WELCOME & HAPPY HOLIDAYS!

Amador County Unified School District Wellness Newsletter.

Read on to learn about:

- Winter Preparedness Checklist
- Cold Weather Fitness Tips
- Recipe of the Month
- MDLIVE
- December National Calendar

MONTHLY CHALLENGE

Did you know that reading can reduce stress, improve your memory, improve focus, and lower blood pressure? It can also make you more empathetic and ward off dementia!

This month’s challenge is to read a novel from start to finish. Participants who complete the challenge will be entered into a raffle to win a 3-month subscription to Book of the Month! Each additional book you finish is an additional ticket in the raffle drawing!

Book suggestions and a reading log can be found at the end of the newsletter. Completed logs must be returned by January 6th to be entered into the raffle.

Please contact Emily Weinzheimer at (209) 257-5350 with any questions.

DECEMBER ACTIVITIES

Local events happening in December:

- #SacSipsLocal - 12/4
- Sutter Creek’s Las Posadas - 12/5

More local events can be found in the Ledger Dispatch.

Don’t forget to wear your mask and maintain 6 feet of social distance!
WINTER WORKOUT TIPS

Winter weather can discourage even the most dedicated exercisers. It’s easy to step outside, feel the chill, and put off exercising for another day. But, you don’t have to let cold weather halt your exercise routine. Read on for tips from Mayo Clinic:

- Check with your doctor if you have health conditions such as asthma or heart problems.
- Check the forecast before going outside. Wind chill, caused by wind and cold together, can make exercising outside dangerous, even with warm clothing.
- Know the signs of frostbite and hypothermia - intense shivering, slurred speech, loss of coordination, and fatigue.
- Dress in layers - You want to be able to remove layers as your body temperature increases from the exercise.
- Protect your hands, head, feet, and ears - When it’s cold, blood flow is concentrated to your body’s core, making your hands, head, feet, and ears vulnerable to frostbite.
- Wear your safety gear and sunscreen.
- Drink plenty of fluids - Dehydration is harder to notice during colder weather.

If the cold is too much for you, try switching up your workout routine to something that can be done indoors, like lifting weights in a gym, yoga, or YouTube fitness tutorials.

WINTER PREPAREDNESS AT HOME

Cold weather is upon us, meaning it’s time to bring out our winter clothes and blankets, light a fire in the fireplace, and cozy up to watch fun holiday movies. It’s also time to make sure your home is prepared for the impending winter. The Farmer’s Almanac is predicting a rainy and wet winter for Northern California. Some winter preparedness suggestions from Lowe’s:

- “Protect your pipes from bursting by sealing cracks and openings in walls, weather striping around windows and doors, and insulating unprotected pipes.”
- Weatherstripping or installing storm doors to prevent cold air from entering your house.
- Cleaning your fireplace to avoid potential hazards, like a nest or debris buildup.
- “Caulk around windows to prevent cold air from entering.”
- Install a programmable thermostat
- Winterize your plants
- Store outdoor furniture and grills inside
- Inspect your roof for any issues and clear debris from it
- Cut back trees to prevent damage to your roof.

DID YOU KNOW?

It has snowed as far south as San Diego and Miami, and it has even snowed in Hawaii!
RECIPE OF THE MONTH

SLOW COOKER BEEF-BARLEY SOUP WITH RED WINE AND PESTO

Ingredients
- 1 lb. boneless beef chuck roast, cut into bite-sized pieces
- 1/2 tsp. black pepper
- 2 tbsp. olive oil
- 1 1/2 c. 1/2-in. thick diagonally sliced carrots (from 3 carrots)
- 1 c. yellow onion (from 1 onion)
- 1/2 c. dry red wine
- 3 c. unsalted beef stock
- 1 can diced tomatoes with basic, garlic, and oregano
- 1/4 c. jarred pesto
- 1/2 c. uncooked whole-grain hulled barley (not pearled, about 4 oz.)
- 1-5 oz. package baby kale leaves
- 1/2 tsp. kosher salt

Directions
1. Pat the beef dry with a paper towel; sprinkle with pepper. Heat 1 tbsp. of the oil in a large non-stick pan over medium-high. Add the beef to the skillet; cook, stirring occasionally, until lightly browned on all sides (about 4 minutes). Transfer the beef to a 5- to 6-quart slow cooker. Add the carrots, onions, and remaining 1 tbsp. oil to the skillet; cook, stirring occasionally, until the vegetables are softened (5-4 minutes). Transfer to the slow cooker.
2. Add the wine to the skillet. Cook over medium-high for 1 minute, stirring and scraping to loosen the browned bits from the bottom of the skillet. Pour over the beef mixture in the slow cooker.
3. Stir the stock, tomatoes, and pesto into the slow cooker. Cover and cook on high for 2 hours. Stir in the barley, cover and cook on high until the beef and barley are tender, about 2 hours. Stir in the kale and salt. Ladle the soup into bowls and serve hot.

