August 2026

Wellness NEWSLETTER

HEALTH OBSERVANCE

National Immunization Awareness Month

Wellworks For You

Every August, National Immunization Awareness Month is a reminder to take stock of your health benefits and the resources available to you. It is an annual observance held in August that encourages people to talk with a healthcare provider they trust about staying up to date on vaccinations. Whether or not any given vaccine is right for you is a personal decision, and it is one worth making with good information and a clear picture of your options.

Cost is often less of a barrier than people expect. Many health plans cover recommended vaccines at no out-of-pocket cost, making it easier to plan around what works best for your situation. If you are unsure what your plan includes, your benefits summary or a quick call to your provider can clarify it.

Access has also expanded in recent years. Beyond primary care offices, many vaccines are now available at local pharmacies, often with evening or weekend hours and no appointment needed. For families juggling work, school, and everything in between, that added flexibility can make a real difference in whether something gets done at all.

If you are thinking about reviewing your options this month, a few questions can help you start the conversation with a provider you trust:

- **What is recommended for me?** Recommendations can vary based on age, health history, travel plans, and what you have had before, so a personalized answer is more useful than a general list.
- **What does my plan cover?** Ask which vaccines are included at no cost and whether the location matters, since coverage can differ between a pharmacy and a doctor's office.
- **Where is the most convenient place to go?** Consider what fits your schedule, whether that is a primary care visit, a pharmacy walk-in, or an on-site option through work.
- **Is the timing right?** Some vaccines are seasonal, and others are not, so it can help to ask when the best window is for you and your family.

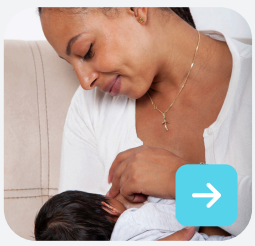
August aligns naturally with the back-to-school season, making it a practical time to review records, ask questions, and decide what makes sense for your household. There is no single right answer here. A short conversation with a provider you trust can help you weigh the choices and feel confident in whatever you decide.

Source: https://www.cdc.gov/vaccines

2 HEALTH CORNER

Practicing Gratitude for Spiritual Wellness and a Centered Mindset

Easy gratitude habits to support your wellbeing and a calmer, more centered mindset.



3 SUPPORTING BREASTFEEDING PARENTS

Nutrition, Stress & Community Resources

Resources, support, and low-stress nutrition tips for whatever feeding path fits you.

4 Featured Recipe

CONNECTEDNESS

HEALTH TIP CORNER

Practicing Gratitude for Spiritual Wellness and a Centered Mindset

Wellworks For You

Gratitude is one of the most studied practices in wellbeing research, and the findings are encouraging. Recent research has highlighted gratitude's positive health effects, including greater emotional and social wellbeing, better sleep quality, lower risk of depression, and favorable markers of cardiovascular health.

Spiritual wellness is less about any single belief and more about feeling connected to yourself, to others, and to something larger than the daily to-do list. Gratitude supports that sense of grounding. When you pause to notice what is going well, you shift attention away from what feels urgent or lacking and toward what is steady and meaningful.

Part of what makes gratitude so approachable is that it does not ask for extra time or special tools. It is a shift in attention more than an addition to your schedule, which means it can fit into moments you already have, like the first few minutes of the morning or the quiet stretch before sleep. Over time, those small pauses can add up to a steadier, more centered way of moving through the day.

A practice can be simple. Some people keep a short list of three things they appreciate each day. Others offer thanks during a quiet morning moment, a walk, or a meal. Writing a note to someone who made a difference is another option that strengthens the connection on both sides.

Try this week: A five-minute gratitude reset

- **Name three.** Each evening, jot down three things you appreciated that day, big or small.
- **Be specific.** "The way a coworker covered for me" lands more than "my job." Detail makes it feel real.
- **Include people.** Notice who helped, and consider telling one of them.
- **Keep it visible.** Leave your list where you will see it, so the practice stays top of mind.

If you are looking for a small reset, you might try one gratitude habit this week and notice how it feels. The goal is not a perfect ritual, just a few moments of genuine attention.

