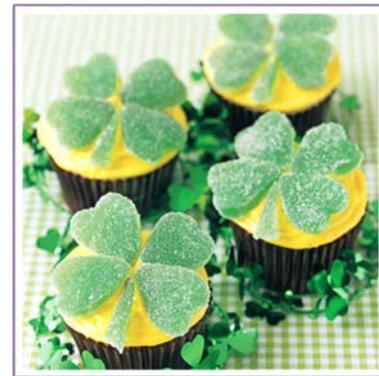


Highway to Well & Safety



Easy Budgeting Tips to Save Money

Saving money seems to be a difficulty for many people for various reasons. Some simply think that it is too far-fetched or too hard to accomplish. Truth is, there are numerous ways to save.

- ❖ **Personal Budget Spreadsheet** – Create one for each month and look back at the previous months. This tool can help you find unnecessary debts. It can be tedious but it could be very helpful in the end.
- ❖ **The Cash Envelope Rule** – Some people don't like using cards. You need to create a budget when you are paid, go to the bank and withdraw, label your envelopes accordingly and staple them shut to avoid taking out money.
- ❖ **The 30, 30, 30 % Rule** – This is for after taxes and deductions from your gross. Decide what your wants and needs are, with needs being more important. Example: 30% for savings, 30% expenses, and 30% investments. The remaining 10% can go to miscellaneous.
- ❖ **The 5 Dollars Rule** – Every time you receive a \$5 bill, put it aside in an envelope. It's an easy enough saving system that you can do for the whole year and then use at the end of the year.
- ❖ **The Smart Shop Rule** – Sales are great, however, many times they are a trap. That item may be \$20, but is it worthy of that amount? Go for items that get a bang for your buck.
- ❖ **Financial Goals Rule** – Describe your intentions for your money. Like savings, investment plan, pension, life insurance, properties, debts, and any others. Create goals as a vision board.
- ❖ **A Financial Advisor Rule** – If you don't know how to save, look for someone to give you assistance. FYI-You can schedule an appointment with a bank advisor and it's free.

These are a few ideas. All may not work for you, but maybe one can. If none of these help, then keep looking. You never know when you will find yourself in need of extra funds.

Reference: <https://theuniquespott.com/budgeting-tips/>

Inside this Newsletter:

Page 2 – Health Breakthroughs

Page 3 – Chicken & Asparagus Stir Fry

Page 3 – Thai Turkey Lettuce Cups

Page 4 – Chair Yoga: Part 3

Page 4 – 5 Myths about Washing Your Hands

Page 5 – Brain Strain

Last Month's Winners

- ❖ Cheri Harwood
- ❖ Dawn Macfarlane
- ❖ Jessica Krueger
- ❖ Sherice Reeves
- ❖ Amanda Tanke
- ❖ Stephanie Ross

Medicare Seminars

March 28, 2020
The Colonial Club
301 Blankenheim Ln
Sun Prairie
608-261-9930

Register by 3/18/20

Health Breakthroughs

Last year was a great year for the future of health care. Here are some big medical innovations that bring great news for all of us.

