

# Highway to Well & Safety

## SPENDING TIME IN NATURE

A partnership between Foundation for Dane County Parks, Dean/SSM Health, and Dane County Parks helps to promote the connection between parks and physical/mental health. This partnership started this year and will go through 2023.

There's been continuous research that shows that time spent in nature has many benefits to your physical and mental health. Some benefits are:

- \* 20 minutes spent walking in nature improves concentration, can reduce the need for ADHD and ADD medications in children.
- \* 30 minutes spent walking in a park can improve heart health, circulation and lower blood pressure.
- \* 5 minutes walking in nature improves mood, self-esteem and relaxation.

So, look into the parks and outdoor spaces available here in Dane County.

- [Foundation Facebook Page](#)
- [Dane County Parks Facebook Page](#)
- [SSM Health Dean Medical Group Facebook Page](#)
- [SSM Health Facebook Page](#)

## AUGUST NATIONAL DAYS

Here are some days to keep in mind:

- \* Friendship Day (first Sunday of the month)
- \* Purple Heart Day (August 7)
- \* Happiness Happens Day (August 8)
- \* National Book Lovers Day (August 9)
- \* Blame Someone Else Day (August 13)
- \* National Relaxation Day (August 15)
- \* World Humanitarian Day (August 19)
- \* Be An Angel Day (August 22)
- \* Just Because Day (August 27)

Have some fun, be creative, and be safe.



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### Information

#### Last Month's Winners:

Sydney Kamp  
Rachel Wilcox  
Elizabeth Caufield  
Mae Green Brown  
Michelle Viney  
Laurie Lane

#### Mask Mandate:

Beginning August 3rd, all employees, regardless of vaccination status, will be required to wear a mask or cloth face covering while at their work site.

#### Covid-19 Vaccination Policy:

Per joint announcement from County Executive Parisi and Mayor Satya Rhodes-Conway, there's a new directive that requires City of Madison & Dane County Employees to be vaccinated or be tested weekly. More information to come.



## CAFFEINE or SLEEP

Studies show that caffeine can help you stay awake when you're sleep-deprived. However, it cannot improve your performance of tasks.

Caffeine is not a substitute for a good night's sleep.

Sleep is very important to our bodies. It helps repair body tissue and cleanse the brain of plaque buildup.

To put it simply, awake does not mean alert.

An important rule of thumb: do not attempt any task while sleep-deprived the you would not (should not) attempt while intoxicated.

Reference: M3 Newsletter



## 6 MYTHS ABOUT EYE HEALTH

Let us separate fact from fiction when it comes to our peepers.

**Myth #1: Staring at a screen all day will wreck your eyes.** This is not correct. All of those hours have not caused permanent damage. Blue light from electronics is not bright enough to do lasting harm. It can give eye strain and dry eye.

**Myth #2: If your vision hasn't changed, you can wait on an exam.** It's important to maintain these eye exams. Issues like glaucoma, macular degeneration and diabetic retinopathy. All of these issues can show up without symptoms.



**Myth #3: Sunglasses are to keep you from having to squint.** Sunglasses help in various ways. They protect your skin from crow's feet and protect your eyes from UV exposure.

**Myth #4: The best way to get out an irritant is to make yourself cry.** Crying only helps with minor stuff like eyelash or dirt. Any heavy tearing, redness, or light sensitivity should be immediately flushed with saline solution or water.

**Myth #5: Carrots can improve vision.** Carrots can help reduce the risk of cataracts and macular degeneration, there's no food that will improve your vision. Plus, other foods like broccoli, leafy greens, spinach, summer squash and peas are also other excellent foods that can help.

**Myth #6: Blurry vision means you definitely need reading glasses.** Not definitely. For most people after 40, presbyopia makes it hard to see things up close, so reading glasses usually help. Blurry vision is not due to one specific thing, so go in for routine eye exam.

Reference: Prevention Magazine. August 2021 Issue. Pages 56-61.

## NATURAL BENEFITS OF GINGER

Used since ancient times, this root can help aid digestion and reduce inflammation. Here are 3 home remedies:

**Itch eraser for the scalp:** An anti-inflammatory solution that can calm a dry-itchy scalp. **Remedy:** Fill 1 oz. spray or dropper bottle nearly to the top with organic jojoba oil. Add 3 drops (each) peppermint, tea tree, and ginger essential oils. Shake well, apply to dry scalp and massage. Leave in over night (lay head over towel) or until the next time you shampoo.

