

EVERYDAY WELLBEING

March/April/May Are The
Months for:

- Colorectal Cancer Awareness
- National Kidney Month
- Testicular Cancer Awareness
- Hypertension Awareness
- Mental Health Month

Colorectal cancer, or CRC, is a disease of the colon or rectum, which are parts of the digestive system. Unlike most cancers, colorectal cancer is often preventable with screening and highly treatable when detected early.

Most cases of colorectal cancer occur in people ages 45 and older, but the disease is increasingly affecting younger people. Each year, about 150,000 Americans are diagnosed with this disease and more than 50,000 die.

Colorectal cancer may develop without symptoms. If you are 45 or older and at average risk, it's time to get screened. Click on this link to take the quiz now.

<https://quiz.getscreened.org/>.



<https://www.ccalliance.org/>





EVERYDAY WELLBEING



Finding out if your kidneys are struggling before you have symptoms gives you the opportunity to make changes to help keep your kidneys healthier for longer. Even if you have symptoms, you can take steps to slow the disease.

Take Steps to Help Protect Your Kidneys, and Have More Healthy Moments

- Know Your Risk
- Schedule Your Test
- Follow Your Kidney Health
-

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month#>

Did you know kidney disease is often referred to as a “silent disease,” because there are usually no symptoms during its early stages? In fact, as many as 90% of Americans who have chronic kidney disease (CKD) don’t know they have the disease until it is very advanced.

The good news is the earlier you find out you have kidney disease, the sooner you can take steps to protect your kidneys from further damage. Protecting your kidneys may allow you to continue to work, spend time with family and friends, stay physically active, and do other things you enjoy.



EVERYDAY WELLBEING



April is Testicular Cancer Awareness Month

Testicular cancer most often develops in young and middle-aged men and is the most common form of cancer in 20- to 35-year-old men. It is a highly treatable and often curable form of cancer, according to the National Cancer Institute (NCI). The five-year survival rate for men diagnosed with testicular cancer is about 95 percent, according to NCI, making it one of the most treatable types of cancer.

Testicular cancer forms in the testicles. Almost all testicular cancers start in the germ cells. The two main types of testicular germ cell tumors are seminomas and nonseminomas.

Nonseminomas tend to grow and spread more quickly than seminomas, which are more sensitive to radiation. Health history, including having had an undescended testicle, can affect a man's risk of testicular cancer.

Other risk factors include:

- Having had abnormal development of the testicles.
- Having a family history of testicular cancer (especially in a father or brother).
- Being white.



<https://www.testicularcancerawarenessfoundation.org/tc-awareness-month>



EVERYDAY WELLBEING



High Blood Pressure Education Month is also called hypertension awareness month. This initiative is sponsored by the Centers for Disease Control and Prevention (CDC) and recognized by the National Heart, Lung, and Blood Institute (NHLBI). National High Blood Pressure Education Month raises awareness about the impact of hypertension.

Learn more by visiting,

<https://plushcare.com/blog/high-blood-pressure-education-month/>

Know your numbers. High blood pressure affects one in three Americans — and it’s the third leading cause of death in the U.S. This May, celebrate National Blood Pressure Month by raising your awareness with the power of information. Then, use that knowledge to fight unseen, potential risks.

Due to a tendency to show either minor, or even no symptoms at all, high blood pressure has earned the nickname “the silent killer.” Knowledge of one’s high blood pressure — and then taking action — greatly reduces the possible risks of related health problems.

High Blood Pressure Symptoms and Causes

High blood pressure can cause symptoms for some people because the increased pressure within their body causes physical signs to show. You can have high blood pressure for years without symptoms, which is why yearly screenings are so important.

You may not have any symptoms or show some signs and symptoms of high blood pressure including:

- Headaches
- Shortness of breath
- Nosebleed

These signs and symptoms aren't specific and usually don't occur until high blood pressure has reached a severe or life-threatening stage.



EVERYDAY WELLBEING



May is National Mental Health Month. Mental Health Month raises awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities. Mental Health Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives, and to celebrate recovery from mental illness. Mental health is essential for a person's overall health. Prevention works, treatment is effective, and people can recover from mental disorders and live full and productive lives.



