



MEDITATION: WHAT IS BEST FOR YOU?

Meditation is a practice that many people do not attempt because they are not sure where to start. It's important to keep in mind that one must go with a meditation that works for them. Here are a few:

1. **Mindfulness Meditation:** The process of being fully present with your thoughts. Being mindful means being aware of where we are and what we're doing
2. **Transcendental Meditation:** A technique in which a personally assigned mantra like a word, sound or small phrase that you repeat in a specific way.
3. **Guided Meditation:** A method that uses guided imagery or visualization where you form mental pictures or situations that you find relaxing
4. **Vipassana Meditation:** An ancient Indian form of meditation that means to see things as they really are. The goal is self-transformation through self-observation
5. **Loving Kindness Meditation:** The practice of directing well wishes toward others. It is practiced while sitting in a comfortable, relaxed position.
6. **Chakra Meditation:** Chakras refer to the centers of energy and spiritual power in the body. There are seven chakras located at a different part of the body with a corresponding color.
7. **Yoga Meditation:** A practice that involves performing a series of postures and controlled breathing exercises meant to promote flexibility and calm of the mind.

Full details: [Link](#)

AROUND MADISON

A few events to keep in mind for the month of March:

- Virtual Paint Class: Midnight Forest—March 4
- Shamrock Shuffle - March 12
- UW-Madison Arboretum Walk: Family Nature Walk - March 13

For full list of events and information happening around the city, please visit: [Link](#).

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SPECIAL POINTS OF INTEREST

- **Red Cross Blood Drive**
April 1
Madison Municipal Building
Room 215
See Email for Details
- **Medicare Seminar**
March 19
Virtual
Register 3/10/22 by email:
aaa@countyofdane.com

MENTAL HEALTH TRENDS TO WATCH IN 2022

Developments are continuously happening to better things in our lives. There are emerging developments in mental here and here are some you should look out for.

1. **Trauma-informed care:** Almost 61% of adults have experience at least one traumatic event in their lifetimes. This type of care can work when treatments and strategies that play to a person's strengths instead of weaknesses.
2. **Blood tests for mental illness:** In April of 2021 researchers at Indiana University School of Medicine developed a novel blood test for mental illness. This suggests that biological markers for mood disorders can be found within RNA biomarkers. This could help improve how mental health conditions are diagnosed.
3. **Advancements in psychedelic research:** Psychedelics have been used in religious, medical, and ceremonial purposes. Many psychedelics are known to help treat mental health conditions. Though many psychedelics are illegal, there's hope for more established methods.
4. **Setting healthy boundaries with social media:** Limiting screen time is a challenge. Big discussions are taking place between the effects of social media on mental health. Some boundaries can be: limit screen time, unfollow people, and don't read comments.

5. **Artificial intelligence in clinical settings:** It turns out that AI technology motion sensors can be used to detect symptoms of anxiety like: nail biting, knuckle cracking, hand tapping. AI can also help train therapists to help them create an optimal environment for their clients.
6. **Continued expansion in telehealth services:** Telehealth is here to stay. Clients have shown to enjoy the convenience. It can be helpful for those who: are immunocompromised, lack transportation and have physical disabilities.
7. **Increase in transcranial magnetic stimulation:** This non-invasive method of brain stimulation shows safety and efficacy. This stimulates areas of the brain that are known to be underactive in conditions like: mood disorders, ADHD, & OCD.
8. **Virtual reality for chronic pain and care:** this can be used as an alternative to opioid prescriptions. VR can help people learn about the nature of pain sensations in their body and learn a number of behavioral and cognitive skills on how to respond to pain and cope.

For full details, visit the link.

[Article Link](#)



“Life isn’t about finding yourself. Life is about creating yourself.”

-George Bernard Shaw

HOW MANY HOURS OF SLEEP DO YOU NEED?

Good sleep has many benefits like having a sharper brain, mood boost, healthier heart, athletic achievement, steadier blood sugar, germ fighting and weight control. So, make sure you get this amount of hours.

