

Highway to Well & Safety

Sponsored by: Wellness Committee

January 2019

Volume 2, Issue 1

Special points of interest:

Newsletter Drawings

• Last Month's Winners

Sandy Halter
Joanne DeYoung
Betty Marshall
Joe Mundschau
Stephanie Kirchner
Stephanie Ross

• 6 Month Winners

Kathy Ottem
Patty Woodstock
Jonathan Klein
Melissa Makela
Amanda Lee

• Annual Winner

Elizabeth Caulfield
Dawn Macfarlane
Vivian Colon

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Life in Units



Blood. It's a key part of body and it's something that doesn't get the necessary attention until you need it. Right now, there are millions of people

who are in need of blood. In fact, every two seconds someone in the U.S. needs blood. Those people could be accident victims, organ recipients, or cancer patients.

To give you perspective on how a blood donation helps, here are some averages:

- ◇ Hip Replacement Surgery—2 units
- ◇ Aplastic Anemia—4 units a month
- ◇ Cancer Treatment—5 units
- ◇ Cardiovascular Surgery—5 units
- ◇ Internal Bleeding—2 to 8 units
- ◇ Leukemia—8 units a week

- ◇ Auto accident—50 units
- ◇ Shooting victim—up to 100 (or more)

A blood donation typically takes a little over an hour from the time you arrive. That one hour could help more than one patient. It's a simple four-step process that is composed of registration, medical history and mini physical, donation, and refreshments.

There are major blood groups: A, B, O, AB. They can be positive or negative for the protein called Rh factor. The most common blood type requested by hospitals is Type O. Type O Negative can be transfused to patients with all blood types. And, AB positive are universal plasma donors Also, certain blood types are unique to specific ethnic or racial groups.

It's important to consider donating blood. Keep in mind, there is no substitute for blood.

Reference:

<https://www.ispecimen.com/blog/fast-facts-national-blood-donor-month/>

<https://www.redcrossblood.org/donate-blood/how-to-donate/types-of-blood-donations/blood-types.html>

Wellness Program 2019

Dane County provides numerous wellness opportunities for employees in coordination with Dean Health Plan. The mission is to encourage employees to make healthy lifestyle choices. Here is a brief overview:

- ◇ **Gym Reimbursement**—\$10/month, up to max total of \$120/year */**
- ◇ **Health & Wellness Reimbursement**—Receive up to 50% of your paid amount, up to \$50. Choose from: CSA, Seeds, Fruit/Veggie purchase, Weight Loss Program, Athletic Shoes, Hunting/Fishing License or Trail/State Park Pass. (Fitness Trackers no longer qualify). */**
- ◇ **Onsite Fitness Classes** (Quarterly Basis) - Part

Time and Full Time employees pay \$20 (up from \$10). LTE/Non-County employees pay \$35.

- ◇ **Lunch & Learns**—set up throughout the year.
- ◇ **Quarterly Wellness Campaigns/Challenges**—emailed throughout the year.
- ◇ **Monthly Chair Massages**—Paid by employee and available at certain locations. Cash—\$14 for 15 min., \$28 for 30 min. Card Charge—\$15/\$30

For more details, information, and request forms, please visit DCINET and go to Wellness Resources.

*/** Reimbursements will be paid on a first-come, first-served basis. Once funding is gone, reimbursements cannot be approved.

Top Mindfulness Apps

The following are the top five mindful apps available for you. And the best part is that they're free.

1. Insight Timer
2. Aura
3. Omvana
4. Stop, Breathe & Think
5. Calm

"You cannot heal a lifetime of pain overnight, be patient with yourself, it takes as long as it takes to rebuild yourself."

-healthyplace.com

Ways to incorporate Wellness Into Your Week

1. Increase your intake of hydrating foods.
2. Do bedtime yoga.
3. Eat mindfully.
4. Digital detox (part from your phone for two hours).
5. Meditate for 10 minutes.
6. Walk for 10 minutes.
7. Read.

5 Myths About Detoxes

The new year is here and with it are the propagandas of a detox that can help you accomplish that weight loss that you desire or that energy boost that you've been looking for.

