Dale Carnegie

Any fool can criticize, condemn and complain...and most do!

June
June 1st Cancer Survivor Day
Men’s Health Month

B. SUPERMAN
Father’s Day is the 15th of this month. I hope most of you thought your dad was superman. And if you are a father, I hope your children think you are superman. The problem is this, we are not men of steel, at least physically.
We are mere human beings subject to disease and illness. What if we could be disease free, or illness free? One of the first steps would be to understand your risk factors and then actually do something about those risks. Go to your doctor, get a check up, know and understand your risks. We also know that proper nutrition and exercise can minimize the risks. Pass that legacy on!

B. GRATEFUL
An attitude of gratitude. Some days, being grateful may seem like an impossible task. We all have something to be grateful for even in the midst of our hardest times. We have all known heart breaks that we thought we would never recover from, but we have.
So many times we tend to look at what we don’t have or what is missing from our lives. Too often we say if only I had (fill in the blank) then I’d be happy. If you woke up in a house, had running water, ate breakfast, grabbed a shower and went to work you have plenty to be thankful for. Happiness and gratefulness come from within. It may take some practice but after time it becomes part of you.

B. FUN
Summer time is a great time to explore new ways to explore new hobbies. Plan an adventure vacation, do something out of the ordinary, challenge yourself to a new sport or workout.
Having fun is a great way to relieve stress, strengthen relationships and build new ones. Not sure how to do this? Watch your kids!

B. SHADY
Planting trees around your home can help protect it from the summer heat and may help you cut down on your air conditioning bills.
If you are planting them now keep in mind how the canopy spreads, the root system and the height. Then plant them the proper distance away from your home.
Wellness tends to have a negative connotation to it lately. Wellness can sometimes be perceived as something you do to employees. Changing the wording may help employees understand it is something you do with employees.

This is when "wellness committees" can make an impact. Rule number one in this area is "Don't get worse"! Have your committee look at planning events that keep the healthy employees, in the healthy or low-risk category.

Next, create campaigns that assist the medium-risk employees transition into the low-risk group. Finally, create events that help the high risk employees reduce their risk factors.

This can take time and dedicated resources but can make a difference in the workplace. It can be summed up rather simply. Healthier people tend to be happier people. Happier people tend to make better decisions and that affects the entire workplace and the bottom line.

Mark

**Smokey Goodness Topping**

This is a tasty alternative to traditional burger topping. Plus you can skip the extra bacon and cheese slices.

- 2-3 tablespoons chopped garlic
- 1 small shallot – chopped
- 1 small sweet onion
- 2 handfuls baby spinach – chopped
- 1-2 strips of bacon-cooked and chopped
- 2-3 ounces smoked gouda cheese
- 1 cup unsweetened coconut milk or 1 cup heavy whipping cream

**DIRECTIONS.** Melt a small amount of butter in a skillet. Add garlic, shallot, onion, spinach and bacon. Cook till translucent over low heat. In a separate sauce pan on low heat, warm, 1/2 the coconut milk or whipping cream, stirring regularly. Slowly add cooked ingredients from skillet and then slowly add the cheese until it's melted together. If you want the consistency less thick add more cream or coconut milk. Finish with salt and pepper to taste.

If you have a question you would like answered, please contact me at mkrug@ConnectCare3.com

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