Age Group	Hours
Newborn 0-3 months	14-17
Infant 4-12 months	12-16
Toddler 1-2 years	11-14
Preschool 3-5 years	10-13
School Age 6-12 years	9-12
Teen 13-18 years	8-10
Adult 18-60 years	7+
61-64 years	7-9
65+ years	7-8

To enter to win a sound spa and sleeping mask, please email ER with your name and location by March

11. [Hours](#) [Sleep Benefits](#)

5 MYTHS ABOUT HAIR



Myth #1: Washing your hair too much causes more to fall out. It in fact does not cause hair loss. Hair always going through a process: it grows, it rests, it falls out. Around 10% of hairs are in the shedding phase. So, if you haven't washed your hair in a while, that hair you see was just waiting to fall out.

Myth #2: Dandruff means you have a dry scalp. It actually happens to be a sign of inflammation, not dryness. The common cause of dandruff is seborrheic dermatitis which is a combination of inflammation and overgrowth of yeast on your scalp. This can be due to stress, certain medications, and conditions like Parkinson's disease.

Myth #3: Stress or fear can make you go gray overnight. Stress can bring on grays but it actually takes months. A stressful event like death, illness, etc., can damage the cells that produce hair pigment.

Myth #4: Cutting your hair can help it grow faster and longer. Hair growth emanates from the follicle beneath the surface of your scalp. Cutting your hair can help make it look thicker with volume. Trimming and other habits can help take care of your hair, but nothing speeds up the growth.

Myth #5: You need supplements to fix dry, brittle, limp strands. To help your locks become healthy, you need to correct what is stressing your hair. Is it physical damage, heat styling, swimming w/out cap, tight hairstyles, frequent coloring. The adding of healthy fats and foods high in vitamin B can help.

Reference: Prevention Magazine 2022 Issue. Pages 58-61.

ROASTED LEMON CHICKEN THIGHS W/ POTATOES

Ingredients:

- 6 bone-in, skin-on chicken thighs
- Salt and freshly ground black pepper
- 1/4 cup olive oil
- 1 1/2 lbs gold potatoes
- 1 lemon
- 10 cloves garlic
- 1/4 cup chopped cilantro or parsley leaves

Instructions:

1. Preheat your oven to 425°F and season chicken thighs with salt and pepper. Heat the olive oil in a roasting pan set over two burners at medium high heat.

2. Sear the chicken skin-side down in the roasting pan. After the chicken thighs have been searing for about 5-7 minutes, flip them over. Add the potatoes and stir them in the oil. Add the lemon slices and garlic cloves, tossing everything together so the potatoes and garlic are well coated in olive oil.
3. Transfer the chicken to the oven and cook for another 30 minutes, or until the chicken is cooked through and the potatoes are tender. Remove from the oven and stir in the herbs. Serve.



Recipe

SLOW COOKED CARNITAS LOADED POTATO SKINS

Ingredients:

- 2 lbs. boneless pork shoulder seasoned carnitas
- 1 medium yellow onion, chopped
- 3 lbs. russet potatoes
- 2 cups shredded Mexican blend cheese
- 1/2 cup sour cream
- 1/2 cup drained into beans
- 1/4 cup milk
- 1 stalk green onion, sliced
- 1 tsp. chili powder
- Salt & pepper to taste
- 1/4 cup chopped cilantro

Instructions:

1. Place boneless pork shoulder pieces in even layer in slow cooker. Add onion and water. Cover and cook on LOW for 8 hours or HIGH for 3 hours.
2. Remove carnitas and onion from slow cooker with slotted spoon and discard liquid. Use a fork to shred carnitas in to smaller pieces. Set aside.

