

Highway to Well & Safety

WOMEN’S HISTORY MONTH

This month brings us a reminder of struggle, contributions and achievements of women in the United States. From women fighting against poor working conditions to tireless work on equality, equity and the reversal of many hard earned rights. It’s also imperative that we learn other areas regarding women.

Depression Among Women

A CDC study is showing that 1 in 10 women in the US are reporting symptoms that suggest they experience an episode of major depression. Depression doesn’t feel the same for everyone. How often symptoms occur, how long they last and how intense varies from person to person.

Postpartum Depression

A CDC study shows that 1 in 8 women experience symptoms of postpartum depression and as the years have passed, the rate of depression has been increasing. Having a child is challenging in numerous ways and women deserve as much support as they need.

Women & Mental Health

Mental disorders affect women and men differently. Some disorders are also more common in women such as depression and anxiety. There are also certain types of disorders that are unique to women. Researchers are working diligently to tease apart the various biological and psychosocial factors that impact mental health in women and men.

Facts to Know About Women’s Health

1. Women who are caregivers are at a greater risk for poor physical

and mental health including depression and anxiety.

2. Women with disabilities need the same general health care as women without disabilities.
3. Good hygiene practices are essential to gynecologic health, mental health, social connections and career performance.
4. Women continue to struggle with opioid and substance use disorders and deaths from overdose continue to contribute to overall mortality and the lowering of life expectancy.

Links to Consider

- [Women’s History Month Podcast](#)
- [50 Films to Watch During Women’s History Month](#)
- [20 Best New Women History Books to Read in 2023](#)
- [Famous & Inspirational Black Women in History](#)
- [Celebrating Native Women](#)
- [Hispanic and Latina Heroes](#)
- [20 Asian American and Pacific Islander Women to Know](#)
- [The Activism of Arab Women Artists](#)
- [Encyclopedia of Jewish Woman](#)
- [Office on Women’s Health](#)
- [The MGH Center for Women’s Mental Health](#)
- [Women Veterans’ Mental Health](#)
- [National Maternal Mental Health Hotline](#)
- [Postpartum Support International](#)

Inside this issue

- 5 Myths About Pet Health2
- Fix Your Posture 2
- Spicy Pesto Pasta alla Vodka3
- Food Combos to Try3
- “Lazy” Exercises4
- Herbes de Provence Shrimp4
- Brain Strain4

February Newsletter Winners

- Lisa Jones
- Leroy Brown
- Curt Diehl
- Carleen Ninedorf
- Claudette Richards

February Small GA

- Briana Furrer

- **City-County Red Cross Blood Drive** —Madison Municipal Building, Room 215 —Tuesday, April 4, 2023—8am—2pm; Walk ins welcome.

- **Fitness Equipment & Health and Wellness Reimbursements** can be submitted for the Quarter 2 bucket starting April 1st. Will not accept prior to that date.

5 MYTHS ABOUT PET HEALTH

Pets are family and it's important to know about how we can take better care of them.

Myth #1: A warm, dry nose means a dog is sick. A cold, wet nose is more typical for dogs, a warm, dry nose doesn't mean your furbaby is under the weather. It may just be a result of the weather like lying in the sun. However, it's important to observe if there are any redness or irritation around the skin and any symptoms of lethargy or lack of appetite.

Myth #2: Dogs eat grass when they have an upset stomach. Dog owners tend to see this connection, but it isn't always the reasons. Sometimes it's the grass that makes them throw up. Reasons for eating grass are boredom, enjoyment, or natural instinct to scavenge. FYI—the grass could be chemically treated or contaminated.

Myth #3: Urine outside the litter box just means a cat is marking its territory. It is not uncommon for healthy neutered/spayed cats to spray outside the litter box. If your furbaby is fixed, missing the litter box has nothing to do with marking territory. Maybe clean the box more often or it's dealing with some stress. Talk to your vet.

Myth #4: A dog's mouth is cleaner than human's mouth. Both are equally dirty. Dogs have hundreds of bacteria in their mouths, both good and bad. One bacteria, called pasteurilla, is the reason as why a bite or scratch from dog or cat gets infected. Dog kisses can be okay, but, do not let them lick your wounds or their own.

Myth #5: Cats don't need help keeping themselves clean. Most healthy happy furbabies are natural groomers. Once they are older and sick, they may need help with a bath or wipes. It's important to also have their teeth brushed and nails trimmed regularly.

Reference: Prevention Magazine. March 2023 Issue. Pages 60-63.



“Nothing is impossible. The word itself says I’m possible!” - Audrey Hepburn

Practices for Good Oral Health

- Drink fluoridated water and brush with fluoride toothpaste.
- Brush teeth twice a day and floss daily.
- Visit dentist once a year.
- Do not use any tobacco products.
- Limit alcohol consumption.
- If medication causes dry mouth, talk to your doctor.
- If you have a sudden change in taste and smell, talk to your doctor.
- If you have diabetes, work to maintain control of the disease.

