



October WellNews

Wellness and Benefits Monthly News

This newsletter is to provide monthly benefits and employee wellness information to support your overall wellbeing.

Every month, we're highlighting one simple way to improve your overall wellbeing, and this month we're focusing on **SLEEP**. Sleep affects more than just our brains - it also affects stress hormones, our immune system, appetite, breathing, blood pressure, and cardiovascular health.



Although personal needs vary, on average, adults need **7 to 8** hours of sleep per night. Getting a full night of quality sleep is important to maximize the benefits of sleep. Here are some suggestions from the [CDC](#) to improve your sleep health:

- Be consistent. Go to bed at the same time each night & get up at the same time each morning.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Get some exercise. Being physically active during the day can help you fall asleep more easily.

[Calm App can help with sleep.](#) Click for details on how to sign up for your no premium subscription available to board-hired employees.

Online Workshop [Dealing with Serious Sleep Issues](#) on October 13 at 2:00pm provided by Telus EAP. (If you cannot make the live session, register to receive a copy of the recording).

[More on Sleep from the National Institutes of Health \(NIH\).](#)

21 Days of Mindfulness Program Starts 10/4

[Click here to register! Space is limited!](#)

Create a calm lifestyle at home and work with a simple science-based approach that provides profound benefits for your physical health and emotional wellbeing.

Practicing mindfulness can:

- reduce stress hormones
- enhance relaxation
- improve sleep
- increase focus and productivity
- strengthen immunity, and
- increase anti-aging hormones

The series runs from October 4 - October 25, with live zoom sessions every Wednesday from 4:00-4:30pm. Unable to make the live sessions on Wednesday at 4:00pm? Register and receive the recording.

Calm Within
A 21-Day Mindfulness Series for Stress and Burnout

Create a calm lifestyle at home and work with a simple science-based approach that provides profound benefits for your physical health and emotional well-being.

Benefits of a Mindfulness Practice

- Reduces Stress Hormones
- Creates a Harmonious School Environment
- Enhances Relaxation
- Improves Sleep Quality
- Increases Focus and Productivity
- Reduces Blood Pressure
- Strengthens Immunity
- Increases Anti-aging Hormones

Facilitator:

Vima Lichter
Meditation Coach

4:00 - 4:30 PM
October 4th - 25th
Watch it live or the recordings

Spaces are limited.
Register by scanning the QR code or by visiting the link below

<https://www.energiawellnessonline.com/MindfulSarasotaSchools>

October is Breast Cancer Awareness Month. Wear Pink 10/6

BREAST CANCER AWARENESS MONTH

WEAR PINK DAY

FRIDAY, OCTOBER 6



SMH Mammo Day on 10/7 - registration info here

3D Mobile Mammography is Returning this Year - info here

Open Enrollment & Health and Benefits Fair

Open Enrollment is Oct 12 - Nov 6

Open Enrollment is the only time to update beneficiaries and review your elections for medical, dental, vision, and voluntary plans, and to make changes outside of a life event.

It is imperative that all employees participate in Annual Open Enrollment to ensure benefits selections accurately reflect your choices for the 2024 Plan Year.

Click here to be directed to the 2024 Open Enrollment webpage for more information on Open Enrollment: <https://www.sarasotacountyschools.net/Page/5562>



Health and Benefits Fair is Oct 16

Sarasota Schools Employee Health and Benefits Fair is on Monday, October 16 from 10am – 2pm at STC (4748 Beneva Road, Sarasota, FL 34233)!



Participate in free screenings, workshops, meet with benefits and wellness business partners, enroll in your 2024 benefits, and more!

To register, click here: [Benefits & Wellness / Employee Wellness \(sarasotacountyschools.net\)](https://sarasotacountyschools.net/Benefits-Wellness/Employee-Wellness)

Take 10 For Your Emotional Wellbeing!

What can Employee Assistance do for you? Telus (formerly LifeWorks) offers support on a variety of topics, including STRESS and BURNOUT. Call 1-844-664-0379 or visit www.login.lifeworks.com and use "scs" for both the username and password.

Additionally, Employees and household members receive 3 FREE COUNSELING SESSIONS per unique issue.



Relaxation Tips to Help You Beat Stress

Burnout: Warning Signs and Recovery

Avoiding Burnout Care Now Program (create personal username/password to access)

HealthyWage 45 Day Step Challenge Starts Oct 26, 2023. Sign up Today!

Sarasota County Schools has partnered with HealthyWage in a 45-day activity challenge where you can win cash prizes for increasing your daily steps by 25%.

Registration is only \$45 for employees. Everyone's registration fee goes into the cash prize pot...the more participants, the bigger the pot! **Everyone who hits their personalized goal of a 25% step increase wins a share of the pot!**



To Register: Download HealthyWage's free mobile app, click on, "Browse other challenges", scroll down and click on, "looking for your company challenge? Enter in your organization name, **"Sarasota County Schools"** and follow the prompts to continue registration. Increase your daily average steps by 25% or more in 45 days and get paid!

Questions? info@healthywage.com or 888.636.3832.

[Click here for Step Challenge FAQs](#)

[Click here for the flyer](#)

Lung Screening Event with SMH on 11/11

Annual Low Dose CT exams for people who are at high risk is the best early detection tool for lung cancer.

Are you at High Risk?

- 50-80 years old
- Currently smoking or quit smoking within the past 15 years
- Smoked for 20 years or longer



Any employee or employee family member on the District FI Blue medical plan who identifies themselves as high risk based on the criteria above can call the number listed below to find out additional information and schedule for a Low Dose Lung Cancer Screening exam. Please be sure to mention that you would like to schedule an appointment for the Sarasota County School's lung screening event.

Screening Date: Saturday, November 11

Location: SMH Center at Clark Road; 5800 Rand Blvd., Sarasota, FL 34238

Scheduling: Call Christyn to schedule at 941-917-4612

[Click here for the flyer with additional details](#)



Erin Singerman

Erin is using Smore to create beautiful newsletters