

# Staying Connected... Team ALS Keeps it Simple



## What We Do Know...

The ALS Group team has started to return to the office in a staggered work schedule. The building is spooky quiet and feels as though it is just us in this huge high rise! The social distancing methods, cleaning procedures and provided PPE/disinfectant wipes etc. has helped us all remain safe. Remember to wear your social distancing bracelets to let your team members know your comfort level in an easy way!

## What We Do not Know...

What everyone's comfort level will be in the office setting- be respectful and create distance between you and others (social distancing bracelets are offered to help you with this!)

If the COVID cases will continue to rise in our area and what that will mean as we approach the flu season. Remember if you don't feel well protect you and others, speak up and work from home.

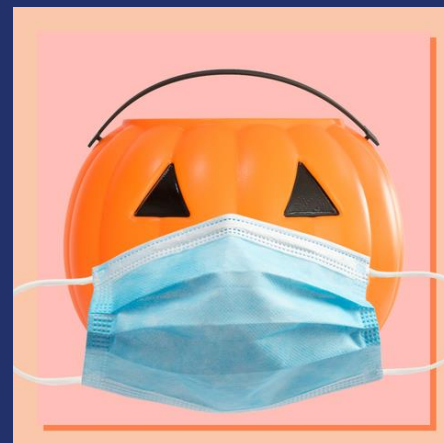
## Resources for the team:

Thank you all for being open minded and compliant! All questionnaires have been returned back and we have been able to together again in a safe way!

Stay tuned for any updates on your work in office and WFH days to ensure our new team members get the hands on knowledge and exposure that is needed while staggering the staff appropriately to properly social distance ourselves.

*Risks are all over the place! Don't forget, especially this year, Trick or Treating both with kids going house to house OR even giving out candy and opening yourself up to many people you don't know can be extra risky this year! A Halloween Risks Blog will be posted later this month! Don't forget to check it out!*

***#halloween2020***



**Ingredients:** ¾ cup Greek yogurt, 2 cloves garlic minced, 1 bunch fresh cilantro very finely chopped, 4 tbsp olive oil, salt and pepper, 2 lbs. sweet potatoes cut into ¾ inch wedges, ¼ tsp ground cinnamon, Sriracha for drizzling (for that extra kick of spice), 3 tbsp toasted pine nuts. **Instructions:** Mix together the yogurt, cilantro, 2 tbsp olive oil, ½ tsp salt and a dash of pepper into medium bowl and set aside. Preheat the oven to 425 degrees. Toss the Sweet potatoes with cinnamon, 2tbsp olive oil and 1 tsp salt and spread evenly on 2 half sheet pans lined with parchment paper. Bake tossing occasionally for approx. 25-30 minutes or until golden brown. Transfer sweet potatoes to a serving plate and dollop with the yogurt sauce-leave a little extra on the side. Drizzle with Sriracha and sprinkle on the pine nuts, remaining cilantro and a few dashes of pepper and sea salt for taste. So easy and so delicious! Great for a Weeknight dinner- under 1 hour total!

## Roasted Sweet Potatoe Wedges with Cilantro Yogurt Sauce!



### *It's just about that time!*

**Ingredients:** 1 cup pitted dates, ½ cup pumpkin puree, ½ cup uncooked old fashioned oats, ¼ cup ground flax seed, ¼ cup raw pumpkin seeds, 1 tsp pumpkin pie spice (sold in spice section), 2 tbsp mini chocolate chips

**Instructions:** Combine all ingredients except chocolate chips in food processor or high powered blender until forms a paste. Stir in the chocolate chips. Using a tablespoon of the mixture at a time, roll into balls. Store in the refrigerator until ready to eat.

**Pair these with a hot pumpkin spice latte and you have yourself a very festive snack!**

### chocolate chip PUMPKIN SPICE ENERGY BALLS



## Our Team is Growing!

The ALS Group Welcomes ShaLinda Bennett, Sr. Analyst with 20 year experience in Account Management! ShaLinda will work on a grouping of accounts very closely with AI and the Client Service Team and has started with us October 5, 2020! This mom is another superhero we get to add to our group!

Mackenzie English will also be joining The ALS Family on October 26, 2020 as a Claims Coordinator! Mackenzie will assist with the claims management and has 2 ½ years' experience in this area. Mackenzie lives in the NJ area and has a background in acting before entering into her new passion, Claims and overall Risk Management.