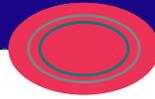


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Wellness Committee

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Volume 3, Issue 7



Highway to Well & Safety



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THINGS TO KNOW:

- Prizes will be returning in the August Newsletter.
- Covid-19 testing is still happening at the Alliant Energy Center.



EATING WELL WHILE WORKING FROM HOME

Many of us are working from home and it just may become a regular part of our work structure going forth, so, it's important to keep up with healthy behaviors. For many of us (aka me), the refrigerator can become a revolving door. That could be because the refrigerator is a few steps away from your set up home office. Or, your office may just be in the kitchen. Most of the time, your travels to the fridge are not because you're hungry but because you're stressed or bored.

So, the key is to create a plan for yourself.

- * **Create a meal schedule.** Consider having specific times for your meals. For example, 9 am breakfast and maybe a 1pm lunch. You can put in a snack or two in there. You can even set your alarm on your phone. Key: stick to the times as best you can.
- * **Be prepared.** Know beforehand what your meal ideas are going to be. It can be a bowl of oatmeal, or low-fat Greek yogurt with fiber for breakfast. For lunch you can maybe do a grilled chicken sandwich on whole wheat bread with avocado. For snack you can do some crackers, veggies, or fresh fruit. Snacks tend to be the area where some people struggle.
- * **Stay hydrated.** Sometimes you may think that you're hungry, when in fact you're simply thirsty. Set up a reminder to drink water regularly. Tea or coffee could be part of your fluid intake, but it's important to not add too much sugar.
- * **Be honest.** If you know that you will not stop eating those cookies, make sure you don't buy them. If you know that those ice cream sandwiches are your weakness, (they sure are mine) then don't buy them. At the end of the day, you are the one making the choices.
- * **Get up and move.** Just because you're at home it doesn't mean it should be used as an excuse to not workout. During your 15 minute breaks you can take a walk around the block, walk the dog (if you have one), or do a mini yoga session. During lunch, you can open up YouTube and do a short workout. The options are endless.

You'll be surprised how mindful you can be while working from home. It may be a little hard at the beginning to discipline yourself. However, it's a great opportunity to take care of yourself.

[How to Eat Well While Working from Home](#)



THE ABCDE RULE YOU NEED TO KNOW

With skin cancer being the most common type of cancer in the US, it's important to know at least the basics.

The 3 types are:

- * Basal cell
- * Squamous cell
- * Melanoma

Melanoma accounts for 1% of all skin cancers, but is responsible for most of the deaths that are related to skin cancer.

So, it's important to know that all three types are treatable if detected early.

If you notice a mole, follow the ABCDE rule which are the warning signs of melanoma:

- * **A**symmetry: one half does not match the other half.
- * **B**order irregularity: the edges are

ragged, notched or blurred.

- * **C**olor: pigmentation is not uniform. Different shades of tan, brown, or black are often present. Dashes of red, white, and blue can add to the mottled appearance.
- * **D**iameter: melanomas are usually larger than 6mm when diagnosed, but can be smaller.
- * **E**volving: mole/skin lesion looks different from the rest or is changing size, shape, or color.

The main cause for skin cancer is due to overexposure to ultraviolet light. Protecting your skin is the best way to reduce your risk.

Stay in the shade and apply sunscreen even when it's cloudy. Reapply every 2 hours.

For more information:

[Know Your ABCDEs](#)

“Adopt the pace of nature; her secret is patience.” - Ralph W Emerson

PACKING THAT PERFECT SUMMER PICNIC

Whether you go to the park or your back yard, you can always enjoy a delicious, healthful picnic.

1. **Travel-Friendly Salads & Sandwiches:** You can make salads with hearty greens like kale and collards and add crunchy veggies to prevent wilting. Make the sandwiches and wraps the day of the picnic so that it does not get soggy.
2. **Make Your Own Dips:** Homemade dips are easier than you may think and it can also be much healthier for you. Pairing dips with sliced veggies (bell peppers, cucumbers) or with healthy chips (whole-grain).
3. **Lighten-Up Your Potato & Pasta Salads:** You can make a healthy version of picnic salads by swapping out the mayo for low-fat Greek yogurt. You can use whole-wheat pasta. This could be good for boosting fiber.
4. **Keep Your Food Safe:** Make sure to have your picnic items cooled in a fridge and packed into an insulated cooler. Enjoy meats and dairy first since they begin to go bad after two hours of being left out. Tip: once food reaches 40 degrees F, bacteria can grow quickly.

For recipes and more good information and ideas, visit the link before.

Reference:

[Delicious recipes & More](#)



Important Information

1. The Aging and Disability Resource Center (ADRC) now has a Facebook Page! Please “like” and Follow for valuable information and Resources. [Link](#)
2. Employee Relations, Purchasing, and Risk Management will be moving back to the City-County Building on July 6th.
3. Wash your hands and wear your mask when you are out and about. Numbers are rising and we all need to do our part.