3. About 1 hour before carnitas is done: Preheat oven to 400°F. Wash potatoes, poke both sides a few times with a fork, then tightly wrap each in foil. Place on a baking sheet and roast 40-50 minutes, rotating halfway, until cooked and tender. Remove from oven, let cool slightly, then remove foil.
4. Cool potatoes 10-15 minutes, slice in half. Cool longer if centers are still too hot to touch. Use a spoon to scoop out center of each potato half, leaving some flesh, into a large bowl. Use a potato masher to soften. Set skins aside.
5. Add 1 1/2 cups cooked carnitas 2 cups cheese, sour cream, beans, milk, green onion, chili powder, salt and pepper to bowl. Stir until combined. Scoop mixture into center of potato halves, creating mounds on each. Sprinkle tops with desired amount of shredded cheese.
6. Place on foil lined baking sheet and roast at 400°F for 10 minutes, or until center is warm, and cheese is melted and golden. Cool slightly and top with cilantro and extra sour cream before serving.



Recipe

THE SIMPLEST OMBRE CITRUS CREAM TART

Ingredients:

- 1 sheet frozen puff pastry, thawed
- 1 egg, beaten
- Raw coarse sugar, for sprinkling
- 6 ounces crème fraîche, mascarpone, or cream cheese
- 1/2 cup plain Greek yogurt
- 1 tbsp. lemon juice + 1-2 tsp. zest
- 1 tsp. vanilla extract
- 1-2 tbsp. honey
- 6-8 mixed color oranges, thinly sliced
- 1/2 cup fresh raspberries
- Fresh thyme, for serving

Instructions:

1. Preheat the oven to 425°F.
2. On a lightly floured surface, roll the puff pastry out into a rectangle about 1/4 inch thick. Place the pastry on a parchment lined baking sheet. Using a sharp knife, score a 1 inch border around the edge. Brush the pastry with egg, sprinkle the sugar around the edges. Transfer to the oven and bake for 10-15 minutes or until golden brown. It's OK if the edges are dark. Let cool, before assembling.
3. Meanwhile, make the whipped yogurt. Using an electric mixer, whip the crème fraîche, yogurt, and lemon juice together until smooth and soft peaks form. Add the vanilla, honey, and lemon zest. Whip to combined.
4. Spread the whipped cream over the tart. Arrange the orange slices over the cream, and scatter over the raspberries. Serve with additional honey and thyme, if desired.

Recipe



NATURAL BENEFITS: CAYENNE PEPPER

Originally cultivated in Mexico, cayenne peppers have been used for centuries. Here are a few uses:

Healthy “Chips”

Cayenne has the potential to raise body temperature and increase metabolism. **Recipe:** Wash and tear 1 bunch kale into chip-size pieces. Dry and spray with olive oil. Lay kale on baking rack on cookie sheet. Combine 1/4 tsp. sea salt, 1/8 tsp. garlic powder, and 1/4 tsp. ground cayenne. Sprinkle over kale and bake at 350° for 18-20 minutes until crispy.

Energizing Foot Scrub

Cayenne has antifungal and antibacterial properties that help increase circulation that helps soothe. **Recipe:** Combine 1/4 cup white or brown sugar, 1/4 cup olive oil, 6 drops lavender essential oil, and 1 tsp ground cayenne. Massage on foot in tub, then rinse.

Tummy-Boosting Tonic

This following beverage helps increase production of digestive fluid, aid digestion, boost the stomach's defenses against infection, and prevent gas and bloating. **Recipe:** combine juice of 1 lemon, 1/8 tsp ground cayenne, 1/8 tsp. cinnamon, 2 tbsp. apple cider vinegar, 1 tsp. sugar, and 10 oz. room-temperature water. Mix well to prevent it from settling before drinking.

Reference: Prevention Magazine. February Issue. Page 25.



SMELL THERAPIES

Scent can cause memories and they can also help recover a sense of smell, or improve conditions.

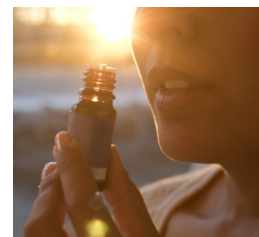
Reversing Anosmia: Anosmia is the loss of the sense of smell (total/partial) caused by injury, infection (like Covid). Sniffing different essential oils twice daily for three months while focusing on an image of each scent.