- ❖ **IV Treatment that heals Spinal Cord Injuries** – When there's trauma in the spine, immune cells flood the injured area and overreact, creating inflammation that eventually damages beyond repair. Studies are showing that administering an injection to the spine within two hours of trauma can stop those immune cells and redirect them, preventing the spinal cord from degenerating.
- ❖ **Wireless Six-lead Electrocardiogram** – Alivecor has created a first of its kind EKG that you can use at home. Open the app on your smart phone, follow the procedure and within 30 seconds, you can have a result that can be sent electronically to your doctor OR be reviewed by a board- certified cardiologist. This could help
- ❖ **Voice Assistant + Medication Dispenser** – PRIA has created a voice assistant and video chatting portal that also dispenses pills. You can set doctor appointments, wake up calls, and even turn on its video camera to check in. This is a huge help for caregivers.
- ❖ **Virtual Reality Device that helps with Stress** – BehaVR has created a program that gives patients biofeedback that helps them learn how to notice a stress response when it's happening. Example – if you're meditating, your image will change colors and let you know if your practice is helping you.
- ❖ **Space Saving Virtual Personal Trainer** – MIRROR is a new way to get fit. It's a full-length mirror that doubles as an LCD screen with speakers. You can stream live or on-demand workout classes. At the same time, you can keep an eye on your form. The microphone and two-way camera (comes with lens) can let your instructor see if you're doing well. Also great for people who do not feel comfortable in the gym – me, I'm people.
- ❖ **Non-invasive Way to Diagnose Heart Disease** – A SPECT scan can see if an artery in the heart is clogged or narrowed. The issue is that not all blockages are detectable, so a catheter comes into play. HEARTFLOW, a new technology, uses a patient's coronary CT scan along with AI and trained analysts to create a 3-D model of the coronary arteries. Doctors see vessel by vessel and check if the heart is getting enough blood. All without having to be invasive.

These are just a few examples of the breakthroughs that science had to offer in 2019. Let's see what 2020 brings from the great minds hard at work searching to make improvements for us all.

Reference: Prevention Magazine. December 2019 Issue. Pages 64-71

**A person's actions
will tell you
everything you need
to know about them.
Pay attention.**

Reminders

Daylight Savings Time – Set clocks forward one hour on March 8th. That means we're losing an hour of sleep so prepare yourself.

Smoke Alarms – The US Fire Administration recommends testing smoke alarms at least once a month, replace battery once a year, replace the whole unit every ten years, and keep it clean.

Carbon Monoxide Detector – It is recommended that you test the detector once every six months.

Water Softener – Check the salt levels at least once a month. If you're having to replace the device regularly there may be problems with the plumbing.

Furnace – Check it at a minimum annually.

A/C – Give it a checkup each spring before you start it up.

Chicken & Asparagus Stir-Fry

By: Gimme Some Oven



Ingredients:

- 1 tbsp. soy sauce
- 1 tbsp. honey
- 2 boneless, skinless chicken breasts, cut into bite-sized (about 1-inch)
- 1 tbsp. olive oil
- 1 bunch asparagus, cut into bite-sized pieces
- 4 cloves garlic, thinly sliced
- 2 scallions, chopped
- 2 tsp. toasted sesame oil
- 1 tsp. toasted sesame seeds (optional)

Instructions:

1. In a small bowl or in a Ziploc bag, combine soy sauce and honey. Add chicken, and stir to coat. Set in the refrigerator until ready.
2. Meanwhile, heat oil in a large skillet over medium-high.

Mood-Boosting Foods

Pineapple – Contains 3 nutrients that help produce mood-regulating neurotransmitters: B6, C, and Mg

Edamame – contains an amino acid (tryptophan) that helps produce the happiness chemical serotonin.

Quinoa – Has the right kinds of carbohydrates. Also, has B6, and Mg.

Turkey – contains an amino acid (tyrosine) that helps your brain make and regulate dopamine.

Reference: Prevention Magazine. January 2020 Issue. Pages 72-73.

Add asparagus, and sauté until cooked, about 5 minutes. Remove the asparagus with a slotted spoon, and set aside.

3. Remove chicken from marinade, and add to skillet. Sauté until nearly cooked through (with the insides still slightly pink), about 5 minutes. Then add garlic, scallions, and the reserved marinade to the pan. Sauté for an additional 2 minutes until the chicken is cooked and the garlic is fragrant. Remove from the heat and stir in the cooked asparagus and sesame oil until combined. Serve immediately with rice, garnished with toasted sesame seeds if desired.

