



HR Healthy Hub Reduce Risk of Heart Disease with Omega-3s



We know that eating seafood high in omega-3 fatty acids is good for our health. Omega-3s can reduce the risk of heart disease by decreasing the risk of abnormal heart beats, decreasing triglyceride levels, slowing down the accumulation of plaque inside blood vessels, and slightly lowering blood pressure. There are three main omega-3 fatty acids: alpha-linolenic (ALA), eicosapentaenoic (EPA), and docosahexaenoic (DHA).

- EPA and DHA are found in fish and seafood and provide the most health benefits.
- Some plants contain ALA, which our body partially converts into EPA.
- DHA is also added to some common foods such as milk, orange juice and eggs.

Use these quick, simple and delicious tips to meet the American Heart Association's recommendation to consume 3.4 ounces of fish high in omega-3s two times per week.

- Keep it simple. Squeeze fresh lemon juice on a fish fillet and sprinkle it with a dash of salt and pepper. Then grill, bake, or sauté it!
 - On the grill: Wrap seasoned fish in a foil packet and grill it using indirect heat for about 10 minutes.
 - In the oven: Place seasoned fish on a greased baking pan and bake in a 425-degree oven for about 15 minutes.
 - Quick sauté: Heat 1-2 teaspoons of olive oil, canola oil, or butter in a nonstick skillet. Add the seasoned fish and cook for 1-4 minutes per side, until each side is golden and the fish flakes easily.
- Spice it up. Use your favorite seasoning mix (like lemon pepper or a seafood seasoning blend) to give fish a flavorful kick.
- Make friends with your freezer. Purchase plain frozen fish fillets instead of fresh ones and stock your freezer with healthful protein that's ready in minutes. Avoid breaded or fried versions — plain is best.
- Cook carefully. Fish is cooked through and ready to eat when it flakes easily with a fork and the flesh is opaque.

By Lynn Grieger RDN, CDE, CPT, CWC

Open Enrollment

Open Enrollment will be here before you know it. While the enrollment dates have not yet been confirmed, now is a great time to prepare.

Please take a few moments to review the following:

- Is your current coverage still meeting your needs, or do you need to add, remove, or change any of your benefit plans or coverage?
- Are your life insurance beneficiaries current and up to date?
- If you plan to make changes during Open Enrollment, do you have all the necessary information ready, including names, dates of birth, Social Security numbers, and current addresses for any dependents or beneficiaries?

Human Resources will send out additional announcements as soon as the Open Enrollment dates are confirmed, along with any updates to our benefits and plan information.

July Event Wrap Up!

Anderson Auto and Powersports sponsored several great community events and organizations in July.



HCHF Back to School Health Fair



Bullhead City Little League



Kingman Little League



Shabby Shack Teacher Supply Donation



LHUSD New Teacher Orientation

August Events

Saturday, August 1: Anderson Auto Group Sponsors Hole In One for the 2nd Annual KAAP Golf Tournament.

Location: Cerbat Cliffs

Time: All Day

Thursday-Saturday, August 6-8: Anderson Powersports Reno sponsors the Hot August Nights Collector Car Auction.

Location: Reno-Sparks Convention Center

Time: All Day

Thursday, August 14: Anderson Auto Group sponsors Hope City Church Car Show.

Location: Hope City Church

Time: 5pm-8pm

Sunday-Wednesday, August 16-19: Anderson Ford Bullhead sponsors Laughlin Blast Bowling Tournament.

Location: Riverside Lanes Laughlin

Time: All Day

Saturday, August 22: Anderson Auto Group sponsors the JVAC Golf Tournament.

Location: Cerbat Cliffs

Time: All Day

Anderson Anniversaries

Congratulations to employees celebrating 10 or more years in August with Anderson Auto and Powersports Group – we appreciate you!

Employee	Years	Store
Sean Redman	27	CDJR
Josh Falldorf	20	Toyota
Nancy Seine	19	CDJR
Jay Badaracco	15	CDJR
Rosie Diaz	13	Toyota
Pam Wolsey Morrow	11	Toyota
Erik Vanvelzen	10	Ford Kingman
Kenny Gehrman	10	Toyota