

Fight those **WINTER BLUES**

There are a number of things that contribute to the “winter blues.” The letdown after the holiday season and living in a cold climate are two of the major culprits.

The Licking County Wellness Coalition, spearheaded by the Licking County Health Department, recently published a newsletter with a great article about how to tackle the winter blues to keep your mind and body healthy. The article originated from Discovery Health, and is printed here with only minor revisions:

As the days get shorter, it is easy to experience some sadness as moments in the sun get fewer. The sun helps us produce vitamin D, essential for health and well-being. Many get stuck in a rut in the wintertime with less outdoor stimulation. Here are some helpful hints on ways you can beat those winter blues:

- **Paint your walls.** Bright colors are sure to bring happy thoughts to mind and light colors reflect the sunlight.
- **Get moving.** Exercise is essential year-'round, but it is particularly important in the winter time because it releases serotonin in the brain. This release will give you that extra kick to beat those seasonal blues. Also, try spending some time outside each day. Even if it is cloudy, the light will help.
- **Eat the right foods.** You might feel the need for sugary treats and drinks in the wintertime to boost your mood, but this is a short-term solution to a long-term problem. It might give you a temporary lift, but the low will be really low. Make healthy food choices that will help your body create serotonin, such as nuts, beans, lots of veggies, and whole grains.
- **Get out of the house.** It is easy to hibernate, but it is important to get out. You could also try picking up an indoor hobby, such as knitting or crossword puzzles, to keep your mind focused.
- **Get a massage.** It's not only a sure way to relax those tired muscles, but also calms the mind, removes toxins and releases serotonin in the brain.
- **Use herbs to boost your mood.** Herbs have a long history of helping the mind, body and spirit naturally. Here are some that combat the winter “blahs” and stress, which deplete our bodies from the resources it needs to stay happy and

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January LCBDD Staff Member of the Month *Lynn Ridenbaugh*

Lynn Ridenbaugh uses tremendous creativity in her position as Workshop Specialist in Adult Services.

For that, Staff Council has selected her as the January LCBDD Staff Member of the Month.

“Lynn is always coming up with wonderful ideas to train and teach the individuals we serve in ways that benefit them,” explains her anonymous nominator. “For example, she taught a self-esteem class, and had her crew members act out a play that showed the meaning and importance of good self-esteem. She also assisted her crew in creating a beautiful quilt. These and many other activities have truly helped to strengthen individuals’ lives in so many ways.”

Congratulations, Lynn! You are very worthy of this honor.



January LICCO Team Member of the Month *Gary Reinbold*

Gary Reinbold was chosen as the LICCO Team Member of the Month for January. His positive attitude and work ethic earned him the honor, according to his supervisor.

“Gary works hard to improve the skills he needs to seek employment in the community,”

explains Workshop Specialist Chris Lee. “He has put an emphasis on improving his computer skills, productivity, and the quality of his work.”

Gary is a Heath resident who has worked at LICCO for two years. Congratulations and thank you for your hard work!

LOOK WHAT'S INSIDE:
Comfort food recipes, health-related topics,
staff anniversaries, and a whole lot more!



'Thumbs Up!' to **Melissa Martin** (Service Coordination) for working really hard to get a house set up for some gentlemen coming to Licking County to live. Also, a big thanks for the use of her truck to move another gentleman who was moving locally! 'Thumbs Up!' to **David**

McManus (Administration). He has not been a Service Coordinator for four years, but I still have a family who talks about the wonderful support they received from him. Thanks to the great working relationship David built with this family, I am able to enjoy a great working relationship with them too!

- **Abby Spear** (Service Coordination)

'Thumbs Up!' to **everyone in Service Coordination** for making me feel very welcome and helping me learn the position!

- **Ashley Washburn** (Service Coordination)

'Thumbs Up!' to **Debbie Neighbarger** (Adult Services). Debbie is a cleaning machine, and takes it upon herself to clean at LICCO. Often you can see Debbie after or before hours cleaning tables, chairs, refrigerators and microwaves. Way to go, Debbie!

- **Daryl Waterman** (Adult Services)

'Thumbs Up!' to **Consumer Support Services**, and **Silvia Murrey**, **Abby Spear** and **Melissa Martin** (Service Coordination) for all their hard work in establishing a new home. 'Thumbs Up!' to **Community Living Experiences** and to **Tacie Thorne** (Service Coordination) for all they've done for an individual we are newly serving.

