

**REMINDER: Only ONE month left to earn your reward for the PACE Wellness Program!**

The deadline to earn and submit your points is **November 15, 2023**.

Those who earn 5 points or more will receive their e-gift card reward in December 2023.

Log in now at

www.wellsteps.com/PACE

to see your points total!

If you haven't registered on WellSteps yet, now is your chance!



Here are a few ways you can still earn points in the PACE Wellness Program:

Submit your biometric Screening Form, which is a required activity.

- Complete the Biometric Screening Form and upload it to your WellSteps account.
- You can take a picture of the form and upload it through the WellSteps app.
- See WellSteps account for more information.

Behavior Change Campaign

- Our last Behavior Change Campaign - Walktober Challenge is going on now. The last day to register is Friday, October 13. See Walktober Section for more information.
- If you missed completing a Behavior Change Campaign, please contact **Dayna Gowan (PACE Wellness Program Coordinator)** at dgowan@keenan.com about completing an alternative campaign.

LiveHealth Online

- For Anthem members only.
- Register and complete the health history.
- Add your point to your WellSteps account. **The point will not be added automatically.** You will have to enter it in your WellSteps account.

Get your Flu Shot! Flu Shot counts for 1 point.

Download the WellSteps App to easily access the quizzes and other wellness points activities! Go to your App Store to download the WellSteps app, and you will receive notifications about the PACE program

WALKT^oBER™

Last day to register for the Walktober Challenge is Friday, October 13!

The campaign began October 2, but there is still time to register and participate. Aim for at least 6,000 steps each day by tracking and logging your steps and favorite activities such as biking, swimming, weightlifting, and yoga! Device integration is available through Fitbit, Apple Health, and more!

Challenge Goal: Earn 20 leaves (1 leaf per day; 6,000 steps = 1 leaf)

The Challenge ends November 1, 2023, and the last day to log activity is November 3, 2023.

Also, household members 18+ are eligible to participate in the Walktober Challenge. You can participate and win prizes as an individual and/or with a team of 3-4 (maximum of 4 participants per team).

****For those participating in the PACE Wellness Program, this will be the last campaign and last chance for participants to earn their required behavior change point. This Campaign is offered on a different platform than WellSteps. Those who complete the campaign goal will receive their behavior change campaign point after the Walktober Campaign is over.**

Register for the Walktober Campaign here: <https://pacewellness.walktober.com/>

(IMPORTANT: If you are a PACE Member and registered on WellSteps, please use the same email you use for your WellSteps account when registering for this challenge. You will have to register on the Walktober site to participate in the program.)

Questions about the Walktober Challenge? Contact PACE Wellness Coordinator Dayna Gowan at dgowan@keenan.com.



October Recipe

Simple & Healthy

Curried Pumpkin Soup

Nutritional Information

Calories: 110 Per Serving

Fat: 3.5g Per Serving

Carbohydrates: 15g Per Serving

Protein: 5g Per Serving



Ingredients

- 1/2 pound fresh mushrooms, sliced
- 1/2 cup chopped onion
- 2 tablespoons margarine
- 2 tablespoons all-purpose flour
- 1 teaspoon curry powder
- 3 cups vegetable broth (see notes)
- 1 can (15 ounces) solid-pack pumpkin
- 1 can (12 ounces) evaporated milk
- 1 tablespoon honey
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon ground nutmeg
- fresh or frozen chives (optional)

Directions

In 4 quart (or larger) saucepan, sauté the mushrooms and onion in margarine until tender. Stir in the flour and curry powder until blended. Gradually add the broth.

Bring to a boil; cook and stir for 2 minutes or until thickened. Add the pumpkin, milk, honey, salt, pepper, and nutmeg; heat through.

Garnish with chives if desired and refrigerate leftovers within 2 hours.

Notes:

- Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
- Try substituting cooked winter squash or cooked pumpkin for canned pumpkin. Mash and measure out 2 cups for soup.
- Honey is not recommended for children under 1 year old.

Source: <https://medlineplus.gov/recipes>

October is Breast Cancer Awareness Month

Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.



What Are the Symptoms?

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.
- If you have any signs that worry you, see your doctor right away.

How Can I Lower My Risk?

- Keep a healthy weight and exercise regularly.
- Choose not to drink alcohol, or drink alcohol in moderation.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- Breastfeed your children, if possible.

Fast Facts About Breast Cancer

- Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.

Source: <https://www.cdc.gov/cancer/dpcp/resources/features/breastcancerawareness/index.htm>

October's Move of the Month

Diagonal Neck Stretch

1. Turn head slightly and then look down as if looking in your pocket.
2. Hold for 15 seconds.
3. Relax.
4. Repeat 3 times on each side.

Source: <https://ors.od.nih.gov/sr/dohs/HealthAndWellness/Ergonomics/Pages/exercises.aspx>