

# Giving Thanks WELLNESS

Giving thanks to improve our community

LiveWELL  
November 2020



Take charge of your health and put yourself on the path to wellness. Health and wellness means living life fully with vitality and meaning. Wellness looks different for each individual and evolves as our lifestyles change.

Giving thanks is a simple gesture we can do to practice gratitude. Practicing gratitude is beneficial not only to the people we are giving thanks to, it is also good for our health.



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Four ways to practice gratitude this season

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There are many ways to show appreciation to those in our lives. What we do does not need to be grand or expensive. Check out some simple gestures you can try to express gratitude to those in your life and your community.

- 1. Gratitude Turkey Craft Activities for the Family** It's important to practice gratitude always, but the Thanksgiving holiday is a particularly special time to highlight the things that we are grateful for. To make practicing gratitude fun, make an arts and crafts turkey from scratch or by using a Turkey on The Table. Have everyone write one thing they are grateful for on each feather. Once the turkey has a full feather tail, display it in the middle of the table on Thanksgiving and read through what everyone wrote.
- 2. Send a message or make a call** A message or call to a friend or colleague thanking them for what they add to your life will not only brighten your day but will brighten your spirits and relay your appreciation for them.
- 3. Leave a thank you note and treat for front line workers** Our front-line workers have continued to work to support our community. We can show our appreciation by leaving them a small note and/or token of appreciation. For example: Leave a note and cookies at your local fire station.
- 4. Send an email to your child's teacher or an educator you know** It has been a year of transition for everyone—especially parents of school-aged children, kids, and educators. Teachers have faced significant challenges with a shortage of resources available for students. A short note of appreciation would go a long way to bring a smile to their faces.



"Gratitude improves physical and psychological health" -Forbes.com

Info derived from thriveglobal.com



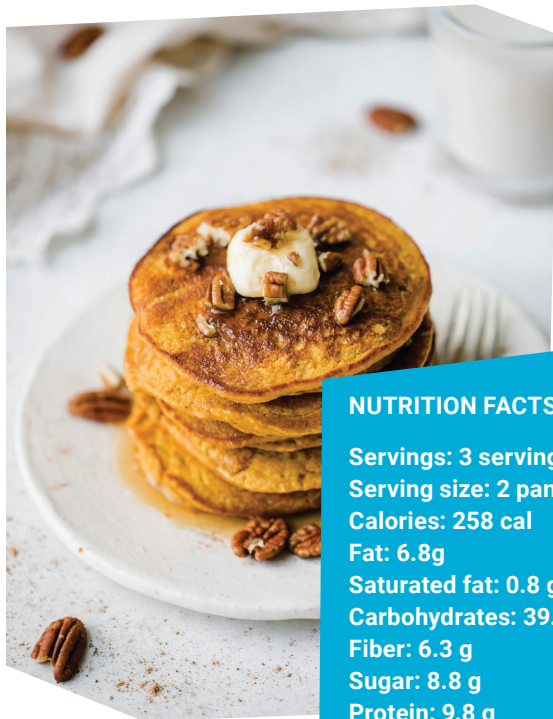
# EatWELL

A healthy fall recipe for breakfast or brunch!

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The fall is the season for all things pumpkin-flavored—especially as we approach Thanksgiving! To add to your pumpkin-flavored favorites, try this healthy recipe for Pumpkin Oatmeal Pancakes that anyone can enjoy for breakfast, brunch, or, even breakfast for dinner!



## NUTRITION FACTS

**Servings: 3 servings**  
**Serving size: 2 pancakes**  
**Calories: 258 cal**  
**Fat: 6.8g**  
**Saturated fat: 0.8 g**  
**Carbohydrates: 39.6 g**  
**Fiber: 6.3 g**  
**Sugar: 8.8 g**  
**Protein: 9.8 g**

## PUMPKIN OATMEAL PANCAKES

*Recipe and photo courtesy of ambitiouskitchen.com*

### INGREDIENTS:

- $\frac{3}{4}$  c pumpkin puree (pure pumpkin with no added sugars)
- 2 large eggs
- $\frac{2}{3}$  c unsweetened vanilla almond milk or your milk of preference
- 2 tsp vanilla extract
- 1 tbsp pure maple syrup
- $1\frac{1}{2}$  c rolled oats
- 2 tsp baking powder
- 1 tsp cinnamon
- $\frac{1}{2}$  tsp nutmeg
- $\frac{1}{2}$  tsp allspice
- $\frac{1}{2}$  tsp ground ginger
- $\frac{1}{4}$  tsp salt or use  $1\frac{1}{2}$  teaspoon of pumpkin pie spice
- olive oil for cooking

