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# SLPS Wellness Newsletter

FEBRUARY 2025



February is a time when all people, especially women, are encouraged to focus on their cardiovascular health.

- Heart disease is very common. In the United States, heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups. In 2022, 1 in every 5 deaths in the United States was caused by heart disease.
- High blood pressure is a leading cause of heart disease. Nearly half of U.S. adults have high blood pressure, which puts them at risk for heart disease and stroke. And just 1 in 4 people with high blood pressure has it under control.
- Heart disease is costly. The cost of health care services, medications, and lost productivity from heart disease amounted to \$252.2 billion between 2019 and 2020.
- To learn more check out this flyer on [Heart Disease](#)

In this newsletter  
you can expect:

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American Heart  
Month

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AHA Heart Walk

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Club Fitness Deals

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Go Red For Women

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Employee Spotlight

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Recipe of the Month

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## SLPS Has Heart May 31, 2025

Join SLPS for the American Heart Association Heart Walk, Saturday May 31st.

We walk to save lives.

9 out of 10 people who suffer cardiac arrest outside the hospital die. In most of those cases, bystander CPR was not performed. But we can change this.

Help us reach our goal today by joining our team or donating towards our goal. Together, we can turn bystanders into lifesavers.

We walk to save lives.

To join the SLPS Has Heart - Heart Walk Team click the link below.

[SLPS Has Heart Walk Team](#)



### Join at a Special Discount

As a valued member of the SLPS family, you're eligible for exclusive savings on your Club Fitness membership.

Check out this **Corporate Wellness Flipbook** that outlines all of the current plans available through our exclusive SLPS Wellness Program. These memberships include **no contracts** and **no enrollment fees** and can reflect up to 20% off compared to standard memberships.

**Your Promo Code: STLPS2022**

Make sure to use the above Promo Code to take advantage of your program discount.



**February 7th 2025**

Choose a Red Shirt, Dress, pants, Hat, Tie, Scarf, or even Socks.

On the first Friday in February, join us as we wear red and help raise awareness of women's No. 1 killer – Cardiovascular Disease.

Wear red to be seen, to be counted, to be heard, to make an impact.



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## WELLNESS BINGO 2025



February 10th - March 5th

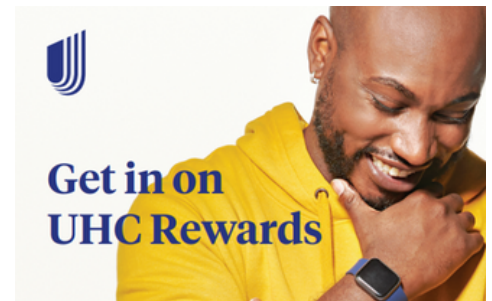
SLPS is bringing back Wellness BINGO! Check off a box every time you complete a wellness activity on the board. Activities include completing the health survey, scheduling your annual physical, taking a healthie selfie and more!

Earn a BINGO when you complete 5 in a row.  
Be on the lookout for more info.



Leah Hammel, RD, LD

We are excited to introduce to you your new Health Engagement Coordinator, Leah Hammel. She is a Registered Dietitian and Certified Personal Trainer with more than 15 years of experience in health and wellness. Leah strives to help people succeed in achieving their best health and attaining a balanced lifestyle. Her goal is to educate and empower you to be the healthiest you.



Learn how you can  
earn up to \$300.00  
per year by  
participating in your  
wellness program  
and completing  
healthy activities!  
Review this [flyer](#) for  
details or check out  
this [video](#) and [FAQ](#)  
for more  
information.



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## Staff Profile Highlights



### And the Winner is.....

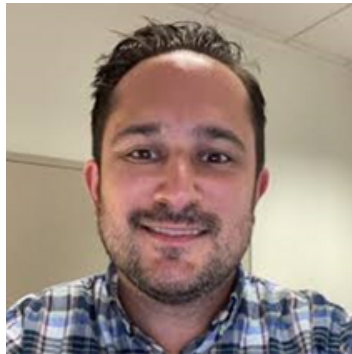
ETS @ Madison!

With the highest percentage participation at Wellness Day. Principal, Marvin Echols and his team brought a strong presence. They showed their passion for wellness and its impact on their lives. They won wellness equipment, motivational posters, wellness cups, a wellness room makeover and each employee received a delicious charcuterie board.

Who will next years winner be?



**Montia Kizer**



**Bill Huber**

This month we want to recognize Montia and Bill for their outstanding contributions during Wellness Day. Their dedication, hard work, and enthusiasm were truly inspiring and their efforts played a role in making the event a huge success. Their commitment to the cause demonstrated an outstanding spirit of teamwork and community. Thank you for your unwavering support and for making an impact through your selfless contributions!



Lets also give a shout out to G3 Fitness for helping at wellness day. They are a personal training and fitness studio with high-energy. Their mission is to help you live a healthy lifestyle, reach your fitness goals and have fun while doing it. If you are in the market for a personal trainer, reach out to them.





## Featured Recipe: Slow Cooker Red Beans and Rice

### Ingredients

- 1 tsp oil - vegetable oil, olive oil
- 13 oz Andouille smoked sausage sliced into half moon pieces
- 1 green bell pepper diced
- 2 celery stalks diced
- 1 small yellow onion diced
- 1 pound dried red kidney beans
- 2 smoked ham hocks
- 4 1/2 cups of water
- 2 Tbsp chicken bouillon powder or 2 bouillon cubes
- 1/2 Tbsp granulated garlic or 1 tsp garlic powder
- 2 tsp Creole seasoning (or Cajun seasoning)
- 2 dried bay leaves (optional)
- 1/2 cup unsalted butter divided
- 1 tsp kosher salt plus more to taste
- 3 cups cooked rice for serving

### Directions

- Heat oil in a skillet over medium high heat. Add sliced andouille sausage and cook until browned, about 4 to 5 minutes. Remove from skillet.
- Melt 1 Tbsp butter in the same skillet. Add onion, green bell pepper, and celery, sauté 3 to 5 minutes, or until vegetables are softened. Remove from heat.
- Add red beans, ham hocks, sautéed bell pepper, celery, and onion, and browned andouille to slow cooker.
- Add water and stir in bouillon powder, granulated garlic, and Creole seasoning and bay leaves if using.
- Cover with lid and slow cook on High for 4 hours, until beans are soft and creamy.
- Carefully remove the lid and stir in the remaining 6 tablespoons of butter in the pot.
- Taste red beans and adjust with Creole seasoning and kosher salt, if needed.
- Continue cooking with the lid off on High for 1 hour, or until the desired consistency is reached.
- Ladle red beans over rice and serve warm.
- Optional: Mash 1/2 cup beans for extra creaminess and stir in the shredded ham hock meat before serving.

*Thank you for reading!*

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