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WELLNESS COMMITTEE

MAY ISSUE
VOLUME 5, ISSUE 5

HIGHWAY TO WELL & SAFETY

HELPING OUT THE BEES

May 20th is World Bee Day and it's important to know what we can do to help these little buzzers because we all depend on them for survival.

Pollination is a fundamental process for the survival of our ecosystems. 90% of the world's wild flowering plant species depend entirely, or in part, on animal pollination with more than 75% of the world's food crops and 35% of global agricultural land. That means pollinators not only contribute directly to food security but they are KEY to conserving biodiversity.

It's imperative that we strengthen measures aimed at protecting bees and other pollinators. So how can we help?

An individual can:

- Plant a more diverse set of native plants that flower at different times of the year.
- Buy raw honey from local farmers.
- Buy products from sustainable agricultural practices.
- Avoid pesticides, fungicides or herbicides in your gardens.
- Sponsor a hive.
- Make a bee water fountain by leaving a water bowl outside.

A beekeeper or farmer can:

- Reduce or change the usage of pesticides.
- Diversify crops as much as possible.
- Create hedgerows.

Governments and decision-makers can:

- Enforce strategic measures, including monetary incentives to help change.
- Increase collaboration between national and international organizations.
- Strengthen the participation of local communities in decision-making, like indigenous people.

It's important not to wait until the last minute to do our part.

Reference: [United Nations Article](#)

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SPECIAL POINTS OF INTEREST

- **Last Month's Winners**
Sarah Sarbacker
Jamie Denman
Patricia Alexandre
Michelle Casper
- **Small GA Winner**
Pamela Slonim
- **June Blood Drive**
Madison Municipal Bldg.
215 Martin Luther King Jr
Blvd, Madison WI 53703
June 13, 2023
[Click Link to Schedule](#)

GET YOUR DOSE OF VITAMIN G



Gratitude is affirming the goodness in one's life and recognizing that it's source lies outside the self. It can also help us value the future and reduce impulsive behavior.

Here are five simple ways to feel more grateful.

#1 Write it down in a gratitude journal. Experts actually suggest for you to write down a handful of good things per day. Contemplate why you feel grateful and be specific.

#2 Focus on little surprises. Focus tends to stay on family, home and health which is understandable. But solely focusing on those things can be counter productive because they can lose their meaning. Think of the small things like who helped you were overwhelmed, or, who is that person who sends you a "how are you doing today?" text out of the blue.

#3 Give yourself reminders. You can always stop several times throughout the day to notice, appreciate and savor the good in life. Reasons to be grateful are everywhere.

#4 Go mobile. An app you can try is Grateful: A Gratitude Journal. This app prompts you to think about all you could appreciate. The website thnx4.org is an electronic storehouse of positivity. You can read other people's posts as well.

#5 Say it out loud. When you get the chance to express your appreciation to another person, do it in a way that acknowledges the giver. Putting "you" in "thank you" can help strengthen bonds which is health for both parties.

Reference: Prevention Magazine. Find Your Calm. Pages 13-15.

"A reader lives a thousand lives before he dies...the man who never reads lives only one."
-George R.R. Martin

GET CAUGHT READING

The month of May wants you to get reading. This nationwide campaign promotes the joy and benefits of reading books.

Reading is considered a healthy habit. It helps children with development and early language stimulation and helps maintain the mind stimulated as you age.

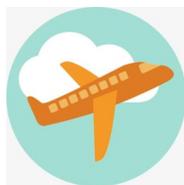
A few ways to get you reading:

- Make yourself a read-a-thon list for the month
- Set up a book club
- Got to an author meet-up
- Incorporate reading throughout the day
- Buddy read a book for motivation
- Get a book from the library

[Article](#)



5 MYTHS ABOUT TRAVEL



Myth #1: It's just Murphy's Law that you always get sick on vacation.

There is an identifiable reason why you get sick often while on vacation. According to William Schaffner, M.D., "You're more likely to indulge or overindulge, undertake a variety of strenuous activities you might not have the physical fitness for. The place you're visiting may have bad public sanitation. You may eat or drink something that makes you sick. It's important to cut your exposure by washing your hands, wear a high-quality mask in public places, drink bottled water and eat food that can be cooked or peeled. And, don't overdo it.

Myth #2: Airplane ventilation is so good that you don't need a mask. It is in fact very good, but one should still be wearing a mask to reduce risk of COVID and other upper respiratory illnesses, especially since the ventilation system doesn't reach its peak until you're in the air. COVID and other illness can be still transferred while boarding and disembarking. So, mask up and take care of your health. You want to be healthy for your planned travels.

Myth #3: It's fine to drink tap water in a foreign country if you're at a fancy resort. This is not accurate. Though many resorts do use purified water for food preparation and other things, the water from your tap may be different. If you're not sure of the status of your resort's drinking water, stick to bottle water. Also a general tip is to never allow someone to pour water or another beverage into your glass unless you can see them opening the bottle.