Source: https://www.health.harvard.edu/blog

SUPPORTING BREASTFEEDING PARENTS

Nutrition, Stress & Community Resources

Wellworks For You

Feeding your baby is one of the most personal decisions you will make, and there is no single right answer.

Breastfeeding can be a meaningful investment in your health and your baby's, but it is not the only path, and what works best depends on you, your body, and your life. Whatever you decide, the goal is to feel informed and supported, not pressured.

If you choose to breastfeed, you do not have to figure it out alone. A range of resources exists to help you along the way:

- **Lactation specialists.** A lactation consultant can offer one-on-one guidance on latch, supply, comfort, and routine, and many are available through hospitals, pediatric offices, or private practice.
- **Local support groups.** Check with your local hospital or birthing center, which often host or can point you to in-person groups where you can connect with others in the same season.
- **Online communities.** Virtual groups and forums make it easy to ask questions and find encouragement on your own schedule, which can be a relief during late-night feedings.
- **Workplace and community programs.** Many workplaces provide private space and break time for pumping, and programs like WIC offer guidance and support at no cost.

The early months can be demanding, and fatigue or pressure can weigh on both your wellbeing and your feeding routine. Leaning on support, whether a partner sharing tasks, a flexible work arrangement, or simply permission to ask for help, can ease the load.

Above all, trust yourself. With the right information and support, you can make the choice that fits you and your family, and that choice deserves respect no matter what it looks like.

Source: https://wicbreastfeeding.fns.usda.gov/

FEATURED RECIPE

Zucchini Noodles

Vegetarian

4 SERVINGS | **20 MINUTES**

INGREDIENTS

- 4 medium zucchini, about 2 pounds
- 3 tablespoons extra virgin olive oil
- 1 tablespoon minced garlic, 3 to 4 cloves
- 1/4 to 1/2 teaspoon crushed red pepper flakes
- 2 medium tomatoes, chopped, about 12 ounces
- 1/2 cup shredded parmesan cheese, plus more for serving
- 1 cup basil leaves, torn into pieces
- 1 teaspoon cornstarch
- 2 teaspoons cold water
- Salt, to taste

DIRECTIONS

1. Trim and spiralize the zucchini. Then cut the spiralized zucchini into long noodles, about the length of spaghetti.
2. Add olive oil, garlic, and the red pepper flakes to a large, deep skillet. Turn to medium heat. When the oil bubbles around the garlic, add the zucchini noodles.
3. Toss the noodles with pasta tongs and cook until al dente — they should be wilted but still have a crunch; 5 to 7 minutes. Do not let the noodles cook any longer, or else they will become mushy. As they cook, keep tossing so that all the zucchini noodles have a chance to hit the bottom of the skillet.
4. Stir in the tomatoes, basil, and Parmesan cheese, then cook for 1 minute. Use pasta tongs to transfer the noodles, tomatoes, and basil to a serving dish. Leave the liquid in the skillet.
5. Bring the liquid left in the skillet to a simmer.
6. Combine cornstarch and cold water in a small bowl, then whisk into the simmering liquid. Cook while whisking until the liquid thickens to a sauce, about 1 minute. Taste the sauce and season with salt.
7. Pour the sauce over the zucchini, tomatoes, and basil. Finish with more Parmesan cheese on top and serve immediately.

NUTRITION

Per Serving:		Per Serving:	
Calories:	197	**Protein:**	10.7g
Carbohydrates:	11.2g	**Dietary Fiber:**	3.4g
Saturated Fat:	3.4g	**Sodium:**	471.4mg
Total Sugars:	1.7g		

Source: https://www.inspiredtaste.net/29992/garlic-zucchini-pasta-recipe/

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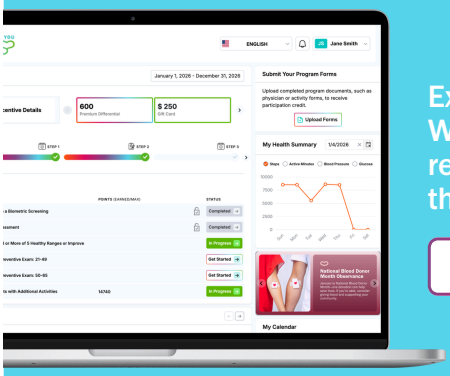

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