

The Teamsters Local 922- Employers Health Trust
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Helpful Hints & Reminders



Monthly Focus: Health Awareness

The month of November is dedicated to several Health Awareness topics. These include:

- ◆ American Diabetes Month
Visit <https://diabetes.org/adm> to learn more.
- ◆ Bladder Health Month
- ◆ COPD Awareness Month
- ◆ Diabetic Eye Disease Awareness Month
- ◆ Lung Cancer Awareness Month
- ◆ National Alzheimer's Disease Awareness Month
Visit <https://www.alz.org/> to learn more.
- ◆ National Epilepsy Awareness Month
Visit <https://www.epilepsy.com/> to learn more.
- ◆ National Family Caregivers Month
- ◆ National Healthy Skin Month

- ◆ National Home Care & Hospice Month
- ◆ National Pancreatic Cancer Awareness Month
- ◆ Prematurity Awareness Month
Visit <https://www.marchofdimes.org/> to learn more.
- ◆ Stomach Cancer Awareness Month.

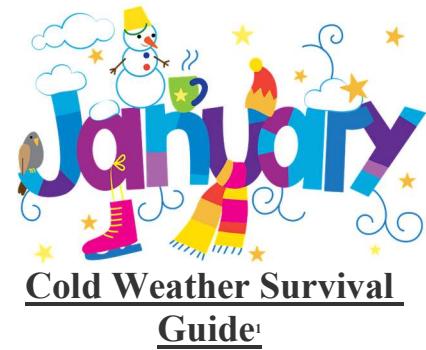
Regular visits with your doctor and related healthcare professionals can help with early detection for many diseases and allows for close monitoring of possible changes in your health.



The Gift of Giving

As the seasons change and the weather turns colder everyone's focus tends to turn towards the Holidays. Unfortunately, for some, the Holiday Season is a time of stress and struggle. The homeless struggle to keep warm and fed. Those who struggle with financial hardship, stress over providing for their families. Charity

Choices has a list of charities that accept donations in the DC area. This list includes charities to help animals, babies, abused and homeless children, food banks, and many more. Visit <https://www.charitychoices.com/WhereDC>.



Cold Weather Survival Guide

Protect against frostbite and hypothermia by wearing layers of loose-fitting, lightweight, warm clothing; wearing a hat; covering your mouth to protect your lungs from extreme cold; and wearing mittens (better than gloves when worn snug at the wrist).

Protect pipes on an outside wall from freezing by letting hot and cold water trickle or drip from a faucet at night; open cabinet doors to allow more heat to get

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<https://www.weather.gov/media/aly/PSAs/ExtremeCold.pdf>

to un-insulated pipes under a sink or near an outer wall; and make sure heat is left on and set to no lower than 55 degrees.

Protect against carbon monoxide poisoning by installing a carbon monoxide detector; never running generators indoors; open a window slightly when using kerosene heaters; never use a gas oven to heat your home. When using wood-burning stoves, fireplaces, and heaters, always keep a screen around an open flame; never use gasoline to start your fireplace; never burn charcoal indoors; do not close the damper when ashes are hot; and use only safe sources of alternative heat such as a fireplace, small well-

vented wood or coal stove or portable space heaters.

Don't forget your pets during cold weather. Bring pets inside; provide shelter and fresh water; use pet safe salt.



To ensure you continue to receive important communications, like this awesome newsletter, remember to keep your contact information up to date with the Fund Office:

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French Onion Soup Casserole

Ingredients:

¼ cup unsalted butter
5 medium Vidalia onions, thinly sliced (about 3 lb.)
2 teaspoons kosher salt
½ teaspoon black pepper
3 thyme sprigs
2 flat-leaf parsley sprigs
2 bay leaves

Directions:

Melt butter in a Dutch oven over medium-low; add onions, salt, pepper, thyme and parsley sprigs, and bay leaves; cook, stirring often, until onions are golden brown, about 1 hour. Meanwhile, preheat oven to 350°F. Arrange baguette slices in a single layer on a baking sheet. Bake in preheated oven until lightly toasted, 12 minutes. Set aside.

Remove and discard thyme and parsley sprigs and bay leaves from onion mixture. Add flour, and cook, stirring constantly, 2 minutes. Add broth and sherry; bring to a boil over high. Boil, stirring constantly, until slightly thickened, 2 to 3 minutes.

Layer half of the toasted baguette slices in a 13- x 9-inch baking dish. Spoon onion mixture evenly over bread. Top evenly with remaining baguette slices. Sprinkle with cheese; cover with aluminum foil. Bake in preheated oven 30 minutes. Increase heat to broil. Remove foil; broil until cheese is bubbly, about 3 minutes. Sprinkle with thyme leaves.

1 (16-oz.) baguette, thinly sliced
½ cup all-purpose flour
3 cups reduced-sodium beef broth
½ cup sherry
8 ounces Gruyère cheese, shredded (about 2 cups)
1 teaspoon fresh thyme leaves