Myth #4: Airplane water is OK to drink. It's not the best. In 2019 a water study was conducted and the quality of water in 23 airlines had numerous violations and samples positive for E. coli. A 3.0 score meant relatively safe and only 4 airlines met that standard. So, drink only from sealed water bottles and avoid onboard tea and coffee and use hand sanitizer while washing up instead of the water.

Myth #5 Taking aspirin before flying is the best way to prevent deep vein thrombosis (DVT). It is true that aspirin can help prevent certain blood clots in certain situations, but not ones that are travel related. A big risk factor for DVT clots is sitting still for four or more hours. One should move every one to two hours or do leg exercises like flexing your calf muscles. Also, stay hydrated.

Reference: Prevention Magazine. May Issue 2023. Pages 62-65.

SPICY RANCH CHOPPED CHICKEN CABBAGE SALAD



INGREDIENTS FOR THE CHICKEN:

- * 1 lb. boneless skinless chicken breast
- * 2 tbsp. olive oil

- * 1 tbsp. honey
- * Juice from 2 limes
- * 1 tsp. chili powder
- * 1 tsp. cumin
- * 1/2 garlic powder
- * 1/2 tsp. paprika
- * 1/8 tsp. cayenne pepper
- * 1/2 tsp. salt
- * Freshly ground black pepper

INGREDIENTS FOR THE SALAD:

- * 6 cups shredded cabbage
- * 1/2 cup diced green onion
- * 3/4 cup freshly diced cilantro
- * 1 cup shredded carrots
- * 1 red bell pepper, diced
- * 1 jalapeno, seeded & diced
- * 1/2 cup roasted pepitas

- * 1 1/2 cups fresh raw corn off the cob

INGREDIENTS FOR SPICY GREEK YOGURT RANCH:

- * 3/4 cup plain greek yogurt
- * 1 tsp. garlic powder
- * 1/4 tsp. onion powder
- * 2 tsp. fresh lemon juice
- * 3/4 tsp. dried dill/fresh chopped chives
- * 1/4 tsp. salt
- * 2-4tbsp. Water, to thin dressing
- * 1-3 tsp. hot sauce

INGREDIENTS FOR TOPPING:

- * 1 cup tortilla strips
- * 1 avocado, sliced
- * Extra cilantro & green onion

(instructions on top left of page 4)

Recipe

SUMMER STRAWBERRY SPINACH SALAD W/ AVOCADO



INGREDIENTS FOR BALSAMIC STRAWBERRY VINAIGRETTE:

- * 3 tbsp. balsamic vinegar
- * 1/4 cup olive oil
- * 1 garlic clove, grate or minced
- * 1/2 tsp. Dijon mustard
- * 1/2 tsp. strawberry jam
- * Freshly ground salt & pepper

INSTRUCTIONS:

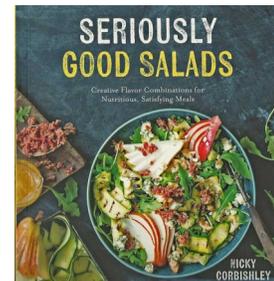
1. In a mason jar or small bowl, add all of the dressing ingredients. Shake or mix well to combine. Taste and add additional salt/pepper, if necessary.
2. Toast the almonds on the stovetop: add the almonds to a pan and place over medium heat, stirring occasionally for 2-5 minutes until almonds are slightly golden brown. Remove from heat and allow to cool.
3. Add spinach to a large bowl, layer on the strawberries, avocado slices, red onion, feta, toasted almonds, and chopped pistachios. Feel free to add dressing now or set it out for individual

servings. Top salad bowls with extra toasted almonds and drizzle each bowl with 1/3 of the dressing. Serves 4.

Recipe

Healthy cooking can do wonders for our health, both physically and mentally.

This month's Small Giveaway is "Seriously Good Salads" Cookbook



To enter: Send an email to:

employee-relations@countyofdane.com

with Subject: Small GA and make sure to include your Job Location and a suggestion on what kind of recipes you would like to see in a future newsletter.

RECIPE CONT:

Step 1: Marinate your chicken for at least 30 minutes: in a large bowl, add chicken breast, olive oil, honey, lime juice, chili powder, cumin, garlic powder, paprika, cayenne pepper, salt and freshly ground black pepper. Toss well to combine, then place in the fridge until ready to use.

Step 2: While the chicken is marinating you can prep and chop the veggies for the salad. Place all ingredients for the salad in the bowl, except the tortilla strips and dressing.

Step 3: Make your dressing by combining the following ingredients in a medium bowl or mason jar: Greek yogurt, garlic powder, onion powder, fresh lemon juice, dried dill, salt, water and hot sauce. Mix/Shake until well combined, taste and add more hot sauce if you like it spicier, then pour dressing all over the salad and use tongs to combine salad together with dressing.

