

Monthly Newsletter

S+H BENEFIT SOLUTIONS INC.

January 2025



CEO - SARAH BRIENZA

Refresh, Revive, Renew: Your 2025 Wellness Plan!

We are thrilled to bring you the latest updates and insights as we continue our mission to make a meaningful difference in the community we serve.

First and foremost, we want to extend our heartfelt thanks to all our clients for your unwavering support throughout these uncertain and ever-evolving times. Your continued trust and commitment have been instrumental in keeping our business thriving, allowing us to provide the same high-quality service you've come to expect.

We're here to support you every step of the way, whether it's by providing valuable insights into your benefits plan, offering wellness advice, or simply reminding you to take time for yourself.

Thank you for being an essential part of our community. We look forward to continuing to support your well-being throughout the year. Stay tuned for more exciting news and updates in the months ahead!

Here's to a healthy and fulfilling 2025!

Sarah Brienza

In this newsletter
you can expect:

Goal Setting for
a Healthier You

Healthy Habits
to Start in
January

Financial
Wellness Tips

Seasonal
Nutrition and
Fitness Tips

Mental Health
Matters

Staff
Information



Goal Setting for a Healthier You

Setting achievable health and wellness goals is key to creating lasting positive changes in your life. One effective method is using the SMART framework, which encourages goals that are Specific, Measurable, Achievable, Relevant, and Time-bound. Staying motivated throughout the year can be challenging, but breaking your goals into smaller, manageable steps can make them feel more attainable. Additionally, having an accountability partner or using health apps can provide the support and tracking tools needed to stay on track and celebrate your progress along the way.



Healthy Habits to Start in January

January is the perfect time to embrace healthy habits that can lead to meaningful, long-term improvements in your well-being. Start small with simple daily routines like drinking more water, incorporating a short walk into your day, or setting aside time to meal prep for the week. These small actions may seem minor, but they can snowball into bigger lifestyle changes, helping you build momentum and confidence as you progress. By focusing on these manageable habits, you'll set a solid foundation for a healthier and more balanced year ahead.



Seasonal Nutrition and Fitness Tips

Winter is a great time to focus on nutrition and fitness while adapting to the colder months. Enjoy hearty and healthy recipes that incorporate seasonal ingredients like root vegetables and winter greens to keep meals both nourishing and delicious. Stay active indoors with creative workouts, such as yoga, dance routines, or bodyweight exercises, to keep your energy levels up despite the chilly weather. For family fun, try activities like indoor obstacle courses, dance-offs, or even a friendly game of charades to get everyone moving and staying active together.

ROASTED WINTER VEGETABLE BOWL

SERVES: 4 | PREP TIME: 15 MINUTES | COOK TIME: 30 MINUTES

Ingredients:

- 2 cups cubed butternut squash
- 1 cup Brussels sprouts, halved
- 1 cup carrots, sliced
- 1 red onion, chopped
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- Salt and pepper to taste
- 2 cups cooked quinoa or brown rice
- 1/4 cup crumbled feta cheese (optional)
- 2 tablespoons balsamic glaze or dressing

Instructions:

1. Preheat your oven to 400°F (200°C).
2. On a large baking sheet, toss the squash, Brussels sprouts, carrots, and onion with olive oil, garlic powder, smoked paprika, salt, and pepper until evenly coated.
3. Spread the vegetables in a single layer and roast for 25-30 minutes, flipping halfway through, until tender and slightly caramelized.
4. Divide the cooked quinoa or brown rice into bowls and top with the roasted vegetables.
5. Sprinkle with feta cheese if desired, and drizzle with balsamic glaze or your favorite dressing.
6. Serve warm and enjoy!



Financial Wellness Tips

Start the new year on the right financial foot with simple, effective budgeting strategies. Begin by reviewing your income and expenses to understand where your money is going. Start with a basic budget by listing all your monthly income sources and fixed expenses, such as rent, utilities, and insurance. Then, track your discretionary spending (like groceries, entertainment, and dining out) and identify areas where you can cut back. Set savings goals, such as contributing to an emergency fund or saving for larger purchases. For added flexibility, consider using budgeting tools or apps to help you stay organized. By taking the time to plan, you'll create a clearer path toward financial stability and be prepared for the months ahead.

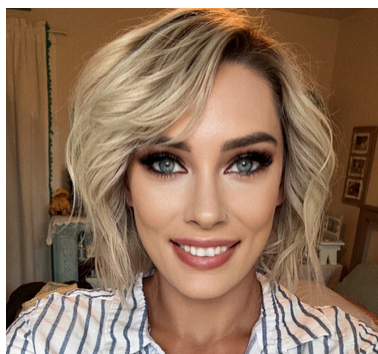
Here are a few free budgeting apps:

- Mint
- EveryDollar
- GoodBudget
- YNAB (You Need a Budget)



Mental Health Matters

During the winter months, many people experience the winter blues or seasonal affective disorder (SAD), but there are effective strategies to combat these feelings. Mindfulness practices, such as journaling and meditation, can help you stay present and manage stress, improving your mental well-being. Incorporating these practices into your daily routine can create a sense of calm and clarity. Additionally, maintaining a healthy work-life balance is crucial for mental health, especially when days are shorter and the weather can be harsh. Taking breaks, setting boundaries, and prioritizing self-care can help you stay balanced and focused throughout the winter season.



Sarah Brienza

Sarah Brienza, CEO and Medicare & retiree account manager, is a local military spouse with extensive provider-side healthcare experience. She homeschools two children, runs a photography business of 20 years, is studying Psychology, and enjoys winter hikes with her Siberian Husky.



Evelyn Beattie

Evelyn Beattie is your dedicated account manager. A Northern New York native with strong local ties. When she's not focused on ensuring the best outcomes for her clients, she enjoys cozying up and watching Outlander with her dogs, making the most of her downtime in the comfort of home.

Thank you for reading!

S+H BENEFIT SOLUTIONS, INC.	315-407-6379
www.shbenefitsolutions.org	259 JB Wise Place, Ste 108 Watertown, NY 13601