### DIRECTIONS:

1. Place all ingredients into a blender and blend until the batter is nice and smooth for about 1 minute.
2. Add olive oil or coconut oil to a griddle or large nonstick pan and place over medium heat.
3. Add pancake batter  $\frac{1}{3}$  cup at a time.
4. Cook for about 2-3 minutes or until golden brown and tiny bubbles appear around the edges.
5. Flip and cook for 2 more minutes.
6. Serve pancakes with pecans, butter (or my personal favorite: peanut butter), and a drizzle of pure maple syrup.
7. Enjoy!



# PlayWELL

November for Mustaches

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November can also be recognized as "Movember," the month when people grow out their mustaches! However, there is a symbolic meaning and purpose behind the fun of seeing everyone grow out their facial hair. Movember is aimed around raising awareness for men's health in the areas of mental health, testicular cancer, and prostate cancer.

One of the ways to support this cause is by 'making a move' and walking or running over 37.3 miles or 60 km. 60 km is representative of the 60 men that lose their lives to suicide every hour around our world.

This November we can get moving with a purpose greater than ourselves and help raise money to support health projects aimed at addressing these issues. You can show your support by walking or running over 60 km or donating funds this November! To sign up or learn more information about Movember visit [camovember.com](http://camovember.com)



**The Movember Movement aims to reduce the number of men dying prematurely by 25%.**





# WorkWELL

Five innovative ways employers are practicing health and wellness

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If you missed our recent WorkWELL Webinars you can watch them at [phoenixchamberfoundation.com/workwell](https://phoenixchamberfoundation.com/workwell)

## SPOTLIGHT ON U-HAUL

U-HAUL focused on promoting health and fitness for team members through the COVID-19 pandemic. Here are the five steps they took to prioritize wellness!



BlueCare Anywhere Kiosk Room

1. We understand that medical care is of vital importance to our team, particularly during a pandemic. As such, U-Haul covered the costs of telemedicine visits with our medical partner for all U-Haul Team Members and their families.
2. We have added a "BlueCare Anywhere Kiosk Room" to the U-Haul Midtown Campus in Phoenix, as well as at the U-Haul Technical Center in Tempe. These rooms serve as a private space for Team Members to visit with doctors. They also function as spaces for Team Members to receive counseling, legal guidance, or financial services through U-Haul's Employee Assistance Program, a company-funded program to promote overall health.
3. Since gyms have been closed, we added a fitness app subscription option to our Get Fit program, which is a workout-reimbursement incentive. This allows Team Members to continue exercising from the comfort of their homes or favorite outdoor spaces while still receiving help to cover the costs of any fitness memberships.
4. We are hosting 1-2 webinars per month focusing on a range of topics. U-Haul partners with many different vendors to cover subjects like mental health; how to eat healthily on a budget; parenting challenges and solutions; financial well-being; dental health; healthy aging; and much more.
5. In early 2021, we expect to complete construction on the U-Haul Conference & Fitness Center on our Midtown Campus in Phoenix. This state-of-the-art complex will showcase a full gym with an indoor running track, basketball courts, weight training, group fitness rooms, a medical clinic, conference rooms, and more. This is another way we can offer our team the tools to achieve fitness goals and maintain a healthy work-life balance. Once the facility is completed, U-Haul hopes to host Wellness AtoZ forums when in-person events are acceptable. We care about the health and happiness of our Team Members, as they are our main priority.

Many of our Wellness AtoZ employers have taken steps to implement health and safety efforts in response to the COVID-19 pandemic and we encourage you to share with us! Email us at [info@wellnessatoz.org](mailto:info@wellnessatoz.org) and let us know the innovative ways your company has supported your wellbeing. Look for us to highlight your efforts on our social sites!

## WELLCommunity Share the love

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November is a special month because it includes the Thanksgiving holiday. A holiday to reflect on those things that we are grateful for and to remind us to give back and share the love with those around us. Valley of the Sun United Way created an opportunity for the community to share the love by making a family food box for a family in need. Being able to enjoy a nutritious meal around the table with family is very special and as a community, we can help families create these memories by providing those in need with a family food box. Learn more here!

"Time around the table is time for making memories."  
-Valley of the Sun United Way



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LIVWELL NEWSLETTER EN ESPAÑOL  
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[www.WellnessAtoZ.org](http://www.WellnessAtoZ.org)  
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