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WELLNESS COMMITTEE

HIGHWAY TO WELL & SAFETY

VOLUME 2, ISSUE 3

MARCH 2019

RED CROSS MONTH



Cross is an organization that does just that.

Did you know?

There are many that don't know everything that the Red Cross does. It is a charitable organization and not a government agency. It greatly depends on volunteers and the generosity of donors, people like you and me. On average, 91 cents of every dollar is invested in services and programs.

The Red Cross is also global and has the largest volunteer network in the US. It can be found in over 187 countries throughout the country. In fact, 90% of the Red Cross Workforce are volunteers.

What can you do?

There are always numerous ways to help keep the Red Cross in movement.

- **Volunteer**—they carry out 90% of the humanitarian work. They help respond to an average of more than 62,000 disasters every year.
- **Give blood**—whether it's whole blood, power red, platelets, or plasma, blood donations will always be needed.
- **Take a class**—They range from First Aid, CPR, AED, babysitting & childcare, swimming and so forth. If you're trained, you can do your part and prevent a bigger issue.
- **Donate**—things are expensive and funds for supplies and programs are always needed to keep the Red Cross going.

Reference:

<https://www.redcross.org/about-us/red-cross-month.html>

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INSURANCE 101

Here's a quick recap of things to know and understand about health insurance lingo.

- **Deductible**—the amount you pay for covered health care services each year before insurance will start paying.
- **Copays**—is the fixed dollar amount you pay at the time you receive medical services such as office visits or prescriptions. All your copays add up toward your Maximum-out-of-pocket total.
- **Prior authorization**—some medical services need to be approved before you can be provided the service. Always check the prior authorization section at Dean's website or call 1(800) 279-1301.
- **Traveling**—go to deancare.com/members/travelling-out-of-area to find out about coverage.

SPECIAL POINTS OF INTEREST:

- **Last Month's winners:**
Barb Daubner
Marlene Finger
Mary Grabot
Lara Schuller
Teresa Saugstad
- **Around Madison**
Winter still has a firm grip on us. And it's terrible.
- Don't forget to download app!



S I M P L E H E A L T H Y H A B I T S

Life is busy and it's easy to get distracted by that. However, there are a few things you can sneak into your busy schedule and they can take less than 10 minutes.

- **Have healthy easy snacks available.** It gives you the chance to have options and hopefully steer you away from junk food.
- **Take a probiotic.** Instead of yogurt, which can be high in sugar, probiotics can provide you with the same live cultures that your body can use.
- **Get ready for bed earlier.** Take care of your night ritual early so that once you're tired you can just go directly to sleep.
- **Purge your purse.** A purse should not be more than 5 pounds. A tote should not be more than 10. A heavy bag can strain your muscles and throw out your posture.
- **Stand tall.** Slouching can sap energy because it strains your neck, back, hips. Plus, it can compromise oxygen flow to the brain.
- **Go downstairs.** Taking the stairs is a good form of exercise and descending them strengthens muscles and bones.

- **Eat oranges.** Vitamin C in oranges could be beneficial for building collagen in skin, among other things.
- **Clean reusable grocery bags.** Food borne bacteria could multiply and be transferred to the food you buy at your next trip.
- **Take a breath break.** Practicing diaphragmatic breathing can help reduce stress and sensitivity to pain..
- **Power-wash your sponge.** Sponges can harbor a lot of nasty stuff like salmonella, E. coli, and other food borne bacteria. A good way to do that is by washing the sponge on sanitation or stream cycle in the dishwasher.

These are a few ideas that you can practice to help you overall. Another thing to keep in mind is that for these things to have real impact, one should practice on a regular basis and not just once.

Reference:

- <https://everyday-reading.com/7-habits-for-healthy-living-that-take-less-than-10-minutes/>
- Prevention Magazine. March 2019 Issue. Page 33-38.

“Worrying does not take away tomorrow’s troubles, it takes away today’s peace.”



O D E T O L A V E N D E R

This herb and its purple flowers have several purposes. Its antibacterial and sedative properties can help with sinus issues, anxiety and other conditions. Here are 3 uses:

1. **Sinus Headaches.** Dab a few drops of lavender essential oil onto your temples.
2. **Ease anxiety.** A nice cup of lavender tea can help. Steep 1 tsp. dried lavender into 8 oz. hot water for 5 to 7 minutes.
3. **Treat dandruff.** Combine the following into a bottle: 1/4 cup distilled water, 1/4 cup liquid castile soap, 1 1/2 tsp. vitamin E oil, 10-15 drops of lavender essential oil, and 10 drops of tea tree oil. Use this to wash hair and scalp.

Reference: Prevention Magazine. June 2018 Issue. Page 21

Control what you can...

Confront what you can't.



N U T R I T I O N P O W E R F U L P A I R I N G S

Some foods eaten or cooked together bring out the best nutritional value. Here are some pairings that can do wonders for you.

- **Tomatoes & Pesto**—a powerful Italian combination that can help heal your body. Tomatoes could help protect you against cancer and combining it with pesto can boost its effect.
- **Pistachios & Cinnamon**—Cinnamon allows your cells to absorb and metabolize sugar. Nuts keep you full due to their protein, fiber and healthy fat. When combined, it can be an energy booster.
- **Chickpeas & Onions**—Zinc helps keep your immune system healthy and depression like systems at bay. Onion helps hang on to more zinc.
- **Spinach & Lemon Juice**—When spinach is cooked, it provides a good source of iron and vitamin C helps boost absorption of iron. (one lemon has 25% of your daily vitamin C dose).