Managing Pain: Inhaling a soothing essential oil like lavender or peppermint can help reduce pain from migraine, menstruation and surgery. It stimulates the smell receptors which send signals to the brain's limbic system which in turn help control emotions.

Relieving Dementia Symptoms: It invokes pleasant memories or inducing calmness in dementia patients. Individuals with memory loss still have scent memory and this therapy has the possibility of breaking the cycle.

Please remember to always speak to a physician before starting any therapy.

Reference: Prevention Magazine. February Issue. Pages 62-63.



HEALTH OF YOUR LIPS

The lips are one of the most sensitive parts of your body. Their sensitivity is because the skin on the lips are thinner with a rich supply of sensory nerves that can detect temperature and touch easily. Lips are very mobile due to the multilayering muscles that allow you to smile, frown and pronounce sounds.

During the winter, your lips are more likely to get dry and cold than your cheeks. Due to the thinner skin, they're especially more vulnerable to the elements. They also get parched due to dehydration, lipsticks or meds. All of this can cause dryness, flakiness and be painful. Saliva is able to help but it can leave your lips feeling drier.

Water and collagen can help your lips look healthy. Age can reduce the amount of collagen in your lips which in turn thins the skin. Keep lip balm handy that contains hyaluronic acid or glycerin.

If you ever notice a new brown spot or bump or a sore that won't heal, make sure to talk to your dermatologist.

Reference: Prevention Magazine. February Issue. Page 41.



SPRING SAFETY TIPS

There are several things you should do to transition into the new season.

A few general tips:

- Removing any old paint cans and paint thinners.
- Check smoke alarms.
- Clean carbon monoxide detectors.
- Prepare and review escape plan.
- Clean or replace your furnace filter.

A few outdoor safety tips:

- Practice ladder safety.
- Check on outdoor cords for frays/damages.
- Check on gas-operated equipment.
- Do not store gasoline in an open space.
- Keep all dangerous options, liquids or chemicals away from children.

For more tips, visit: [Link](#)

5 EASY CHAIR EXERCISES

Interrupting our sedentary life is important. And since many of us work while seating, here are some easy chair exercises.

Sit upright, away from back of chair, straight spine and both feet flat on the floor. Do these at a steady slow-to-moderate speed.

Knee extensions:

- Keep both knees together with feet on the floor. Straighten one leg out in front of you.
- Hold for one second, slowly re-bend the leg until the foot is resting on the floor again.
- Repeat other leg. Do a few extensions each leg.



Seated row:

- Hold your arms straight out in front of you at shoulder level, with thumbs pointed towards the ceiling.
- Draw elbows back, squeezing the shoulder blades together, until upper arms align with sides of your torso.
- Extend your arms back to start position.
- Repeat.



Toe lifts:

- Lift the toes of both feet, leaving your heels on the floor.
- Replace your toes and lift your heels, gently squeezing your calf muscles as you do.
- Repeat with your legs almost straight out in front of you.



Seated march:

- Lift your left leg, with your knee bent, as far as is comfortable.
- Place foot down with control.
- Repeat with the right leg. Do a few lifts with each leg.



Overhead press:

- Bend your arms up, so your wrists are by your shoulders.
- With control, slowly punch diagonally up and across your body with one arm, while slightly rotating your torso in the same direction.
- Return to the start position, then switch to the other arm. Repeat few times on each side.



