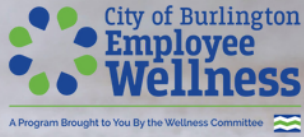


Recognize & Elevate Wellness Newsletter



DECEMBER

*"Be present in all things and
thankful for all things."
— Maya Angelou.*

- World AIDS Day: 12/1
- Chron's and Colitis Awareness Week: 12/1-12/7
- Day of Persons Living with Disability: 12/3
- Handwashing Awareness Week: 12/4-12/8
- Influenza Vaccination Week: 12/4-12/8
- Impaired Driving Prevention Month
- Safe Toys and Gifts Month

REMINDERS/OFFERINGS:

- **Employee Open Enrollment Period**- Open Enrollment will close on December 8, 2023. All changes made during open enrollment will become effective on January 1, 2024.
- **Financial Wellness Seminar:** The Fundamentals of Wills, Trusts, and Power of Attorney - 12/5/23 at 10:00 am.
- **Self-care:** Free On-Site Yoga Classes with **Sangha Studio** and Meditation Sessions using **Insight Timer**.
- **Health Podcast:** Feel Better, Live More with Dr. Rangan Chatterjee.

DID YOU KNOW?

No one sees identity theft coming. But you can protect yourself! Did you know there's a new victim of identity theft every 2 seconds? There's also significant emotional stress involved in identity theft, and managing stress is an essential part of overall health.

That's why Cigna teamed up with **IdentityForce**, a top-rated provider of identity theft protection. IdentityForce helps protect Cigna-covered employees and their dependents up to age 18 against identity theft and helps them fix any identity theft compromises - all at no additional cost.



[Click here to sign up!](#)

❄️ WELLNESS CHAMPION SPOTLIGHT ❄️



Barbara Shaw-Dorso, Conflict Assistance Program Coord-CAP, CEDO

Meet Barbara, a workplace wellness champion! In her commitment to fostering a healthy lifestyle at work, Barbara initiates a moment of quiet and meditation before each monthly CEDO staff meeting, enabling the team to set aside daily tasks and fully engage in their shared time. Beyond her workplace, Barbara's enthusiasm for Zumba® led her to the International Zumba® Convention in Orlando, offering four days of invigorating dance, meaningful connections, and rejuvenation. She also has a consistent commitment to walking, with a goal of 10,000 steps daily, resulting in her and her team winning first place in the 2018 City of Burlington Fitness Challenge.

Barbara's inspiration and dedication to a healthy lifestyle stem from her love for and from those in her life. Meaningful relationships motivate her to engage fully and nurture connections. Independence and self-motivation drive her to meet her physical and emotional needs, emphasizing the importance of staying active for a vibrant aging process. Barbara expresses gratitude for her robust health and is constantly reminded not to squander the precious gift of good health. While she anticipates a bicycle trip through the Maritimes in 2024, her focus remains on continuing her wellness journey, embracing fun, staying active, and seeking balance in all aspects of life. Join us in celebrating Barbara and her impactful contributions to our workplace and her community!

To nominate the recipient for the upcoming month's Wellness Champion Spotlight or offer suggestions for compelling content, we invite you to contact us via email at wellness@burlingtonvt.gov. Your input is invaluable in recognizing and celebrating City employees who consistently enhance workplace vitality and overall health!

THANK YOU FOR READING!

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." - Maya Angelou.



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