

HIGHWAY TO WELL & SAFETY

January is National Thyroid Awareness Month

According to the American Thyroid Association,

- Roughly one in ten Americans has a thyroid disorder, and more than half of the people with thyroid disorders in the U.S. are undiagnosed.
- Women are five to eight times more likely than men to have thyroid problems.
- One in eight women will develop a thyroid disorder during her lifetime.

The thyroid is a small, butterfly-shaped gland located at the base of your neck, just below your Adam's apple. It produces hormones that travel through your bloodstream and affect nearly every tissue in your body. These hormones regulate energy use, control body temperature, and affect weight loss and weight gain. Most of the time, the thyroid works with other body systems to produce the hormones your body needs to function properly. An imbalance in this system can lead to conditions called hypothyroidism or hyperthyroidism.

Hypothyroidism occurs when the thyroid gland doesn't produce enough hormones to meet the body's needs. This condition can slow down many of the body's functions. People with hypothyroidism may feel unusually tired, more sensitive to cold, or mentally and physically sluggish. It can also lead to symptoms such as low mood, constipation, and unexplained weight gain.

Hyperthyroidism occurs when the thyroid gland produces more hormones than the body needs. This condition speeds up many of the body's functions, which can make it feel like everything is operating in overdrive. People with hyperthyroidism may experience a rapid or irregular heartbeat, hand tremors, and increased sensitivity to heat. It can also lead to feelings of anxiety or nervousness, more frequent bowel movements, and unintended weight loss.

Did you know?

The American Cancer Society estimates that there were 44,020 new thyroid cancer diagnoses in 2025

Thyroid Cancer Basics

Unlike some other cancers, there's no routine screening for thyroid cancer. Diagnosis typically occurs when a thyroid abnormality is found during a physical exam or imaging for another condition. These incidental discoveries are part of the reason why thyroid cancer is often diagnosed at a younger age, particularly in women.

Fortunately, when thyroid cancer is detected early, it responds well to treatment. Most cases are treated surgically by removing part or all of the thyroid gland. Additional therapies, such as radioactive iodine, hormone therapy, or targeted treatments, may be used depending on the type and stage of the cancer.

[Full Article](#)

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Special Points of Interest:

- **Upcoming Holidays—**
January 19th—Martin Luther King Jr. Day
- **Dean Living Healthy Rewards**
Points restarted on January 1st. Don't miss out on your \$150 in rewards.

Last Months Winners:

- Marcia Hartwig
- Sarah Cowen
- Erin Polkinghorn
- Cassandra Schwartz
- Amy Lowe
- Denise Kelley
- Sarah Roelke

DELISH Cookbook Giveaway:

- Trish Grant

Knowing your care options before you need them saves you time and money.

SSM Health Express Virtual Care

SSM Health Express Virtual Care offers two convenient and affordable options for patients to access non-emergency care via smart phone or computer without scheduling an appointment. These services are available to everyone, whether or not they are an established SSM Health patient. **Visit [DeanCare.com/VirtualCare](https://deancare.com/VirtualCare) for more information.**



E-VISIT



Too sick to drive to the doctor?

Fill out an online questionnaire, receive a written diagnosis, treatment, and a prescription.

Cold/flu, allergies, lice, etc.



VIDEO
VISIT

Prefer a face-to-face conversation?

Start a video visit and quickly connect with a SSM Health provider. No appointment necessary.

Abnormal headaches, earaches, chronic conditions, etc.



PRIMARY
CARE

Wish to see your doctor for care?

Schedule an appointment at your primary care clinic. Same-day appointments are usually available.

In-person treatments and annual checkups.



URGENT
CARE

Primary care clinic full or closed?

Visit your nearest Urgent Care facility.

When your normal clinic is full or closed.



EMERGENCY
CARE



Life-threatening illness or injury?

Go to the nearest emergency room or call 911.

Heart attack, stroke, head injury, severe pain.

All care subject to copay and deductible if filed with insurance.

No-Peek Chicken

[Recipe](#)

Servings: 4-6; Prep Time: 5 min; Cook Time: 50 min; Total Time: 55 min

Per Serving: 404 Calories, 10g Fat, 30g Carbs, 46g Protein

INGREDIENTS:

- | | |
|---|---|
| * 1 (10.5 oz) can cream of chicken soup | * 1 (2 oz) package onion soup mix, divided |
| * 1 (10.5 oz) can cream of celery soup | * 4 (7 oz) boneless, skinless chicken breasts, patted dry |
| * 1.5 cups water | * 1/2 tsp kosher salt |
| * 2 cups quick-cooking rice | * 1/2 tsp ground black pepper |
| * 1 cup frozen peas and carrots mix | * 2 tsp chopped fresh chives (optional) |

INSTRUCTIONS:

1. Preheat oven to 350°F. Place a rack in the middle of the oven. Coat a 9x13-inch baking dish with cooking spray.
2. Make the Sauce: Add the cream of chicken soup, cream of celery soup, and water to the baking dish and whisk together until combined. Stir in the rice, vegetable medley, and half of the onion soup mix (4 tbsp) until combined.
3. Add the Chicken: Sprinkle the chicken breasts evenly with salt and pepper. Nestle the chicken into the rice mixture. Sprinkle the remaining onion soup mix evenly over the chicken. Cover with aluminum foil.
4. Bake: Bake until the chicken is cooked through, or registers 160°F in the thickest part of the chicken, and the rice is tender, 50 to 60 minutes. Remove from oven and let rest 5 min. Uncover and fluff the rice with a fork. Top with chives, if using, and serve.