But, in reality, there are many misconceptions out there and some experts debunk five of the biggest ones out there.

Myth #1— A detox diet will jumpstart your weight loss.

An all liquid diet will help you drop some pounds, but it will mostly be water weight. You want to lose fat, not water.

Myth #2—Fruit and veggie juices are nutritious.

It happens to be the opposite. Juice process removes many of the nutrients in fruit, especially the fiber. It also leaves behind fructose making it sugar laden.

Myth #3—Detoxing reverses holiday overindulgence.

No juice blend or shake will help you rebound for all of those cocktails, snacks, or rebooting your organs.

Myth #4—You'll feel like a new person.

Depriving your body of calories and nutrients it needs to function can cause energy loss, dizziness, and maybe even complications.

Myth #5—Detox diets are a miracle cure.

Those with a chronic conditions should steer clear since a detox can interfere with medications, dehydration, and vitamin/mineral deficiencies.

Reference:

Prevention Magazine, January Issue, Pages 59-61.

The Sitting Disease

Many of us have a sedentary job. Nay. A sedentary life and it's affecting our health in massive ways. When sitting you are only burning half the calories you would if you were standing or walking. It can also begin to cause various issues.

- ◇ **Depression & anxiety**—Movement throughout the day can make you happier.
- ◇ **Back & Neck pain**—Sitting can lead to disc problems.
- ◇ **Cancer**—possibly due to inflammation and other weight changes like weight gain, risk of colon and endometrial cancer can go up.
- ◇ **Obesity, diabetes, heart issues**—fewer calories are burned and insulin's ability to move glucose out of the blood slows. Cholesterol and inflammation may go up.
- ◇ **Weak Bones**—when sitting, the body replaces less of what it loses which can make bones fragile. There is a higher risk of osteoporosis.
- ◇ **Blood clots**—lack of movement can lower levels of clot-preventing proteins.

A few good ways to help yourself is by mixing in movement and sit smarter. Try to work standing up or taking a quick lap around the office. Sit, instead of "collapsing" into the chair. The ideal way to sit is: shoulders back and down, chin slightly tucked to keep your head in neutral place, feet flat on floor.

So, observe yourself and do some tweaks. You'd be surprised how much things can improve when you make little adjustments.

Reference:

Prevention Magazine, January Issue, Pages 66-71

Stick Figure Chair Yoga

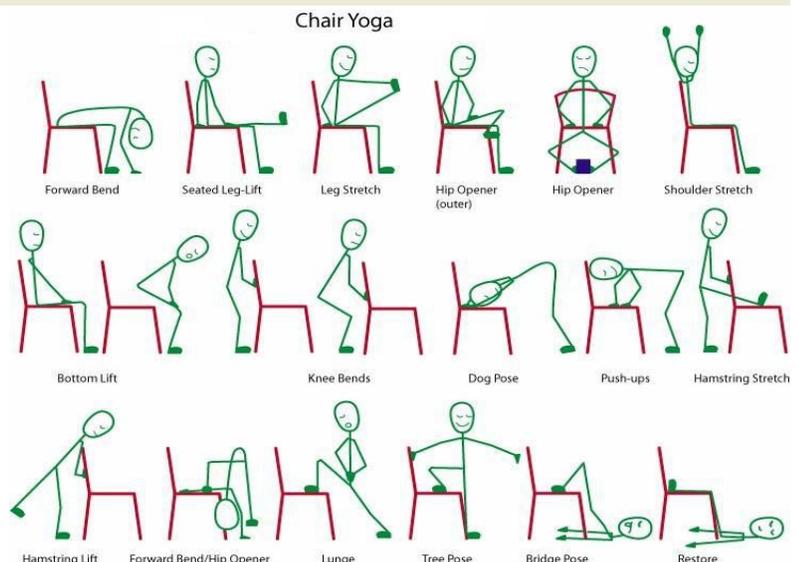
Many of us work very sedentary jobs. And the lack of movement can be very unhealthy.

The folks at Namaste Newslines have put together this glorious chair yoga work out showing various positions.

