

# HIGHWAY TO WELL & SAFETY

## THE SICKLE CELL FIGHT

Sickle cell disease is currently affecting approximately 100,000 Americans, especially, African Americans. The disease affects 1 of 365 African American babies born in this country.

### **What is sickle cell?**

It is an inherited disease caused by a defect in a gene. This happens when a person inherits two genes, one from the mother and one from the father. A person with just one gene is healthy, but is considered a carrier of the disease.

This disease causes red blood cells to be hard and crescent-shaped, like a sickle instead of soft and round. It is because of this that it is difficult for blood to flow smoothly and carry enough oxygen to the body. This can cause much pain, organ and tissue damage, or even strokes.

### **What is the best treatment?**

Blood transfusions help provide lifesaving treatment. They replace the sick cells with healthy red blood cells. There are also medications: narcotic, chemotherapy and vitamin. In rare cases, a bone-marrow transplant is needed.

### **What can we do to help?**

Blood donors. Blood donors who are black have a unique ability to help individuals who are with sickle cell disease. Sickle cell patients need to have a precise pairing with blood donor. If there is no close match, antibodies may be formed against the mismatched antigens.

It's also important for those who do have sickle cell make sure they do the following:

1. Take their medicine correctly
2. Drink plenty of water
3. Get enough rest
4. Limit some activities
5. Avoid extreme temperatures
6. Maintain steady doctor visits.

**References:** [Link #1](#) [Link #2](#) [Link #3](#)

## INSIDE THIS ISSUE

Work On Being Happier.....	2
5 Myths about Food Safety...2	
Rosemary Chicken w/ Roasted Grapes & Shallots .....	3
White Chicken Chili w/ Poblanos .....	3
Instant Pot Pumpkin Cheese-cake .....	4
Tackling Climate Change .....	5
Inside Story.....	4

## SPECIAL POINTS OF INTEREST

- **Quarter 2 Winners**  
Kimberly Peterson  
Karie Cattanach  
Drew Latsch  
Amanda Tanke  
Kelsey Gilmore
- **Quarter 2 Book GA**  
Rodrigo Valdivia
- **Small GA**  
For a chance to win a Black Yoga mat plus Strap, please send an email to the Employee Relations email ( page 6) requesting to be entered and use "Small GA" in the subject.



## FINANCIAL FITNESS

Money can be a stress for many people. Here are some tips to keep in mind:

1. **Understand your assets and liabilities.** Assets and debts determine your net worth. Add all your assets and subtract your debts to find out your net worth. This is your overall financial picture.
2. **Assess your goals.** Once a year think about short, medium and long term goals. What is their cost? Reevaluate every 3-6 months.
3. **Check your credit report.** A good credit score is critical to qualifying for loans at the best rates. Check at least one year.
4. **Name your beneficiaries.** In the case of your death, your beneficiary collects the account. Check your pick yearly to make sure they're still appropriate.
5. **Manage your taxes.** Set aside to pay your tax bill and do your taxes on time.
6. **Check if your investments and goals align.** Check quarterly make sure your selections are appropriate for your age and goals.
7. **Determine if you have the right insurance.** Rent, home, special coverage, life, etc.

[Full article](#)

---

*“Life is like looking for your phone. Most of the time, it’s in your hand.”*

---

## WORK ON BEING HAPPIER

Happiness is more internal than external. It’s how you feel about yourself and everyone and everything around you. Here’s a 5-day challenge that can help create a happier self.

**Day 1 : Do something nice for yourself.** Self-care is about nourishing your body and mind. Look at things that make you feel revitalized and add one to your schedule. Everyone’s self care is different.

**Day 2 : Spend time alone.** Solitude is a biological need and even promotes happiness. It is a good way to recharge. Spend some alone time and notice your thoughts.

**Day 3 : Build better boundaries.** Unhealthy boundaries can be exhaustive. Learning to say no is a valuable key in boundary setting. One doesn’t need to be confrontational, simply allow yourself to say no to things you can’t commit to and notice how it makes me feel.

**Day 4: Nourish your connections.** After spending time finding peace, turn to your relationships. Prioritize people in your life. Social relationships should be taken seriously like diet, exercise and nutrition.

**Day 5: Look for joy.** Remind yourself of the reasons you already have to be happy. Gratitude requires action, so, write a letter to someone who has shown you kindness and write three positive things about your day.

