

Medical Group Wellness

NEWSLETTER

NM
MEDICAL
GROUP, INC.

JUNE 2026

HELLO, JUNE!



Can you believe we are six months into the year? Summer is officially here, bringing longer days, gorgeous warmer NM weather, and plenty of reasons to celebrate. June is packed with meaningful observances, fun national days, and opportunities to connect as a community. From Juneteenth, Pride Month and Father's Day to the first day of summer, this month encourages us to recognize achievements, enjoy seasonal traditions, and make time for fun along the way.

Be sure to mark your calendars for some lighthearted favorites too -- National Donut Day, World Oceans Day, and International Picnic Day are just a few of the celebrations that make June extra memorable.

We hope this month brings sunshine, inspiration, and moments worth celebrating!

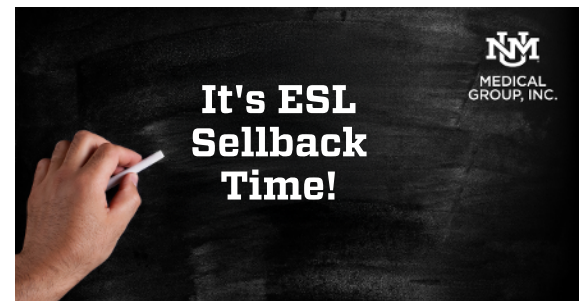
**The Payroll and
Benefits Team
would like to wish
all the fathers a
Happy Father's Day!**



The June 2026 full moon, known as the Strawberry Moon, will reach peak illumination on Monday, June 29, 2026 at 7:57 PM MDT for viewers in Albuquerque.



Because this peak occurs right around sunset (in the constellation Sagittarius), the best time to see it will be as it climbs over the southeastern horizon.



**ESL Sell Back is
Coming Soon! Be on
the lookout for emails.**

QUESTIONS?

Reach out to the UNMMG Payroll & Benefits Team with questions or article suggestions.

June Wellness Tips

June is all about transitioning into summer by embracing the outdoors, refreshing your routine, and preparing for rising temperatures. Whether you want to boost your wellness, prep your home, or tend to your garden, a few targeted changes make the start of summer a breeze.

Home & Gardening

- **Mulch & Shade:** Protect your soil from the blazing summer heat and conserve moisture by adding a thick layer of mulch. Use shade cloth for delicate plants getting too direct afternoon sun.
- **Deadhead & Feed:** Prune away dead spring blooms (like roses and lilacs) to encourage new growth. Give your summer annuals, vegetables, and containers a second round of organic fertilizer.
- **Pest Control:** Keep an eye out for pests like aphids, lace bugs, and slugs. Address them early with water blasts or organic insecticidal soap.

Lifestyle & Wellness

- **Beat the Heat:** As temperatures rise, prioritize hydration, break up outdoor activities into the morning or evening, and utilize portable fans if you are out and about.
- **Summer Refresh:** Swap out heavy blankets for breathable, light bedding, and add bright, summery colors (like tomato red, bright yellow, or pastel matcha) to your nails and home decor.
- **Plan Intentional Time:** Make the most of long, sunny days by creating an upbeat summer playlist, taking time for outdoor quiet mornings, or scheduling local park visits.

Sun & Heat Safety

- **Apply SPF:** Use broad-spectrum sunscreen (SPF 30+) daily Keith Family Medicine, and don't forget to reapply every 2 hours if you're outdoors.
- **Eye Protection:** Invest in sunglasses that block 99% to 100% of both UVA and UVB radiation.

Hydration & Nutrition

- **Pre-hydrate:** Carry a reusable water bottle and sip consistently Keith Family Medicine. Don't wait until you feel thirsty to drink.
- **Eat Fresh:** Lean into seasonal, hydrating summer produce like watermelon, cucumbers, and berries to boost your nutrient and antioxidant intake naturally.

Movement & Rest

- **Beat the Albuquerque Heat:** Shift workouts, long walks, or jogs to the early morning (before 9:00 AM) or late evening to avoid peak temperatures and UV spikes.
- **Prioritize Sleep:** Warmer, longer days can disrupt sleep. Keep your bedroom cool, dark, and set consistent bed and wake times.