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems



Get started on your journey to self healing today, visit:

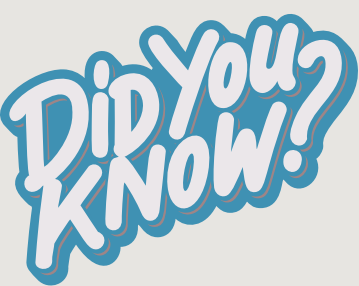
<https://www.mentalhealth.gov/basics/what-is-mental-health>



SPOTLIGHT ON SLEEP



Better Sleep Month takes place in May every year. It is observed to encourage people to get adequate sleep daily to get all the benefits it offers. It also shows how poor sleep can disrupt lives. Gone are the days when you brag about how little you sleep but, just like diet and exercise, sleep is crucial to physical, mental, and emotional health. A survey conducted by the Better Sleep Council found that two out of three respondents reported impaired sleep due to stress. One night per week, one-third of Americans experience poor sleep at least and 16% are diagnosed with stress-induced insomnia.



5 IMPORTANT FACTS ABOUT SLEEP

1. 15% of the population are sleepwalkers
This is according to the National Sleep Foundation.
2. Sleep deprivation kills faster than food deprivation
While none of them is positive, sleep deprivation kills faster.
3. 50% of dreams are forgotten
You might want to write down that dream as soon as you wake up because 50% would be forgotten in the next five minutes.
4. Falling asleep should take approximately 15 minutes
You are sleep-deprived if you fall asleep in five minutes or less.
5. Humans spend one-third of their life sleeping
That seems quite a lot, but humans actually use a third of their lives to sleep.

For better sleep tips, visit:

<https://www.thensf.org/>

NEW YORK YANKEES

TEACHER APPRECIATION WEEK

Join the New York Yankees at Yankee Stadium as we show our appreciation to the dedicated men and women of New York and nationwide who serve as our Teachers.

Up to 9 individual tickets can be purchased via this link:

<https://offer.fevo.com/teacher-appreciation-288be27?ref=HUNSBERGER>

To order a larger group, please email thunsberger@yankees.com

JUNE 20 Yankees vs Mariners 7:05 PM	JUNE 23 Yankees vs Rangers 7:05 PM	 
JUNE 21 Yankees vs Mariners 4:05 PM	JUNE 24 Yankees vs Rangers 4:05 PM	
JUNE 22 Yankees vs Mariners 1:35 PM	JUNE 25 Yankees vs Rangers 1:35 PM	

*ALL GAME TIMES SUBJECT TO CHANGE

All fans who purchase through this offer will receive either an exclusive New York Yankees tote bag or tumbler co-branded with our Teacher Appreciation Logo! Each Special Event ticket also includes a regular sized hot dog and your first drink (A 12 oz. domestic beer for those 21 years of age or older with a valid ID, Pepsi product, or Poland Spring bottled water).

SCAN ME



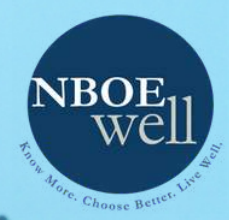


Important Announcements



- National Infertility Awareness Week (NIAW) is from April 24-30). Trying to conceive can be a physically and emotionally demanding process for employees on their family-building journeys. Join Maven's upcoming webinar to learn how to protect your relationships and mental health while trying for a baby. Sign up today: https://mavenclinic.zoom.us/webinar/register/1516688021138/WN_iJZs9uwTS1SaCB8mxwrjUg#/registration
- The Office of Benefit Services will be hosting Info Sessions in the month of May. Topics include: Pension/Retirement, Understanding Your Pay stub (Benefits/Pension deductions), Access to My Benefits (nboebenefits.com, nboehrs.com, MBOS) and Wellness Programs. Be on the lookout for an email with more info!
- Escrow Open Enrollment! Employees who are 10-month and 11-month full time employees can now self-enroll, discontinue and switch options in the Escrow Program from May 1st through July 15th of each year. For more information visit: <https://nboehrs.com/aos/#escrow>.





LOOKING AHEAD

Here's a sneak
peak at what's to
come in the next
issue:

- **Everyday Wellbeing: June, July & August**
- **Spotlight on Summer Fitness**
- **NBOEHRS Updates**
- **Special Announcements**