20-Minute Meal Under \$10 Thai Turkey Lettuce Cups

By: Prevention Magazine



How to:

In a blender, puree 1 chopped jalapeño (seeded if desired) with 1 cup fresh cilantro, ½ cup plain yogurt, 2 tbsp. fresh lime juice, and ½ tsp. ground cumin until smooth. **\$1.09**

Heat 1 tbsp. canola oil in a large cast-iron skillet on medium-high. Add 1 ½ lbs. lean white ground turkey and cook, breaking up with a spoon, until golden brown and crispy, 6-8 minutes. **\$6.74**

Add 2 cloves garlic and 1 jalapeño (both finely chopped) and 1 tbsp. grated fresh ginger, then cook, tossing, 1 minute. **\$0.30**

Remove from heat and stir in 2 tbsp. lime juice, 1 tbsp. low-sodium soy sauce, and up to ¼ cup water (if it seems dry). **\$0.40**

Sprinkle with 2 scallions and spoon into 8 butter lettuce leaves. Serve with cilantro sauce and sliced radishes if desired. **\$1.07** **Total: \$9.60**

Chair Yoga – Part 3

Here we continue the excellent mini stretch/workout with part three of Chair Yoga. Included are:

Eagle Arms – Banish any shoulder aches with this move. Stretch your arms out to each side. Next, bring one arm under the other in front of you at shoulder height. While bending your arms at the elbows, twist your arms so your palms meet each other. Hold for five breaths, then unwind and repeat with the opposite arm on top.

Assisted Neck Stretches – FYI: Our necks carry a huge amount of stress. To alleviate it, take your right arm and drape it over your head until your palm reaches your left ear. Let your head fall to your right shoulder, and hold for five breaths. Repeat on the opposite side.

Ankle to Knee – The hip area is also a major stress spot. To loosen things up, sit up straight, bend your right knee and place your right ankle over your left knee. For a deeper stretch, lean forward. Hold for five breaths, then repeat on the opposite side.



5 Myths About Hand Washing

Did you know that only about two-thirds of people wash their hands after using the bathroom with only 5% of those actually wash their hands properly? There are so many misunderstandings and it's important to clarify these. Quiz: While washing your hands, use soap and water, and scrub for the length of what song? Email your answer and also include if you want wireless headphones, infuser bottle or water bottle.

Myth #1 – Hot water cleans your hands better. There's no difference. It's the amount of time you spend under the faucet. Instead of 5 seconds, go for 20 seconds.

Myth #2 – Hand sanitizers are better than soap and water. If your hands are visibly dirty, soap and water is the way. The action of rubbing and rinsing dislodges bacteria and viruses.

Myth #3 – If your hands are not that dirty, a rinse-off is fine. No. Though it may rinse off a high percentage of bacteria, the remaining percentage still leaves your hands pretty germy.

Myth #4 – Bar soap is a hotbed of germs. A study was done where researchers implanted germs in softened bar soap and none of those germs clung to hands after washing. Liquid or bar works just fine.

Myth #5 – Air dryers are healthier than paper towels. Air dryers stir up bacteria already in the bathroom and deposit them on clean hands. The elderly and those undergoing cancer treatments should be careful.