**Tummy-Soothing Tea:** This tonic can relieve nausea, bloating, gassiness, or intestinal spasms. **Remedy:** 1 inch piece of fresh gingerroot peeled and cut into thin slices. 1 1/2 cups water in sauce pan, add ginger, let simmer until pungent smell and begins to turn yellow. Remove from heat and add 1 tsp. dried peppermint leaf. Let steep for 5 minutes. You can add a tsp. honey if you like.

**Energizing Smoothie:** Add 1 banana or 1/2 cup blueberries in a blender. Add one 1/2 inch to 1 inch piece of washed, peeled gingerroot, handful of kale, and 4 oz. of coconut water. If you want a boost of fiber and protein. Add 1-2 tbsp. flax-seeds, chia seeds, almonds, or walnuts. And/or 2 tbsp. vegan protein powder. Blend well.

Reference: Prevention Magazine. August 2021 Issue. Page 21.



## ROASTED SHRIMP & ASPARAGUS PASTA

**TOTAL TIME:** 20 MIN

**SERVES:** 4

**Ingredients:**

- \* 12 oz. whole-wheat spaghetti
- \* 1 1/2 lbs. asparagus, trimmed & cut into thirds
- \* 2 cloves garlic, chopped
- \* 2 tbsp. olive oil, divided
- \* 1 lemon
- \* 1 lb. large peeled & deveined shrimp
- \* 1/2 tsp. red pepper flakes, plus for serving
- \* 1/2 cup flat-leaf parsley, chopped
- \* Kosher salt & pepper
- \* Grated parmesan, for serving

**Instructions:**

1. Heat oven to 425°F. Cook pasta per pkg. directions. Reserve 1 cup pasta cooking water; drain pasta and return to pot.
2. On rimmed baking sheet, toss asparagus and garlic with 1 tbsp. oil and 1/4 tsp. each salt and pepper. Zest lemon and set zest aside. Halve lemon and place on baking sheet, cut sides down; roast 4 min.
3. Meanwhile, toss shrimp with remaining tbsp. oil, then red pepper, 1/2 tsp. salt, and 1/4 tsp. pepper. Nestle shrimp on tray with asparagus and continue roasting until shrimp are opaque throughout and asparagus is just tender, 5-7 min. more.

4. Transfer lemons to plate, then transfer vegetables, shrimp, and any pan juices to pot with pasta. Squeeze roasted lemon halves over top and toss to combine, adding some reserved pasta water if pasta seems dry. Toss with parsley and serve sprinkled with reserved lemon zest, grated Parmesan, and additional red pepper if desired.



**Reference:**

Prevention Magazine.  
April 2021.  
Page 87.



**Snaccident** (noun) [snack-si-dent]: When food ( a snack) is consumed in an accidental, often regrettable way. This can refer to accidentally eating food of questionable quality and quantity.



## CHILI-ORANGE SHRIMP

**TOTAL TIME:** 20 MIN

**SERVES:** 4

**Ingredients:**

- \* 6 oz. broccoli crowns, cut into florets
- \* 1 cup couscous
- \* 1 large navel orange
- \* 1 tbsp. olive oil
- \* 24 large shrimp
- \* 2 cloves garlic, thinly sliced
- \* 1 one inch piece of ginger, peeled and cut into matchsticks
- \* 2 tsp. chili garlic sauce
- \* 3/4 cup roasted cashews, plus more for serving
- \* 2 scallions, sliced
- \* Kosher salt and pepper

**Directions:**

1. In a food processor, finely chop broccoli. Transfer to a medium bowl, add couscous and 1/4 tsp. each salt and pepper, and toss to combine. Pour 1 1/4 cups boiling water over top; cover and let sit 10 minutes.
2. Meanwhile, cut away peel and white pith from orange. Quarter orange lengthwise, then slice crosswise.
3. Heat oil in a large nonstick skillet on medium. Season shrimp with 1/2 tsp. salt and 1/4 tsp. pepper and cook 3 minutes.
4. Turn shrimp, scatter garlic and ginger over top, and continue cooking 1 minute. Add chili garlic sauce and toss to coat. Add orange and cashews and cook 1 more minute.

5. Fluff broccoli couscous with fork. Serve shrimp and cashews over broccoli couscous and sprinkle with scallions and additional cashews if desired.

