

















# Tulare County Employee Wellness Program

## Preventive Health

September 2022



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# Blood Cancer Awareness Month

September is Blood Cancer Awareness Month - a focused time for advocates and supporters of The Leukemia & Lymphoma Society (LLS) to raise awareness both locally and nationally about our efforts to fight blood cancers including Leukemia, Lymphoma, Myeloma and Hodgkin's disease.

One of our own Tulare County employees Suzanne LaMar-Schaeck would like to share her son's story:



*HUNTER LA MAR is/was an extraordinary young man with a heart of gold. He had just graduated from Bullard High School on June 5, 2017. A short time after his graduation, Hunter's life would be changed forever as he would be challenged in a way that he never imagined. On July 10, 2017, Hunter was diagnosed with Acute Myeloid Leukemia with the FLT3 mutation. We listened in disbelief at the road that was now in front of Hunter, and all of us. Over the next 28 days, Hunter battled his diagnosis, however lost his battle against cancer on August 7, 2017, at a young age of 17 years.*

*TEAM SHAGGY was formed in 2017, in memory of Hunter as a way for his family and friends, to continue to honor Hunter and continue his fight. Since forming, Team Shaggy has had the pleasure of meeting exceptional people, from LLS staff members, other team captains and teams, as well as many supporters within the community. With the support of LLS and the Light The Night Walk, Team Shaggy has been given an opportunity to continue to raise awareness and funds for cancer research. Each year we participate in Light The Night Walk as a way of honoring Hunter, keeping his memory alive and continuing his fight towards one day finding a cure for cancer.*

*HUNTER had a passion for many things; music/guitar, helping others to name a few. He always brought a smile to people and he definitely left his 'mark' on many throughout his shortened life. His caring/giving nature, courage, strength, and wisdom were beyond his years. Hunter faced each day with his unique style and made each day an enjoyable memory to those who knew and loved him. Hunter never allowed his diagnosis or treatment to change who he was and continued to show his bravery and strength each day he battled. I am confident that Hunter would not want the battle against cancer to end with his passing. Hunter would want to continue to raise awareness and help to further the research of not only Leukemia, but all cancers, in hope of finding a cure.*

*Team Shaggy will always be in memory and honor of Hunter, no amount of awareness or research can change Hunter's story. However, Hunter's fight will continue through Team Shaggy and all those that know, love and support Hunter. We hope to continue to move forward towards finding a cure for cancer with the hope of changing the stories of those lives who have been touched by a cancer diagnosis. My family and I have chosen to walk at the Light The Night Walk in memory of and to honor Hunter by continuing his battle towards a cure.*

*As HUNTER'S "Momma" and Team Captain of Team Shaggy, I would like to thank you for your continued support.*

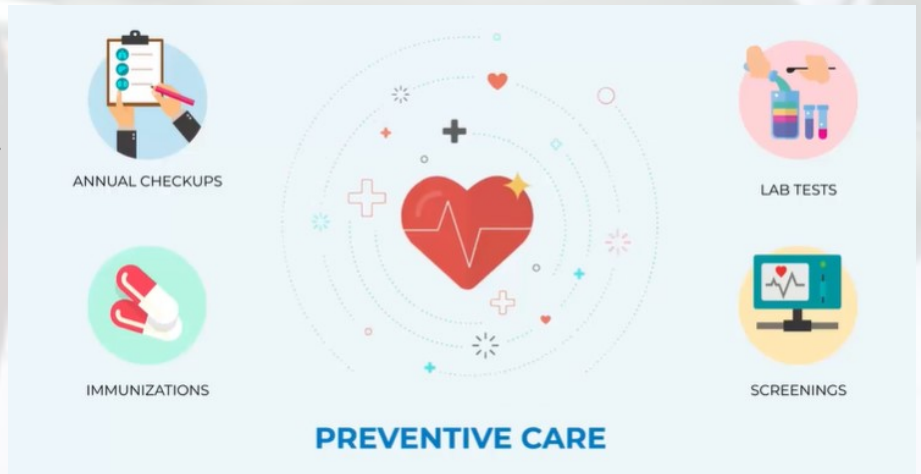
\*The annual blood drive is scheduled September 1-3. However, any donations all year long can reference Team Shaggy. Donations can be made at any Central Valley Blood Center. If someone chooses to donate, they just need to let the person know at check in that they are donating for Team Shaggy.\*

# VIDEOS

## What is Preventive Care?

“Preventive care” might bring about some anxiety and lots of questions. Check out the following video to learn more about preventive care insurance and services, how they work, and how they relate to your healthcare.

