



Highway to Well & Safety

Alcohol Awareness Month

Inside this issue

- 11 Minute Daily Exercise2
- 5 Myths About Exercise2
- Seared Salmon w/ Strawberry Basil Relish3
- Artichoke Florentine Pasta3
- Mindful Looking4
- Spring Cleaning Safety Tips4
- Brain Strain5

Special points of interest

- **Last Month's Winners**
Vicki Alexander
Gwen Hannes
Amy Nyland-Schmook
Sherry Greco
Becky Benoy
Jamie Denman



This month is meant to bring awareness to alcohol use and discuss how alcohol use disorders affect people. The pandemic has been difficult for many and in the past year, alcohol use has increased by 30%.

Alcohol abuse affects both the personal and professional side of life. It can also create risk of developing serious health complications like high blood pressure, heart disease, liver disease, stroke and even cancer.

Common physical/behavioral signs

- Feeling irritable
- Experiencing mood swings
- Having poor coordination
- Showing signs of slurred speech
- Blackouts or short term memory loss
- Isolating from friends and family
- Failing to complete responsibilities at work and at home
- Drinking alone or in secrecy
- Making excuses for drinking
- Engaging in risky behavior

Cancer Link

Around half of this country's adults drink alcohol and its important to know how it can increase the risk of cancer.

- Alcohol can affect normal functions of the cells in your body. This can cause them to grow out of control into a cancer tumor.
- The risk of cancer increases with number of drinks consumed.
- Consuming one drink a day increases your risk but binge drinking is riskier.
- All types of alcoholic drinks are linked to cancer.
- Understand what is a standard drink size.

Alcohol use disorder includes periods of intoxication and withdrawal symptoms. It can have heavy ramifications on your body if consumed irresponsibly. Rethink your drink and reduce your use.

References:

- M3 Insurance Wellness newsletter
[CDC Blog](#)

11 Minute Daily Exercise

The pandemic has really altered our activity levels. We're exercising less and sitting more than usual. Sitting too much can be detrimental to your health. That's the bad news.

The good news is that 11 minute of daily, moderate exercise can have good long-term health benefits and increase life span. If you bump up that to 35 minutes a day, you'll have even bigger results in terms of health, especially joint health.

Still, any movement, no matter how long it's for, can have benefits. The key word is consistency.

One doesn't have to go to a gym and commit to a high-intensity workout. There are other daily routine exercises that you can do that can break you into a light sweat.



- **Walking briskly.** Pick up the pace when you're going from Point A to Point B.
- **Riding a bike.** Toss in a hill to up your bike ride.
- **Dancing.** Zumba, salsa, hip hop, and many other tunes can make your dancing routine a nice experience.

- **Cleaning.** You've got vacuuming, scrubbing the tub, laundry, and rearranging furniture.

Exercise is not only done in a gym. It can be accomplished in daily practices.

Don't forget to stretch.

Reference: M3 Insurance Newsletter



"I bloomed up all over again despite knowing, cherry blossoms are only meant to wither." -Eayra



5 Myths About Exercise

There's a lot of misleading information when it comes to exercising. So, here's some information:

1. **Myth 1: Cardio is more important than weights.** Incorrect. Both are important. Cardio strengthens the heart, lowers blood pressure, regulates blood sugar, clears thinking, improves mood, helps sleep better and more. This can amplify when combined with strength training. Weight lifting strengthens bones, reduces injury risk, and protect posture. When you build muscle you enhance metabolism.
2. **Myth 2: You shouldn't work out if your back is hurting.** Chronic back pain, or any other type of pain responds well to exercise. Exercise can enhance the delivery of blood, nutrients, and lubricating fluid to affecting areas. However, always be cautious and always speak to your Primary Care Physician.
3. **Myth 3: You should work out every day.** It is important to recover to avoid injury and build strong muscles. After you strength train, your muscles are depleted, so it's important to take one or two rest days per week to allow fibers to rebuild.