Chair yoga has been associated with reducing pain and fatigue. It can also help one feel more relaxed, flexible, and reduce stress.

Reference:

<https://namastenewslines.com/2017/01/26/chair-yoga-may-reduce-pain-in-elderly/>



Slow-cooker Pork with Noodles—Food Network

Cook: 8 hr. 30 min

Yield: 4 servings

Ingredients:

- ◇ 3 cups low-sodium chix broth
- ◇ 1/4 cup soy sauce
- ◇ 1/4 cup Chinese rice wine or dry sherry
- ◇ 3 tbsp. packed light brown sugar
- ◇ 4 cloves garlic, smashed
- ◇ 1 2 inch piece ginger, peeled, and sliced
- ◇ 2 pieces star anise

- ◇ Kosher salt
- ◇ 3 lbs. boneless pork shoulder
- ◇ 1 head bok choy, chopped
- ◇ 3 1/2 ounces dried rice vermicelli
- ◇ 1/2 cup chopped fresh cilantro

Instructions:

1. Combine the chicken broth, soy sauce, rice wine, brown sugar, garlic, ginger, star anise and 1/2 tsp salt in 5-6 quart slow cooker. Add the pork, then cover and cook on low for 8 hours.
2. Add the bok choy to the slow cooker; cover and cook about

20 more minutes.

3. Add the noodles to the slow cooker, making sure they are submerged. Cover and cook 10 more minutes.
4. Remove the pork from the slow cooker and shred the meat. Divide the pork, bok choy and noodles among bowls, then ladle in some of the broth. Sprinkle with the cilantro.



“ I eat cake because it’s somebody’s birthday somewhere.”

The Perks of Mint

It’s a flavor that’s found in everything: chewing gum, chocolate, tea, candy canes, cookies, and many other seasonal treats. However, aside from being delicious, it apparently can be a helping tool for various ailments.

- ◇ **Fatigue**—Research has shown that the scent of peppermint can help give you a boost. It can apparently stimulate the nervous system. Suggestion—Get a spray bottle, fill it half way with witch hazel, add 25 drops of essential peppermint oil, and finish filling with distilled water. Shake to mix.
- ◇ **Headaches**—Peppermint can help release pressure and regulate blood vessel dilation which is a common issue with headaches.



Suggestion—Rub one or two drops of oil on your temples. (You can do the same to the area between the back of the neck and base of the skull).

- ◇ **Sinus Issues**—Peppermint has menthol and that is a common ingredient in cold medicine. This helps loosen mucus. Suggestion—Chew on one or two leaves of fresh peppermint. Suggestion—Facial steam that consists of 10 fresh peppermint leaves and two cups of hot water in a large bowl. Place a towel over head and inhale slowly for no more than 10 minutes.

Reference:

Prevention Magazine, December Issue 2018, Page 21.

Grasshopper Cheesecake Squares-the kitchen is my playground

Ingredients:

- ◇ 1 1/2 cup chocolate wafer cookie crumbs
- ◇ 1/4 cup butter, melted
- ◇ 3 8oz. Packages cream cheese
- ◇ 1 1/4 cup granulated sugar
- ◇ 3 eggs
- ◇ 4 tbsp. white crème de cacao
- ◇ 1/4 cup + 2 tbsp. green crème de menthe
- ◇ 2 drops green food coloring (optional)
- ◇ 2 oz. semi-sweet chocolate squares (baking chocolate)

Instructions:

1. Combine chocolate cookie crumbs and melted

butter, mixing well. Press into the bottom of a 9x9 baking dish coated with nonstick cooking spray; set aside.

2. Beat cream cheese until light and fluffy for 1 minute. Gradually add sugar, beat well. Add eggs, one at a time, beating after each addition. Stir in crème de cacao.
3. Scoop out 2 and a 1/2 cups of the cheesecake batter and pour it over the cookie crumb crust, spreading evenly with a spatula.
4. Stir crème de menthe into remaining cheesecake batter. Using a spoon or small measuring cup to work with small amounts of batter at a time, gently pour the green cheesecake batter on top of the white cheesecake batter in the baking dish.
5. Bake at 350° for 45-55 minutes. Cool to room temperature and then chill over night.
6. Cut cheesecake into small bars. Drizzle with melted chocolate. Store covered in the refrigerator.