**Reference:** Prevention Magazine. August 2022. Pages 30-33.

## 5 MYTHS ABOUT FOOD SAFETY

**Myth #1: As long as it smells fine, you can eat it.** This is not true. You can’t see, smell or taste bacteria. The most common foodborne germs like salmonella and norovirus and the most dangerous one like e. coli and listeria don’t make food smell bad. Here is the bottom line:

- 1) if it smells or looks gross you can toss
- 2) pay attention to “use by” dates, sitting out and how old
- 3) temp sensitive food should not sit out for more than 2 hours
- 4) leftovers should be tossed after 3-4 days
- 5) Eggs, meat and seafood to be cooked at recommended temp

**Myth #2: It’s a good idea to wash chicken.** Washing chicken will only help you splash potentially harmful bacteria all around your kitchen. The safest way to handle raw meat is to transfer it directly from package to pan and then cook at 165°F in the center.

**Myth #3: Eating pink meat is unsafe.** It is important to take the temperature of meat. A little pink with the right temperature is safe to eat. Poultry should be 165°F, veal/pork/lamb/beef/ham should be 145°F and ground beef should be cooked at 160°F.

**Myth #4: It’s fine to buy dented cans of food.** A small dent is ok. If a dent is large enough to fit your finger or near where the side of the can meets the lid, do not buy it. Bacteria could have gotten into the can. Avoid leaky, swollen, bulging or rusty cans as well.

**Myth #5: Concerns about food safety at picnics are overblown.** Bacteria can thrive in picnics due to food sitting out and not being eaten right away. Keep food properly stored and wash your hands before you eat or handle food.

**Reference:** Prevention Magazine. August 2022. Ps 64-67.

## ROSEMARY CHICKEN WITH ROASTED GRAPES & SHALLOTS

### INGREDIENTS:

- 1 tbsp. olive oil
- 1 garlic clove, smashed
- 4 chicken thighs (skin-on, bone-in)
- Salt & pepper to taste
- 3 fat shallots, sliced lengthwise
- 1 tbsp. balsamic vinegar
- 1 lb. seedless grapes (red)
- 1 tbsp. chopped rosemary

### DIRECTIONS:

1. Preheat oven to 400°F.
2. Heat oil in an oven-proof skillet over medium high heat. Add smashed garlic clove and swirl, to season the oil. Season the skin side of the chicken generously, with salt and pepper, and place skin side down in hot skillet. Sear skin side until golden and crispy, 6-7 minutes, turning heat to medium. Flip. Place the shallots between the chicken and drizzle with the vinegar. Top with the grape clusters, nestling between and around the chicken. Sprinkle with rosemary and place in the oven for 20 minutes or until internal temp reaches 170°F.

3. When chicken seems done, place skillet back on the stove and bring it to a quick simmer.
4. Pair with whipped sweet potatoes and enjoy.

[Recipe](#)



## WHITE CHICKEN CHILI WITH POBLANOS

### INGREDIENTS:

- 2 tbsp. olive oil
- 1 large onion, diced
- 6 garlic cloves, chopped
- 1-2 poblano peppers, diced
- 1 tbsp. cumin
- 1 tbsp. coriander
- 1 tbsp. chili powder
- 4 cups chicken broth
- 1 tbsp. soy sauce
- 1 tbsp. apple cider vinegar
- 1 1/2 tsp. kosher salt
- 1 tbsp. dried oregano
- 1 1/2 lbs. chicken thigh, boneless and skinless
- 3 cups white beans, cooked

- 1 bunch cilantro, chopped
- 2 limes
- Pinch cayenne/chipotle powder to taste
- Garnishes: cilantro, sour cream, lime, avocado, sliced jalapeno

### DIRECTIONS:

1. Heat oil in a large heavy bottom pot or Dutch oven over medium heat. Add onion, garlic and poblano pepper and sauté until tender about 8 minutes.
2. Add cumin, coriander and chili powder and lightly toast, about 1 minute.
3. Add broth, scraping up the brown bits. Turn heat to high.
4. Add soy sauce, vinegar, oregano and salt.
5. Stir, add chicken thighs, whole and bring to a boil. Cover turn heat to low and keep at a low simmer for 30 minutes.
6. Once the chicken is tender, shred it into smaller pieces with two forks.

7. Add the cooked beans and juice of 1 lime (you could mash 1 cup of beans). Bring to a boil, then simmer over medium heat, uncovered for 10 minutes, until it reduces and thickens a bit. Taste, adjust salt and spice level— adding a pinch of chipotle powder or cayenne of you like.

