



Got questions? Your Building Champion can assist you! They want to help you succeed so please don't hesitate to look them up if you need their help!

Beardsley: Open position
Beck: Julie Stammich
Bristol: Sue Abel-Keller
Cleveland: Open position
Daly: Nicole Gray
Eastwood: Erin Buczkoski
Feeser: Kelsey Rockstroh
Hawthorne: Nancy Rodman
Monger: Corry Wichman
Osolo: Ashley Arms
Pinewood: Shelley Manthey
Riverview: Jennifer Wagtowicz
Roosevelt: John McClure
Woodland: Heather Martin
North Side: Mary Wisniewski
Pierre Moran: Mike Lambdin
West Side: Caylee Watson
Elkhart Academy: Grace Shevick
Central HS: Amy Garretson
Memorial HS: Janie Boyden
EACC: Margarita McClain
Transportation: Open position
ESC: Rebecca Thompson
Kent St: Open position
**If your building has an open position and you would like to be involved or know someone who might be please contact your building administrator.*

Winter too, shall pass!

Well, we did it: We made it through the hectic holiday season and are trudging into the new year with the anticipation of warmer, longer days.

Before those days arrive though we will probably find ourselves growing tired of bare trees, snow covered ground, and having to wrap ourselves in layers for even the quickest trip outside.

Perhaps the best way to stop counting the days for spring and summer is to simply do things that take our mind off the howling cold outside.

- Attend a flower show or gardening show. On February 22 the Master Gardener and Elkhart Co. Garden Expo is taking place at RV Hall of Fame. A walk through the booths may not only inspire you but also give you great ideas for your own garden. For more information visit: <https://www.nappanee.org/event/elkhart-county-garden-expo/>
- Plan a weekend or an overnight trip to an indoor water park. Sometimes even a quick get away can break up the monotony of the daily grind—not only for you, but your family as well. If you don't feel like driving out of town, check

availability at local hotels—some offer pool time without renting rooms. For more information on Indiana indoor water parks, visit <https://traveltips.usatoday.com/indoor-water-parks-indiana-3886.html>

- Though it may not sound as fun as a weekend get away, jump starting spring cleaning can not only free up time from chores when the weather gets nicer, but can also give a sense of accomplishment and calm when clutter is gone. Choose one or two areas at a time to work on and soon all you'll need to do when it's nice out is enjoy! <https://www.goodhousekeeping.com/home/cleaning/g3345/spring-cleaning-tips/?slide=26>
- Have a 'cookout'—cook inside or out. Serve summer foods that remind you of warm, sunny days. And if you can get to your grill use it! The smell of grilled food, a few picnic salads, and a favorite summer drink can have you ignoring the snow for a few hours. For ideas beyond the norm, check out this site...but to be fair, not much can top a good grilled burger or hot dog! <https://www.midwestliving.com/food/>

[holiday/21-super-summer-menu-ideas/?slide=79b6c089-e003-4999-8a79-803929d04d91#79b6c089-e003-4999-8a79-803929d04d91](https://www.elkhartschools.org/holiday/21-super-summer-menu-ideas/?slide=79b6c089-e003-4999-8a79-803929d04d91#79b6c089-e003-4999-8a79-803929d04d91)

- Finally, one sure way to get over the winter hump is to commit to daily exercise. Beyond the typical New Year's resolution, just 30 minutes a day of moderate exercise can have an extremely positive effect on not only our waistline, but also our mind and outlook. Moderate does not have to mean a solid block of sprinting on the treadmill; it can mean taking a walk or working on stretching or yoga. Feel like doing a little more than the treadmill or elliptical? Check out this link for a more inclusive workout: <https://www.active.com/fitness/articles/30-minute-full-body-circuit-routine/slide-4>

It's so easy to feel like winter is never going to leave, especially if we look out the window at 5:30 pm and it's pitch black. However, if we employ a few ideas to help propel us toward seeing budding trees and hearing birds chirp we'll be surprised at how quickly these next couple of months flies by!