- **Kristen Morris** (Service Coordination)

'Thumbs Up!' to **Beth Tharp** and **Beth Hopkins** (Adult Services) for their knowledge and eagerness to help as well as their willingness to go that "extra mile!"

- **Keith Kokensparger** (Adult Services)

'Thumbs Up!' to **Shelley Hummel** (Administration) for keeping tabs (pun intended) on the Accent mailing list. A huge 'Thumbs Up!' to **Beth Rutter** and **Caley Norton** (Early Intervention) for their help with the new "Johnstown Snapshots" publication. 'Thumbs Up!' to **Gary Wimer** (Adult Services) for his outstanding outreach efforts to Newark Kiwanis earlier this month, and his awesome interview with WNKO news director Dave Doney on the "Inside View" radio program. 'Thumbs Up!' also to **Pam Herdman** and **Brian Henry**, two individuals we serve, for their testimonials to the Kiwanis group about the importance of hiring people with developmental disabilities.

- **Heather Odendahl** (Administration)

'Thumbs Up!' to **Denise Rose** (Adult Services) for her hard work on the Candy Cane-O-Gram. She raised money for "Angels in Action" with the sale of candy canes. Thanks, Denise, for a great job of paying it forward!

- **Angie Watson** (Adult Services)

Martin reappointed to DODD

Earlier this month, new Ohio Gov. John Kasich reappointed John L. Martin as Director of the Ohio Department of Developmental Disabilities (DODD).

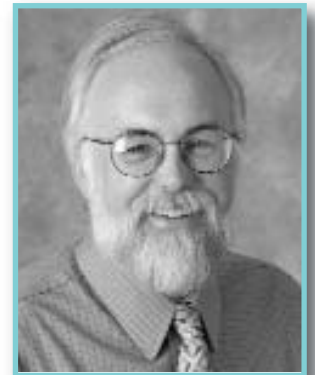
He was first appointed to the post in 2007 by then-Gov. Ted Strickland, and is well-respected by officials in the developmental disabilities field throughout the state.

"Director Martin has demonstrated solid leadership to our service system over the past four years, and the OACB Board of Trustees and staff are pleased that we will continue to have the opportunity to work with John," said Dan Ohler, executive director of the Ohio Association of County Boards Serving People with Developmental Disabilities (OACB) in a memo to county board superintendents.

In reappointing Martin, Gov. Kasich said: "John's record of accomplishment is highly impressive. He understands many of the challenges faced by Ohioans with developmental disabilities and their families. John is a man of great character, and I look forward to him serving in my cabinet."

Director Martin is from Toledo, and previously served as executive director of Sunshine Inc., a private, non-profit service provider in northwest Ohio. He also is the parent of an adult child with developmental disabilities.

Martin's educational background includes a bachelor's degree in Special Education from Illinois State University, and a master's degree in Community Psychology from Temple University.



January staff anniversaries

Lisa Dunaway (15), **Nicki Forrer** (6), **Katie Jenkins** (5), **Carolyn McCallister** (20), **Caley Norton** (11), **Gary Smith** (10).

Editor's Note: These listings indicate the staff members' most recent hire date, although some have prior years of service to the LCBDD or other public/government entities.

Comfort food that's good for you

By **Heather Odendahl** (Administration)

Almost everyone loves “comfort food.” But in this season of trying to stick to new year’s resolutions, that term may not seem synonymous with the word “diet.” I’m not an expert, but I have a lot of practice learning easy ways to lighten up a variety of recipes – many of which could be considered “comfort foods.” Following are two recipes that won’t mess with your resolutions too much. Both were taken from other sources and adapted for those who want lighter fare. Enjoy!

Lite Mac & Cheese

Yield – About 8 servings (as a side dish)

Ingredients:

- 8 oz. elbow macaroni (about two cups)
- 1/2 tsp. sea salt
- 1 (12 oz.) can reduced-fat evaporated milk
- 3/4-cup fat-free milk
- 1/4 tsp. dry mustard
- 1/8 tsp. garlic powder (optional)
- 2 tsp. cornstarch
- 8 oz. light cheddar cheese, shredded

Directions:

Bring 2.5 quarts of water to a boil in a large saucepan. Add sea salt and pasta to the boiling water. Cook, stirring often, until the pasta is completely cooked and tender (according to package directions). Drain the pasta and leave it in the colander; set aside. Add the evaporated milk, 1/2 cup of the fat-free milk, dry mustard, garlic powder (if using), and 1/2 tsp. sea salt to the now-empty saucepan. Bring the mixture to a boil, then reduce to a simmer. Whisk the cornstarch and remaining 1/4 cup milk together, then mix it into the simmering mixture. Continue to simmer, whisking constantly, until the sauce has thickened and is smooth, about two minutes. Off the heat, gradually whisk in the cheddar until melted and smooth. Stir in the macaroni, and let the macaroni and cheese sit off the heat until the sauce has thickened slightly (about 2 to 5 minutes) before serving.