8. Stir in half the cilantro and serve.

9. Divide among bowls, serve with more cilantro, a dollop of sour cream, avocado, and lime wedges.

[Recipe](#)



## FACTS ABOUT FOOD

1. Dark chocolate: The first time chocolate was seen in bar form was in 1910.
2. The word nectarine means sweet like nectar.
3. Raspberries are a member of the rose family.
4. Broccoli contains more protein than steak.
5. Apples give you more energy than coffee.
6. Pecans are rich with antioxidants.
7. Pistachios are actually fruits.
8. Caesar salad originated from Tijuana.
9. Avocados are fruit.
10. SPAM is short for spiced ham.
11. Americans eat approximately 20 million hot dogs a year.
12. Drinking enough water every day can help you lose weight, reduce heart disease and cancer.
13. Peanut butter is good for you like lowering cholesterol, aid in weight loss and prevent type 2 diabetes.
14. It takes 7-21 days to make a jelly bean.
15. Bananas are berries and strawberries are not.
16. If you have written something in pen and make a mistake, you can use the outside way coating of the cucumber to erase the pen writing.
17. The stickers on fruit are edible.
18. John Montagu invented the sandwich while on a 24-hour gambling streak.
19. Green, yellow and red capsicums are not the same vegetable.

[For more detail](#)

## INSTANT POT PUMPKIN CHEESECAKE

### INGREDIENTS:

#### Crust:

- 3/4 cup almond flour
- 3 tbsp. salted butter, melted
- 2 tsp. confectioners swerve sweetener

#### Filling:

- 12 ounces cream cheese
- 2/3 cup canned pumpkin
- 1/2 cup confections swerve sweetener
- 2 large eggs
- 3 tbsp. heavy whipping cream
- 1 tbsp. fresh lemon juice
- 1 tsp. vanilla extract
- 1 tsp. ground cinnamon
- 1/4 tsp. ground ginger
- 1/8 tsp. ground cloves

### DIRECTIONS:

1. **Prepare:** Set cream cheese, eggs, and heavy whipping cream on countertop to room temperature, at least 30 minutes before proceeding with recipe. Use separate pieces of parchment paper to line bottom and side of aluminum 6 inch round cheesecake pan with removable bottom. Place trivet in side pressure cooker, with handles resting on sides of pot.
2. **Make crust:** Stir melted butter and sweetener in mixing bowl until combined, then stir in almond flour until butter is absorbed and forms dough.
3. **Make cheesecake filling:** Beat cream cheese and sweetener in large bowl with electric hand mixer on low speed until well-mixed, about 1 minute. Add heavy cream, lemon juice, and vanilla extract; beat on low speed until smooth, about 30 seconds. Add eggs one at a time, beating on low speed until just combined, about 30 seconds each. Remove pan with chilled crust from freezer. Pour about 75% of batter over crust, being careful to avoid trapped air gaps.

Flatten surface with spatula. Return pan to freezer.

4. **Make pumpkin filling:** Add pumpkin, cinnamon, ginger, and cloves to remaining batter. Beat on low speed until incorporated, about 10 seconds. Use spatula to scrape down sides and stir until well-mixed. Remove pan from freezer. Carefully pour pumpkin batter over cheesecake layer.
5. **Pressure cook:** Pour 1 cup of water into pressure cooker pot, and low cheesecake pan onto trivet. Secure and seal lid. Cook for 40 minutes at high pressure, followed by 15-minute natural release. Manually release any remaining pressure by gradually turning release knob to venting position. Carefully lift lid to avoid dripping condensation on cheesecake. If needed, use paper towel to carefully dab cheesecake to absorb condensation on surface. Turn off pressure cooker.
6. **Cool Cheesecake:** Let cheesecake cool uncovered in pressure cooker for about 1 hour. Use trivet's handles to lift cheesecake from pot onto countertop and let stand until fully cooled. Loosely drape dry paper towel over cheesecake pan and refrigerate for at least 24 hours. Carefully remove chilled cheesecake from pan, and peel off parchment paper. Slice and serve.

### Recipe



## TACKLING CLIMATE CHANGE

Climate change. It's a topic of conversation and worry. It's important to know that in everyday choices we can still do our part to help.

1. **Shop less.** Two-third of all the raw materials taken from nature and turned into products will end up as waste.
2. **Reduce meat consumption.** Raising and killing 80 billion animals each year for food is the leading cause of habitat destruction, water consumption, pollution, deforestation and wildlife extinction.
3. **Switch to green power.** Much carbon emissions come from domestic homes.
4. **Say no to plastic.** 5 trillion single-use plastic bags are used worldwide. Only 10% of plastic waste is recycled and much ends in the stomach of marine life..
5. **Clean green.** Many products contain chemicals that are not planet-friendly.
6. **Be eco-savvy with your savings.** Find providers that invest ethically, ensuring that you're not inadvertently funding deforestation, arms or destruction of fossil fuels.
7. **Micromanage your microfibers.** During every domestic wash cycle, synthetic materials shed 700,000 microfibers. Those eventually make it into our rivers and seas and are ingested by aquatic organisms. Use liquid instead of powder, 30°C washing, and do full loads.
8. **Think green as you groom.** Use ethical, sustainable and natural products. Use products that have refillables to reduce the amount of waste produced.
9. **Pass on paper.** Opt for paperless statements from any service provider that you use.
10. **Drive change.** Consider buying zero or ultra low emission vehicles. Reduce car journeys and use public transportation.
11. **Be mindful of your mask.** The pandemic has increased the use of PPE where 129 billion face masks and 65 billion gloves are being used monthly. And, sadly ending up in our oceans.
12. **Get plogging.** Plogging is the combination of the Swedish verbs plocka up (pick up) and jogga (jog). Pic up litter while out on your daily job or run.
13. **Give a thoughtful gift.** Instead of more stuff, gift an animal adoption, membership to nature or conservation organization, or donation to their favorite organization.
14. **Make working from home work for the planet.** Use upcycled furniture, paper-free filing system online, recycle and reusable energy.



