

GCCSA ONE TEAM NEWS

December Newsletter

Volume 10



PRESENTS AND PRESENCE

December's Theme

The holiday season is finally upon us! We made it through another year! And that in itself is a major accomplishment. Think back to all the things that have challenged you this year and how you persevered to be where you are right now. That deserves recognition!

With the holidays, it can be easy to get caught up in the hecticness of the season, but this holiday, try and take a step back to appreciate where you are in your life right now. Think about all you did in 2024, and how you can use that to make an even better you in 2025.

Enjoy every moment and truly be present with friends, family, pets, and whomever brings meaning to your life.

Employee Highlight



Geneva Bautista

Support Services Associate

Meet Geneva Bautista who, with nearly 34 years at GCCSA, including 3 years as a volunteer, has been a dedicated part of the team for decades. Her daughter was a Head Start baby, and recently they've started doing Zumba classes to stay active. She's also been using a stepper machine to keep her legs moving when she's sitting down for a long time. In her free time, Geneva enjoys cooking and baking, especially cakes. To de-stress, she makes a point of leaving work behind at the office and truly disconnecting when she's at home, even putting her phone on "do not disturb" to stay present in the moment. Recently, Geneva has begun making healthier lifestyle changes, such as eating smaller portions, incorporating more vegetables into her meals, and cutting back on carbs, losing 36 pounds thus far! Staying hydrated is also a key part of her routine. As she gets older, Geneva understands the importance of maintaining a healthy weight to protect her bones and overall well-being. She stays motivated with a combination of physical activity on her stepper machine and mental stimulation through puzzles to keep her brain sharp. Her message to others: "Care for yourself before you care for others. You can't help others if you haven't cared for yourself first." Geneva is an inspiring example of prioritizing personal well-being for a healthier, more balanced life.

Challenge of the Month

Meditation

Going along with December's theme of being present, December's challenge of the month is meditation. Take a few minutes each day to clear your mind and focus on your thoughts. You'd be surprised at how relaxed you feel afterwards! You can meditate anywhere too. Take a few minutes when you wake up in the morning or do it right before you go to bed at night. Click here to read about the numerous health benefits of meditation.

Recipe of the Month

Healthy Apple Crumble

Looking for a healthy alternative to your favorite apple pie? This apple crumble recipe is sure to have people talking at your next holiday gathering. This healthy dessert is low on sugar, but delivers on flavor, making it the perfect guilt-free indulgence.

For the full recipe, click on the picture below.