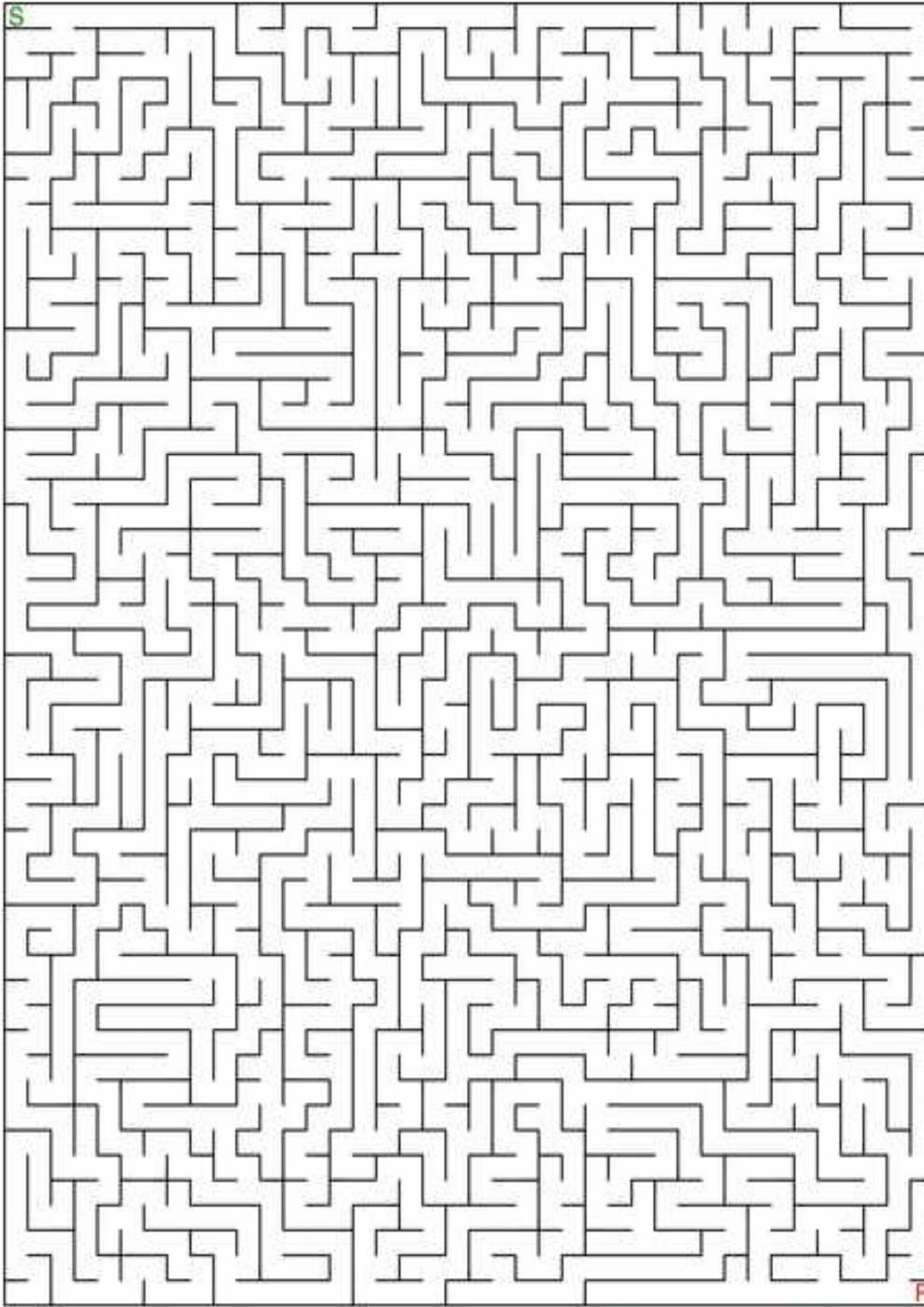
Reference: Prevention Magazine. November 2018 Issue. Pages 42-45.

Brain Strain

Name: _____ Job Location: _____

Please circle a prize. Entries must be received by March 13, 10:00 a.m. You may inter-d to Annex or email to: employee-relations@countyofdane.com

Puzzle: Maze



1. Sivan Complete Yoga Set
2. Sonic Electric Toothbrush + toothpicks
3. Agility Ladder & Sports Cones
4. Acupressure Mat w/ Pillow
5. 3D Shiatsu Massager Pillow w/ Heat
6. Pro Mini Hoop 18x12 w/ Basketball
7. 10 lb. gray weighted blanket

Last Month's Answers

Puzzle #1:

1. Plaque
2. Whole
3. Vegetables
4. Empty
5. Saturated
6. Tobacco
7. Blood
8. Unsaturated
9. Active
10. Oxygen

Puzzle #2:

1. Stroke
2. Awareness
3. Research
4. Education
5. Red
6. Health
7. Heart
8. February
9. Information
10. American
11. Fundraiser
12. disease