

HIGHWAY TO WELL & SAFETY

THIS MONTH'S THINGS TO KNOW



was originally the eighth month in the Roman calendar. "octo" is Latin for eight. It wasn't until later that it

became the 10th month after January and February were added.

Holidays

- Yom Kippur
- Columbus Day
- Child Health Day
- Halloween

National Awareness

- National Breast Cancer Month
- National Pizza Month
- National dessert Month

Facts

- It is the second month in autumn.
- National Fire Prevention Week is always during the week of the 9th to commemorate the Great Chicago Fire of 1871.
- The leaves of trees begin to change color.
- World Series for MLB takes place during this month.
- NBA, NHL begin the seasons this month.

Other Historical Names

- Wintirfylith (Saxon)
- Wein-mond aka Wine Month (Germanic)

Other Languages

- Shiyue (Chinese Mandarin)
- Oktober (Danish)
- Octobre (French)
- Ottobre (Italian)

[Link](#)

Inside this issue

Benefits of Sleep.....	2
5 Myths About Protein	2
Cheeseburger Soup	3
Creamy Wild Rice Chicken Soup .	3
Body Image.....	4
4 Ways to Calm Your Body.....	4
Brain Strain.....	4

Special points of interest

- **Last Month's Winners**
Deb Henke, Leroy Brown, Marcia Hartwig, Laura Pingel
- **Medication Drug Take Back Day**
October 23
A day dedicated to providing a safe, convenient and responsible means of disposing of prescription medications, while also educating the public about the potential for abuse of these medications. Find a location near you: [Click Here](#)



BENEFITS OF SLEEP



Sleep is extremely important for our bodies and yet we tend to ignore it. That needs to change. Our sleep patterns can affect so many things. So, here's what good sleep can do:

1. **You'll be a safer driver.** Good rest makes you a good driver. Fatigue can fog your brain and give similar reaction to when you've been drinking too much.
2. **Hair gets longer and stronger.** Lack of sleep can affect the mechanisms that lead to hair growth. Poor sleep equals to stress which then equals to trigger of hair loss.
3. **Your body fights back.** Sleeping less than six hours a night can increasingly weaken your immune health and allow your body to get sick.
4. **You'll feel less pain.** Sleep can naturally help manage and lower pain.
5. **Better, happier memories.** Good sleep helps us recall memories and lowers risk of diseases like Alzheimer's.
6. **You get cleverer.** Sleep keeps you smart. If you are constantly getting your sleep interrupted, it causes poor concentration.
7. **You're nicer.** It makes us more approachable when we get good rest. During sleep, our emotions are being worked on .
8. **You'll feel sexier.** Good sleep improves hormone production.
9. **You look younger.** Melatonin is a powerful anti-ageing antioxidant. Our body clock has an effect on collagen production.
10. **You'll be slimmer.** Good sleep can help keep weight under control. If you sleep less than five hours the hormone. Sleep disorders like sleep apnea can cause premature ageing.

If you do not get enough sleep, he is the damage of deprivation:

- Headaches, migraines, depression, increased risk of cardiovascular disease, high blood pressure
- Cravings, obesity, avoidance of social contact, loneliness, violent or manic behavior.

Reference: Mindful You Magazine. Pages 98-101.

WALKING IS UNPARALLELED

I don't know if you've heard, but, walking is very good for your health. It's simple and gives you a lot of benefits. 150 minutes of brisk walking a week can make a good. Here are other perks:

1. **It may help you live longer.** It lowers cardiovascular risk factors like cholesterol levels, blood pressure and excess fat.
2. **It keeps your brain sharp.** Walking increases brain blood flow that helps against Alzheimer's and any type of decision making.
3. **It supports your immune system.** Immune cells help fight off infections and walking works on boosting those.

Prevention Magazine. October. P 37.



5 MYTHS ABOUT PROTEIN

Here's some misinformation about meat, eggs, and other forms of this macronutrient.

Myth #1: There's no such thing as too much protein. Digesting protein raises blood levels of the waste product. If you overeat protein, you can overwork your kidneys. This could definitely cause damage. Plants are the best way to get protein.

Myth #2: You can't get enough complete protein just from plants. Beans, nuts, and seeds can actually satisfy daily requirements just as well as animal products. Veggies do contain less protein but those like broccoli, bean sprouts, green peas and spinach still contain some.

Myth #3: Eating cheese is a great way to get protein. In all honesty, cheese is high in protein, it also is high in sodium, calories, and cholesterol raising saturated fat. If anything, lean towards lower-fat options like feta, mozzarella, and cottage cheese.

Myth #4: Animal protein causes cancer. Not all meats are created equal. The discussion regarding the connection between meat and cancer are mainly referring to red meats like processed meats such as bacon, sausage, ham and jerky. A good way to prevent possible colorectal cancer by 43% is by sticking to wild fish, shellfish, chicken, duck and eggs.

