HCC Happenings
From your SAS Health Care Center

How to Eat Healthy While Stuck at Home

- Information Only Seminar
- Emails sent May 7 and 14
- Register by EOD May 6

Most of us are eating at home more than ever before (whether we like it or not!). Though cooking at home is often recommended as a way to consume more nutritious and balanced meals, social distancing brings its own unique set of challenges — less frequent trips to the store, limited access to certain foods, increased reliance on shelf-stable and frozen foods, more mouths to feed, more family at home to care for, increased temptations with snacks only an arm’s length away, etc.

With all of these challenges, the one thing we all have more of now is time at home. And whether it feels like a blessing or a curse, it does offer up certain opportunities that you may not have had time for just a couple months ago. Take this time to improve your health and wellbeing and boost immunity by registering for SAS Nutritionists’ How to Eat Healthy While Stuck at Home.

You’ll receive two emails with tips to help you cook your way through the COVID pandemic. You'll also get access to the Healthy Eating While Stuck at Home Yammer group to exchange healthy grocery strategies, use-what-you-have recipes and comfort-food makeovers.

Sign up today to join the movement to make the most of more time at home in May!

2020 Sustainability Series: Healthier People, Healthier Planet

ICYMI: The HCC & RFC’s Sustainability Series was a success!

Watch recorded webinars to learn what small steps can you take in the areas of nutrition, physical activity, home waste reduction and overall environmental sustainability to improve your health and the health of the planet.

Family members may access recordings via WebEx:

- **Healthy & Environmentally-Friendly Food Choices**  |  Kelly LeSage, SAS HCC Nutritionist  
  https://sas.webex.com/sas/lsr.php?RCID=9df5c1a2f127d988364e3d93a3c516f8

- **Sustainability at SAS**  |  Jerry Williams, SAS Environmental Sustainability Program Manager  
  https://sas.webex.com/sas/lsr.php?RCID=7bcc0ce4cf48dc9fb294722ce0afc7e1

- **Building an Environment for Active Living**  |  Rebecca Allen, SAS RFC Program Coordinator  
  https://sas.webex.com/sas/lsr.php?RCID=18594d332949f9efe74a212736575b1c

- **Zero Waste**  |  Josie Sianez, Zero Waster  
  https://sas.webex.com/sas/lsr.php?RCID=62a7a1779c3c807c51bcf097bededdc4

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**Consider giving blood in May**

While there will be no SAS campus blood drive in May due to extended stay at home orders, healthy donors are encouraged to visit redcrossblood.org and schedule an appointment to safely donate at a local Red Cross donation center.

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**COVID-19 Update**

The Health Care Center and HCC Pharmacy are here for you and your family! We’re getting a lot of questions about seeking healthcare at this time. You’ll find answers to those most commonly asked like ‘Should I keep my scheduled appointment at the HCC?’, ‘What should I do if I get sick?’ and ‘Will the HCC offer COVID-19 antibody testing?’ on the HCC’s COVID-19 update page on Inside SAS and on the SAS Family Site.

Additional resources:

- **SAS: Coronavirus Updates**
- **Work/Life Resources: Coping with Coronavirus (COVID-19)**
- **SAS Yammer Group: Coronavirus employee resources**

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**HCC Nutrition Blogs & Other Healthy Happenings at SAS**

**Build a better trail mix** SAS Nutritionist Ashley Bailey shares ideas for balanced combinations of this portable snack that will offer long-lasting energy packed with flavor and crunch.

**5 eco-friendly food choices** Ashley helps you dine with the planet and your health in mind. A recipe for scrumptious **Blueberry Oat Coconut Bites** is included.

**Sleep: The Ultimate Recovery** RFC Wellness Manager Celeste Cooper-Peel offers 16 tips for getting good quality sleep.
Celebrate Global Employee Health and Fitness Month (GEHFM) with the RFC’s VIRTUAL 5K and/or 20-Mile Challenge during the week of May 17-25.

Need help getting ready? RFC Trainers have got you covered with weekly run tips and tricks and a training plan on the RFC Fitness Group on Yammer. Stay connected and fit with your co-workers by registering for the work team challenge (work teams only please.) Complete your 5K or the 20-mile challenge anywhere anytime during the week of May 17-25 and simply submit your time at the link provided. Happy walking and running! Register>>

For more information, contact Amanda.Pack@sas.com.

Connect with Us

- Bookmark the public SAS Family Website where SAS family members and retirees can stay up-to-date on basic benefit information, health care services, recreation and fitness programs and more!

- SAS Employees, check out My Life, Health and Wellness Events Calendar on Inside SAS where you’ll find upcoming events offered by the HCC, Work/Life and RFC all in one place!

- Follow us on Yammer! @Health Care Center Happenings

- Easily access important HCC forms, anticipatory guidance handouts and advice for prenatal care through the teen years at sas.com/wellchild.

For more information about Health Care Center events and registration, email us at sas_hcc@sas.com.

Thank you for your interest in our happenings!

-HCC Staff