[Link](#)

COUNTY EMPLOYEE INFORMATION TO KNOW

ADA

Ellen Derge
608-267-1520

Buss Pass/Carpool

608-266-7433

Deferred Compensation

877-457-9327

Direct Deposit

Hunter Hill

608-283-1230

Premium/Coverage/Enrollment

Carol Cady-Severson

608-266-4081

EAP-The Standard

888-293-6948

ETF/WRS

608-266-3285

FMLA

Deb Henke
608-266-9025

Flexible Spending

Rylee Schuchardt

608-266-4116

Employee Advocate

Shannon Maier

608-283-1691

Parking Permits

Jon Walker

608-266-4363

Payroll Manager

Rylee Schuchardt

608-266-4116

Recruitment/Promotions/Transfers

ER 608-266-4125

Retirement

Carol Cady-Severson
608-266-4081

Veterans Benefits

CCB Room 108 608-2266-4158

Worker's Compensation

Teresa Sanchez 608-266-4965

Dan Lowndes 608-266-4134

Scott Teuscher 608-267-1555

Public Service Loan Forgiveness

employee-relations@countyofdane.com

Employment Verifications

employee-relations@countyofdane.com

Short/Long Term Disability

Shannon Maier

608-283-1691

NAME: _____

LOCATION: _____

To enter for a prize, you must finish one puzzle and pick a prize of your choice. Please make sure to include name and location.

Your entry must be received by:
March 18th, 10 am.

Due to limited quantities, it's helpful to pick more than one prize.

Please circle:

- Exercise ball
- Black Yoga mat
- Infusion water bottle
- 32oz water bottle
- Golden Gate Bridge 500pc puzzle
- Car plate map 500 pc puzzle
- Life hacks 2022 calendar
- 365 Brain puzzlers calendar
- 3pc Mini Jigsaw Puzzles
- Book light
- Bike lock
- Air fryer cook books
- The Ultimate Book of Grilling
- Easy Sheet Pan Cookbook
- Color by number
- Cold Case Puzzles
- Exercise Dice
- Ab Wheel
- Skipping Rope

BRAIN STRAIN

PUZZLE #1: CROSSWORD PUZZLE

STAYING WARM

Every word listed is contained within the group of letters. Words can be found in a straight line horizontally, vertically, or diagonally. They may be read either forward or backward.

AFGHAN	JACKET
BLANKET	RADIATOR
COAT	SCARF
COFFEE	SNUGGIE
FLEECE	SOCKS
GLOVES	SPACE HEATER
HAT	SWEATER
HEATING PAD	TEA
HOODIE	THERMAL UNDERWEAR
HOT CHOCOLATE	TURTLENECK
HOT-WATER BOTTLE	WEATHER STRIPPING
INSULATION	

A B L F A S J J C Z X K E U C P H
A S F U V H J K L B E C T N M E E
B N G I F V O T Z L R E A O N L A
H U I X R S J O Q Y E N L I A T T
K G C A A A O H D D T E O T H T I
B G U D C K R C R I A L C A G O N
C I G K S V A P K N E T O L F B G
X E E Z D C D K A S W R H U A R P
A T H J Z O I T S W S U C S R E A
F X L K J F A L E T C T T N E T D
P L G Q L F T Y V K U T O I H A T
A Q E A L E O Z O Q N E H H Y W P
S H Y E I E R G L Q C A L L Q T Y
L C L B C T E K G V S O L L L O H
H S P A C E H E A T E R A B P H N
E G N I P P I R T S R E H T A E W
T H E R M A L U N D E R W E A R H

PUZZLE #2:

FRUITY FLOWERS

ACROSS	DOWN
1. Long sandwiches	1. Bad actor
7. Donkey	2. Aussie bird
10. Without scruples	3. Spoil
11. That lady	4. Citrus fruits
12. Undergo a genetic change	5. Swallowed
13. Sermon topic	6. Killed violently
14. Recent arrivals	7. Select for a duty
16. Hold the throne	8. Protective device
19. Eye lewdly	9. Feels
20. Farmland unit	15. 1947-63 generation, for short
21. Ties that bind	16. Disorderly mob
22. Flower	17. French pastry
24. Prohibit	18. Laundry employee
25. Magician's word	21. Carried on the wind
29. Untruth	23. Twirled
30. Dispense tape	26. Sun's fall
31. Miscalculate	27. Letter after ess
32. Sat on eggs	28. Ancient

