

Mansfield Monthly



HOLIDAY SEASON SAFETY!

The holiday season is always a great time to catch up with friends and family. Ironically, it is also a busy time for hospitals and emergencies. Things such as stress, changes in diet and alcohol consumption, house fires, falls, travel, etc. are factors that might contribute to the amount of holiday incidents.

Ways to Take Extra Precaution this Season

(Guidelines from the CDC)

- Wash hands often (especially this year with more potential interactions with family members).
- Manage stress: Start planning for the holidays now to ensure you and the rest of you family feels safe and comfortable with virtual or in-person arrangements.
- Fire Safety: Make sure to never leave fireplaces, stoves or candles unattended and keep candles away from children, pets, walkways, trees and curtains.
- Test your smoke and carbon monoxide detectors and replace/install if need be.
- Travel safely: There might be fewer cars on the road this year, but stay aware and safe regardless. *November is also Distracted Driver Awareness Month!
- Be careful putting up/taking down decorations:
 - *Make sure you are on a stable surface if using a ladder & have a spotter if needed.
 - *Don't drink and climb!!
 - *Make sure any electrical decorations are not damaged before use and do not overload outlets.
 - *Protect cords from damage and make sure they are not tripping hazards.
 - *Make sure decorations are extinguished or off when leaving the house!

- In recent years there has been an uptick in children having to go to the emergency room for exposure and ingestion of prescription medications leading to unintentional drug poisonings. If you are having family and guest over, make sure that purses, coats or anything that might contain personal medication are stowed away in a safe out of reach place from children.

Other Helpful Safety Links!

- [Food](#)
- [Children](#)
- [Driving](#)
- [Christmas Tree Hazard Prevention](#)
- [Pets](#)

Family Health History

November 26th is also National Family Health History Day. With the greater focus around everyone's health and well-being right now, it's a good time to audit your own family's health history.

- Are there any medical conditions that are common in your immediate or extended family?
- Have you asked your doctor about screening for certain conditions?

If there is anything common in your extended family tree? Making sure you have proper preventative screenings in place can make a huge difference. Early awareness can help you and your loved ones adjust your lifestyles to lower your risk as well as bring up specifics with your medical provider to make sure you're doing everything you can minimize your risk of anything that runs in the family.

TOWN EVENTS THIS MONTH

<https://ct-mansfield.civicplus.com/calendar.aspx?CID=31>
(Calendar of Specific Dates & Times ^^)

****PERSONAL WELLNESS SESSION**

If you have a personal wellness goal you're working towards and would like to setup an in-person or remote coaching session with Be Well, send a message to: cummingsb@mansfieldct.org.

These personalized coaching sessions are free and available to all Be Well participants so we can best help you achieve health/wellness goals important to you as an individual. Let us know if you're interested and we'd be happy to schedule some time to put together a strategy for you.

Fall Health & Wellness Program Opportunities!

More info below

Check out the many different fall programs from the MCC right now including: Fitness classes, swim lessons for kids, music lessons & more! In-person and virtual options available! Click [HERE](#) for more info!



BE WELL NEWS

Please click [HERE](#) for the November Wellness quiz that will count towards end of year Rewards!

Be Well Platform Sign Up

If participating in the Be Well rewards program make sure to log into bewellmansfieldct.com and record activities you have completed in your tracker so we can make sure you are paid out appropriately at the end of the year!

MCC Updates

Weekly Stress Reduction Series!

Tuesdays , 11/10-12/15
12:15-12:45

Participate in person or virtually! You can join in live or get access to do on your own time. Contact the MCC for more details!



Simple Nutritious Recipes

Unstuffed Peppers



Ingredients

- Lean Ground Turkey
- Seasoned with: Cayenne, Cumin, Chili powder and black pepper
- Jasmine or preferred Rice of choice
- Red, Green & Yellow Bell Peppers

Optional: Top with cheese, tomato sauce and/or hot sauce!

Be Well is an employee wellness program provided through your employer designed to provide you with individualized tips and tools to help you with personal health & wellness goals!

Be Well Wellness