[Article Link](#)

FIX YOUR POSTURE



Poor posture can lead to neck and back pain, breathing issues, headaches, joint discomfort and even digestion problems because the body's natural alignment is off. There are numerous reasons that are affecting your posture.

Here are a few details to put into your routine to help your posture.

- **Scan for posture saboteurs.** Do you cross your legs when sitting or lean on one leg while standing? If you do, untangle your limbs and shift your weight to both feet. Check regularly for this. **Workstation:** Chair should be supportive and at a height that lets your feet be flat on the floor. Place monitor above eye level and a keyboard slightly lower than your elbows.
- **Take movement and stretch breaks.** Get into the habit of taking movement breaks while sitting. Put a note where you can see it or set up a reminder. A walk would always be the best option, but any type of movement in general can help. Chronic tight muscles can occur due to poor posture and they can prevent good posture as well. **Something to try:** Stand in a doorway and place one forearm on the doorframe, elbow at shoulder height; turn gently in the opposite direction until you feel a stretch across your chest. Hold 10 seconds and repeat opposite side.
- **Work your muscles.** Strengthening muscles can help achieve good posture and ward off the bad. A rowing machine would be one of the best options. Exercises that target muscles that keep your back, shoulders and spine upright are the ideal ones. **Helpful moves:** Try Wall Angels where you stand with your back against a wall, arms hanging at your sides with the back of your hands against the wall. Move your hands up to meet your head where once they touch, bring them back down and repeat around five times.

Reference: Prevention Magazine. March Issue. Page 42-43.

SPICY PESTO PASTA ALLA VODKA

INGREDIENTS:

- 1/4 cup extra virgin olive oil
- 1 shallot, finely chopped
- 4 cloves garlic, finely chopped
- 1 tsp dried oregano
- 1-2 tsp crushed red pepper flakes
- 1/2 cup tomato paste
- 1/4 cup vodka
- 3/4 cup basil pesto
- 1 cup heavy cream or canned coconut milk
- 1 lb. short cut pasta
- 3 tbsp. salted butter
- 1/3 cup grated parmesan cheese
- 1/4 cup fresh basil roughly chopped



INSTRUCTIONS:

1. Heat a large skillet over medium-low heat. When the oil shimmers, add the shallot, garlic and oregano. Cook until the shallots begin to caramelize, about 5 minutes. Reduce the heat to low, add the tomato paste and red pepper flakes, cook 4-5 minutes, until thickened. Stir in the vodka, cook another 2 minutes. Stir in the pesto and cream. Season with salt and pepper. Keep warm over low heat.
2. Bring a large pot of salted water to a boil. Add the pasta and cook according to package directions until al dente. Just before draining, remove 1 1/2 cups of pasta cooking water. Drain.
3. The vodka sauce, add the pasta, 1/2 cup pasta cooking water, and the butter, tossing until the butter has melted. Add the parmesan and basil. If needed, thin the sauce with additional pasta cooking water.
4. Divide the pasta among plates and top with basil and cheese. Enjoy.

Notes: You can replace the vodka with equal amount of chicken/beef broth.

[Recipe](#)

SMALL GA

To win the cookbook: **Star Wars Galaxy's Edge: The Official Black Spire Outpost Cookbook**, email your name, job location and favorite meal to cook to employee-relations@countyofdane.com. Don't forget to put "Small GA" in the subject area.

All entries must be received by March 31st, 10am.

Food Combos to Try

The following food pairings aid in the best nutrient absorption.

- **Beans and rice:** Beans are packed with protein and fiber which can balance starches like rice. Eaten together they prevent blood-sugar spikes and energy crashes.
- **Leafy greens and avocado:** Healthy fats can increase the absorption of carotenoids. These nutrients are essential for healthy eyes, skin and immune systems.
- **Spinach and citrus:** Vitamin C can protect against inflammation and chronic diseases.
- **Citrus and green tea:** Green tea richly increases metabolism and reduced inflammation. When combined with citrus like orange or lemon, enriches the tea further.
- **Fish and broccoli:** Vitamin D and calcium are good for your bones and the combination of the two is even better.

It's important to know that as you get older, your absorbing of nutrients decreases.