Mental & Social Wellness

- **Socialize Outdoors:** Practice the 5-3-1 rule (making 5 weekly contacts, 3 genuine monthly exchanges, and dedicating 1 hour daily to socialization) to boost mental health.
- **Try New Hobbies:** Take advantage of the long daylight hours to try a new outdoor hobby like pickleball, hiking local trails, or gardening.





Early days of summer are here, school is out, graduation parties are happening, and summer trips are being planned. Look no further - UNMMG members receive numerous perks and discounts at Working Advantage to help plan/shop for those great summer activities!

Working Advantage is here to help you start your summer off on the right foot! Find exclusive savings and discounts on domestic and international flights, summer concert tickets, and more. Working Advantage is updated daily with seasonal offers and exclusive savings on everything from home entertainment to your everyday needs! Visit online today for the latest discounts! Working Advantage is here to help you start your summer off with a bang!

If you haven't signed up yet, click [become a member](#) and enter our company code: **unmmgperks**



In addition to Working Advantage benefits, don't forget our FastPark rewards program for additional discounts on airport parking when traveling! FastPark is extending its promotion for our UNMMG team members.

Any employee who creates a first time **Fast Park & Relax** rewards account from now until 09/30/2026 will automatically receive **two free days of airport parking**.

The points for the two free days will appear on the account within 48 hours.

If you haven't already, contact UNMMG BenefitsPayroll@unmmg.org with any questions on how to sign up.

Let us know if you have any questions. Thank you!

The Relax for Rewards Program

Benefits Include

- Earn rewards points for free parking (8 Points = 1 Free Day, 20 Points = 3 Free Days, 40 Points = 1 Free Week)
- Make reservations for future dates at no charge
- Ticketless entry & exit
- On-line 24/7 account access includes printing old receipts and free parking certificates
- Customized parking program with revenue and usage report

Albuquerque Fast Park Features

- ALL COVERED AIRPORT PARKING
- Fast and Safe Shuttle Service From Car-to-Terminal
- Complimentary Luggage Assistance
- Express Entrance and Exit
- Emergency Car Services
- Open 24 Hours, Reservations Available
- Outdoor-Rated GFIs

RECIPE OF THE MONTH: TURKEY SPAGHETTI ZOODLES

A super simple one-pot dinner that's low calorie, low carb, paleo, gluten-free and takes just 10 minutes to make. This will be your go-to weeknight dinner! Serve immediately or store in the refrigerator up to 3 days.

Ingredients

- 1 tsp extra virgin olive oil
- 1 ¼ lb ground turkey breast
- 1 cup diced green bell pepper
- 1 Tbsp minced garlic
- 2 tsp Italian seasoning
- 1/2 tsp ground black pepper
- 1/4 tsp salt
- 1/4 tsp red pepper flakes
- 3 cups marinara sauce
- 2 cups baby spinach leaves
- 4 zucchini, cut into noodle-shape strands



Directions

1. Heat olive oil in a large skillet over medium heat. Add turkey breast, green pepper, garlic, Italian seasoning, ground black pepper, salt, and red pepper flakes; cook and stir until turkey is lightly browned, 4 to 5 minutes.
2. Stir marinara sauce and baby spinach into the turkey mixture; cook and stir until marinara sauce is warm through, about 3 minutes.
3. Stir zucchini noodles into the sauce with tongs; cook and stir until the zucchini is slightly tender, 2 to 3 minutes.

Prep Time: 15 minutes **Cook Time:** 9 minutes **Total Time:** 24 minutes **Servings:** 5

Community Happenings



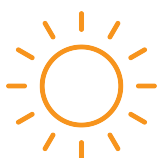
New Mexico United 2026 Season

Rio Grande Credit Union Field
1601 Avenida Cesar Chavez SE
Albuquerque, NM 87106



Albuquerque Isotopes 2026 Season

Rio Grande Credit Union Field
1601 Avenida Cesar Chavez SE
Albuquerque, NM 87106



Summertime in Old Town 2026

Located southwest of the intersection at Mountain and Rio Grande.

