

Guthrie Employee Wellness Newsletter

.... February 2019



“Love life and it will love you back...”



Buffalo Cauliflower Dip



Who says you can't create a healthy dip for Super Bowl Sunday!?

- 1 small head cauliflower (1 pound), core trimmed, florets chopped
- 1 small onion, quartered and sliced
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 8 ounces Neufchâtel cheese, softened
- ½ cup reduced-fat plain yogurt
- ¼ cup crumbled blue cheese
- ¼ cup hot sauce, such as Frank's
- 1 scallion, sliced
- 8 medium carrots, cut into 3- to 4-inch sticks
- 8 medium celery stalks, cut into 3- to 4-inch stick

1. Preheat oven to 400°F.
2. Toss cauliflower, onion, oil, salt & pepper together in a large bowl. Spread in a single layer on a large rimmed baking sheet. Roast, stirring once, until tender, about 20 minutes.
3. Meanwhile, coat an 8-inch square baking dish with cooking spray. Whisk cream cheese, yogurt, blue cheese & hot sauce together in the bowl. Add the roasted vegetables & stir to coat. Transfer to the baking dish. Bake until bubbly around the edges, 15 to 20 minutes. Garnish with scallion & serve with carrot and celery sticks.

Nutritional Information

Serving size: ½ cup

Per serving: 103 calories; 5 g fat(3 g sat); 3 g fiber;

10 g carbohydrates; 4 g protein; 55 mcg folate;

13 mg cholesterol; 5 g sugars; 0 g added sugars;

0 mg iron; 389 mg sodium; 454 mg potassium



American Heart Month:

Raising Awareness About Heart Health

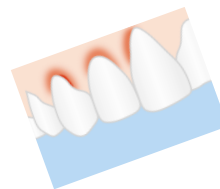
Heart disease is the leading cause of death for both men & women. To lower your risk of heart disease:

- ◇ Watch your weight.
- ◇ Control your cholesterol & blood pressure.
- ◇ If you drink alcohol, drink in moderation.
- ◇ Get active & eat healthy.
- ◇ Quit smoking & stay away from secondhand smoke.

—Oral Health and Heart Disease—

Did you know that research has found a link between oral health and heart disease? Click [here](#) to read more or visit

https://www.deltadentalins.com/oral_health/heart-8x11.pdf



**Free CPR Training:
Non-Certification Courses**
To register, call the Community Training Center at 570-887-6390 or email Bethany.Altieri@Guthrie.org.

10 Healthy Office Snacks That You Can Enjoy

- *Frozen Bananas
- *Pita Chips & Guacamole
- *Fresh Fruit
- *Vegetables with Ranch
- *String Cheese
- *Low Fat Popcorn
- *Pretzels
- *Instant Oatmeal
- *Almonds
- *Dark Chocolate

Employee Programs

Employee Discount Program
Guthrie.perkspot.com



Are you interested in discounts?? Check out our employee discount platform that has hundreds of national and local discounts to include discounts for movies, theme parks, hotels, apparel, & more!



Guthrie Employee Assistance Program



Your EAP benefit can be accessed by calling 1-800-849-3418 24 hours a day or by logging into www.nexgeneap.com. Enter your Company ID: 8973 and create your personal user name and password.

- Counseling
- E-Learning
- Entertainment Discounts
 - Health Advocacy
 - Legal Services
 - Virtual Concierge
 - Wellness



WEBCASTS FROM FIDELITY



STRAIGHT TALK ABOUT SOCIAL SECURITY



Getting More out of Social Security

Wednesday, February 20th at 1:00pm

This free webcast will cover the various Social Security claiming strategies—including options if you're single, divorced, or widowed. You'll also get details about how and when and to enroll for your benefits. Learn more and reserve your spot today at

Fidelity.com/TalkingSS.



February Wellness Challenge: Save Your Change



Abraham Lincoln's birthday is February 12th, so this month's challenge is all about saving your pennies (actually, all coins). How many coins can you save this month? Can you fill a mason jar? We want to know what you hope to use your saved coins for at the end of the month or long term!

Comment [here](#) or visit

<https://guthrie.facebook.com/groupsGuthrieEmployeeWellness/>

Wellness Suggestions?

[Erin Wayman](#) at 570-887-6311 [Kayla Escarcega](#) at 570-887-5542

What's in Season in PA and NY?

Pennsylvania

Apples	Celery	Rapini
Horseradish	Mushrooms	Sprouts
Potatoes	Horseradish	

New York

Sprouts	Turnips
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The Indoor Farmers Market Is Back!

Location: Robert Packer Hospital Cafeteria

Date: Every Other Wednesday Feb. 6th—May 29th

Time: 11:00am-2:00pm

****Not all vendors accept cards****