



Straus Family Creamery's Mission: **"Keep employees healthy and happy"**

Straus Family Creamery launched its employee wellness program six years ago. Since then it has absolutely blossomed, and grown to include quarterly lunch-and-learns; group activities such as family bowling night; family hikes; a yearly biometric screening-wellness event; subsidized gym membership options; company-sponsored soccer and co-ed softball teams; participation in local 5K and half-marathon events; and start-of-the-day stretches.



Over time, we have grown our program to promote a work culture that has a focus on healthier lifestyles. We do this by providing fun, engaging events that promote advocacy, team building and friendly competition.

"Mooove it or Lose it"

Last year we launched our *Mooove It or Lose It* newsletter, which includes short informational articles on healthy eating, exercise, mental health and stress management; notices about upcoming company events and local activities; a schedule of monthly webinars from our Employee Assistance Plan/EAP provider; and inspirational quotes.

In 2017, we added a monthly theme from which we plan our goals and lunch-and-learns, and a quarterly community focus goal to help motivate employee involvement in the community. To generate more team engagement, we also added spirit days and



plan to create an internal wellness library with books, videos, and other wellness related material.

Healthy Competition

For the last three years we have participated in a series of county-wide wellness challenges called Live Healthy Wine Country that is coordinated by St. Joseph Health, as a way to encourage and increase employee activity levels through healthy competition among participating companies.

Each year we strive to increase our employee participation in Live Healthy Wine Country by offering more incentives, and we're proud to report, that in 2017, we have almost 50 percent company participation! In addition to competing for the top spot in the challenge for the county, we also conduct internal competitions in categories such as most active employee, most active team, and even the "biggest loser" (participant with the most weight loss).

Our annual biometric screenings and flu shot clinics also draw strong participation and help educate our team. Our benefits broker team at Sequoia LLC, and our Kaiser representatives are on hand at these events to provide



MOOOVE IT OR LOSE IT



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UPCOMING EVENTS

March 7th: L&L - Healthier Eating
March 8th: Open Enrollment
March 17th: SFC Spirit Day - Wear GREEN
March 30th: Immigration Workshop - with Canal Alliance
National Nutrition Month
American Red Cross Month

IMPORTANT HAPPENINGS THIS MONTH AT STRAUS

Open Enrollment sessions will be held in Petaluma and Marshall.

We plan to have attorney **Alyssa Simpson from Canal Alliance** join us for an immigration workshop in Spanish for anyone interested in inviting friends and family. *Interested? Sign up sheets* are located in Warehouse/Pet Kitchen, Marshall Break Room.

Please join us for our **WEAR GREEN** spirit day for St. Patrick's Day!

Don't forget to log in your activity and/or weight loss for our **10 Week Challenge**. Competition is fierce and we are in the last half of the challenge.

"What you do today can improve all your tomorrows"

HATE EXERCISE? 5 TIPS THAT MAY CHANGE YOUR MIND

So how can you stop being a hater and get over exercise aversion? You don't have to be a gym hero to get enough physical activity to improve your health.

<http://healthforgood.heart.org/move-more/articles/5-tips-to-love-your-exercise>

HOW TO COOK HEALTHIER AT HOME

You don't have to be an experienced cook to prepare something everyone will love. Anyone can learn to cook healthy - yes, even you.

<http://healthforgood.heart.org/eat-smart/articles/how-to-cook-healthier-at-home>

4 TYPES OF FOODS TO HELP BOOST YOUR MEMORY

If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons, including genetics, level of physical activity and lifestyle and environmental factors.

<http://www.catript.org/resources/health/wellness/health-aging/memory-boosting-foods>

TEN WAYS TO DE-STRESS AT WORK

One of the secrets of effective stress management at work is finding ways to incorporate a variety of stress-reduction techniques into your workday.

<http://www.dummic.com/health/mental-health/ten-ways-to-de-stress-at-work/>

TEAM NEWS



Thank you to everyone who joined us in celebrating Straus Family Creamery's 23rd anniversary. We had an amazing time thanks to all of you!

MONTHLY GOAL

This month your goal is...

Stretch every morning and night

Focus on stretching at the start of your day and at the end of your day - even if just for five minutes.

COMMUNITY SUPPORT

In honor of National Blood Donor Month this quarter please show your support at the local Blood Banks/clinics/hospitals, send us your photos and receive your Straus fun incentive!
You have until March to get us your photos.

MONTHLY WEBINARS FOR MARCH 2017

03/09/17 - 12 pm: Learning to say "no": An important life skill
03/14/17 - 12 pm: Raising resilient teens
03/23/17 - 12 pm: Change: How to adapt, cope and respond
03/28/17 - 10 am: The power of positive thinking

Link: www.mylifevalues.com
User ID: Straus Family Creamery
Password: eap

DID YOU KNOW?

This year we will be participating in the **Annadel Half Marathon and 5K!** Show your **Straus Team Spirit** and receive this year's wellness shirt on **Saturday April 8th!** Funds raised will help to build new trails at Taylor Mountain Regional Park in Santa Rosa. **More information to come. Join us!**
<http://www.annadelhalf.com/>



Be strong, be well, be healthy, be you.



services and information on selecting a personal physician, using the Kaiser portal, weight and diabetes management, and even best stretches for each employee's type of job.

At Straus, we work diligently to help support family farms in Marin and Sonoma counties by providing high-quality, minimally processed organic dairy products. In the same way, we aim to keep our staff happy and healthy, and build education and excitement around wellness and healthy living initiatives. Healthy hearts, minds and bodies keep our team fit, focused and determined to carry forth our company mission.

By Straus Family Creamery's People & Culture Team