

# Highway to Well & Safety

Sponsored by: Wellness & Safety Committees

### Special points of interest:

- Last Month's Winners**  
 Kelsey Gilmore  
 Maribeth Mahr  
 Laura Pingel  
 Amy Utzig  
 Patricia Hamann
- BLOOD DONORS NEEDED!**  
 American Red Cross  
 (800) 733-2767  
 Interstate Blood & Plasma  
 (608-256-2110)
- Valentine's Day is Feb. 14th**  
 Take your loved one to the card section, pick each other a card, exchange, read them, and then put them back. They're expensive.

### Inside this issue:

Around Madison	2
Weighted Blanket Therapy	2
Steak with Wine Sauce & Potato Gratin	3
Understanding Egg Carton Labels	3
Nutella Stuffed Strawberries	3
6 Tips to get Flexible at Your Desk	4
Brain Games	5

## Be a Lifesaver with PulsePoint

It's important to connect with the community. A community that works together can do many things and saving a life could be one of them.

According to the International Association of Fire Chiefs, "Sudden Cardiac Arrest (SCA) is not just a job for emergency responders but rather a community-based issue that requires a community-based response."

A big difference can be made when CPR and defibrillation is used in case of a SCA.

The PulsePoint app lets people know if there is a SCA event close by and even lets them know where the closest AED is located. An AED is an automated external defibrillator that can

deliver an electric shock through the chest and to the heart.

The app is connected to Dane County's 911 Communications. It will alert a user if there is an SCA event occurring and in need of compressions before EMS arrives.

This app is not just for emergency responders or those with CPR certification, it can also be for those informally trained.

Currently, there is hope to add 10,000 more users this year. We're asking employees to add the PulsePoint Respond app.

It is also our hope that throughout the year we can give basic Hands-on CPR classes at various locations. (This

is currently in the works and once more information is available, we will share it).

Also, if you download the app, email us a screen shot and you'll be entered into a prize



drawing.

### Reference:

[www.pulsepoint.org](http://www.pulsepoint.org)

<https://www.channel3000.com/news/county-leaders-health-providers-hope-to-add-10-000-more-users-to-life-saving-app/1001265233>

## Biometric Screening

It's important to follow through with health empowerment. And, doing a biometric screening is a good way. That's because you can get real-time measurements of blood pressure, height, weight, waist circumference, cholesterol (HDL, LDL, triglycerides) and blood sugar level.

On February 1st, an email was sent out with the appointments and locations. They are:

- ◆ Mon, February 25—7-11:30am—Airport
- ◆ Mon, February 25—5:30-10:30am—Public Safety Building
- ◆ Mon, February 25—7am-12pm—Lyman Anderson AG & Cons CTR
- ◆ Tues, February 26—8am-12pm—South Madison Office
- ◆ Wed, February 27—8-11:30am—Courthouse

- ◆ Thurs, February 28—7:30-11:30am—City County Building
- ◆ Tues, March 5—7-11am—Northport
- ◆ Tues, March 12—7-11am—Badger Prairie Health Care Center
- ◆ Thurs, March 14—8-11:30am—ADRC
- ◆ Thurs, March 14—7:30-11:30am—City County Building
- ◆ Tues, March 19—7:30-11:30am—Job Center

Remember that you need to be fasting. Avoid foods/beverages (except water) for 12 hours before screening. No vigorous exercise for 12 hours before your screening. No alcohol for 24 hours before your screening. No smoking for 30 minutes before your screening. No fasting required if pregnant or nursing.



Picture obtained from Wisconsin State Capitol Wallpapers.

When something goes wrong  
in your life, just yell "PLOT  
TWIST" and move on.  
-anonymous

### **Quit for Life: Smoking Cessation Program**

Free program (through Dean) that includes:

- ◆ **Phone-based Coaching**—Certified Quit Coach will teach you skills and behavioral strategies to help quit.
- ◆ **Medications that really work**—May receive 12 weeks of Nicotine Replacement Therapy at no cost to home.
- ◆ **Additional Resources**—Access to print and online resources.

#### **Enroll Now:**

(866)784-8454

or

<https://my.quitnow.net/mve/quitnow?qnclient=dean>

## **Around Madison**

It's pretty cold out there, but, that doesn't mean there aren't a few great things to do.

- ◆ **Wisconsin Garden Expo**—February 8th-10th at Alliant Energy Center—Perfect for the garden enthusiast.
- ◆ **FITNESS: Total Body Bootcamp w/ Barre Code**—February 11th at DreamBank—Perfect for everyone and it's free.
- ◆ **Zor Shrine Circus**—February 15th-17th—Alliant Energy Center—Full of trapeze artists, acrobats, and clowns. (Various times available)
- ◆ **Winter Glow Tours**—Available through February 23 at Cave of the Mounds—Tour the underground pathways by flashlight and see minerals glow.
- ◆ **How I Became A Pirate**—February 6th-March 2nd—Overture Center for the Arts—Full of fun songs and pirate jokes.
- ◆ **Storytime at the Wisconsin Historical Museum**—February 28th—Free event to take the kiddos to.
- ◆ **The Price is Right Live**—February 12th at Overture Center for the Arts—This will be non-televised version of the show.
- ◆ **Verona Winter Market**—February 9th at the Chamber Offices—Vendors will offer winter crops, dried canned goods, and more.
- ◆ **"A Little Night Music"** Operetta—Overture Center for the Arts—Music & Lyrics by Stephen Sondheim.

