

LET'S FEEL BETTER

NTIC Newsletter



Prostate Cancer Awareness

Aside from skin cancer, prostate cancer is the most frequently diagnosed cancer among men. The plus side is that prostate cancer is slow-growing and can be caught and treated before it's too late. Below are some practices you can implement to prevent prostate cancer.

Nutrition

Aim to consume 5 servings of fruits and vegetables daily. They are high in vitamins and minerals linked to reducing cancer rates. Having some as a snack and adding another serving to each meal can quickly increase your daily consumption.

Movement

Movement can improve immunity function, reduce inflammation, and help maintain a healthy weight, all of which can decrease cancer risk. Any movement is better than none, so don't resist a "simple" walk.

*Consult with your doctor before starting physical activity.

15 MINUTE DANCE

Increase your step count with this 15 min., no equipment needed, Zumba walking workout.

TURKEY BURGER

Turkey meat is a healthy alternative to beef. Adding an egg and breadcrumbs helps bind the meat together to make these delicious turkey burgers.

5 MINUTE BREATHING

Take 5 minutes to focus on your breath during this guided meditation.

Vitamin D

Studies have shown links between low vitamin D levels and prostate cancer diagnosis. The recommended dietary allowance for men under 70 years old is 600 IU/daily and 800 IU/daily if over 70 y/o. We can get vitamin D from fatty fish like trout, salmon, tuna, mackerel, and fish liver oils; egg yolks, beef liver, and mushrooms; foods fortified with it like milk, cereals, yogurts, and some orange juices; and from the sun, but no longer than 15 minutes without sunscreen.

Get Screened and Talk to Your Doctor

It is recommended that at age 55, men start to get screened for prostate cancer. You may need screenings as young as 40 if you have a father or brother with prostate cancer or if two or more extended family members have been diagnosed.

Some factors increase your risk for developing prostate cancer such as genetics and race. If you think you have a high risk, talk with your doctor because there may be other options for risk reduction.

Resources: [Mayo Clinic](#); [NIH](#); [Johns Hopkins](#)

National Burger Day

September 18 is National Burger Day

Burgers are a favorite for many and can be a healthy meal idea!

- Add lots of veggies and don't be afraid to get creative like apples and brie or pineapple and BBQ sauce
- Change up the protein to ground turkey, chicken salmon, or black beans
- Use whole wheat buns for added nutrients or use lettuce or cabbage as a bun substitute



How will you make your burger healthier?

MIRANDA KELLEY

NTIC Wellness Coordinator

Email: mkelley@iu17.org

Website: NTIC.IU17.org

Phone: (570) 673-6001 ex: 2020

Free
to all NTIC
Employees



COOKING WITH CARNIE

With Chef and Business Owner:

Carnie Datres



Thursday, September 19
6pm - 7pm
Live on Zoom

Cooking theme:
Fall Recipe

Ingredient list will be sent out via
email on 9/13

Scan or Click Here to Sign Up
Last day to sign up: 9/13





STEPPING INTO THE SCHOOL YEAR

Earn 40 Points

Take 100,000 steps over 14 days to earn 40 Health Advocate points.

Registration

Opens – August 30

Closes – September 16

SEP
9-22



SCAN
FOR
MORE
DETAILS

Health Advocate

Your Health Advocate points reset on June 1st. Hop on the platform sooner than later to earn points for the 2024-2025 program year!



Start date:
June 1, 2024



Deadline to earn points:
May 31, 2025



Feel good knowing you've earned a reward

Well-Being Rewards Details

The NTIC Health & Wellness Program can help you take charge of your health and improve your well-being.

There are two award levels:

Silver: Earn 350 points to receive a \$175 reward

Gold: Earn 550 points for the maximum \$275 reward

Well-Being Rewards Program Eligibility

The NTIC Well-Being Program reward is available to all employees and spouses enrolled in the school district's health insurance. Dependent children age 18+ can utilize the wellness program features, but are not eligible for the reward.

Get Started!