HAWAIIAN SUMMER CHICKEN



Ingredients:

- * 8 chicken thighs
- * Fresh pineapple-sliced

For marinade:

- * 2 large cloves of garlic-finely chopped

- * 1 inch piece of fresh ginger -grated
- * 1/4 fresh basil—chopped
- * Juice of 1 orange
- * Juice of 1 lemon
- * 1 tbsp. brown sugar
- * 1/2 tsp. salt
- * 1/4 tsp. black pepper
- * 1 tbsp. dried curry
- * 2 tbsp. teriyaki sauce
- * 2 tbsp. soy sauce
- * 1 tbsp. balsamic vinegar

Instructions:

1. Combine all of the above ingredients for the marinade in a large bowl. Add the chicken thighs and refrigerate for at least one hour or up to over night.
2. Preheat oven 350 degrees.
3. Remove the chicken from the marinade and place in a baking pan. Bake for 50 - 55 minutes or until the juices run clear and the skin is a nice golden color. Plate the chicken and serve with fresh pineapple.

[Recipe](#)

FOODS TO EAT TO HELP REDUCE ANXIETY

Brazil nuts: contains selenium that may improve mood by reducing inflammation and has antioxidants.

Fatty fish: contains omega-3 which helps promote healthy brain function. Also contains vitamin D.

Pumpkin Seeds: contains potassium which may help reduce symptoms of stress and anxiety.

Dark chocolate: contains magnesium which in turn helps reduce symptoms of depression.

Tumeric: contains curcumin which may help lower anxiety by reducing inflammation.

Chamomile: contains anti-inflammatory properties which have been found to reduce anxiety.

Yogurt: contains healthful bacteria that can reduce inflammation that is partly responsible for anxiety.

Eggs: contains vitamin D and is a good source of protein it contains amino acids that in turn creates serotonin which helps regulate mood and relieve anxiety.

Green tea: contains an amino acid called theanine that has anti-anxiety and calming effects.

Reference:

[9 Foods to Eat to Help Reduce Anxiety](#)



BUFFALO PUPPIES



Ingredients:

- * 3 ounces cream cheese
- * 1/2 cup mayonnaise
- * 1/4 cup crumbled strong blue cheese, such as Maytag blue
- * 2 ribs celery, finely chopped (1 cup), plus extra ribs cut in to sticks for serving

- * 1 tbsp. unsalted butter
- * 48 cocktail hot dogs
- * 1/4 cup hot pepper sauce, plus extra for drizzling, such as Frank's
- * 24 slider potato rolls
- * 1/4 cup finely chopped red onion
- * 1 cup blue potato chips, crushed with your hands

Instructions:

1. Combine the cream cheese, mayonnaise and blue cheese in a small saucepan. Cook over medium heat until smooth, stirring frequently, about 3 minutes. Set aside to cool slightly, about 5 minutes, and then stir in the celery.

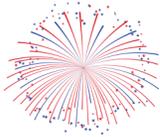
2. Heat the butter in a large skillet over medium heat until melted. Add the hot dogs and cook until heated through, stirring occasionally, 5 minutes. Stir in the hot sauce and cook until the hot dogs are coated, 1 to 2 minutes. Slice vertically through each potato bun, about halfway through so it resembles a top-split hot dog bun, and place 2 buffalo dogs in each. Top with 1 to 2 tsp. of the blue cheese sauce, a drizzle of hot sauce (as spicy as you like it), some red onions and crushed blue chips.
3. Serve the sliders with any extra blue cheese sauce and celery sticks on the side for dipping.

[Recipe](#)

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SUMMER TIPS TO REMEMBER

Here are a few little reminders for the summer. And for any other times of the year as well.

- * **Temperatures are rising.** Wear sunscreen, keep hydrated, and stay in cool, shaded areas. Everyone wants to enjoy the Vitamin D considering the winters we have, but it's still important to be careful and not overexert ourselves out in the sun. Especially children.
- * **Bugs.** Whether it be mosquitoes, ticks, or other creepy crawlies, they are everywhere and are waiting to become best friends with you. Check your skin and clothes for ticks every day and use insect repellents that provide protection while outdoors.
- * **Footprint.** While walking the trails, hiking, camping, or any other wonderful outdoor excursion, make sure you are cleaning up after yourself. Nature is to be enjoyed by all, not used as a trash bin. Items like food and chemicals can create quite a mess while left out in the sun and it can create a hazard for nature and wildlife.
- * **Covid-19.** Many may be done with the whole coronavirus, but it's not done with us. We're still in the middle of a pandemic and it's important that you follow Public Health guidelines, social distance and wear a mask. Be mindful. We are all part of the public and are responsible for one another.



BRAIN STRAIN

PUZZLE #1:

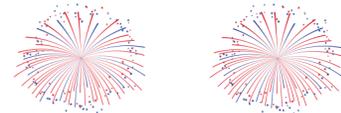
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	2						8	
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2		5				4		9
	6						7	
		7	6		4	5		

PUZZLE #2:

Below is 88, moving only two lines, can you turn this into 81?



Hint:
Think laterally.



LAST MONTH'S PUZZLE:

1. Garden
2. Vine
3. Farm
4. Dig
5. Seed
6. Bloom