These are just a few events that you can go to during the month of February. For more ideas, please visit the website below.

Enjoy Madison and stay warm.

#### **Reference:**

[www.visitmadison.com](http://www.visitmadison.com)

## **Weighted Blanket Therapy**

It's everywhere on social media. It helps insomnia, it helps anxiety. It feels like a hug. Those are just a few things that can be read about it. But does the weighted blanket really live up to all of the expectations.

#### **What does it do?**

It is believed that the weight triggers a release of serotonin reducing anxiety and producing a calming effect that helps people sleep better. It's thought that it can help with several other issues like:

- ◆ Fight back against stress
- ◆ Improve focus for ADHD
- ◆ Fibromyalgia Pain
- ◆ Ease symptoms pertaining to Restless Leg Syndrome
- ◆ Boosts Mood
- ◆ Eases pain without drugs
- ◆ Addresses symptoms of PTSD
- ◆ Soothes symptoms of Panic Disorder
- ◆ Helps manage OCD

And, do you want to know what the best part of a weighted blanket is? It feels like a hug and that is very soothing. A hug can boost serotonin and dopamine which are feel-good chemicals in the brain. A weighted blanket may or may not be for you. It's up to you if you wish to give it a try, since, it can be quite an investment.

#### **Reference:**

<https://www.mosaicweightedblankets.com/blog/what-does-a-weighted-blanket-do-how-do-they-work/>  
<https://www.sensacalm.com/blogs/news/benefits-of-weighted-blanket-therapy7>

## Steak with Wine Sauce and Potato Gratin

by Martha Stewart

**Prep Time:** 40 minutes

**Total Time:** 1 hour

**Servings:** 4

**Ingredients:**

- ◆ Butter, for baking dish
- ◆ 5 ounces soft goat cheese, crumbled
- ◆ Coarse salt & ground pepper
- ◆ 4 flatiron/top blade sticks (8 ounces, 1 inch thick)
- ◆ 1 tbsp. Dijon mustard
- ◆ 1 1/2 cups heavy cream
- ◆ 1 garlic clove, minced

- ◆ 1 1/2 lbs. baking potatoes
- ◆ 1 cup dry white wine
- ◆ 2 tbsp. capers, drained

**Directions:**

1. Preheat oven to 375°. Butter 2 qt. baking dish; set aside. In saucepan, combine cream, goat cheese, and garlic; season with salt and pepper.
2. Peel potatoes & slice cross-wise 1/8 in. thick. Add to cream mixtures. Bring to a boil and reduce simmer. Cook until the potatoes are crisp-tender, 12-15 minutes.
3. Transfer the mixture to a prepared baking dish. Place dish on rimmed baking

- sheet and bake until golden and potatoes are tender, 20-25 minutes.
4. 15 minutes before potatoes are finished baking, heat skillet over medium-high. Season steaks on both sides with salt and pepper. Cook each side for 6-7 minutes per side for medium-rare. Transfer to plate and cover loosely with aluminum foil. Keep skillet with any browned bits for the wine sauce.
5. Make wine sauce by adding wine to skillet. Boil over medium-high heat until syrupy, 3-4 minutes. Whisk in mustard. Stir in capers and any juices from resting steaks. Season with salt and pepper. Serve steaks with wine sauce and potato gratin.



Steak & Potato Gratin by Martha Stewart

## Understanding Egg Carton Labels

It can sometimes be confusing with some of the words that get put on egg cartons. So, here's a quick guide to understanding them.

- ◆ **Omega-3**—High in O3 fatty acids because the chickens were fed O3 rich flaxseed.
- ◆ **Antibiotic Free**—Means the chickens weren't given antibiotics that are used to promote fast growth.
- ◆ **Pastured**—It means the chickens were free to roam outside to eat whatever they want.
- ◆ **Free Range**—It means the chickens were allowed some time outside, but there is no way to actually tell how much time that is.
- ◆ **Cage Free**—It means the chickens weren't locked up in wire cages, but it does not necessarily mean they were allowed time outside.
- ◆ **Certified Organic**—This means that many regulations were met; this includes that the chickens were fed nummies without pesticides, GMOs, and antibiotics.

**Reference:**

Prevention Magazine. February Issue, Page 19.