Step 4: When ready to grill chicken, preheat your grill to 400 °F and scrape off any leftover bits from the grates. Place your chicken breasts on your preheated grill, and close the lid. It's important to keep the lid of your grill closed while your chicken is cooking so that no heat escapes. Cook your chicken on the grill for 7-9 minutes, reaching 165° F.

Step 5: Once chicken is done, cut into strips and top the salad with it, then add tortilla strips. Garnish w/ avocado, cilantro and green onion.

AUTISM & WHAT WISCONSIN OFFERS

In a follow-up to last month's informative article regarding Autism, here is some provided additional information.

Wisconsin mandates health insurance coverage for autism services. [Link here.](#)

Children with disabilities under age 19 who have certain medical needs and live at home may be eligible for Katie Beckett Medicaid. Depending on the functional limitations resulting from autism, children may also qualify for Children's Long-Term Support.

To learn more, contact Dane County's CLTS intake at (608) 242-6626 or cltsintake@countyofdane.com.

Individuals that are over 17 1/2 or older may contact the Aging and Disability Resource

Center for information and assistance related to autism and their long-term care needs, including transition services for youth leaving High School.

To learn more, contact ADRC:

[Website](#)
ADRC@countyofdane.com
(608) 240-7400

The ADRC's transition services can share information about a continuum of employment supports. Here's the [website](#).

For more information on vocational futures planning and support contact:
Andrea Elsmo at (608) 242-6358 or at
Elsmo.andrea@countyofdane.com

Information by: Monica Bear

IN CASE OF EMERGENCY & HELP



Emergencies can happen without warning. An effective response to an emergency requires planning and testing your plan,

but the general rule is to remain calm and call 911.

Here are links to civilian training put out by the Dane County Sheriff's Office:

[What to do to prepare for an event.](#)

[What to do during an active shooter event.](#)

[What to do post-event.](#)

Just like it's important to know what to do in case of

an emergency, it's important to know there are resources out there for you.

These were a few shared earlier this year by ER:

[Coping with Traumatic Events](#)

[Managing Stress in a Times of Crisis](#)

[How to Talk with Kids about Tragedies & other Traumatic Events](#)

[Media Coverage of Traumatic Events](#)

[Age Related Reactions to a Traumatic event](#)

[How to talk to children about difficult News](#)

We all know these are very difficult conversations. But the world we live in is not the same. Let us all do our part in helping ourselves and each other.

THINKING ABOUT GEOTHERMAL?

There are so many ways to do our part regarding saving on energy and being efficient.

Did you know that a geothermal heat pump can reduce your utility bills by more than 25%? The recent passing of the Inflation Reduction Act can help one be eligible for up to 30% tax credit on all project expenses, with no maximum.

Click [here](#) for examples of successful geothermal projects.

Click [here](#) for additional rebates from Focus on Energy.

Click [here](#) to learn more about which system could be right for you.



BRAIN STRAIN

NAME: _____ LOCATION: _____

To enter the drawing, you must submit one completed puzzle to: employee-relations@countyofdane.com or via inter -d to CCB 418. Please make sure to circle more than one prize as some prizes are limited. Entries must be received by June 2nd. 10am.

Please circle prize of choice:

- Ab wheel
- Stretch Slant Board
- Exercise Ball
- Resistance bands
- 2 lb wrist weights
- Yoga mat
- Muscle roller
- Exercise dice
- Jump rope
- Golf balls + tees
- Tai Chi DVD
- Wooden Art "Sailing Ship"
- Scratch Art "Dream Castle"
- Coloring Book (random) + pencils
- Mini sound Spa
- Bloom Flowers 1000 pc. Puzzle
- Herb Garden Seed Starter
- Jumbo 400 puzzles book
- Water bottle
- Fruit Infusion Water Bottle
- Dinner Salad Cookbook
- Meal Prep for Weight Loss cookbook
- Easy Sheet Pan cookbook
- 5 ingredient Cooking for Two cookbook

Puzzle #1:

EMBEDDED LADDER

Fill in each set of blanks with a common three-letter word to form a longer common word (except in the first and last rows, which are only three-letter words). If you do it right, your three-letter words will create a word ladder that changes by one letter, row by row. We've given the letter that changes in the word ladder in the first and last words, which are related to each other in some way. Can you complete the ladder?

F __
C O U N _ _ _ S I D E
A M E _ _ _ S T
H Y P O _ _ _ S I S
Q U O _ _ _ N T
P L A _ _ _ U M
M I L E S _ _ _ E
U N D E R _ _ _ K
P L Y _ _ _ D
_ _ K

Puzzle #2:

What goes up but never ever comes down?