Reference: M3 March Newsletter



Herbes de Provence Shrimp w/ Basil & Pea Couscous

INGREDIENTS:

- 1 cup couscous
- 3/4 cup frozen peas, thawed
- 1/4 cup fresh basil, chopped
- 1 tsp. lemon zest
- 2 tbsp. lemon juice
- 3 tbsp. olive oil
- Kosher salt & fresh ground pepper
- 1 lb. lg shrimp, peeled & deveined
- 2 tsp. fresh thyme
- 2 tsp. fresh marjoram/oregano
- 1 tsp. fresh rosemary, chopped
- 1/2 tsp. dried lavender
- 1 tbsp. fresh tarragon

INSTRUCTIONS:

1. Cook couscous per package directions. Fold in peas, basil, lemon zest, and 1 tsp oil.
2. Combine shrimp, thyme, marjoram, rosemary, lavender and 1 tbsp. oil in a bowl. Season with salt & pepper.
3. Heat remaining 1 tbsp. oil in a large skillet over medium-high heat. Add shrimp and cook, turning once, until opaque throughout, 2-3 minutes. Remove from heat and add lemon juice and tarragon; toss to combine. Serve with couscous alongside.

[Recipe Link](#)



“LAZY” EXERCISES

Listen, we all have “zero-motivation” days and that’s okay. Just know that there are some exercises you can do that can be good for your physical health.

Glute Bridges target your glutes, hamstrings and core. (Do 10-15x)

- Lie on your back, knees bent, arms at your sides.
- Lift your bottom until your knees, hips, and shoulders form a straight line.
- Squeeze your tush for 3 seconds, then slowly sink down.
- Before your tush touches the bed, lift back up and hold again.

Tricep dips target your upper arms. (Do 10-15x)

- Sit on the edge of your bed, feet on the floor.
- Scooch forward until you’re hovering, legs bent at 90°.
- Core tight, lower yourself until elbows form a 90° angle.

- Pull yourself back up to the “hover” position.

Prayer crunches target your abs. (Repeat 20x)

- Lie on your back, knees bent and slightly apart.
- Extend your arms straight in front of you and clasp your hands.
- Lift your shoulder blades and count to two as you reach your hands between your knees, then sink back down.

Leg lifts target your entire lower body. (Do 15 each side)

- Lie on your side in a straight line, head resting on your arm.
- Stack your legs on top of each other with hips stacked, tight your core and slowly lift your top leg as high as you can to the count of three, then slowly lower to a count of three.

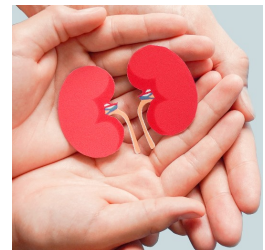
Reference: Prevention Magazine. March Issue. Page 18.

IMPORTANCE OF KIDNEY HEALTH

One in 3 US adults are at risk for kidney disease. Your kidneys filter your blood to remove waste and extra water to create urine. Make vital hormones that produce red blood cells, promote bone health and regulate blood pressure. They’re vital so consider the following:

- Get screened regularly for kidney damage or disease.
- Reduce over-the-counter drug usage, specifically ibuprofen.
- Exercise regularly to lower blood pressure and boost heart.
- Eat a healthy diet and monitor your weight.
- Drink plenty of fluids to flush sodium and toxins from your kidneys.

Reference: M3 Newsletter



HYDRATION IS KEY



A question you should be asking yourself is: Am I getting enough water? Dehydration can increase risk of illnesses and cause numerous health problems that include fatigue and muscle weakness. Men should be drinking 15 1/2 cups of fluid of day, while women need 11 1/2 cups. (Don’t forget that water content of foods counts).

- Drink a glass of water with each meal and between each meal.
- Hydrate before, during and after exercise.
- Carry a reusable water bottle with you for easy access during the day.
- Choose sparkling water instead of alcoholic drinks or soft drinks.

Reference: M3 Newsletter

Name: _____

Location: _____

All entries must be submitted by March 31st, 10am.

You may email to employee-relations@countyofdane.com or inter-d to CCB 418.

Please circle your prize choice. Circling more than one helps since there are limited quantities in some prizes.

- Exercise ball
- Yoga mat
- Yoga block & strapset
- Black lunch bag
- Water bottle
- Fruit infusion water bottle
- Muscle roller stick
- 4lb. Wrist weights
- Exercise dice
- Golf Ball Sleeve + Tees
- 2 Calm CDs (random)
- Juicing for Beginners Book
- Delish Insane Sweets Bk
- Air Fryer Cookbook
- 3 in 1 Brain Games Book
- 3 Mini Van Gogh Puzzles
- Cold Case Puzzles Book
- Skipping Rope

BRAIN STRAIN

Puzzle #1: Spring Break Word Search

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

SUNSHINE
VACATION
RAIN BOOTS
ROAD TRIP

AIRPLANE
SLEEPING IN
FRIENDS
SPRING

BLOSSOMS
GAMES
PUDDLES
TULIPS

Puzzle #2: How can...?

How can $8+8=4$? _____