**Sponsored by Wellness
Committee**

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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. Go to members, scroll down, and click on "Online Video-Road to Retirement."

Dean Health

Always keep in mind that before you 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 that \$150 rewards resets. Sign up on deancare.com and input all the necessary information, plus, do the Health Assessment which gets you \$50. There are numerous gift cards from different retailers that are available for you.

January Home Maintenance/Safety Checklist

It's a new year and now is a good time to do a little check up of your home. Caroline Maurer from [safewise](http://safewise.com) does a walkthrough of what should be taken care of within the home.

Hallways

- ◇ Test carbon monoxide and smoke detectors
- ◇ Inspect fire extinguisher (don't have one, maybe worth looking into).

Bedroom/Living Spaces

- ◇ Store flashlights
- ◇ Create emergency plan
- ◇ Put together a home inventory (good for insurance claims)
- ◇ Organize closets

Kitchen

- ◇ Resource Contact sheet on refrigerator
- ◇ Thoroughly clean refrigerator—water/ice maker, change filters, coils
- ◇ Clean garbage disposal
- ◇ Clean cabinets

Basement

- ◇ Check pipes
- ◇ Clean circuit breaker

- ◇ Change filters
- ◇ Dust vents
- ◇ Flush your hot water heater
- ◇ Check water softener

Bathroom

- ◇ Replenish first aid kit.
- ◇ Unclog bathroom tub and sink drains.

Roof

- ◇ Check for ice dams/icicles
- ◇ Clear out leaves/debris
- ◇ Check attic's insulation

Outside

- ◇ Check outdoor lighting
- ◇ Look into security cameras and systems.

These are just a few ideas Caroline Maurer has. Some may apply to you or not. You may even think of other items to add to your list.. The import thing is to take the time to make any necessary checks to your home. So, take your time and do it as soon as possible to insure safety early on in the year.

Reference:

<https://www.safewise.com/blog/january-home-maintenance-safety-checklist/>



Brain Games



Name: _____

Job Location _____

If you wish to be considered for the monthly drawing, please send your entry to Employee Relations by inter-d to **Room 418** OR by email to **employee-relations@countyofdane.com**. All entries must be received by January 18th 10:00 a.m.

Please **circle** the prize of your choice (We may only have one of your choice, so circling more than one could be helpful):

- ◇ Reusable bag + reusable stainless steel drinking straws
- ◇ Shaker bottle
- ◇ Practice Mindfulness by Matthew Sockolov (book)
- ◇ Cat asleep on books 750 piece puzzle
- ◇ Coloring book + 12 coloring pencils
- ◇ Improve sleep by Katrin Schubert (book)
- ◇ Ankle/wrist weights
- ◇ 2019 "be you" boxed calendar
- ◇ Collapsible water bottle
- ◇ 2019 "instant happy notes" boxed calendar
- ◇ Ultimate mind games puzzle book
- ◇ Wireless earphones

Puzzle #1— Spot the Difference

Please mark the one on the right. There are 10 differences. You must find them all to complete the puzzle. (from Puzzle Palace)



Puzzle #2— Do It Yourself Math

Use +, -, x, / symbols. (from Prevention Magazine)

DIY MATH

Add the appropriate symbols (+, -, x, /) to solve the math problems here.

A. 2 0 1 8 = 11

B. 2 0 1 8 = 10

C. 2 0 1 8 = 9

D. 2 0 1 8 = 8

E. 2 0 1 8 = 7

Puzzle #3— Guess the scientist

This American female scientist:

- ◇ Born in New Jersey on January 31st 1895
- ◇ Began her career as a stage and silent screen actress.
- ◇ Then became a pathologist and an expert on syphilis.
- ◇ Then was part of the team that developed the modern IV drip technique.

What is her name?

Last Month's Answers:

Question #1: Kris Kringle, St. Nick, Father Christmas

Question #2: England

Find the penguin: Located at the bottom right corner, next to checkered scarf wearing penguin.

