



GUADALUPE COUNTY Wellness Newsletter



The Wellness committee is excited to announce that we will be hosting a Cool Down With Kona: Employee Appreciation Day on Wednesday, August 14th at the locations listed below. Stay tuned for additional information.

*Justice Center (new parking lot – behind JC building) 2pm-4pm
Sheriff's Office (parking Lot in front of building) 2pm-4pm*



A big congrats to the following employees on their milestone work anniversaries. Thank you for your hard work and dedication.

Ronald Drake—32 Years on 8/10

Teresa Rigney-Lopez—20 years on 8/4

Fabian Martinez—15 years on 8/20

Terry Mayfield—10 years on 8/3



Ready or Not!

Back to School Month in August gears up parents, teachers, schools, and students for a season of education.

With shorter days, it's time to dust off the backpacks, fill them up, and plan for a new school year. Preparing children for the new year includes everything from supplies,

clothes, checkups, planning schedules, and

making new friends. Teachers develop their lesson plans and ready their classrooms for the new, smiling faces.

Despite all the excitement, the expense of going back to school can put a damper on going back to school. Fill-the-bus events, backpack programs, and teacher supply initiatives help to fill the gaps. Organizations around the country pull together to make the first day of school fun every year.

Whether you're ready or not, friends, activities, and books are just around the corner. Get ready to learn!

HOW YOUR CHILD CAN PREPARE AND HOW THEY CAN OBSERVE

Check your supply list, tour your new school, learn your schedule. Volunteer to show a new student around your stomping grounds. Have some fun before summer is over, too! How do you get ready for back to school? Share on social media using #NationalBackToSchoolMonth.

FUN HISTORY FACT

National Back to School Month has been observed since the 1960s.

The school year has traditionally begun in the fall and ended in late spring allowing the children of farmers in our agricultural society to help with planting and harvesting. Though today most families have moved to a more urban and suburban lifestyle, most schools in the United States still function on this system. However, a trend toward a year-round school year is gaining steam.

HELP WITH LUNCHES

<https://www.onecrazyhouse.com/100-school-lunches-ideas-kids-will-eat/>

<https://www.100daysofrealfood.com/school-lunches/>

<https://www.thekitchn.com/thinking-outside-the-lunch-box-10-sandwich-free-kids-lunch-ideas-222906>





BLOOD DRIVE

WEDNESDAY, AUGUST 7TH

7 AM—2 PM

Guadalupe County Sheriff's Office

TRAINING ROOM

Free 2 piece chicken meal and tea with donation

For More Information contact Dawn Caddell @ 830-379-1224



Reminder:

FREE HEALTH SCREENINGS

August 19th—20th Sheriff's Office

August 21st Road & Bridge

August 22nd– 23rd Justice Center

To Schedule an Appt. go to:

www.Timeconfirm.com/Guadalupe County

Eligibility: For employees, spouses and dependents (over age 18), that are currently covered on our Blue Cross Blue Shield Medical Plan. This includes new employee's that will be covered as of 8-1-2019.



Together. Better. Stronger.

TAC will be presenting a Lunch N Learn on

The Truth About Type 2 Diabetes

Whether you are newly diagnosed, pre-diabetic, or it runs in your family, there is hope! This presentation will change your perspective and provide specific lifestyle strategies for defeating diabetes.

Tuesday, September 3 12-12:45pm. Sign up coming soon.

