

October 2019



## Flu Shots now Available at the Grande Onsite Clinics!

### Why should I get a flu shot?

The flu vaccine is the best protection against the flu this season. If you get the flu vaccine, you are 60% less likely to need treatment for the flu by a healthcare provider. Getting the vaccine has been shown to offer substantial other benefits including reducing illness, antibiotic use, time lost from work, hospitalizations, and deaths. It also helps stop the spread of illness.

### When should I get a flu shot?

Get the vaccine as soon as it is available. Early immunization is the most effective. Flu season usually peaks in January or February, but it can occur as early as October.

### Does the flu vaccine work right away?

It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. In the meantime, you are still at risk for getting the flu. That's why it's better to get vaccinated early in the fall, before the flu season really gets under way.

### How do I get my flu shot?

Call the clinic receptionist at **920-907-3922** and make an appointment at any Grande clinic location. Grande clinics are open to all Associates, spouses and dependent children ages 8-26.

The flu shot is not for everyone. If you have questions about whether or not the flu shot is right for you, speak with your healthcare provider.

*cdc.gov*

## Healthy Pumpkin Pie Smoothie

### Ingredients

- 1/2 frozen banana
- 1/2 cup pumpkin puree NOT pumpkin pie filling, frozen\*
- 1/3 cup plain nonfat Greek yogurt
- 2 Tablespoons pure maple syrup
- 1 Tablespoon old fashioned oats toasted and ground\*\*
- 3/4 teaspoon pumpkin pie spice
- 1/4 teaspoon vanilla extract
- 1 cup unsweetened vanilla almond milk
- 1/8 teaspoon salt



### Directions

1. Add frozen banana, pumpkin, yogurt, maple syrup, oats, pumpkin pie spice, vanilla, salt, and almond milk to a blender and blend until smooth.

## Good Posture for Health & Wellness

Good posture is important no matter what type of work you do. Poor posture is a contributing factor in many musculo-skeletal injuries— including back pain, sprains, strains and various overuse and repetitive stress injuries, all of which are common in all types of workplaces, ranging from offices to more strenuous work environments such as construction sites, warehouse work or manufacturing jobs.

Want to ease strains and prevent back and neck pain? Here are some helpful tips for standing, sitting and lying down:

### Standing properly:

- Put your chin in and keep your head up
- Keep your earlobes in line with the middle of your shoulders
- Keep shoulder blades back and chest forward
- Keep your knees straight and tuck in your stomach
- Extend your head towards the ceiling

### Sitting properly:

- Place your shoulders back and your back straight
- Evenly distribute your body weight on both hips
- Bend your knees at a right angle and keep your feet rested flat on the floor
- Adjust chair height to sit close to your workstation
- Do not twist at the waist to grab something, turn your entire body
- Avoid sitting in the same position for more than 30 minutes

### Lying down properly:

- Lie in such a way to maintain the curve in your back such as on your back with a pillow under your knees
- Place a lumbar pillow under your lower back or on your side with the knees bent
- Sleep on a firm mattress with a box spring that does not sag

## Community Events

### Ripon Family 5k

Saturday, Oct 12, 2019; Ripon, WI

**Cost:** \$10 **Website:**

<https://localraces.com/events/ripon-wi/ripon-family-5k>

### Run Without the Sun

Saturday, Nov 8, 2019; Fond du Lac, WI

**Cost:** \$25 **Website:**

<https://localraces.com/events/fond-du-lac-wi/run-without-the-sun>

