



Make Quality Time Thanksgiving's Secret Ingredient

November 9, 2020

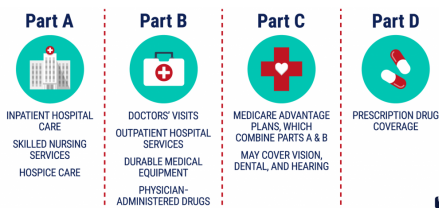
(Family Features) Perhaps more than usual, the centerpiece this Thanksgiving won't be the turkey, the stuffing, or even family-famous recipes for sweet potato casserole or pumpkin pie. Instead, when gathering around a table with loved ones, the precious moments of togetherness will be what many families treasure most.

Pie Recipes

This year, give yourself permission to savor the holiday and all its pleasures as a participant, rather than a harried host.

Make the prep part of the party. If you're hosting a small group of friends or family, invite a few guests over early to fill your kitchen with laughter and plenty of able hands to help prepare the meal.

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Proposed Medicare Cuts Threaten Anesthesiology Practices Already Struggling Amid Pandemic

September 9, 2020

American Society of Anesthesiologists Opposes Drastic Payment Reduction for Critical Services

8-Sep-2020 9:05 AM EDT, by American Society of Anesthesiologists (ASA)

Newswise – WASHINGTON, D.C. – Medicare has proposed drastic cuts to its payment rates for important health care services, threatening the practices of physician anesthesiologists who have been on the front lines of the battle against the COVID-19 pandemic.

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Get Curious About Your Cat's Health

September 1, 2020

(Family Features) Adopting and fostering pets continues to trend as people across the nation add furry friends to their families for company during these unprecedented times. However, building a bond is just the first step to pet ownership; curiosity and care for your pet's health lasts its entire life.

Strong bonds with pets are among the more positive outcomes of being in quarantine. Nearly 40% of people agree they couldn't have made it through quarantine without their pets, according to a survey by Royal Canin. However, of the more than 90 million cats in United States households, more than half do not receive a yearly veterinary exam, according to the American Pet Products Association.

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Top 2020 food trends

May 5, 2020

(BPT) - A new year always brings predictions about what trends will rise to popularity, and when it comes to food, there are plenty of trends already underway that will no doubt continue to surge over the next several months. The good news is both your taste buds and your health will likely benefit from the latest trends in eating and cooking.

1. A celebration of global flavors

2020 is an exciting time to explore new flavors from around the world.

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Governor allows election postponement of local elections.

March 18, 2020

03/18/2020 - Texas

Governor Greg Abbott today issued a proclamation suspending provisions of the Texas Election Code to allow political subdivisions to postpone their 2020 local elections.

This means local governments now have the ability to postpone their May 2, 2020 elections until November 3, 2020.

"I strongly encourage local election officials to take advantage of these waivers and postpone their elections until November," said Governor Abbott. "Right now, the state's focus is responding to COVID-19 — including social distancing and avoiding large gatherings. By delaying this election, our local election officials can assist in that effort."

Under Section 418.

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Trophy Club welcomes new Town Secretary

March 13, 2020

03/13/2020 – Trophy Club, TX

New Town Manager Steve

Norwood, with approval from Town Council has hired Leticia M. Vacek for the position of Town Secretary, effective March 09, 2020. Vacek will be replacing Holly Fimbres, who accepted a new position in neighboring Grapevine at the City Secretary's Office.

Mrs. Vacek retired from the City of San Antonio as city clerk in order to accept the job with Trophy Club. Her last day as city clerk was March 6th.

Vacek was with the City of San Antonio for 16 years. Part of her accomplishments include:

implemented the city's Passport Acceptance Facility that has generated more than \$5 million in revenue for the city's general fund, preserving city history and archiving old

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Now's the Time to Focus on Financial Health in the Workplace

March 6, 2020

(Family Features) Employers have both an opportunity and a responsibility to care for their employees' financial wellbeing.

Employers that help their teams achieve better financial health tend to foster healthier, more productive and more committed workforces.

In particular, workplace financial health is essential for those in the service industry or that employ hourly or gig workers, who are often faced with unpredictable work schedules and paychecks.

"Research shows employees who are offered financial health benefits or options are less stressed and have higher workplace satisfaction," said Jennifer Tescher, CEO of Financial Health Network, the nation's authority on consumer financial health.

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Tap into Employer Benefit Resources in Times of Uncertainty

March 5, 2020

(Family Features) For many American workers, how they do their jobs dramatically changed with the spread of COVID-19. Some have shifted to working from home while others moved to part-time or reduced hours.

With uncertainty abound, now's a good time to take stock of your physical and mental health and

familiarize yourself with the resources available from your employer.

As part of a report on mental health, employee benefits company Unum found nearly three-quarters (74%) of working adults feel big life events can have a major impact on their mental health. Some top mental health triggers include a person's health (69%), finances (67%), relationships (59%) and job satisfaction (52%).

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5 Tips to Reduce Your Pet's Environmental Pawprint

March 3, 2020

(Family Features) There's plenty of advice on ways to reduce your environmental footprint, but you might be left wondering about the environmental pawprint made by your pet.

According to a 2019 survey conducted by the American Pet Products Association, 67% of families across the country have at least one dog or cat, which is why it's important to think about how your furry friends affect the planet.

Consider these easy lifestyle changes you can make to help reduce

their environmental impact.

Check those waste bags. Use compostable baggies to pick up after your pet when you take walks. Plastic bags take years to break down, if at all. There are options made from plants and other materials that biodegrade quicker.

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Asthma

- is a serious lung disease
- causes chest tightness, wheezing, and coughing
- can be controlled with proper treatment

How many people in the U.S. have asthma?
About **1 in 13** people

Because of poorly controlled asthma, each year about

- 4 in 9** children miss school
- 1 in 3** adults miss work
- 7 in 13** adults limit their activities

Work with your health care provider to develop an asthma action plan that includes

- How to take your medications
- How to track symptoms and triggers
- When to see your provider
- What to do when you have an attack

nhlbi.nih.gov/breathebetter

NIH National Heart, Lung and Blood Institute

LEARN MORE BREATHE BETTER

Take Action to Breathe Better

March 2, 2020

(Family Features) More than 25 million Americans (about 1 in 13 people) suffer from asthma, according to the Centers for Disease Control and Prevention's National Health Interview Survey. Asthma is a serious lung disease that affects the airways and makes it difficult to breathe. However, symptoms can be controlled with proper treatment and an action plan similar to this recommendation from the National Heart, Lung, and Blood Institute.

Find more information at nhlbi.nih.gov/LMBBasthma.

Source: National Heart, Lung, and Blood Institute

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