



HIGHWAY TO WELL & SAFETY



COLD TEMPS AND EXERCISE: A Great Pair

Has cold weather got you hiding under the blankets? Don't let it turn you into a couch potato. Your body needs exercise year-round to be healthy. And, exercising in the cold can be enjoyable if you know how to prepare for it.

Why Cold Weather Workouts Are Cool

Cold air can be refreshing! Stepping out into a chilly day may help you stay moving. There's no sweltering heat or sticky humidity to slow you down. In fact, the lack of heat may help you work out a little longer and harder. You could burn even more calories and give your energy levels a boost. Getting out in the daylight can improve your mood. This can help you get through the long winter with good mental health. Your immune system will thank you, too. Just a few minutes a day of exercise may help you stave off colds and flu.

How To Work Out When It's Cold

Not sure what you should or shouldn't do in the winter? Try these activities: • Brisk walking or hiking • Ice skating • Sledding • Cross-country skiing • Snowshoeing

Safety First

Staying warm and dry is key during winter workouts. Hypothermia and frostbite are dangerous and are more likely to happen if you're not properly dressed for the weather. These steps can help you avoid getting dangerously cold:

- Use a moisture-wicking fabric as the first layer against your skin. Never use cotton, as it traps moisture and will make you feel colder.
- The next layer should be a warm material, like fleece.
- The outside layer of clothing should be windproof to keep out moisture and chilly gusts.

Don't forget to drink plenty of water! Even if you don't feel hot, your body needs hydration during exercise.

Indoor Workouts Work, Too

If it's simply too cold, icy or otherwise unsafe to exercise outdoors, you can still get off the couch and get healthier. Indoor workouts include: • Going up and down stairs • Dancing • Vacuuming, mopping or other active housework • Roller skating • Yoga • Workout classes at a local gym or community center

People who have had a heart attack or stroke, or are at risk of either one, should ask their doctor about safe ways to exercise.

Signs of Hypothermia

Hypothermia means the body temperature has dropped too low. Seek immediate care and/or go to an emergency room if hypothermia is suspected. Signs to look for include: • Sudden clumsiness, lack of coordination • Confusion • Shivering • Sleepiness • Slurred speech • Very cold feet or hands

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Special Points of Interest:

- **Upcoming Holidays—**
December 24—25th —
Christmas Eve & Christmas
December 31st—January 1st
— New Years Eve & New Years
- **Dean Living Healthy Rewards Portal resets 1/1/26.**
Make sure to redeem points by 12/31/25 in order to get \$150 in rewards.

Last Months Winners:

- Laura Pingel
- Tamarine Cornelius
- Skyler Quade
- Suzy Brown
- Jackie Hammond

Sourdough Giveaway:

- Leanna Price
- Jamie Denman



Open-Face Tuna Melt with Oven Baked Sweet Potato Chips

SERVES: 4 **Calories 314; Total fat 8.5g; Saturated fat 2.5g; Sodium 512mg; Carbohydrates 37g; Fiber 6g; Protein 24g**

[Recipe Link](#)

INGREDIENTS FOR TUNA MELT:

- ◆ 2 (5-oz) cans low-sodium albacore tuna or 1 (6.4-oz) pouch low-sodium chunk light tuna, packed in water, drained •
- ◆ 2 Tbsp light mayonnaise
- ◆ 1 1/2 Tbsp chopped red onion, or 1 1/2 Tbsp chopped green onions
- ◆ 1 tsp fresh lemon juice •
- ◆ 1/2 tsp dried dillweed, crumbled
- ◆ 4 slices whole-wheat bread (lowest sodium available)

- ◆ 2 medium tomatoes, sliced
- ◆ 1/2 cup shredded low-fat cheddar cheese

INGREDIENTS FOR SWEET POTATO CHIPS:

- ◆ Cooking Spray
- ◆ 2 medium sweet potatoes, cut into 1/8 inch thick slices
- ◆ 1tbsp canola or corn oil
- ◆ 1/4 tsp pepper (freshly ground preferred)

DIRECTIONS FOR TUNA MELT:

1. Preheat the broiler.
2. In a small bowl, using a fork, stir together the tuna, mayonnaise, red onion, lemon juice, and dillweed.
3. Place the bread slices on a baking sheet lined with aluminum foil. Spread the tuna mixture on each slice. Top with the tomato slices. Broil for 1 to 2 minutes, or until the tuna is heated through. Sprinkle the cheddar over the tuna. Broil for 1 minute, or until the cheddar is melted.
4. Serve the tuna melt with the sweet potato chips

DIRECTIONS FOR SWEET POTATO CHIPS:

1. Preheat the oven to 400°F. Line two large baking sheets with aluminum foil. Lightly spray with cooking spray.
2. Put sweet potato chips in a large bowl, add oil and pepper, and toss until the chips are coated. Transfer the chips to the baking sheets, arranging them in a single layer so they don't overlap.
3. Bake for 15 to 25 minutes, or until the chips are slightly crispy, rotating the baking sheets halfway through the cooking time. Remove from the oven. Let cool.

"The hard days are what make you stronger" – Aly Raisman

Say Goodbye to Winter Rash

Winter weather can create havoc for your skin. Cold air, low humidity, and the use of central heating all contribute to skin becoming dry, red, and itchy. A winter rash is a common skin condition that develops in the cool months. In addition, cool temperatures and dry air create a condition ripe for flare-ups for people who have skin conditions. This includes eczema or psoriasis. If you are prone to winter rashes, there are simple steps you can take to protect your skin and keep you comfortable all winter long.