Nutritional information per serving: Calories -- 171; Fat -- 5.5 g; Protein -- 13.5 g; Carbohydrates -- 18 g; Fiber -- 0.5 g.

Oven-Fried Chicken

Yield -- 4 servings

Ingredients:

- 1 cup low-fat buttermilk
- 2 large egg whites, beaten (or 1/2 c. Eggbeaters)
- 1 c. all-purpose flour (about 4.5 oz.)
- 1/3 cup cornmeal
- 1 tsp. salt, divided
- 3/4 tsp. freshly-ground black pepper
- 2 chicken breast halves, skinned (about 1 pound)
- 2 chicken thighs, skinned (about 1/2 pound)
- 2 chicken drumsticks, skinned (about 1/2 pound)
- 2 Tbsp. canola oil
- Non-stick cooking spray

Directions:

Preheat oven to 425 degrees. Cover a large baking sheet with parchment paper. Combine buttermilk and egg whites in a shallow dish; stir well with a whisk. Combine flour, cornmeal, 1/2 tsp. salt and black pepper in a separate shallow dish; stir well. Sprinkle chicken evenly with remaining 1/2 tsp. salt. Dip chicken in buttermilk mixture; dredge in flour mixture. Heat oil in a large non-stick skillet over medium-high heat. Add chicken to pan; cook four minutes on each side or until lightly browned. Place chicken on prepared baking sheet; lightly coat chicken with cooking spray. Bake at 425 degrees for 30 minutes or until chicken is done.

Nutritional information per serving (1 chicken breast half, or one drumstick and one thigh): Calories -- 450; Fat -- 12.4 g; Protein -- 50.3 g; Carbohydrates -- 34.6 g; Fiber -- 1.6 g.

Turkey Tacos

Submitted by **Louise Decker** (Administration)

Yield -- 6 servings

Ingredients:

- 1 Tbsp. canola oil
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 1/4 pounds lean ground turkey breast
- 1 (8 oz.) can tomato sauce
- 2 1/2 tsp. chili powder
- 1 1/2 tsp. ground cumin
- 1/2 tsp paprika
- Hot sauce, such as Tabasco
- Salt and freshly-ground black pepper
- 12 (6-inch) flour tortillas

Additional toppings: 2 c. shredded lettuce; 1 c. chopped tomato; 3/4 c. “Mexican-style” shredded cheese; 1/2 c. reduced-fat or lite sour cream; 1/2 c. finely chopped red onion; 1/4 c. chopped jalapenos; taco sauce or salsa.

Directions:

In a large skillet over medium-high heat, add oil. Saute the onion for 5 to 8 minutes, or until softened. Add garlic and saute for one minute. Add turkey and cook for 6 to 8 minutes, stirring frequently to break it up. Add tomato sauce, chili powder, cumin and paprika, and stir well to combine. Reduce heat to low and cook for 8 to 10 minutes, stirring occasionally. Season with hot sauce, salt and pepper. Meanwhile, wrap the tortillas in a damp paper towel and warm them in the microwave on high for 15 to 30 seconds. When ready to serve, place toppings in small bowls on the table. Layer about 1/3 c. of turkey in a tortilla and add desired additional toppings.

Nutritional information per serving (not including toppings): Calories -- 370; Fat -- 9 g; Protein -- 29 g; Carbohydrates -- 43 g; Fiber -- 3 g. Note: This recipe is from the American Cancer Society’s “Great American Eat Right Cookbook.”

