



Wellness Committee

Newsletter

Give the gift of wellness this season
because the best way to spread holiday
cheer is by taking care of you!



Floridaapco.org

Anti-Inflammatory Turmeric Chicken Soup



Ingredients:

- 1/4 cup olive oil
- 1 medium onion, diced
- 1 large leek, white and light green parts only, halved lengthwise, thinly sliced
- 3 large carrots, thinly sliced
- 3 stalks celery, thinly sliced
- 1 whole uncut scotch bonnet pepper (optional spicy)
- 3 cloves garlic, chopped
- 1 teaspoon turmeric
- 1 teaspoon poultry seasoning
- 6 cups chicken broth
- 1 13.5 ounce can coconut milk
- 1 1/4 pounds boneless skinless chicken thighs or breasts
- 1 10 ounce bag frozen peas (optional)
- 1/4 cup chopped fresh parsley
- 1 teaspoon kosher salt, or to taste
- 1/2 teaspoon black pepper



Instructions:

Heat olive oil in a large soup pot over medium heat. Add onions, leeks, carrots, celery, and 1 teaspoon kosher salt; sauté for 14-16 minutes until leeks are soft. Add garlic, turmeric, and poultry seasoning; continue sautéing for 2-3 minutes. Add chicken broth, coconut milk, and raw chicken. Ensure chicken is submerged, partially cover, and simmer for 15-20 minutes until chicken is cooked. Remove chicken, shred it, then return to pot with peas (if using) and parsley. Simmer until peas are bright green. Season with salt and pepper, garnish with parsley, and serve. Prep Time: 20 minutes
Cooking Time: 40 minutes Total Time: 60 minutes Kcal: 350 per serving
Servings: 4 servings

Florida APCO Wellness Committee
By: Ashley Mauger

If you want to take the lead in encouraging fitness among your team, consider creating a simple fitness tracker for employees to use. Ask them to print the tracker and have a coworker sign off on it at the end of each shift to promote accountability. At the end of the month, reward participation with a surprise gift, such as healthy energy drinks, protein bars, or nutritious snacks. This small gesture can motivate your team to stay on track with their fitness goals. You can also share weekly updates or examples to keep the team engaged and inspired

12 Hours of Christmas Dispatch Edition



- Hour 1- 12 Jumping Jacks
- Hour 2- 11 Air Squats
- Hour 3- 10 Knee to Elbows
- Hour 4- 9 walking lunges
- Hour 5- 8 desk push-ups
- Hour 6- 7 chair dips
- Hour 7- 6 seated knees-to-chest
- Hour 8- 5 up-downs
- Hour 9- 4 side lunges
- Hour 10- 3 calf raises
- Hour 11- 2 mountain climbers
- Hour 12- 1 lap around the room/building



- ❖ Every shift of work complete the following exercises for each hour worked. At the end of shift, have a Co-Worker sign off on your fitness tracker worksheet that they have been completed.

Have Fun. Stay Accountable. Encourage One Another.

Work Fitness Tracker

December 2024

	Daily Steps	Signature
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BY JOSEPHINE RIOS

\$20
REGISTRATION

WALK CHALLENGE

To start a Walk Challenge in your agency, participants can join at any time during their free time. Simply create the challenge using a walking app available on iPhone and Android—scan the QR code to download the app I use. Add participants as friends via the app (using their emails makes it faster), then include them in the challenge. To motivate coworkers, I set a \$20 entry fee, and the collected pot goes to the winner. I also award medals for 1st, 2nd, and 3rd place at the end of the monthly competition. Dispatchers love a good challenge, and this not only promotes health but also boosts team spirit! A group chat helps track progress, cheer participants on, and keep motivation high.



The below was shared by Dan Tutko from the Sarasota County Sheriff's Office it's about the holiday edition of their center's C.I.S.M. (Critical Incident Stress Management) newsletter, which aims to promote mental health and self-care among staff during the holiday season. The newsletter features the *Positivi-Tree*, a creative and collaborative activity that showcases teamwork. Employees contribute by pinning notes to the tree, celebrating each other's efforts and fostering a sense of community.

In addition, the newsletter includes Christmas-themed yoga poses designed to encourage self-care, a list of local events that are free for first responders, and thoughtful suggestions on making the most of time with loved ones during the holidays. Overall, it's a blend of fun, practical, and meaningful resources to help employees stay connected, cared for, and supported during the busy holiday season.

CISM Newsletter

Take Care of Yourself



The Holiday Season is a time to reconnect and celebrate with family and friends. This is your reminder to make time for a much-needed break from the demands of work. Striking a balance between work commitments and spending quality time with loved ones is crucial for both mental well-being and maintaining strong relationships. Making time to spend with those who bring joy to your life is a priority. Not only is it an opportunity to make new memories; it's also a chance to strengthen bonds that might have been neglected due to busy schedules. Simple activities like sharing a meal, engaging in a holiday tradition, or just enjoying each other's company can rejuvenate your spirit and remind us what is really important. As you navigate holiday commitments, remember that the warmth and support of your loved ones, whether family or chosen family, are invaluable, and nurturing these connections can lead to a happier, more fulfilling life!