4. **Myth 4: You can exercise to make up for overeating.** No. To put things into perspective, you have to walk at a rate of three miles per hour for nearly two hours to burn off a typical serving of fries. Exercise does help you maintain a healthy weight, but that's only one reason for doing it.
5. **Myth 5: If you exercise, you don't need to worry about the effects of sitting all day.** You do. When seated, you're hardly moving and it's only contributing to stiffness in your muscles to your arteries. Excess sitting is linked to heart disease, diabetes, depression, and even memory impairment. Every hour, move for two minutes of activity.

Reference:

Prevention Magazine. April Issue. Pages 54-57.



Seared Salmon w/ Strawberry Basil Relish

Ingredients:

- 6 salmon fillets (4 oz. each)
- 1 tbsp. butter, melted
- 1/4 tsp. salt
- 1/8 tsp. freshly ground pepper
- 1 1/4 c finely chopped fresh strawberries
- 1 tbsp. minced fresh basil
- 1 tbsp. honey
- Dash freshly ground pepper

Instructions:

1. Brush fillets with melted butter; sprinkle with salt and pepper. Heat a large skillet over medium-high heat. Add fillets, skin side up, in batches if necessary; cook 2-3 minutes on each side or until fish just begins to flake easily with a fork.

2. In a small bowl, toss strawberries with basil, honey and pepper. Serve salmon with relish.

Reference:

[The Recipe](#)



Artichoke Florentine Pasta

Ingredients:

- 1 package (16 ounces) penne pasta
- 6 tbsp. butter, divided
- 4 garlic cloves, minced
- 12 ounces fresh baby spinach (16 cups)
- 1/4 cup all purpose flour
- 3 cups 2% milk
- 3/4 cup grated Parmesan cheese
- 1 package (8 ounces) reduced-fat cream cheese
- 1/2 cup white wine or reduced-sodium chicken broth
- 1 tsp. salt
- 1/2 tsp. pepper
- 1/4 tsp. cayenne pepper
- 2 cans (14 ounces each) water-packed artichoke hearts, drained and coarsely chopped
- 1/2 cup Italian-style panko bread crumbs.

Instructions:

1. Cook pasta according to package directions. In a 6-qt. Dutch oven, melt 2 tbsp. butter over medium-high heat. Add spinach; cook and stir just until wilted, 1-2 minutes. Remove from pot.
2. In same pot, melt remaining butter over medium heat. Stir in flour until smooth; gradually whisk in milk. Bring to a boil, stirring constantly; cook and stir until thickened, 2-3 minutes. Add Parmesan cheese, cream cheese, wine and seasonings; stir until smooth. Stir in artichoke hearts; heat through.
3. Drain pasta; add to sauce, tossing to coat. Stir in spinach mixture. Transfer to a serving dish; sprinkle with bread crumbs. Serve immediately.

Reference:

[The Recipe](#)



Spring Vegetable Sauté

Ingredients:

- 1 tsp. olive oil
- 1/2 cup sweet onion (sliced)
- 1 clove garlic (chopped)
- 3 new potatoes (quartered)
- 3/4 cup carrots (sliced)
- 3/4 cup asparagus (pieces)
- 3/4 cup sugar snap peas
- 1/2 cup radishes (quartered)
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 1/2 tsp. dill (dried)

Preparations:

1. Heat oil in a skillet. Cook onion for 2 minutes. Then, add garlic and cook another minute.
2. Stir in potatoes and carrots. Cover, turn the heat to low, and cook until almost tender (about 4 minutes).
3. If the vegetables start to brown, add 1-2 tbsp. of water.
4. Add asparagus peas, radishes, salt, black pepper and dill.
5. Cook, stirring often, until just tender (about 4 minutes).
6. Serve immediately.

Information:

Serves 4.

Total calories 138; Total fat 1g; Protein 4g; Sodium 177mg; Carbohydrate 29g; Dietary fiber 5g; Saturated fat 0g; Total sugars 4g.

Mindful Looking

There's a difference between "looking" and "looking to see something." And the practice of mindful looking begins when we unburden ourselves of the stories we tell ourselves.

