



The Wellbeing Journey

August 2020

PORTAGE COUNTY WELLBEING

WELLBEING BUZZ

August is National Wellness Month

All during August, National Wellness Month focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel!

Research has shown self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose or try a different spa treatment, make a small change and impact your health in positive ways.

There are numerous ways to make those small changes, too.

- Increase your water intake.
- Add more fruits and veggies to your meals.
- Monitor your sleep and make adjustments for better sleep habits
- Join a yoga, walking, or aerobics class.
- Learn to meditate.

These small steps can lead to many more healthy habits in your lifestyle.



August is also Financially Fit Month!

What is Financial Wellness? Financial Wellness is the ability to manage short-term finances while also saving for long-term goals.

Some signs of financial wellness include:

- Being able to pay monthly mortgage or rent
- Having money for basic necessities
- Being able to pay for healthcare costs
- Feeling of secure employment in current job
- Can afford to maintain a good standard of living
- Feeling of control over financial situation
- Saving enough for retirement
- Confident in ability to afford healthcare-related payments
- Ability to handle three months unpaid without problem if experiencing health-related financial crisis

For information how to obtain Financial Wellness, please visit our UW Extension website. They have great tools to get you started on your way!

<https://extension.wisc.edu/family/financial-education/>

Be Fall-Ready with the August Wellness Challenge

2020

Have you ever told yourself you were going to start doing more or less of something for your health? Maybe it was exercising more, eating sugar less, drinking water more, staying up late less. Whatever you decide to choose, try it for 31 days!!!

Some examples of a personal wellness challenge are listed below. You can also decide what your own personal wellness challenge will be!

- Choose 1 healthy habit to rock for 31 days
- Consider habits in Nutrition, Fitness, Mindfulness, Personal Growth, Relationships, etc.
- Consider exercising for 30 minutes 5 days a week



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Shrimp Salad with Apple, Papaya and Mango

INGREDIENTS:

- ¼ cup fresh lime juice
- 1 Tbsp olive oil
- ¼ tsp table salt
- ¼ tsp black pepper
- 1 ¼ pound large peeled cooked shrimp
- 1 large cored and cut (thin) granny smith apple
- 1 mango, peeled, pitted and diced
- 1 papaya, small, peeled, halved, seeded and diced
- ½ cup raw red onion chopped
- 1 medium jalapeno, seeded and minced
- 2 Tbsp chopped cilantro
- 1 medium ripe avocado, peeled and diced (optional)



Instructions

1. To make dressing, whisk together lemon juice, oil, salt, and black pepper in small bowl.
2. Transfer 2 tablespoons dressing to large bowl. Add shrimp and let stand 10 minutes.
3. Add apple, mango, papaya, onion, jalapeño, avocado and cilantro and toss to coat.
4. Serving size: 1 1/2 cups

Wellness Opportunities

Check out these opportunities in and around Stevens Point



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources

Balance your Life

Take Care of Yourself



Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources

Class meets for 90 MINUTES once per week for six weeks.

Dates: Thursdays from August 6, 2020 – September 10, 2020

Time: 1:00pm – 3:30pm

Location: VIRTUAL

Cost: \$30.00 Suggested donation to cover materials

Respite service is available free of charge.

To register, call the Aging & Disability Resource Center of Portage County
715-346-1401

Space is limited; register early!



The Community Blood Center

What: Blood Drive

When: August 5, 2020 from 10:30am – 2:00pm

Where: Portage County Business Council
5501 Vern Holms Drive,
Stevens Point

Register: 800-280-4102 or
Save3lives.org

Walk for Hope - Suicide Prevention & Mental Health Awareness

When: September 12, 2020,
9am – 12pm

Where: Zenoff Park, 1001 2nd
St N. Stevens Point - Cost:
\$20.00

Call 715-346-5645 for
registration information

2020 Walk to End Alzheimer's – Stevens Point Saturday, September 19, 2020

This year's event won't be a large in-person gathering, instead, it will be small teams of friends and family. Please visit the link below for more information on how to register and donate:

<https://act.alz.org/site/TR/Walk2020/WI-Wisconsin?pg=entry&pfid=13752>