Recognizing each other

This month, as we come together to celebrate each other on the Positivi-Tree, let's embrace the holiday spirit of "Letters To." Take a moment to create a heartfelt card for a fellow member when you observe their kindness, and hang it on the tree for everyone to see!

First Responder Appreciation

Nik Wallenda and the Circus Arts Conservatory are providing complimentary tickets for their new show, "Illuminated."

Check the email from Community Affairs to claim your tickets!



Upcoming Events

Heroes and Helpers @Venice Target Dec. 14

Heroes and Helpers@ UTC Target : Dec. 14th

Annual Bake Sale at HQ: Dec. 12th

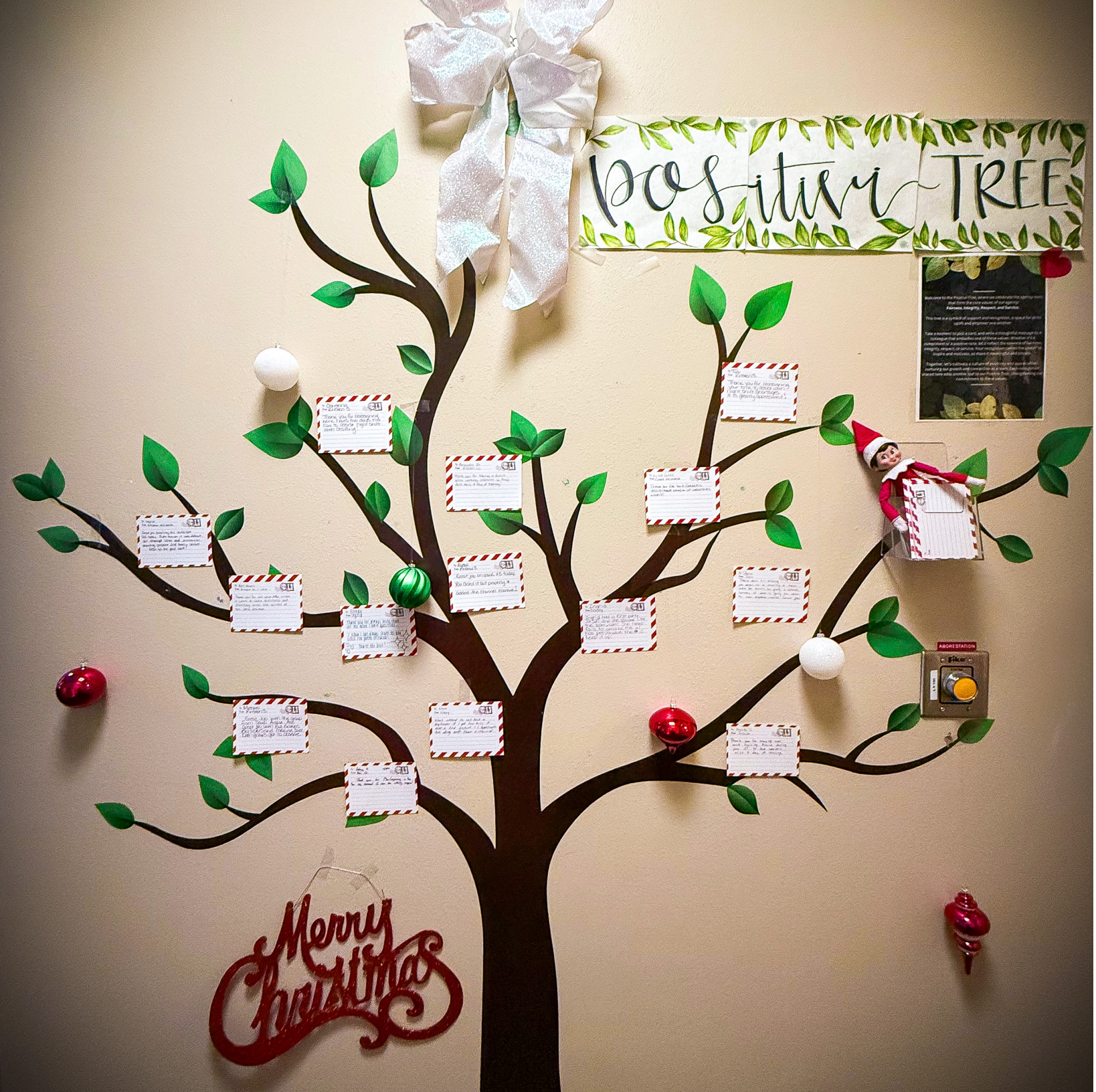
Oh Fit-mas Tree- Yoga Poses!



The "waiting to open the presents" pose



positive TREE



Welcome to the Positive Tree, where we celebrate the spirit of giving and the joy of the season. This tree is a symbol of support and encouragement, a space for you to share your thoughts and feelings. We are grateful for your participation and the positive energy you bring to our community. Together, we can make a difference and create a warm, welcoming environment for everyone.

Merry Christmas



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HAVE A
**WONDERFUL
CHRISTMAS**
AND A
**HAPPY
NEW YEAR**

FROM THE WELLNESS COMMITTEE