**"I'm just waiting for marked down chocolates on February 15th."**

## Nutella-Stuffed Strawberries—Taste of Home

**Prep Time:** 15 min. + chilling

**Makes:** 1 dozen

**Ingredients:**

- ◆ 12 large fresh strawberries
- ◆ 1/4 cup Nutella
- ◆ 1 cup milk chocolate chips, melted
- ◆ 1/4 cup chopped hazelnuts
- ◆ Confectioners' sugar

**Directions:**

1. Remove stems from strawberries. Using a paring knife, cut out centers; pipe Nutella into strawberries.
2. Insert a toothpick into the side of each strawberry. Holding toothpick, quickly dip stem end of strawberry into melted chocolate; allow excess to drip off.
3. Sprinkle with hazelnuts;

place strawberries on a waxed paper-lined baking sheet, point side up. Remove toothpicks. Refrigerate strawberries until set. Before serving, dust with confectioners' sugar.

**Nutrition Facts:**

1 stuffed strawberry: 100 calories, 6g fat (2g saturated fat), 2mg cholesterol, 10mg sodium, 11 carbohydrate (9g sugars, 1g fiber), 2g protein.



Nummy Strawberries

# Dane County Employee Relations

Sponsored by: Wellness & Safety  
Committees

210 Martin Luther King Jr Blvd  
Room 418  
Madison WI 53703

Phone: 608-266-4125  
Fax: 608-266-4409  
E-mail: [employee-relations@countyofdane.com](mailto:employee-relations@countyofdane.com)

1. All picture rights belong to their respective owners.
2. Email your app screenshot to the email above. This will be a separate drawing from the Brain Games drawing.

## 6 Tips to Get Flexible at Your Desk

Here are a few tips to help yourself throughout the work day. Try to get into the habit of following these tips at least once a day. As you can see, they don't take very long.

Reference: <https://rymaxinc.com/6-tips-to-get-flexible-at-your-desk-infographic/>

On average we spend 8-9 hours a day sitting at our desk, damaging our general health and posture. Using simple stretching exercises, as well as the appropriate posture positions can reduce back and shoulder discomfort. Make your time at work more enjoyable by feeling healthy and happy!

**20-40 INCHES**  
Sitting 20 to 40 inches away from your monitor is key in reducing back and shoulder discomfort.

**40-60 MINUTES**  
Spending some time outside is a great way to help clear the mind and adjust your eyes to natural light.

**5-10 SECONDS**  
Rotate your head left to right and up and down to stretch your neck.

**30 SECONDS**  
Stretch your lower-back by supporting it with your hands and lean back. Hold for 30 seconds then lean forward and touch your toes.

**5-10 SECONDS**  
Interlock your fingers and push upward to stretch your shoulders.

## Dane County General Information

### Retirement

Many questions arise regarding retirement. It's important for employees to know that Employee Trust Funds, also known as Wisconsin Retirement System, has a series of videos that can help. They're categorized by: New Employee, Mid Career, and Nearing Retirement. To access: [etf.wi.gov](http://etf.wi.gov). Go to members, scroll down, and click on "Online Video-road to Retirement."

### Dean Health

Always keep in mind that before you go to the ER or even Urgent Care, assess your situation and find out if a Virtual Visit could be the option. They are fast, convenient, low cost and are free to Dane County employees.

### Dean Health Living Rewards

It's a new year and that means \$150 rewards resets. Sign up on [deancare.com](http://deancare.com) and input all the necessary information, plus, the Health Assessment which gets you \$50. There are numerous gift cards from different retailers that are available for you.

### Employee's Corner



Here we have the County Clerk's office two favorite recyclers, Teresa and Mark posing.  
*Mark is all business and Teresa is all about the party. -Sherri Endres*



# Brain Games



Name: \_\_\_\_\_ Location: \_\_\_\_\_

Please complete at least one of the puzzles below correctly to be entered into this month's drawing. Please circle one of the prizes below (picking more than one helps since prizes are limited). Entries must be received by February 15th, 10:00 a.m.

- ◆ Collapsible water bottle
- ◆ 6 lb. kettle bell
- ◆ Fitness Planner
- ◆ Bike lock (key or combo)
- ◆ Coloring book + pencils
- ◆ Infuser Bottle
- ◆ 37 Steps of Tai Chi DVD
- ◆ Mozart for Meditation CD
- ◆ The Clean Eating Slow Cooker Book
- ◆ Rodney Yee's Yoga DVD
- ◆ Calming Mountain Stream Relaxation CD
- ◆ 2019 Happy Notes Calendar
- ◆ Jillian Michael's Yoga DVD

## Puzzle #1: Find the heart. (ZOOM IN!!)



## Last Month's puzzle answers:



### DIY Math:

- A: +++
- B: +x+
- C: +1+
- D: +-x
- E: x-+

### Guess the scientist:

Justine Johnstone

## Puzzle #2: Solve Riddle.

What's lighter than a feather, but can't be held for long by even the strongest person?

\_\_\_\_\_

## Puzzle #3: Guess the scientist.

- ◆ Born in Colorado on Feb. 6, 1987
- ◆ Youngest to have a research paper published at the age of 9
- ◆ Conceived and executed a scientific study on therapeutic touch.

What is her name? \_\_\_\_\_