- **Keep Your Skin Moisturized:** A thick, cream-based moisturizer is often a good choice for winter. Moisturize right after you bath while your skin is still damp. Apply lotion as often as needed.
- **Avoid Hot Showers or Baths:** Hot water can dry out your skin. Keep the water warm and limit your time to 5-10 minutes.
- **Use a Humidifier:** In cooler months, the air is cold and also contains less water. Ideal indoor air humidity should be between 30-50%.

M3 Insurance: [Full Article](#)

Keep Pet Safety Top of Mind During the Holidays

[Full Article](#)

Decorating your home is a fun way to get into the holiday spirit, but many people don't know that some common holiday plants contain things that are harmful if your pets ingest them.

Harmful Plants

Poinsettias: The thick sap inside the stem is toxic, and if ingested by your dog or cat, your pet may show symptoms like vomiting, lack of appetite, and depression. If your pet ingests part of a poinsettia, consider restricting their food and water for a few hours, as symptoms should only last an hour or two. If symptoms persist, consult your veterinarian.

Mistletoe: Mistletoe berries are the most toxic part of the plant, but its effects are fairly mild. If ingested, your pet may show similar symptoms as eating poinsettia. But the real risk is dehydration, so encourage your pet to drink water. If your pet won't drink up, or if it is very young or very old, call your vet, as your pet may require medical treatment.

Holly: The spines on holly leaves are sharp and can cause injury to an animal's mouth, tongue, and lips. Holly also has some chemical content that is toxic, and ingesting holly leaves can cause severe vomiting and diarrhea. Call your vet if your pet has eaten holly.

Lilies: Cat owners should avoid having lilies of all kinds in their home. Lily plants are toxic to cats, causing kidney injury with potentially devastating, even fatal, effects. Seek veterinary attention immediately if your cat has interacted with any part of a lily plant. Even if a cat has just sniffed the flower or tasted a little water from the vase, causing them to come into contact with lily pollen, that can be enough to cause a health problem and should be treated as a medical emergency.

Safety Tips

Monitor Your Plants: Place plants out of reach, and check for any signs of chewed or missing leaves. If you're unsure about whether a plant could be harmful or not, look it up to check its toxicity. In many cases, the safest course of action for pet owners is to just not keep plants in your home.

Have the phone number of your veterinarian and the emergency vet number posted. Keep the poison center number handy, too. In case of any emergencies, prompt medical attention may make a crucial difference in your pet's health.

EASY CHOCOLATE HAZELNUT TRUFFLES

INSTRUCTIONS:

1. MELT CHOCOLATE CHIPS IN THE MICROWAVE OR IN A DOUBLE BOILER ON THE STOVE.
2. MIX MELTED CHOCOLATE, CREAM CHEESE, AND VANILLA TOGETHER UNTIL SMOOTH.
3. ADD THE COCOA POWDER AND POWDERED SUGAR. MIX WELL.
4. CHILL TRUFFLES IN THE FRIDGE FOR AN HOUR.
5. ROLL TRUFFLES INTO 24 BALLS. THEN ROLL IN CHOPPED HAZELNUTS. GENTLY PRESS THE TRUFFLE INTO THE HAZELNUTS.

[Recipe Link](#)

***This month's side giveaway is a Delish Insane Sweets Cookbook To enter, use DELISH in the subject line and include name and job location in the body. Email is indicated on page 4.
Deadline: December 12th



INGREDIENTS:

- * 2 CUPS CHOCOLATE CHIPS
- * 8 OZ. CREAM CHEESE
- * 1/2 CUP POWDERED SUGAR
- * 1/4 CUP UNSWEETENED COCOA POWDER
- * 1/2 TSP. VANILLA EXTRACT
- * 1/4 CUP CHOPPED HAZELNUTS

"Self-care is not selfish. You cannot serve from an empty vessel." – Eleanor Brown

BRAIN STRAIN

To enter this month's newsletter puzzle drawing, please complete at least 1 of the puzzle and either inter-d or email it to Employee Relations. **Deadline: December 12th**

Inter-d: CCB 418

Email: employee-relations@danecounty.gov

Please circle at least 3 prizes that interest you:

- Pickleball Set
- Gardening Apron
- Seed Container & Container Gardening Book
- Pushup Board
- 12 pack Coconut Sponges
- Raising Chickens for Beginners Book & 2pc Egg Baskets
- Bike Lights, Reflective Vest & Bands
- Cooling Towel & Neck Fan
- Inflatable Donut Ball
- Exercise Dice & Resistance Loops
- Yoga Mat, Cleaner & Strap
- Neck & Shoulder Heating Pad
- Acupressure Mat
- Green Bay Packers Barnyard Fans 500pc Puzzle
- Massage Gun
- Dumbbell to Kettlebell Grip Handle
- Ab Wheel & Jump Rope

Puzzle #1:

	7		5		4		6	
4								2
			2		9			
1		3		5		6		8
			8		7			
7		2		3		1		5
			6		8			
5								4
	9		1		5		3	

Puzzle #2:

What is the fear of snow called?

Puzzle #3:

Which actor played six different roles in *The Polar Express*?

