

SETA WELLNESS AND SAFETY AWARENESS NEWSLETTER

MAY 2018, VOLUME 2

HEALTH AND WELLNESS ACTIVITIES

Activities Around the Area!

May is Bike Month in Sacramento! Are you looking for something new to try? These are a few activities we have found in the Sacramento area for you to check out this summer!

At the Sierra 2 Center in Curtis Park

Zumba Gold, recurring event on Tuesdays and Thursdays.

Polynesian Dance, recurring Tuesdays.

Unified Chinese Martial Arts, recurring Tuesdays and Fridays.

All Levels Mat Pilates Class, recurring Thursdays.

Dancehall PowerUp, recurring Thursdays. **Zumba with Pakko**, recurring Fridays and

Sundays. **Hot Hula Fitness**, recurring Fridays. **Zumba with Toya & Linda**, recurring

Mondays and Wednesdays. *(There may or may not be fees associated with these classes. For further information, see www.sierra2.org/events.)*

Start by doing what's

NECESSARY-- *then do what's*

possible; And suddenly you are

doing the IMPOSSIBLE

--Francis of Assisi

Other events around town.

Medicare and You, Getting All Your Medicare Questions Answered, May 2 and 16

Learn How to Use Essential Oils

Make & Take, May 3, 10, and 17

Women's Financial Support Group, May 11

Couples Therapy-The Massage Workshop, June 3

Sacramento Holistic Living Expo, June 10; **Yoga Class**, May 12 at Arden-Dimick

Library. *(For these and other events, both free and fee-based, visit www.eventbrite.com, <https://www.sacramento365.com>, and <http://www.saclibrary.org/>.)*

Summer Time – Spending Time Outside!

Did you know parks are essential to the well-being of environments, economies and all people? With 280 state park units, over 340 miles of coastline, 970 miles of lake and river frontage, 15,000 campsites, and 4,500 miles of trails, the California Department of Parks and Recreation contains the largest and most diverse recreational, natural, and cultural heritage holdings of any state agency in the nation. For more information on California State Parks visit:

https://www.parks.ca.gov/?page_id=91.

Healthy Chiles Rellenos

1 pound poblano peppers

1 - 12 oz can of black beans

1 - 12 oz can of corn

2 bell peppers, one red, one yellow

Queso fresco or any kind of cheese you want to crumble on top

8 to 10 tomatillos

First, cover each poblano pepper with oil then put in oven for about 15 minutes or until roasted, then peel each pepper. After peeling, make a small slit with a knife and carefully take out all the seeds from the poblano chiles. Pour out the black beans and corn and let drain. Cut bell peppers into tiny size pieces. Once the poblanos have been cleaned of all seeds, stuff each poblano with the black beans, corn, and bell peppers and put them back in the oven at 350 degrees for about 15-20 minutes. Then take them out and crumble queso fresco on top of each one.

Peel tomatillos and boil until soft, then put in a blender with spices and pour over the chiles rellenos as a sauce.

Note: you can also stuff the peppers with quinoa and ground turkey.

MORE HONEY, LESS VINEGAR

The power to change lives, create happiness, make the world a better place... it's all in your hands. Simple acts of kindness are gifts to both the receiver *and* giver. Use these tips to help your kindest self emerge:

- Start with yourself. Filling your tank first lends you the patience and energy to give to others. Exercising, deep breathing, meditating, reading, cooking... whatever recharges your batteries. Just 20 minutes a day can make a difference.
- Slow down. When life moves at warp speed, those around us often become a blur — obstacles to move around or through on the way to our next task. Spare a few seconds to notice others and practice kindness. Compliment a stranger, greet your bus driver by name, put your neighbor's paper on their doorstep in rainy weather — consider these little gifts you can sprinkle throughout your day.
- Give up gossip. As the saying goes: If you can't say something nice, don't say anything at all. Avoid talking unkindly about others; instead, look for opportunities to lift someone up.



How can you be kind to someone today?

From the "Keep America Active" Daily Tips.

MAY IS NATIONAL FITNESS AND SPORTS MONTH!

People of all ages and body types can be physically active. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active.

Here are just a few benefits of physical activity:

- For children and adolescents, physical activity can improve musculature, bone and heart health.
- For adults, it can reduce the risk of heart disease, type 2 diabetes, and some types of cancer.
- For older adults, it can reduce the risk of falls and improve cognitive functioning (like learning and judgment skills).

If you have a recipe you would like to share, community wellness activities, or other wellness information, please email your contributions to the Wellness and Safety Awareness committee at wellness@seta.net.

SETA's Wellness and Safety Awareness Committee