Wellness Team notes

The LCBDD Staff Wellness Team recently met to discuss the December monthly challenge and to formulate the newest challenge that runs through February. Twenty staff members submitted completed forms for the December challenge -- a much greater response than during the previous contests. A drawing was held to distribute prizes. Here are the December winners of the cookbooks: **Angie Watson** (Adult Services), **Abby Spear** (Service Coordination); **Courtney Bidwell** (Early Intervention), **Krista Davis** (Adult Services), and **Shelley Hummel** (Administration). The big winners -- those who won the \$25 gift cards -- were **Lorrie Miller** (Service Coordination) and **Arletta Hinger** (Administration). Congratulations to all the participants and winners.

The latest challenge began Jan. 9 and ends Feb. 28. Forms were distributed via e-mail and interoffice mail. If you didn't get a form and list of rules, please contact **Louise Decker** (Administration). The purpose of these challenges is to foster healthier habits among staff, which is believed to ultimately lower health-care costs and absenteeism. Thank you to those staff members who have shown support for the Wellness Team's efforts.

During the recent monthly meeting, the Wellness Team also discussed a proposal before the Board to reimburse staff members who are attending traditional Weight Watchers classes. The issue will be addressed by the Board during its January meeting, and Louise will communicate the outcome to staff. Stay tuned.

LICCO 5K early registration begins

LICCO has set the date for the third-annual Spring Fitness 5K Walk/Run to benefit "Citizens for Developmental Disabilities." It will be held Saturday, April 23. The race starts at 9 a.m. at the Sharon Valley Road/Rotary Park shelter house on the Newark Campus of The Ohio State University and Central Ohio Technical College.

Already, early registrations are being accepted for just \$15 through March 1. If you register on March 2 or later, the cost is \$20. On April 22 and 23, the fee is \$25. You can register online at: <http://premieraces.com/2011Races/springfitness.html>.

The LCBDD Staff Wellness Team will be distributing brochures and registration materials, but we could use your help. If you can help us promote the 5K, we'd appreciate it. Please contact your component's Wellness Team representative to get extra copies of the materials:

- Administration/Early Intervention -- **Louise Decker, Diane Dodson, Gary Smith** and **Barb Luce**.
- Service Coordination -- **Mary Spain** and **Kristen Morris**.
- Adult Services -- **Gary Wimer**.

The 'greater good'

During the holiday season, generous LCBDD staff from the various components participated in activities to benefit others. Here's a wrap-up:

- In keeping with tradition, the **Service Coordination staff**

organized an angel tree. **Kristen Morris** reports that staff and **People First members** purchased gifts for 14 people.

- **Administration and Early Intervention staff** teamed up with the City of Newark Division of Police to sponsor two families this past Christmas. The families used the money that was raised to buy essential items. Special thanks to **Clair Miller, Tina Ballmer, Leslie Redman, Wes Luce, Sgt. John Brnjic** and **Cpt. Al Zellner** from the Newark PD.
- In Adult Services, the **CES staff** held their traditional Cane-O-Gram to benefit "Angels in Action." The group raised about \$75, down a bit from previous efforts. "That goes with the economy," explained organizer **Denise Rose**. "The way I see it -- even though sales were down, every dollar can make a difference in someone's life."

Staff new year's resolutions

Those promises made to yourself at the beginning of a new year sometimes include healthy habits and wellness initiatives. Other times they are resolutions to do something you've always wanted to do. We asked LCBDD staff to submit their new year's resolutions, and two ambitious coworkers obliged. Here they are:

"I want to run a 5K race this year. I didn't make it last year so I hope to run the LICCO 5K at the end of April. My plan was to run the Turkey Trot in Granville on Thanksgiving Day, but the weather was so bad I skipped it. I'm like the tortoise -- not fast, just slow and steady. This is my new year's resolution and turning-60 goal! Wish me luck and have medics and oxygen available!"

- **Barb Luce** (Administration)

I've been planning to start a book club for months. I made a resolution to get it running immediately with the new year. The "Well Red" Book Club (red is really not misspelled -- it's a wine pun) will be meeting the fourth Tuesday of every month from 6 to 7 p.m. at the Buckeye Winery. For more information or to join, please contact me.

- **Kristen Morris** (Service Coordination)

'Winter blues' (continued from page 1)

healthy (consult your doctor first):

- St. John's wort -- a great natural mood enhancer that has been used for years to fight off depression, help with sleep, and reduce stress. It can have side effects, but is typically safe.
- Milk thistle helps remove toxins from the liver and also helps fight off depression.
- Rose can give a nice energy surge throughout the day.
- Lavender helps calm the mind and reduce stress.
- Chamomile is great to drink before bed to help get a restful night's sleep. It also helps calm the mind and reduce anxiety and tension.