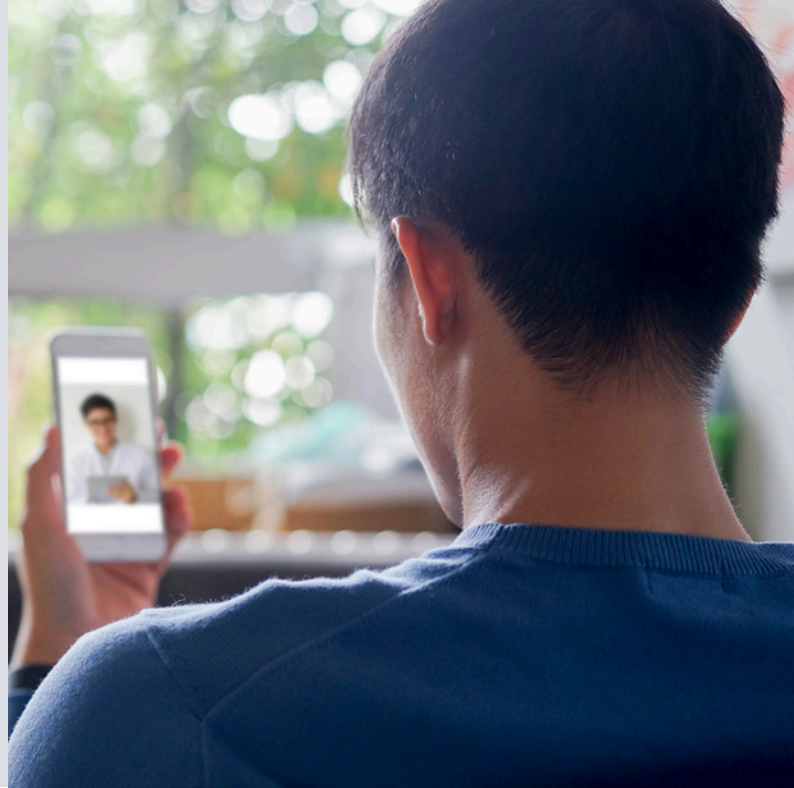
Review the full program details, plus access activities, track your points and progress, view curated health information and more through Health Advocate's member platform.

HealthAdvocate.com/ntic



New EAP Benefit: Talkspace Go

Talkspace Go is a new, free EAP benefit for you and eligible family members aged 13+. It's a mobile therapy app you can use to improve your mental health and wellbeing in just 5 minutes a day! Get help for relationships, parenting, depression, and much more.



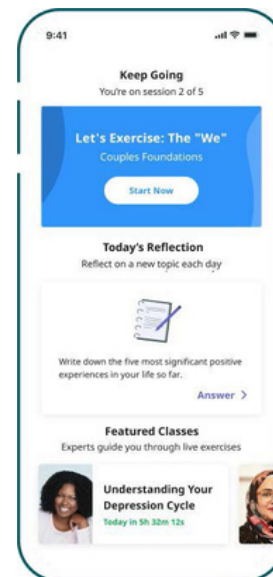
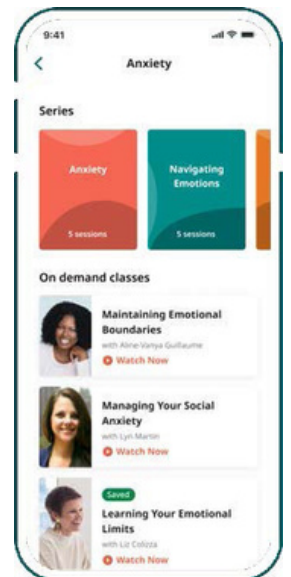
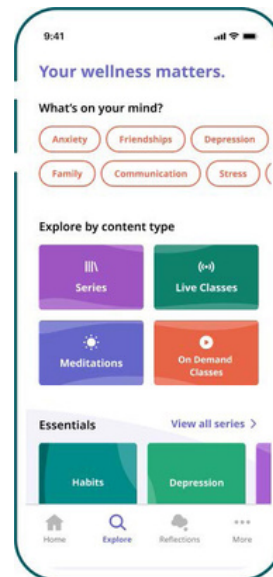
Features included

Self-guided programs for individuals, couples, and parents. Build mental well-being through personalized courses, daily journaling, and weekly live classes with therapists.

- 📖 400+ self-guided, interactive courses
- 🗨️ Live weekly therapist-led anonymous group classes
- 📄 Assessments, meditation exercises, journaling, & reminders
- 🔊 Address anxiety, stress, burnout, trust, & more

How it works

First, you answer a series of questions to get to the root of your issues. Based on your responses, you'll get a personalized, self-paced course from our library of counseling programs.



Ready to get started?

- Download Talkspace Go from the Apple App store or Google Play
- Sign up and create an account
- Enter your organization's code: ESIEAP



800.252.4555
 www.theEAP.com
 Scan to explore
 more EAP benefits!