**Reference:** Prevention Magazine.  
September 2018 Issue. Page 87



## MEAL PLANNING ON A BUDGET

If you're looking for ways to save money and to meal plan, here are a few quick tips for you:

- \* Set a food budget and make sure it's a realistic amount.
- \* Plan meals based on sale items.
- \* Look at work rewards programs and flyers.
- \* Use online coupon apps and check newspaper inserts for deals.
- \* Buy food you will actually eat.
- \* Take inventory of what's about to expire and use those items first so they don't go to waste.
- \* Portion out lunches and snacks ahead of time.
- \* Place prepped food in an easy grab spot, that way you're not tempted to buy fast food.
- \* Freeze extra produce and clippings in a gallon bag. When's it's full, you can make vegetable stock or soup.

Reference: Dean Health Plan



## COMING UP IN DANE COUNTY

### Fall Trail Runs at Dane County Parks

This fall, Dane County Parks and park Friends groups have three unique running events to get your heart pumping while soaking in the scenery at our beautiful County Parks. No matter what type of race you are looking for, we have something for you! Race registration fees will help support park maintenance and educational activities so you can feel extra good about your participation.

### Donald Dash – Saturday, September 11

Join Friends of Donald Park at their 9th annual trail run at Donald County Park just southeast of Mt. Horeb. The race course will consist of a 5km and a 15km option traveling through prairies, woods, and over all types of terrain. There will be some post-race festivities and snacks and you can stick around and explore the 775-acre park which contains oak woods, intriguing rock outcroppings, scenic vistas and natural springs. Registration is \$40 and 100% of proceeds go to Friends of Donald Park for trail repair and maintenance.

Learn more and register at: <https://www.donaldparktrailruns.com/>

### Indian Lake Trail Run – Saturday, October 2

Traversing prairie, woodlands, sedge meadows, and newly restored oak savanna, the Trail Run At Indian Lake has it all - including plenty of hills! Join the Friends of Indian Lake for a long (~12km) or short (~7km) course in a celebration of fall, trail running, community, and public lands. There will be an after party featuring The Currach Irish Trio along with food, beverages, and a raffle. 100% of the proceeds will support

the Friends of Indian Lake and be used for trail maintenance, infrastructure enhancements, and habitat restoration. Thanks for your support!

Learn more and register at <https://ultrasignup.com/register.aspx?did=85956>

### Monster Dash – Friday, October 15

Dane County Parks is hosting their first ever Monster Dash at their Lussier Family Heritage Center facility! Join us at sunset for a 5k run, walk, or roll along the Lower Yahara River Trail and through our haunted prairie and forest. CAUTION! Monsters may be lurking along the trail. If you survive, your reward will be a bonfire with s'mores, beverages, and food available for purchase and an outdoor movie screening of Beetlejuice once the sun has set. Costumes are heavily encouraged! Early bird registration is \$20 per person before September 1<sup>st</sup>. Registration fees help support youth education and outdoor recreation programs.

Learn more and register at <https://www.lussierheritagecenter.com/Monster-Dash>



## BRAIN STRAIN

NAME: \_\_\_\_\_ JOB LOCATION: \_\_\_\_\_

Please complete one puzzle to enter the newsletter drawing. All entries must be received by August 18th, 10AM. Any entries without name, puzzle completed, and/or prize chosen, will no be accepted into the drawing.

Entries may be inter-d to CCB-418 or email: [employee-relations@countyofdane.com](mailto:employee-relations@countyofdane.com).

- |                                     |                                  |                                     |
|-------------------------------------|----------------------------------|-------------------------------------|
| * Yoga Mat– orange or black         | * Jumbo Puzzle Book              | * No-Waste Organic Gardening Book   |
| * Infuser Water Bottle              | * Sweet Tooth 500 pc puzzle      | * Yoga for Beginners Book           |
| * Exercise Ball                     | * Air Fryer Cookbook 600 Recipes | * Fitness Tracker HR                |
| * Titleist Trufeel+Tees             | * Easy Sheet Pan Cookbook        | * Beginner Level Yoga DVD           |
| * 5D Diamond Painting by # (Random) | * PLENTY Vegetarian Cookbook     | * Tai Chi for Beginners DVD         |
| * 2 Coloring books + pencils        | * Start w/ Gratitude Journal     | * Jillian Michaels Lift & Shred DVD |
| * Color by Number                   | * Renewal by Andres R Edwards    | * Mini Sound Spa                    |



**Puzzle #1:** Find the six words within the image.

**Puzzle #2:** Solve the Riddle



I can be hot, I can be cold, I  
can run and I can be still, I  
can be hard and I can be soft.  
What am I?

\_\_\_\_\_