Dean Partner Perks

Dean has partnered with businesses in the area to offer you membership, service, and product discounts that support your overall well-being. To take advantage of these perks, just show your member ID card at participating locations.

For the full list go to:

www.deancare.com/wellness/wellness-membership-discounts

If you have questions, contact Member Services at [1-800-279-1301](tel:1-800-279-1301).

BE INTENTIONAL

This year, consider setting intentions instead of resolutions.

Begin by reflecting on what truly matters to you. Intentions can be daily, weekly, or monthly guideposts. They help you connect with your core values as you make choices and decisions throughout the day.

- * To help identify your values, describe an ideal day for you.
- * Write a list of your values and look at them often.
- * Before your day begins, set an intention to help you be more mindful during your day. For example, "I will find ways to help others today."
- * At bedtime, reflect on the ways you were true to your intentions today.

[M3 Insurance](#)



SMALL GIVEAWAY

If you would like a chance to win one of the following prizes:

- ◆ 6pc Keyboard Clicker Fidgets/ Keychains
- ◆ Magnetic Ferrite Putty Stones
- ◆ Shape Shifting Fidget Cube
- ◆ 2.5in x 2.5in 6 sided Wooden Puzzle Cube
- ◆ Shape Pattern Block Tangram Hexagon Puzzle
- ◆ Kanoodle Genius
- ◆ 3D Interlocking Wooden Puzzle (Cylinder or Round)

Please email: employee-relations@danecounty.gov and use **Puzzle** in the subject line and include name, job location and your top 2 choices from the prizes above in the body.

Deadline: January 16th

SIMPLIFY YOUR HOME

in just 30 minutes a day for 30 days

ChristinaMariaBlog.com/Simplify

<input type="checkbox"/> Bathroom: cabinets	<input type="checkbox"/> Cleaning supplies
<input type="checkbox"/> Junk drawer	<input type="checkbox"/> Books and magazines
<input type="checkbox"/> Beauty supplies & medicine	<input type="checkbox"/> Linen closet
<input type="checkbox"/> Laundry room	<input type="checkbox"/> Office/desk
<input type="checkbox"/> Media	<input type="checkbox"/> Basement
<input type="checkbox"/> Kitchen: drawers	<input type="checkbox"/> Attic
<input type="checkbox"/> Kitchen: cabinets	<input type="checkbox"/> Garage
<input type="checkbox"/> Kitchen: countertops	<input type="checkbox"/> Car
<input type="checkbox"/> Kitchen: pantry	<input type="checkbox"/> Outdoor spaces
<input type="checkbox"/> Kitchen: refrigerator	<input type="checkbox"/> Outdoor spaces
<input type="checkbox"/> Bedroom: closet	<input type="checkbox"/> Kids dressers
<input type="checkbox"/> Bedroom: dresser	<input type="checkbox"/> Jewelry & accessories
<input type="checkbox"/> Bedroom: nightstand	<input type="checkbox"/> Entertainment area
<input type="checkbox"/> Kids closets	<input type="checkbox"/> Coffee Table
<input type="checkbox"/> Kids toys + books	<input type="checkbox"/> Additional rooms

➡ **Focus on 30 spaces for Max 30 minutes a day: [Click here to print the list for your own decluttering needs.](#)**

BRAIN STRAIN

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

NEWSLETTER PUZZLE ENTRY

To enter the newsletter puzzle drawing, please submit your entry via inter-d (CCB 418) or email to: employee-relations@danecounty.gov.

Entry must be received by January 16th.

Please circle at least 3 prizes that interest you:

- Resistance Band Set & Workout Cards
- Cosmos from the Garden Paint by Numbers
- The Complete Cooking for Two Cookbook
- Foldable Pushup Board
- Calm Lavender Shower Bombs
- Tai Chi for Beginners DVD
- 3D Puzzle Planter & Mini Bricks Potted Flower
- Foldology—Origami Puzzles
- 3D Moving Sand Art Sandscape
- Ab Wheel & Jump Rope
- 10 pack Swedish Dish Towels
- Inflatable Donut Ball
- Cast Iron Cookbook for Beginners
- Scratch Art—Paris & Dream Castle
- Calming Rain CD
- Muscle Roller Stick



BITTER

BLIZZARD

CALENDAR

CELEBRATION

FIREPLACE

FREEZING

FROST

FROSTY

HIBERNATION

HOLIDAY

HOT CHOCOLATE

ICICLE

INDOOR

JANUARY

MITTENS

MLK DAY

NEW YEAR

PARKA

POLAR

RESOLUTION

SCARF

SKIING

SLEDDING

SNOWFLAKE

SNOMAN

SWEATER

WINTER