Remember to smile, breathe deeply, and spend time with friends and family. Happy winter!

The Staff SCOOP

This month, we put four LCBDD staff members in the spotlight. Each staff member was randomly-selected. They were given questionnaires and instructed to answer any of the questions they preferred. Almost all answers appear in their entirety, but may be slightly edited, particularly for brevity. We anticipate completing all staff SCOOPs within the next few months, but will feature new staff and/or contractors whenever necessary. We plan to replace this feature with something equally fun, so stay tuned!



Mike Edgar

- **Component:** Adult Services
- **Title:** Operations Manager
- **How long have you worked for the LCBDD?** 10 years and three months.
- **What do you like best about your job?** The daily contact with the clients we serve – they can brighten up any day.
- **Where did you grow up?** I have never grown up.
- **First job:** My first job was with

Anchor Hocking in their Engineering Department. I traveled about 80 percent of the time. I'm very happy to just drive to Newark every day now.

- **What did you want to be when you "grew up?"** The Operations Manager at LICCO.
- **Who was/is an influential person in your life?** My late wife, Nancy. She was everything to me.
- **Biggest pet peeve:** None – being "peevd" is a waste of energy.
- **If you could meet any person (past/present), who would it be?** I think Jesus; I'd like to hear the story firsthand.
- **Tell us about your family/pets:** No pets. My son John just finished his first quarter at the main campus of OSU. Go Bucks!
- **Hobbies/interests:** Sports, music, work.
- **Favorite book and/or author:** Clive Cussler – fun to read and escape into.
- **Favorite movie(s):** "Father Goose," with Cary Grant.
- **Favorite TV show(s):** "NCIS" – more escapism.
- **Favorite musical genre and/or artist:** Van Morrison, CCR, Moody Blues, Allman Bros., just to name a few. You can probably tell my generation from this list.
- **Favorite food(s):** Chinese
- **Worst food(s):** I didn't know there was such a thing.
- **Favorite vacation spot:** Haven't found it yet – I'll keep looking.
- **If I won the lottery, I would ...** Remodel all of the bathrooms at LICCO, buy new doors and add a warehouse. Then go to the Caribbean for six months.



Heather Weaver

- **Component:** Adult Services
- **Title:** LPN
- **How long have you worked for the LCBDD?** Three years last November.
- **What do you like best about your job?** There is something new everyday!
- **Where did you grow up?** Zanesville
- **First job:** Helping my mom work at the baseball concession stands and babysitting.

- **What did you want to be when you grew up?** A teacher
- **Favorite inspirational quote/word of advice:** "Good things happen to those who wait!"
- **Family/pets:** I married my high school sweetheart on August 9, 2010, after being apart 17 years. I have two sons, Noah (12) and Jonah (11); and one stepdaughter, Alexis (12). We are expecting a baby in early June. We also have one cat named Buttercup.
- **Hobbies/interests:** I enjoy scrapbooking, going to my kids' many activities, and spending time with my family.
- **Favorite book and/or author:** I have never been much of a reader but i have recently started the series *Twilight*.
- **Favorite movie(s):** "Steel Magnolias" and "Gone with the Wind."
- **Favorite TV show(s):** "Grey's Anatomy," "Private Practice," and Law and Order SVU."
- **Favorite musical genre/artist:** I like all varieties of music.
- **Favorite food(s):** Seafood, pizza and pasta.
- **Worst food(s):** I am not a big fan of crunchy things in my food.
- **Favorite vacation spot:** I would like to go to Hawaii and go on a cruise.
- **If I won the lottery, I would ...** Take care of my family and children financially and just enjoy my family.



- Check out the other two SCOOPs on page 7 -



Deb Tehrani

- **Component:** Administration/ Licking County Children & Families First Council
- **Title:** Clinical System Services Director
- **How long have you worked for the LCBDD?** Two years in December.
- **What do you like best about your job?** I love the challenges, watching the accomplishments of the teams I work with, and being able to support

families and systems' growth.