Myth #5: Protein powders and bars are a good way to up your protein intake. The truth is that many protein bars and powders are highly processed with added sugars, sweeteners, colors and preservatives. Highly processed foods can actually make you feel sluggish. Look with those with 3g fiber and a short, simple ingredient list.

Reference: Prevention Magazine. October Issue. Pages 64-67.

SLOW COOKER CHEESEBURGER SOUP

INGREDIENTS:

- 1 pound ground beef
- 1/4 cup flour
- 2 cups chicken broth
- 1 cup diced carrots
- 1 cup diced celery
- 2 tsp. burger seasoning
- 8 oz. shredded Colby jack cheese
- 2 oz. cream cheese
- 1/4 cup fat free half and half
- 1 package frozen tater tots

INSTRUCTIONS:

1. Cook ground beef until no longer pink.
2. Drain as needed and add to slow cooker.
3. Mix flour with 1/4 cup of the broth until smooth and add to slow cooker.
4. Add remaining broth along with diced carrots and celery, seasoning, cheese, cream cheese and half and half.
5. Cover and cook on high for 3-4 hours or low 6-8 hours.
6. Stir to combine well until cheese are smooth.
7. Cook tater tots according to package directions.
8. Top soup with additional cheese if desired and tater tots.

[Recipe](#)



“My therapist told me the way to achieve true inner peace is to finish what I start. So far today, I have finished two bags of M&Ms and a chocolate cake. I feel better already.” - Dave Barry

CREAMY WILD RICE CHICKEN SOUP WITH ROASTED MUSHROOMS

INGREDIENTS:

- 1 lb. boneless, skinless chicken breasts
- 1 1/2 cups dry wild rice blend
- 6 carrots, chopped
- 3 stalks celery, chopped
- 2 medium shallots, chopped
- 6 cups low-sodium chicken broth
- 2 tbsp. chopped fresh thyme or 2 tsp. dried
- 1 tbsp. chopped fresh sage or 1 tsp. dried
- 1/2 tsp. crushed red pepper flakes
- 2 cups fresh baby spinach or kale
- 2 tbsp. chopped fresh parsley
- 1 cup heavy cream or whole milk
- 1/2 cup grated parmesan, plus more for serving
- Kosher salt and black pepper
- 6 tbsp. salted butter, melted
- 2 lbs. mixed mushrooms, roughly torn
- 2 sprigs fresh rosemary
- 4 cloves garlic, smashed
- Zest from 1 lemon

INSTANT POT:

1. In the bowl of your instant pot, combine the rice, chicken, carrots, celery, shallots, broth, thyme, sage, crushed red pepper, and pinch each of salt and pepper. Cover and cook on high pressure for 15 minutes. Quick release the steam.
2. Switch the instant pot to sauté. Shred the chicken with 2 forks. Stir in the cream, parmesan, and spinach. Cook until warmed through, about 10 minutes. Stir in the parsley.
3. To make the mushrooms. Preheat the oven to 425°F. On a baking sheet, combine the butter, mushrooms, garlic, rosemary, lemon zest, and a pinch each of salt and pepper. Transfer to the oven and roast for 25-30 minutes, stirring halfway through cooking, until the mushrooms are golden and crisp.
4. Mash the garlic with a fork, then stir in the mushrooms, mashed garlic, and any butter left into the soup.
5. Divide the soup among bowls and top with rosemary additional parmesan.

[Recipe](#)

****Please note, the recipe has instructions to make this soup in a slow cooker, instant pot, and stove-top.****



BODY IMAGE

Body image is what we think, feel and act towards our body. It affects everyone. Negative body image can cause:

- Depression
- Anxiety
- Increased risk of suicidal thoughts
- Low self-esteem
- Interpersonal problems
- Drug & alcohol abuse
- Stress
- And so much more....

There are several types of body image issues:

- Body dissatisfaction—general unhappiness with your body or its parts.
- Overvaluation of weight/shape—basing who you are depending on the number of the scale.
- Body preoccupation—obsessively thinking about what your body weights or looks like.
- Body checking—repeatedly checking your weight, shape and comparing to others.
- Body image avoidance—refusing to weigh yourself, wearing baggy clothes to disguise, or refusing to look in the mirror.
- Feeling fat—sensation that you are carrying more fat than what you really are.

- Fear of weight gain—irrational/illogical/harmful fears that you're gaining weight.
- Thin-ideal internalization—believing that being thin will make you successful.
- Body dysmorphia—disorder obsession that some part of our body is profoundly flawed.
- Muscle dysmorphia—disorder that focuses on belief/fear that being insufficiently muscular.

