

## October 2019 Happiness Calendar

Always a fun item to save and ponder over the month! Sometimes we need a little boost or reminder to just be happy! [Click here.](#)

## Montana Clean Indoor Air Act 10 Year Anniversary

- October 1, 2019 marked the 10-year anniversary of the full implementation of the [Montana Clean Indoor Air Act](#), which has led to [decreases in both youth and adult cigarette smoking](#) and [reduced secondhand smoke exposure](#).
- More work needs to be done; [30% of Montana's high school students use e-cigarettes](#).

E-cigarette aerosol can contain nicotine, metals, ultra-fine particles and chemicals that have been known to cause respiratory disease and cancer. The Centers for Disease Control and Prevention urges communities to [take action by including e-cigarettes in local smoke free policies](#).

## How Many Calories in a Pumpkin Spice Latte?

We just had to ask didn't we? Some of us find them very tasty and some of us not so much. These calorie saving tips could work with any flavor of latte. Click the link: <https://esmmweighless.com/how-many-calories-in-a-pumpkin-spice-latte/>

## Flu Shot Options 2019

GFPS Flu Shot Vaccine Clinics are set for the month of October. Employees and spouses plan to attend. Pediatric shots not available. [Click here](#) for the schedule or visit the GFPS Wellness site.

## 2019 Stop the Stigma Events—Last One Tomorrow Night

In an effort to open up the conversation surrounding mental health and addictive disorders, Great Falls community members and organizations came together three years ago to form Stop the Stigma, an annual weeklong series of events to educate the community on the myth about mental health and addictive disorders, which overlooks the incredible strength and resilience of people recovering from these issues. The event for October 3, is entitled "Stand Up to Stigma" which is performance about a local gal and her successes, struggles and unique story of addiction. Plan to attend!

Please [click here](#) to view the entire schedule of events for the week.

## Upcoming Community Events

All events have Facebook event pages. Fun times ahead with family and friends while supporting great causes in our community!

- 10-12-19 @ Gibson Park: YWCA & What Women Want Rankin Run (10K, 5K, 1-mile) [Click here](#)

## 2019 Poker Walk Results

It certainly was a beautiful Fall day for the Employee Wellness Poker Walk that took place last week. Typically held in the Spring of the year, the GFPS Employee Wellness Team decided to

try a Fall Poker Walk due to inclement weather in May the last few years. Employees, family members, friends and furry friends followed the Rivers Edge Trail near Broadwater Bay collecting cards along the way. Thanks to all who attended! Making this event a success were the following volunteers: [Heather Spurzem](#), [Sandy Bennett](#), [Jacqueline Green](#), [Kerry Dattilo](#), [Laneya Martin](#), [Erica Harp](#), [Rena Burleigh](#), [Miranda Murray](#), [Jody Murray](#)

Winners of the cash prizes are listed below:

Instant Prize Joker Drawing: Stacey Barnes, LF; Best Hands: Deidre Martinko, SAC; Pamela Mackiel, GS; Mary Somerfeld, NMS; Kathie Sybrant, NMS; Manuela Walker, GFH; Tom Cabbage, CMR; Low Hand: Mary Wren, EMS

**As always: Visit the Employee Wellness Website**

Fitness schedules, nutrition, health and wellness topics.

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Staff—>Employee Wellness

**As always: Visit the Student Wellness Website**

GFPS Guidelines, Smart Snack calculator, student health and wellness.

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Parents & Students—>Student Wellness