- **Where did you grow up?** Manassas, VA
- **First job:** Dairy Queen, if you don't count babysitting.
- **When you were a child, what did you want to be when you "grew up?"** A parent of 12 and world-wide traveler, preferably National Geographic journalist -- I think I may have imagined someone like Angelina Jolie before she even existed.
- **Who is/was an influential person in your life?** My mother. She focuses on the future and is always planning her next adventure, even at 82.
- **Favorite inspirational quote/word of advice:** "Never say never," and "Dare to dream."
- **Biggest pet peeve:** Littering
- **If you could meet any person (living in the past or present), who would it be?** This takes more time...big decisions.
- **Tell us about your family/pets:** My daughter, Justine (26) lives nearby with her Yorkie Poo, Mya; and my son, Derek (25) and pit bull, Caydence, live with me.
- **Hobbies/interests:** Reading, hiking and traveling.
- **Favorite book(s) and/or author:** My most recent favorite is *Small Wars*. It's an excellent and very deep read.
- **Favorite movie(s):** "Meet the Fockers," (NOT!)
- **Favorite TV show(s):** I'm not a TV watcher, but if I was, any crime show.
- **Favorite musical genre and/or artist:** Country, jazz.
- **Favorite food(s):** My list would be too long.
- **Worst food(s):** Things unseasoned, under or overcooked.
- **Favorite vacation spot:** It's almost always the last place I've been so right now, Turkey.
- **If I won the lottery, I would ...** travel more, live overseas and pay for family to visit.
- **Is there anything else you'd like to add?** Just that I feel very blessed and am thankful for all the opportunities I've had and will have, including working in Licking County with the Board of DD.



Chanda Busse

- **Component:** Service Coordination
- **Title:** Director of Service Coordination
- **How long have you worked for the LCBDD?** Since July 14, 2003 -- 7.5 years.
- **What do you like best about your job?** My favorite "real job" was my first in this field. I was a social worker for Franklin County Residential Services, and got to interact with people we serve on a daily basis. With my

job now, I don't get to see people every day. I miss that.

- **Where did you grow up?** Somerset, in Perry County.
- **First job:** Babysitter. I had a busy business all through high school. Then I worked in carryout, Dairy Queen, and cleaned all through college while life-guarding during the summers. I enjoyed lifeguarding -- I love being in the sun.
- **When you were a child, what did you want to be when you "grew up?"** A lot of things -- a teacher, a doctor, a mother and to work with people.
- **Who is/was an influential person in your life?** There have been many people who have influenced my life. Susie Burke -- she took a chance and hired me into this field and I have been there ever since.
- **Favorite inspirational quote/word of advice:** I have a few: "Fake it till you make it," "Be the change you want to see in the world," and "If you are going through hell, keep on going!"
- **Biggest pet peeve:** I don't have time for pet peeves.
- **If you could meet any person (living in the past or present), who would it be?** Jimmy Carter. He has very strong values and ideas how to make the world work.
- **Tell us about your family/pets:** I live in Lancaster, Ohio. My sister lives there also, and she has two boys who I spend a great deal of time attending wrestling and cross country events for. I have two large dogs. Isabelle is a labrador, and Genevieve is a Leonberger. Genny and Izzy keep me busy, and I have lots of siblings and extended family.
- **Hobbies/interests:** My dogs, walking and hiking with them, cooking classes, reading and crafts. Is work a hobby?
- **Favorite book and/or author:** I read two books during the holidays: *Safe Haven*, by Nicholas Sparks; and *Racing in the Rain* (don't remember who the author is). Both were very good. I like lots of books and authors.
- **Favorite movie(s):** The last one I saw was "Toy Story III." It is difficult to pick a favorite.
- **Favorite TV show(s):** "The Biggest Loser," and "The Nanny." Nothing too deep!
- **Favorite musical genre and/or artist:** All kinds -- a little country and a little rock-n-roll.
- **Favorite food(s):** I really like everything! I have am really liking Middle Eastern foods.
- **Worst food(s):** Lima beans
- **Favorite vacation spot:** Mexico -- Cancun was my favorite vacation. Any place with a beach. I really want to travel to other beach spots, wine country, Ireland, Scotland, Europe and Italy someday.
- **If I won the lottery, I would ...** I don't usually like to waste my money on this, but if I did, it would be fun to take my entire family on a big vacation and then take time off work to figure out how to spend the rest.

Coming in **FEBRUARY**

- More SCOOPs!
- New wellness and safety stuff.

Don't forget to:

- Send us a 'Thumbs Up!' to a worthy coworker
- Participate in the Wellness Team's January/February healthy habit tracker challenge.