MDLIVE - A CVT SERVICE

With winter weather comes the usual colds and flus, as well as seasonal depression and an increased risk of heart attack. To help with maintaining good health, CVT offers their benefits members access to MDLive.

"MDLive connects you with a doctor virtually, anytime and anywhere". Signing up is free!

Doctors are available for medical, dermatology, and behavioral health problems. "PPO & EPO plans have a $0 copay and consultation", while "HDHP plans are subject to a deductible or coinsurance."

MDLive features:
- "U.S. board-certified doctors and licensed counselors with an average of 15 years of experience.
- Consultations that are convenient, private, and secure
- Prescriptions that can be sent to your nearest pharmacy."

Download the app on the App Store or Google Play store.

www.mdlive/cvt
888-632-2758
ADOPT A FAMILY

Please read below for a message from Regina Helmer, PPS (ACUSD Foster-FYSCP & McKinney Vento Coordinator/Liaison):

"As we know the holidays are quickly approaching and this year could be more difficult than previous year for our students. Thankfully Emma Sweett from Nexus has reached out to me looking for families who are in need during this holiday season. This is for their Adopt a Family program which will provide families with support during the holidays.

I am looking for suggestions from you all! I will happily pass the information along anticipating adding joy to our students during the holidays."

Please see your site administrator with any suggestions.

OCTOBER WELLNESS CHALLENGE WINNERS

Congratulations to our October Wellness Challenge raffle winners: Idamae Isotalo (Sutter Creek Primary) & Dan Klement (Jackson Elementary)!

Idamae completed a total of 401,973 steps for the month of October. Her highest step day consisted of 25,968 steps!

Dan completed a total of 437,754 steps in the month of October and his highest step day consisted of 23,426 steps!

Well done to all who participated!

Raffle winners were chosen with the Random Name Picker at https://commentpicker.com.

Stay tuned for November’s winners in the next newsletter.
DECEMBER NATIONAL DAY CALENDAR

- 12/1 - National Day of Giving
- 12/2 - Special Education Day
- 12/3 - National Roof Over Your Head Day
- 12/4 - National Cookie Day
- 12/5 - Bathtub Party Day
- 12/6 - National Microwave Oven Day
- 12/7 - National Cotton Candy Day
- 12/8 - Pretend To Be A Time Traveler Day
- 12/9 - National Pastry Day
- 12/10 - Happy Chanukah!
- 12/11 - National Noodle Ring Day
- 12/12 - Poinsettia Day
- 12/13 - National Cocoa Day
- 12/14 - National Bouillabaisse Day
- 12/15 - National Cupcake Day
- 12/16 - National Chocolate-Covered Anything Day
- 12/17 - National Re-Gifting Day
- 12/18 - Answer the Telephone Like Buddy The Elf Day
- 12/19 - National Wreaths Across America Day
- 12/20 - National Sangria Day
- 12/21 - Humbug Day
- 12/22 - National Date Nut Bread Day
- 12/23 - National Roots Day
- 12/24 - Christmas Eve
- 12/25 - Merry Christmas!
- 12/26 - Happy Kwanzaa!
- 12/27 - National Fruitcake Day
- 12/28 - National Card Playing Day
- 12/29 - National Hero Day
- 12/30 - Bacon Day
- 12/31 - New Year’s Eve
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DECEMBER READING CHALLENGE

SUGGESTIONS

- Winter’s Tale by Mark Helprin
- Last Christmas in Paris by Hazel Gaynor and Heather Webb
- Little Women by Louisa May Alcott
- The Chronicles of Narnia Series by C.S. Lewis
- Where’d You Go, Bernadette? by Marla Semple
- Outline by Rachel Cusk
- The Anthologist by Nicholson Baker
- Code Girls: The Untold Story of the American Women Code Breakers of World War II by Liza Mundy
- One Day in December by Josie Silver
- To Kill a Mockingbird by Harper Lee
- Watching You by Lisa Jewell
- Harry Potter Series by J.K. Rowling
- The Little Prince by Antoine de Saint-Exupery
- The Lord of the Rings Series by J.R.R. Tolkien
- Jane Eyre by Charlotte Bronte
- The Fault in Our Stars by John Green
- Pride and Prejudice by Jane Austen
- Anna Karenina by Leo Tolstoy
- War and Peace by Leo Tolstoy
- The Metamorphosis by Franz Kafka
- The Alchemist by Paulo Cohelo
- Wuthering Heights by Emily Bronte
- A Game of Thrones Series by George R.R. Martin
- One Hundred Years of Solitude by Gabriel Garcia Marquez
- The Great Gatsby by F. Scott Fitzgerald
- The Catcher in the Rye by J.D. Salinger
- Les Miserables by Victor Hugo
- East of Eden by John Steinbeck
- The Adventures of Huckleberry Finn by Mark Twain
- A Tale of Two Cities by Charles Dickens
- A Christmas Carol by Charles Dickens
- The Count of Monte Cristo by Alexander Dumas
References:

- MDLive Medical BH Derm Flyer 2. CVT. 2020.