



## Wellness Newsletter

October 2021



### Anosognosia and Dementia

Family caregivers are often frustrated by the confusing and seemingly "stubborn" behaviors of a loved one with dementia. For some, this frustration stems from the difficulties in dealing with a loved one who doesn't even realize they have Alzheimer's or dementia. This challenging phenomenon is called anosognosia. Click below to learn more.

[Learn More](#)



### The Power of Mindful Parenting

Mindful parenting is about stepping back and observing your own reactions while remaining in the present moment. Explore strategies for staying grounded with a child or teenager displaying symptoms of autism spectrum disorder. Click below to learn more.

[Learn More](#)



### Cook & Learn Recording: Building a Better for you Breakfast

This pre-recorded webinar was prepared by Trish Ruzicka Wright, RDN, LD, a Registered Dietitian Nutritionist. This webinar focuses on the building blocks of building a better for you breakfast to jumpstart your day the healthier way.

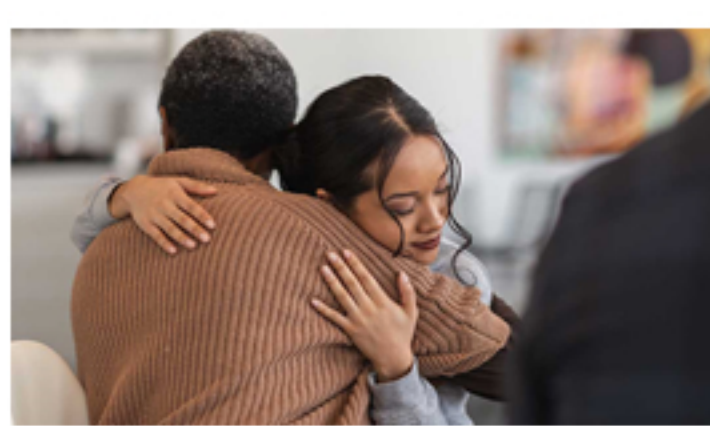
[Watch Now](#)



### Tips to Keep Your Kids' Smiles Happy and Healthy

Good dental habits start with you. Good dental health starts with you—the parents! Here are 10 tips to keep your kids' teeth healthy. Click below to learn more.

[Learn More](#)



### The Stigma of Addiction

This presentation discusses the importance of reducing the stigma of addiction and the multitude ways to accomplish it by using an evidence-based, public health approach. Click below to learn more.

[Learn More](#)

### Club Fitness Discounts Available

Did you know that Club Fitness discounts are available to all Zoltek employees in St. Louis? Unfortunately, this benefit is not available in Utah. All regular full-time employees and their dependents are eligible to participate in the program.

[Learn More](#)



### The Best Healthy Turkey Chili

Healthy turkey chili made with lean ground turkey, kidney beans and corn. This version is simply the BEST! Perfectly spiced and packed with plenty of protein and fiber. Can be made on the stovetop or in your slow cooker!

[Get the Recipe Here](#)

# UPCOMING



Stay tuned for information on upcoming events!  
Visit [zoltek.com/wellness](https://zoltek.com/wellness) anytime for more information.