As humans, we primarily navigate the world through sight. Most meditation happens with our eyes closed. However, one could encourage themselves to focus on or visualize an image. The best way to encourage themselves is by paying attention to present-moment experiences with openness, curiosity, and a willingness to be with what is.

An example would be to focus on the lamp on your bedside table. Mindful looking means you observe the lamp without getting caught up in the "concept". "The shade is crooked, it's dirty, it's time for a new one" and so forth. Instead of focusing on that narrative, focus on the experiential by noticing how the color shifts from onside to the other.

We are constantly judging ourselves, other humans, and everything around us. We see things a certain way. But, what if what we're not seeing the whole picture. So, slowly look to help settling into a space where we simply allow everyone be themselves without judgement.

Exercise: The next time you leave your house, simply take in what you're seeing. Notice how a person that comes into your view walks, look, present themselves, etc. Does the experience of just noticing help you possibly remove any divisions that your inner narratives might highlight? Are you able to identify those narratives? Do you have the ability to create more space for compassion?

Appreciating everyday beauty can help with creating a mindful state within.

Reference: Mindful Magazine

"The art of unhooking from your stories allows you to see what's in front of you rather than seeing what you're looking to see." -Heather S. Blakeslee

Spring Cleaning Safety Tips

Spring is here and cleaning out our living spaces after being enclosed for the winter months is a recommended event. It's important to keep these tips in mind while tackling the project.

1. **Do not rush because you are tired or in a hurry.** Cleaning can be very tiring. The desire to finish can make us rush through to get done. However, it's important to take your time. Stop and take a break, drink a glass of water, and rest.
2. **Be careful moving large pieces of furniture and appliances.** Lifting technique is essential when moving furniture. Keep your back straight and lift with your legs. Wear proper shoes. If in the end you realize the furniture is too heavy and you do not have help, don't move it and clean around it.
3. **Be safe while on ladders and step stools.** Use caution when using these items during your cleaning project. Do not lean too far to one side and have someone available to hold the ladder. Finally, make sure the rungs are not wet and you are wearing proper shoes.
4. **Be careful when walking on wet surfaces.** It's very easy to slip on a wet floor. Use proper precautions and make sure to warn others that the floor is wet. Make sure to block wet floors from children's access.
5. **Keep stairs, landings and walkways clear of boxes, bags and other clutter.** During spring cleaning, much decluttering can take place. Make sure you do not place boxes and bags in walkways, staircases, and high traffic areas.
6. **Don't carry too much stuff at once, especially on stairs.** While carrying items, make sure you have a free hand to hold onto

stair rails and you're able to see over the load you're carrying.

7. **Always follow cleaning product label safety instructions and recommendations.** The misuse of cleaning supplies could cause reactions. Use one product at a time. Open windows, turn on an exhaust fan, or place a fan so that fumes don't set in an enclosed area. And, wear rubber gloves to protect them.
8. **Wear a mask when cleaning dusty areas.** Many people are allergic to dust. A mask could help prevent possible sinus infections.
9. **Do not leave buckets filled with water around your home.** Always empty out the buckets or put them in an inaccessible area. Especially, if you have children. Small amounts of water could be a potential drowning hazard for small children.
10. Put away all your cleaning supplies when you are done. Even if you're going to be resuming your cleaning project the next day. This tip is emphasized for those who have children and pets. Cleaning products can attract the curiosity of children and pets.

Be safe and happy spring cleaning!

Reference:

[The Article](#)



Brain Strain

Name: _____

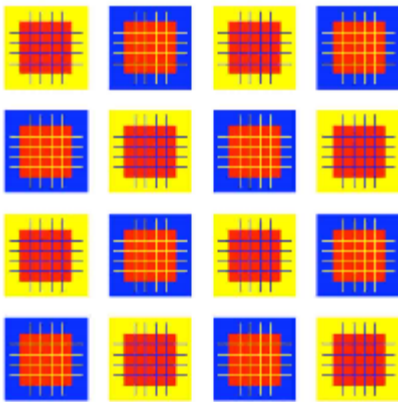
Job Location: _____

To enter the newsletter drawing you must complete at least one of the brain teasers. Submissions may be inter-d (CCB 418) or emailed (employee-relations@countyofdane.com) and must be received by April 16th, 10AM.

