

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



Monthly Focus: Back to School

Heading back to school after the Summer break can be a big adjustment.

Routines and schedules may need to change. Consider starting your child on their school sleep/wake schedule a week or so prior to the start of the new school year. This will help them acclimate to the change gradually.

Plan for safe travel to and from school. Whether taking the bus, carpooling, biking, or walking, make sure your child is aware of their surroundings and their part in staying safe. Looking both ways before crossing the street and making sure they are visible to other vehicles around them are both good ways to ensure their own safety.

Consider backpack safety. Choose a backpack with wide, padded shoulder straps and a padded back. Make sure your child uses both straps to prevent muscle strain. Make sure the backpack sits at your child's waist with heavier items closest to the center of the back. The backpack should never weigh more than 10% to 15% of your child's body weight. Be sure to go through your child's backpack with them weekly to clean out unneeded items.

Develop a healthy sleep routine. Create a bedtime routine that is consistent to signal your child that it is time to settle down and fall asleep. This may involve taking a bath, reading together, or tucking them in for the night. Turning off electronic devices well before bedtime will also help provide a quiet and calm space.

For more helpful tips for back-to-school visit
www.healthychildren.org



Free for Fall: Family-Friendly Fun!

 Visit the U.S. National Arboretum to check out the National Bonsai & Penjing Museum and the National Capitol Columns that supported the east portico when it was built in 1828.

 Drive the George Washington Memorial Parkway to view beautiful fall scenery from any of the numerous scenic overlooks.

 Have a picnic in one of the many parks and gardens like the 2,000-plus acres of Rock Creek Park.

 Visit the World Culture Festival (Sept. 29-Oct. 1) on the National Mall.

¹ <https://washington.org/visit-dc/free-things-to-do-fall-in-dc>

OCTOBER



Breast Cancer Awareness Month

Other than skin cancer, breast cancer is the most common cancer among American women. Early detection is key, and mammograms one of the best ways to find breast cancer early.

Each year in the United States, about 264,000 women get breast cancer and 42,000 die from the disease.

Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the US 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.

You can lower your breast cancer risk by:

- ✓ 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.

There are different symptoms of breast cancer, and some people have no symptoms at all. If you have any signs that worry you, such as any change

in the size or shape of the breast; pain in any area of the breast; nipple discharge; a new lump in the breast or underarm, see your doctor right away.



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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Pumpkin Whip

Ingredients

1 package (3.4 ounces) instant butterscotch pudding mix
1-1/2 cups cold 2% milk
1 cup canned pumpkin
1 teaspoon pumpkin pie spice
1-1/2 cups whipped topping
Gingersnaps, optional

Directions

1. In a large bowl, beat pudding and milk until well blended, 1-2 minutes. Blend in pumpkin and pie spice. Fold in whipped topping. spoon into dessert dishes. Chill. Garnish with gingersnaps if desired.

