

LIVE WELL. BE WELL.

♥ NOURISHING NEWS ♥

Social Well-Being 2024

‘We come into the world as the result of others’ actions. We survive here in dependence on others. Whether we like it or not, there is hardly a moment of our lives when we do not benefit from others’ activities.’

- Dalai Lama

Loneliness and Your Health

Did you know that loneliness can impact your overall health? That’s right, feelings of loss or sadness due to lack of positive social connections can impact your well-being. Lonely individuals are more prone to chronic diseases, such as high blood pressure, stroke, and dementia, and may have weakened immune systems and higher stress hormones.

Want to improve your social health? Try some of these techniques to feel more connected:

- **Volunteer:** Find a cause that you care about and meet other like-minded individuals while giving back to your community.
- **Try something new!** Have you heard about pickleball yet? Are you interested in cooking but don’t know where to start? Research your interests & take a class in your area. Meet others while learning a new skill.
- **Reconnect with others:** Too often time goes by, life gets busy, and we lose touch with people we care about. Don’t let time stop you, call your old college roommate or friend from far away. We all want to feel connected!
- **Consider a pet.** Animals can provide comfort and ease stress. Adopt your own or volunteer at a shelter.

There are so many ways to meet others or reconnect with loved ones. Start today to improve your well-being!



Join the Team Destination Step Challenge!

Pack your bags and get ready to travel virtually to The Great Ocean Road, Australia. Join a team to compete with your colleagues and take **at least 245K steps from August 1 - September 15.** Registration opens July 18! Join the challenge [here](#).

Individuals who complete the challenge goal of at least 245K steps will earn **200 points** in the Live Well. Be Well. program & be entered into a **prize drawing**.

The winning team (with at least 2 members) will also win a **team prize!**



Quarter 3 Health Observances

July:

Healthy Vision

- Check out your [vision benefits](#)

UV Safety

- Explore sun safety with the [American Academy of Dermatology](#).

August:

Breastfeeding

- Check out [womenshealth.gov](#)

Immunization Awareness:

- Learn more about vaccinations at every stage of life at [cdc.gov](#)

September:

Healthy Aging:

- Visit the [National Council on Aging](#)

Childhood Obesity Awareness:

- Find information at [eatright.org](#)

Check out [Human Resources \(HR\) on Workplace](#) for the Live Well. Be Well. Monthly Calendar of Events & additional communications!

Employee Program Spotlight: Parsons Gives Back

Did you know that volunteering is good for your health?

Help others while helping yourself and make the world a better place! Parsons Gives Back is an employee-driven program that serves the communities in which we live, work, and play through charitable contributions, in-kind donations, and volunteerism.

Learn more about **Parsons Gives Back** [here](#) or see what your colleagues are doing in their communities by visiting the **Parsons Gives Back Workplace** page. By participating in Parsons Gives Back, you can also earn up to **20 points** in the Live Well. Be Well. program! Check out parsons.sharecare.com for more information.



GIVES BACK



Quarter 1 Live Well. Be Well. Winners!

Did you know that your Live Well. Be Well. program has a prize drawing for individuals who have earned 250 points during each quarter by completing wellness activities on the [Sharecare platform](#)?

Help me in congratulating our **2024 Q1 Winners**:

- Karen Pierce
- Ahmed Kamali
- Andrew Phillips
- Janele Turner
- Amanda Wallace
- Sam Benefield
- Tayler Schweigel
- Lauren Henry
- Daniel Davis
- Anne McCamy
- Kevin Kwedor
- Chase Hojnoski
- Richard Rehovich
- Ozzy Bravo
- Laura Arciniaga
- Garrent Bunch
- Kelly Compton
- Ann Marie Caramanno



Wellness activities vary from participating in challenges, attending a workshop, or even utilizing your Parsons benefits such as attending a webinar with Principal or SoFi!

If you would like to be entered into the next Quarterly Drawing for a chance to win a **\$150 gift card**, complete the following steps by **September 30, 2024**:

- Register or sign into your account at parsons.sharecare.com
- Earn 250 points through the completion of well-being activities

Q3 Winners will be notified in October!

Watermelon, Orange & Cucumber Salad with Castelvetro Olive Vinaigrette



This easy and superfast salad is incredibly refreshing, thanks to juicy watermelon and oranges. The Castelvetro olives lend a briny hit, while the herbs add lots of delicious depth to the salad. Pair this colorful salad with grilled shrimp or chicken.

Ingredients

- 4 cups (3/4-inch) watermelon chunks
- 1 ½ cups oblique-cut Persian cucumbers (about 3 cucumbers)
- 1 cup navel orange sections (about 2 oranges)
- 1/3 cup Castelvetro olives, pitted and torn
- ¼ cup fresh lemon juice (from 2 lemons)
- ¼ cup extra-virgin olive oil
- 2 tablespoons chopped fresh cilantro, plus more for garnish
- 2 tablespoons chopped fresh mint, plus more for garnish
- 1 ounce goat cheese, crumbled (about 1/4 cup)
- Lemon zest

Preparation

Gently combine watermelon, cucumbers and orange sections in a large bowl. Stir together olives, lemon juice, oil, cilantro and mint in a small bowl; drizzle over fruit. Sprinkle with goat cheese, cilantro, mint and lemon zest, if desired.

Nutrition

Serving Size: 1 1/2 cups; yields 4 servings.

Per Serving: 248 calories; protein 3g; carbohydrates 21g; dietary fiber 3g; sugars 14g; fat 18g; saturated fat 3g; calcium 42mg; potassium 276mg; sodium 261mg.

Source: eatingwell.com

All regular US benefits-eligible Parsons employees are eligible to participate in Live Well. Be Well.

Scan the QR code to earn 10 points for reading this newsletter!



 **SCAN ME**