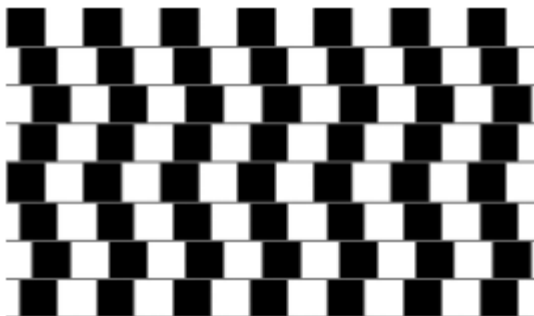
Please circle the prize of your choice. Prizes are limited and picking more than one is helpful.

- | | | |
|---------------------------------|-----------------------------------|--|
| • Bike Lock + Bike Lights | • Delish : Insane Sweets Book | • Start w/ Gratitude Journal |
| • Yoga mat (black or orange) | • Yoga for Beginners Book | • Shake Bottle |
| • Yoga block + strap | • Renewal by Andres Edwards | • Grey 3 Pocket Runner's Belt—L |
| • Sklz Pro Mini Hoop | • Practicing Mindfulness | • Shred It w/ Jillian Michaels DVD |
| • Agility Ladder & Sports Cones | • No-Waste Organic Gardening | • One Week Shred w/ Jillian Michaels DVD |
| • Mini sound Spa | • Find It Word Search Puzzle Book | • Fitness Planner |

#1: Are the squares inside the blue and yellow squares all the same color?

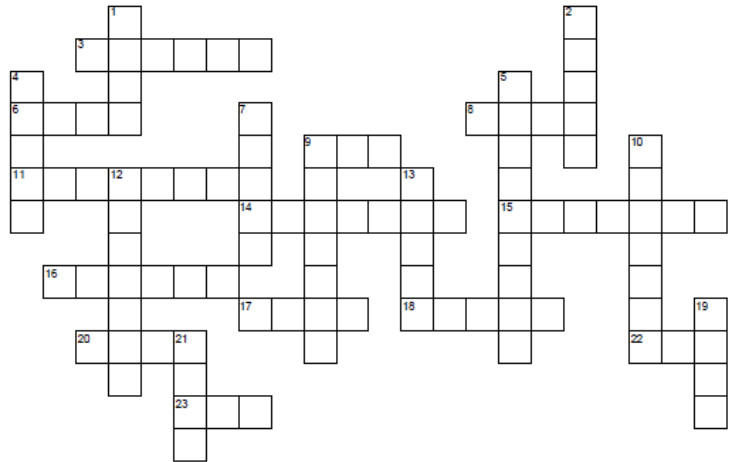


#2: Are the horizontal lines straight or crooked?



#3:

Spring Weather



ACROSS

- 3 Rain _____ the earth.
- 6 March comes in like a _____.
- 8 It makes kites fly.
- 9 _____ makes it hard to see.
- 11 It's supposed to rain today. Take an _____.
- 14 March winds bring April _____.
- 15 A loud noise associated with storms.
- 16 No matter how long this season lasts, spring is sure to follow.
- 17 Not too hot.
- 18 If it's foggy in the morning, it will be _____ in the day.
- 20 Not too cold.
- 22 This gives light to help plants grow.
- 23 Rain mixed with dirt. Don't track it in the house!

DOWN

- 1 Dark clouds often bring this.
- 2 Hold onto your hat. It's _____ today.
- 4 I may be white and puffy or dark and threatening.
- 5 _____ flashes in the sky.
- 7 This turns green as days grow warmer.
- 9 April showers bring May _____.

- 10 Rain leaves these behind on the ground (but your mother probably doesn't want you to splash in them!).
- 12 I can be seen after a storm.
- 13 These bud with new leaves in early spring.
- 19 This wintry substance sometimes falls in the spring.
- 21 March goes out like this animal.