15. **Speak up for the voiceless.** Defend animals. Prevent their trading, abuse, and destruction. They are part of this planet, too.
16. **Think eco-baby.** A baby can leave a big footprint on the planet. Millions of plastic-packed disposable diapers are thrown out on a daily basis and they take 500 years to decompose. Look for biodegradable products and recyclable.
17. **Don't waste water.** Water is not in abundance and there is an estimated 2 billion people who now live in countries experiencing water stress. A stress that will get worse due to rise of climate change.
18. **Don't throw out your tech.** E-waste is growing and fast. Electronics are cheaper and continuously being upgraded at fast speeds. Instead of tossing out, donate to charity or go to designated collection facilities.
19. **Grow a wild garden for wildlife.** Many species have lost their homes due to loss of woodlands, hedgerows and wild places. Planting native flowers can attract pollinators.
20. **Travel for good.** Aviation contributes to climate change. Airlines are trying to find sustainable aviation fuel, but, that will only do so much. Taking fewer but longer trips, travel by train, ferry or bicycle are ways you can help.
  21. **Keep a planet-friendly kitchen.** Buy locally produced food from farmers' markets or smaller vendors. Try growing your own fruits and vegetables at home. Try zero-waste shops and stores.
  22. **Choose slow fashion.** 1 billion items of clothing are produced each year. By 2050, the fashion industry will use up a quarter of the world's carbon budget. Buy ethically. Donate and recycle.
23. **Support rewilding projects.** Replant native trees and help restore biodiversity. Working on conservation can help bring back endangered animals.
24. **If it's broke, fix it.** Appliances used to be valued and repaired, now it's not cost effective to fix them. Choose products comprised of recycle and recyclable materials. Buy from manufacturers that will mend broken goods.
25. **Reduce fish consumption.** Though fish is a sustainable alternative to eat, the numbers don't lie. 1.5 trillion fish are taken from the ocean to feed humans each year. Due to this there's a biodiversity collapse happening.
26. **Take action.** We produce and buy 70x more stuff than we did in the 1950s. 90% of that becomes waste.

STOP WASTE.

**Reference:** Breathe Magazine. "No Time to Waste." Pages 52-57.

NAME: \_\_\_\_\_

LOCATION: \_\_\_\_\_

Entries must be received by September 23 at 10 am. Entries may be inter-d to CCB 418 or emailed to employee-relations@countyofdane.com.

Please circle more than one prize as prizes are limited.

- \* Black yoga mat
- \* Sound Spa
- \* Sleep Mask
- \* Water Bottle
- \* Fruit Infusion Water Bottle
- \* 500 pc Succulent Garden
- \* 3 Mini Jigsaw Puzzle Set
- \* The Ultimate Book of Grilling
- \* Easy Sheet Pan Cookbook
- \* 5 Ingredient Cooking for Two
- \* Meal Prep for Weight loss
- \* Air Fryer Cookbook
- \* Juicing for Beginners
- \* Tai Chi for Beginners DVD
- \* Jillian Michaels Shred It DVD
- \* Coloring Book + Color Pencils
- \* Jumbo Puzzle Book
- \* Resistance Bands
- \* Exercise Dice
- \* Skipping Rope
- \* Ab Wheel
- \* Wrist Weights
- \* Pro Mini Hoop
- \* Cherry Blossom Scratch Art
- \* Color by Sticker - Animals
- \* Golf Ball Sleeve + Tees

### **PUZZLE #1**

## **SQUARE DEAL**

Insert the given letters, one per cell, to complete a word square containing 10 different words, five reading across and five reading down. We've placed all of the G's, A's, L's, and S's to get you started.

		A	L	S
	A	S		
		S		
G			S	
A	S			

E E E E  
E E M N  
N O O R  
T U V



### **PUZZLE #2:**

## **SIX-PACK**

Fill in each empty cell of this grid with a number 1 through 6 so that each row, each column, and each outlined region contains six different numbers. Can you finish the grid? A starting hint appears upside down at the bottom of the answer page.

					6
1					
	5				
2		4		3	
			4		