

Summer 2025

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Website Assistance

Wellness Champion

Our wellness champion for this quarter is none other than Donna Trusso. Donna would be the first person to tell you that running a successful wellness program was not on her radar when the opportunity was presented to her. During her time in running the STARS Wellness program, she was able to transform a vision into an award-winning reality time after time, year after year, both locally and nationally. She has directed the STARS program in establishing an agency-wide, annual health evaluation for all full-time staff, regardless of insurance coverage. She has led the partnerships between TRC and several local agencies in addressing public health concerns. The current Wellness Program is a reflection of who Donna is, the brightest star of them all! Congratulations Donna!



Wellness Committee

Fostering a workplace culture that supports healthy lifestyle choices for all

Quarterly Newsletter



For this quarter's STARS Wellness Newsletter, STARS has compiled a list of websites that have been shared recently that may assist you in starting your summer off right. These websites offer assistance and ideas from a variety of sources. Included in this list are websites that deal with future planning, employee assistance program, alternative traveling modalities, etc. Consider this a central location for these websites. Here they are:

1. [Wellness Toolkit](#) National Institutes of Health
2. [Bike Safety](#) Independent Health
3. [Mental Illness](#) National Alliance on Mental Illness
4. [Child Care](#) Office of Children and Family Services
5. **Future Planning**

[Advanced Directives](#)

[Medical Orders for Life Sustaining Treatment \(MOLST\)](#)

[Compassion and Choices/End of Life Resources](#)

7. [Time Management](#) Mind Tools
8. [Career Advancement](#)

UPCOMING CHALLENGE: SUMMER 2025 BUCKET LIST CHALLENGE

This challenge, as with all STARS challenges, is worth 25 points.

[Recipe of the Month](#) (MyPlate)

STARS WELLNESS

Our purpose is to foster a workplace culture that supports healthy lifestyle choices for all.