

HCC Happenings

From your SAS Health Care Center

Casual Cook-Along

Take the night off from meal planning and cook together in real time with HCC Nutritionists and fellow SAS employees and family members. Recipes will be provided prior to the cook-along so you have time to buy the ingredients.

- Lemon Chicken Soup and Kale Chips: Tuesday, April 27, 2021 | 5:00 – 6:00 pm EST | MS Teams
- [Register here](#)

Culinary Revolution: Cook It. Love It. Share It.

Want to eat healthier but aren't a confident cook? Does reading a recipe make you break out in a sweat? The HCC Nutritionists are here to help you transform your culinary skills and cook with ease in no time. Through biweekly emails, weekly virtual lunch-time activities on Thursdays and a Yammer group, this 6-week online program will teach you the basics of building a healthy kitchen, expand your culinary know-how and provide you with a connection to a SAS community of fellow foodies who are happily reclaiming their kitchens. [Click here](#) for more information and to register.

- April 12 – May 21, 2021
- [Register here](#) by Wednesday, April 7

Kick Up Your Culinary Skills

If you aren't able to join the Culinary Revolution, but would like to learn the basics of building a healthy kitchen, connect with your HCC Nutritionists and fellow SAS foodies on Thursdays at 12pm EST to cook up a little fun in the kitchen while expanding your culinary know-how. [Register here](#) for some or all of these culinary connections.

Cooking Essentials Show & Tell

- Learn about safe cookware and see your HCC Nutritionists' favorite cooking essentials.
- Thursday, April 15, 2021 | 12:00 – 1:00 pm EST | MS Teams

Fridge, Freezer & Pantry Tour

- Discuss fridge, freezer and pantry staples and take a tour of your HCC Nutritionists' very own fridges, freezers and pantries.
- Thursday, April 22, 2021 | 12:00 – 1:00 pm EST | MS Teams

DIY Spice Blends

- Whip up 3 all-purpose spice blends alongside your HCC Nutritionists. Recipes will be provided in advance so you have time to purchase ingredients.
- Thursday, April 29, 2021 | 12:00 – 1:00 pm EST | MS Teams
- **Register by Friday, April 23**

Knife Skills Workshop

- Learn basic knife skills from a SAS Chef while preparing vegetables for dinner. Ingredients and recipe will be provided in advance so you have time to purchase the produce.
- Thursday, May 6, 2021 | 12:00 – 1:00 pm EST | MS Teams
- **Register by Friday, April 30**

Casual Cook-Along

- Get a jump start on dinner by preparing Lentil Brown Rice Taco Salad in a slow cooker or Instant Pot alongside your HCC Nutritionists. The recipe will be provided in advance so you have time to purchase the ingredients.
- Thursday, May 13, 2021 | 12:00 – 1:00 pm EST | MS Teams
- **Register by Friday, May 7**

COVID-19 Vaccine Clinics

Beginning April 7, all North Carolinian adults are eligible to receive COVID-19 vaccine.

The Health Care Center is pleased to be another option for SAS employees and covered dependents aged 18 years and older to receive COVID-19 vaccine!

WakeMed will be on campus administering vaccine to SAS employees and their dependents, aged 18 years and older, who are covered under the SAS medical plan. Clinics will be held on Mondays and Wednesdays each week, with a goal of giving approximately 700 vaccines per week, *until all employees who wish to be vaccinated have received their shot*. The quantity and type of vaccine WakeMed receives may vary from week to week. Therefore, we will continue to open appointments based on the allotment of vaccine received.

Learn more about vaccine, watch for clinic announcements and check appointment availability on the [HCC's COVID-19 Vaccine page](#).

Options for COVID-19 vaccination in the community include:

- [NC Vaccine Finder](#) vaccine information for all counties
- [Wake County](#)
- [NeighborHealth Center](#) (Raleigh)
- [Durham County](#)
- [Walmart](#) limited vaccine available in select areas
- WakeMed Registered MyChart users can [log into their accounts](#) to schedule an appointment at WakeMed Raleigh.

Additional Resources

- [Symptoms: COVID-19, Common Cold, Flu or Allergies?](#) (pdf)
- [When to Test and Quarantine](#) (pdf)
- [NC DHHS COVID-19: Find My Testing Place](#)
- [HCC Coronavirus \(COVID-19\) Update page](#) (pdf)

HCC Nutrition Blogs & Other Healthy Happenings at SAS

[Personalize your plate](#) Follow 3 basic nutrition guidelines and then customize your meals to meet your food preferences, cultural traditions and budgetary considerations. **RECIPE: Vegetable Lasagna**

[Making Frozen Veggies Taste Good!](#) Tips for cooking and flavoring frozen veggies so that everyone will want some. **RECIPE: Szechaun Tofu and Veggies**

[Little Life Hacks: Hydrotherapy](#) RFC's Celeste Cooper-Peel shares how water can improve health.

[Alcohol use during the pandemic](#) Work/Life's Katie Seavey Pegoraro joins Dr. Aisha Al-Qimlass of Creasman Counseling to discuss strategies for more effective coping and signs that distraction and self-medication may be a problem in this video blog.

[It's Been a Long Year](#) Work/Life's Katie Seavey Pegoraro shares information and resources about coping and COVID-19.

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