Statistics for Men (Adult)

- 9% of US adult men reported frequent body checking and 5% reported body image avoidance.
- 22% of young men report engaging in muscle-enhancing behaviors.
- 15% of young men with BMI at least 25 report engaging in disorder eating behaviors.

Statistics for Women (Adult)

- 23% US adult women reported frequent body checking and 11% reported body image avoidance.
- 70% of adult women report withdrawing from activities due to their body image.
- In a survey of 50,000 adult women, 60% of women thought they were too heavy; 30% reported being uncomfortable in a swimsuit, and 20% thought they were unattractive.

***For more statistics on children and more detailed information, please visit: [Link](#)



4 WAYS TO CALM YOUR WHOLE BODY

The vagus nerve stretches from the brain stem down to the colon. It has many roles like affecting our emotional state, heart rate, inflammation levels, blood pressure and digestion. It also has a profound impact on our sense of safety and connection.

When we're active or under pressure, the nerve is not needed and it shuts down. So, how can we help it? Here are a few ways:

1. **Breathe deeply.** This stimulates the vagus nerve and lowers the heart rate. Note: make your exhalations longer than your inhalations.
2. **Smile and be kind.** Emotions can affect vagal tone. Being friendly, compassionate and grateful can strengthen the vagal tone.
3. **Gently massage your face and neck.** Gently massage around the eyes, ears, jaw and neck to stimulate the vagus nerve.
4. **Laugh it out.** Laughter stimulates diaphragmatic breathing. Even simulated laughter can help improve health.

Reference: Mindful Magazine. October 2021 Issue. Pages 22-25.

COLD, FLU or COVID?

We're entering the time of year when colds and flus can be rampant. Add Covid to the mix and it can be confusing with distinguishing symptoms.

COMMON COLD:

- Symptoms stay above the shoulders like eyes, ears, nose and throat.
- Expect sneezing, sore throat, cough, congestion, clogged ears, and runny nose. Generally no fever or nausea.
- Is gradual then worsens over few days' time.

• TREATMENT: Rest and fluids.

FLU:

- You'll have sniffles, congestion but symptoms are farther down like in your respiratory tract, fever, aches, chills and serious fatigue.
- Expect possible diarrhea or vomiting.
- TREATMENT: See doctor soon. Antivirals like Tamiflu is effective within first few days.

COVID-19:

- Many symptoms are the same as cold or flu.
- Symptom that sets apart is loss of taste or smell.
- Can lead to mental confusion, anxiety, brain fog and more.
- TREATMENT: Only remdesivir is FDA approved drug to help treat. It's only for those hospitalized. If your case is mild, stay hydrated, rest well, isolate yourself and take OTC meds.

Prevention Magazine. October Issue. Page 54

PUZZLE #1

Name: _____

Job Location: _____

Information & Prizes

A qualifying entry is one completed puzzle and marked prize choice. If both are not completed, entry is void.

Entry may be inter-d to CCB-418 OR emailed: employee-relations@countyofdane.com.

Entries must be received by: 10 am October 15, 2021.

Please circle the prize of your choice. Due to limited quantities, it's recommended to pick more than one.

- Fruit infusion bottle
- Yoga mat (orange or black)
- Exercise ball
- Titleist trufeel golf balls + tees
- Diamond paint elephant
- Petals & dog 1000 pc puzzle
- Plenty Cookbook
- The Ultimate Brain Health Puzzle Book
- Easy Sheet Pan Cookbook
- Juicing for Beginners Guide
- 3 Large print puzzle books
- Coloring Book + Pencils
- Mindfulness for Beginners Book
- Walk on 6 mile mix DVD
- Easy Yoga DVD
- Color by Stickers Book
- Resistance Bands Set



SHOW ME THE MONEY!



AFGHANI (Afghanistan)	FRANC (Switzerland)	NAKFA (Eritrea)	RIAL (Iran)
BOLIVIANO (Bolivia)	GOURDE (Haiti)	NEW SHEKEL (Israel)	RINGGIT (Malaysia)
DINAR (Algeria)	GUILDER (Curacao)	NGULTRUM (Bhutan)	RUBLE (Russia)
DIRHAM (UAE)	KORUNA (Czech Republic)	OUGUIYA (Mauritania)	RUPEE (India)
DOLLAR (USA)	KRONE (Denmark)	PATACA (Macau)	RUPIAH (Indonesia)
ESCUDO (Cape Verde)	KWACHA (Zambia)	PESO (Mexico)	SHILLING (Tanzania)
EURO (European Union)	KWANZA (Angola)	POUND (United Kingdom)	YEN (Japan)
FORINT (Hungary)	LEK (Albania)	QUETZAL (Guatemala)	YUAN (China)
	LEMPIRA (Honduras)	RAND (South Africa)	

PUZZLE #2

Halloween is an ancient celebration combining the Christian festival of All Saints with Pagan autumn festivals. This holiday also goes by another name. What is it?
