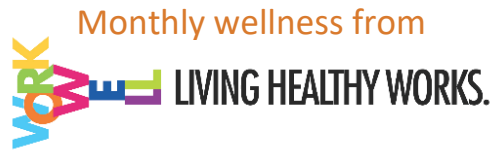


Working on Wellness



Quick Tips

💧 Keep a water bottle nearby 🌳 Take a 10-minute walk during breaks 🛌 Aim for 7–8 hours of sleep 🥗 Add one colorful veggie to every meal

Compassion at Work

Building Dementia-Friendly Workplaces

With nearly 1 in 5 U.S. workers now age 65 or older, and 1 in 9 Americans in that age group living with Alzheimer's, the paper emphasizes the importance of early recognition, compassionate support, and proactive planning. Workplaces are often the first places where cognitive changes become noticeable, yet stigma and lack of awareness can lead to misinterpretation, job loss, and missed opportunities for support.



Key Recommendations Include:

- Training leaders on dementia awareness and disability law.
- Promote early diagnosis and healthy habits.
- Clarifying benefits and retirement options.
- Provide flexible, supportive work accommodations.
- Ensure dignified workforce transitions.

Explore Additional Resources:

- [Dementia Care Practice Recommendations](#)
- [Alzheimer's & Dementia Resources Hub](#)
- [10 Early Signs and Symptoms of Alzheimer's](#)

Creating a dementia-friendly workplace not only supports affected employees but also preserves institutional knowledge, strengthens team cohesion, and promotes a culture of empathy and inclusion.

Diabetes Awareness and Prevention Diabetes is the seventh leading cause of death in South Dakota and roughly **62,000 South Dakotans** are living with the daily challenges of diabetes, and thousands more have **pre-diabetes — many without even knowing it.** The good news? **Diabetes can often be prevented, and pre-diabetes can be reversed** with simple, healthy lifestyle changes.

[RESOURCES](#)



Gen Z in the Workplace
Recorded October 8, 2025



Generations, Their Health and the Workplace
Recorded July 9, 2025



Stop the Spread

Flu season is here — and so are flu shots. Influenza is a viral infection that affects the nose, throat, and lungs. Symptoms can include a sore throat, fever, headaches, fatigue, or a runny nose. But a flu shot could help prevent or lessen it.



Immunity Tonic Cubes

Winter and sickness season is upon us! Boost your immune system with The Blue Zones special recipe!



Sedentary Lifestyles are Draining

Commit to fostering a workplace culture that promotes physical activity and employee well-being. 175+ CEOs Sign Pledge to Boost Workplace Movement as Inactivity Costs Hit \$192B.