Think Spring!



What's trending in health this year?

1. **Mental Health** We are living in a time when fortunately the topic of mental health is no longer as secretive and taboo as in our past. With more education and information accessible, it's much easier get help for ourselves and others. We are learning that without a healthy mind and spirit it's nearly impossible to have a healthy body. Are you struggling or do you know someone who is? Please seek out the help of your physician, spiritual leader, or if you want to remain anonymous, call 800-273-8255 because you are very important and cared for!
2. **Unplug!** Some of us might think it's common sense to do other things besides use technology, but even knowing that, we still find ourselves spending too much time in front of our screens. Between computers, notebooks, e-readers, and phones we seem to constantly be pulled into a virtual world. While technology affords us amazing perks and conveniences, the constant use can damage not only our eyes (if we aren't using blue light protection), but also our posture and backs as well as our joints in our wrists and hands. Thought it may feel impossible—especially to our kids, unplugging for a while each day can help with a myriad of things, not to mention our relationships when we spend more time with each other without the distraction of our devices.
3. **Gut health** We are learning that the health of our gut is directly tied to our brain and body health. In fact, some doctors and scientists believe the gut is our *real* brain that tells the brain in our head what to do. The microbiome health is believed to be able to help our moods, susceptibility to illness, and overall well being. The old adage 'you are what you eat' may not be as whimsical as we typically may have thought!
4. **Online and home fitness** Face it, we are so busy during our work day and often have so much

to do outside of work that the idea of getting around and heading to the gym is pretty much out of the question on most days. More and more, there are opportunities to work out at home. There are countless videos on YouTube and apps that have complete work outs for us to do without even leaving the comfort of our home. Even without apps and YouTube though getting 30 minutes of walking daily can do wonders!

5. **De-clutter our space** When we walk into a space that is full of clutter and confusion—even if it doesn't appear to bother us, it actually can cause a level of fatigue and stress. Cleaning up our area in our work place, our living spaces, and keeping those areas free of unnecessary messes habitually we are more able to relax and enjoy life.

Happy, healthy
2020!

*Laughter is the
best medicine!*



"Snow Predicted" Oil on canvas.



**Out of all the
inventions in the
last 100 years, the
dry erase board is
probably the most
remarkable.**

**Everything you need is
already inside you. Don't
wait for others to light
your fire...you have your
own matches! (Anonymous)**



Warm food for cold days!

One Pot Cauliflower Chowder**

- 3 bacon slices, chopped in small pieces
 - 1 T unsalted butter
 - 1 T olive oil
 - 1/2 yellow onion diced
 - 2 carrots diced
 - 2 celery stalks diced
 - 1 head cauliflower chopped
 - 2 t minced garlic
 - 1/4 t dried thyme
 - 3 T flour
 - 1/2 C vegetable broth
 - 3 C low fat milk
 - 1 bay leaf
 - Salt and pepper to taste
 - Grated cheese to garnish
- Chop bacon into little pieces and add them to a dutch oven to render out the fat. Once the bacon is cooked, use a slotted spoon to remove the pieces to a paper towel-lined plate. Drain the

fat out of the pot but do not wipe clean.

Place the butter and olive oil in the pot and add onion, carrot and celery. Once they start cooking, after about 2 minutes, add the cauliflower, garlic and thyme and turn the heat down to medium low. Cook for another 15 minutes, or until cauliflower is tender.

Add the flour and a little more oil if the bottom of the pan is dry, and stir until all the veggies are coated.

Pour in the liquids (vegetable broth and milk) and add the salt, pepper and bay leaf. Simmer for 20-40 minutes over low heat.

Serve with bacon bits, cheese

**If desired, substitute with milk, meat, and dairy alternatives as well as gluten free flour or corn starch instead of flour.

**THANKS FOR
TEACHING ME
THE MEANING OF
-PLETHORA-
IT MEANS A LOT**

3 INSTANT Stress Busters

1. Stay super-hydrated.
2. Indulge in dark chocolate.
3. Disconnect from technology.