To watch the video, access the following link:  
[What is Preventive Care?](#)



## What is the Difference Between Wellness and Preventive Care?



Maybe you have heard the terms “Wellness” and “Preventive” when it comes to healthcare, but what’s the difference between them?

Click the following link for a quick insight on the difference: [What Is the Difference Between Wellness and Preventive Care?](#)





# ARTICLES

## Know Your Numbers

Being aware of your blood sugar, blood pressure, and cholesterol can help you make choices without worry, and can give you confidence to learn from your actions. Click the following link to learn more about your numbers: [Know Your Numbers](#).



## 5 Ways to Make your Teeth Stronger-Really!

Taking care of your teeth isn't just child's play — you can continue to strengthen our smiles all through adulthood. The key to keeping your teeth strong? Pay attention to the outer surface, called the enamel, which protects your teeth from decay. Of course, regular brushing and flossing are very important, but diet and certain health conditions can have an impact on tooth health and strength, too.

To read the full article, access the following link: [5 Ways to Make your Teeth Stronger – Really!](#)



## Skin Cancer Prevention: Care Instructions

Skin cancer is the abnormal growth of cells in the skin. It usually appears as a growth that changes in color, shape, or size. Skin cancer is almost always curable when found early and treated. So it is important to see your doctor if you have any of these changes in your skin.

Skin cancer is the most common type of cancer. It often appears on areas of the body that have been exposed to the sun, such as the head, face, neck, back, chest, or shoulders.

The following article shares some prevention methods for Skin Cancer: [Skin Cancer Prevention: Care Instructions](#).



## Back Care and Preventing Injuries



You can hurt your back doing many everyday activities: lifting a heavy box, bending down to garden, exercising at the gym, and even getting out of bed. But you can keep your back strong and healthy by doing some exercises. You also can follow a few tips for sitting, sleeping, and lifting to avoid hurting your back again.

Talk to your doctor before you start an exercise program. Ask for help if you want to learn more about keeping your back healthy.

To read the full article on preventing back injuries, access the following link:

[Back Care and Preventing Injuries: Care Instructions](#).



# Cauliflower Chili

**PREP: 10 MINUTES**

**COOK: 10 MINUTES**

**SERVES: 6 SERVINGS**

## INGREDIENTS:

- 2 tbs avocado oil
- 2 cups small-medium cauliflower florets
- 1 large sweet potato, cut into 1/2 to 1 inch pieces
- 1 yellow onion, coarsely chopped
- 3 garlic cloves, minced
- One 28-oz can fire-roasted diced tomatoes
- One 15-oz can black beans, drained and rinsed
- 2 tbs chili powder
- 4 tsp ground cumin
- 1/2 tsp chipotle chile powder
- 1/4 tsp sea salt

### *Optional, for serving:*

- Sour cream
- Fresh (or frozen and thawed) corn kernels
- Chopped fresh cilantro
- Avocado slices
- Shredded cheddar

## DIRECTIONS:

1. Heat the avocado oil in a large pot over medium-high heat. Add the cauliflower, sweet potato and onion, and cook, stirring occasionally, until the veggies begin to soften and the onion starts to brown, 8 to 10 minutes. Add the garlic and cook for about 3 minutes.
2. Add 2½ cups (600mL) water, the diced tomatoes, black beans, chili powder, cumin, chipotle chile powder and salt. Bring to a boil, then reduce the heat to maintain a gentle simmer. Cook until the chili thickens a bit and is less watery, 5 to 10 minutes.
3. Transfer to individual bowls and serve with the desired toppings: sour cream, corn, cilantro, avocado slices and cheddar. The chili will keep in an airtight container in the fridge for about a week.



# COMING SOON

## EMPLOYEE FLU CLINIC DATES COMING SOON FOR THE MONTH OF OCTOBER!

Annual Vaccines and Rite Aid Vouchers will be available!



**HHSA**  
Public Health



**HUMAN RESOURCES  
& DEVELOPMENT**  
TULARE COUNTY