Reference: Prevention Magazine, February Issue, Pages 76-77.

CREAMY PARMESAN CHICKEN & MUSHROOMS **CRÈME DE LA CRUMB**

Prep time: 5 minutes

Cook time: 30 minutes

Ingredients:

- 4 boneless skinless chicken breasts
- 3 tbsp. oil
- Salt/pepper to taste
- 1/2 tsp. garlic powder
- 1 tsp. Italian seasoning
- 2/3 cup thinly sliced mushrooms
- 3 tbsp. butter
- 2 tsp. minced garlic
- 2 tbsp. flour
- 1 cup chicken broth
- 1 cup half and half
- 2/3 cup grated parmesan cheese, plus for topping
- Fresh parsley/thyme



Instructions:

1. In a large bowl combine chicken, oil, salt and pepper, garlic powder, and Italian seasoning and toss.
2. In a large skillet over medium heat, brown the chicken on both sides for 2-4 minutes. Transfer chicken to a plate and cover to keep warm.
3. Add butter to pan and stir until melted. Stir in garlic and mushrooms. Continue to cook 3-4 minutes over medium-high heat until butter begins to darken and mushrooms are tender.
4. Sprinkle flour into the pan and stir to combine. Whisk in chicken broth and milk or heavy cream. Stir in parmesan cheese and salt and pepper to taste.
5. Return chicken to pan and spoon a little of the sauce over the chicken. Cover and bake at 375 for 15-20 minutes until chicken is cooked through.
6. Spoon more sauce over the chicken and sprinkle with cracked black pepper, grated parmesan cheese, and fresh parsley or thyme and serve immediately.

“There should be a calorie refund for things that didn’t taste as good as you expected.”

HONEY BEEF LETTUCE WRAPS **CRÈME DE LA CRUMB**

Prep time: 5 minutes

Cook time: 15 minutes

Ingredients:

- 3/4 to 1 pound very thin-cut beef
- 2 tsp. sesame oil
- 1/2 cup finely chopped mushrooms
- 1/3 cup shredded carrots, finely chopped
- 1/3 cup canned water chestnuts, finely chopped
- 1/4 cup Kikkoman Less sodium Soy Sauce
- 1/4 cup hoisin sauce
- 2 tbsp. honey
- 1 tbsp. rice vinegar
- 1 tsp. minced garlic
- 1/4 tsp. ground ginger
- 1/2 tsp. crushed red pepper flakes (optional)

- 1 head butter lettuce
- Sesame seeds
- 2 tbsp. finely chopped green onions.

Instructions:

1. Finely chop beef into 1/4 -inch pieces. Drizzle a large skillet with sesame oil, then combine beef, mushrooms, carrots, and water chestnuts and stir over medium-high heat for 3/4 minutes until meat is mostly browned.
2. Stir together soy sauce, hoisin sauce, honey, rice vinegar, garlic, ground ginger, and crushed red pepper flakes. Stir sauce into beef and vegetable mixture and sauté over medium heat for 3/5 minutes.
3. Sprinkle with sesame seeds and green onions. Scoop beef mixture into butter lettuce leaves and serve.



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WELLNESS COMMITTEE**

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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."

ER VS URGENT CARE

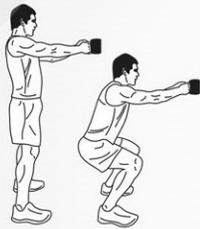
Always keep in mind that before you go to the ER or even Urgent Care, assess your situation and find out if a Virtual Visit could be the option. They are fast, convenient, low cost and are free to Dane County employees.

DEAN HEALTH LIVING REWARDS

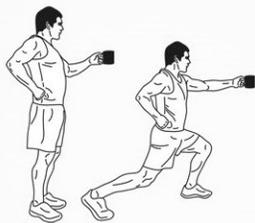
It's a new year and that means \$150 rewards are up for grabs. Sign up on deancare.com and input all the necessary information, plus, the Health Assessment which gets you \$50. There are numerous gift cards from different retailers available to you.

Coffee **BREAK**

DAREBEE WORKOUT © darebee.com
3 sets | up to 2 minutes rest between sets



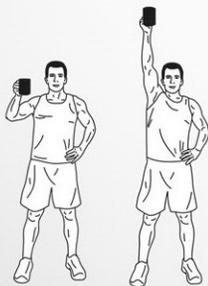
10 squats



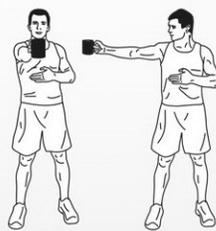
10 lunges



10 side leg swings



20 mug raises



20 arm rotations



20-count hold

COFFEE BREAK WORKOUT BY: **DAREBEE.COM**

Darbee has this unique little workout that you can do while at work during your coffee break.

It's only a few minutes and quite hilarious in a way. You will work out with your coffee mug. Yes, you read that correctly.

It involves squats, lunges, side swings, mug raises (yes, mug raises), and more.

Do three sets of each and make sure to rest in between sets. Have fun.

Disclaimer: We will not be responsible for coffee burns and/or stains. So, no medical or dry cleaning bills.

No, but really, be careful.

BRAIN GAMES

NAME: _____ LOCATION: _____

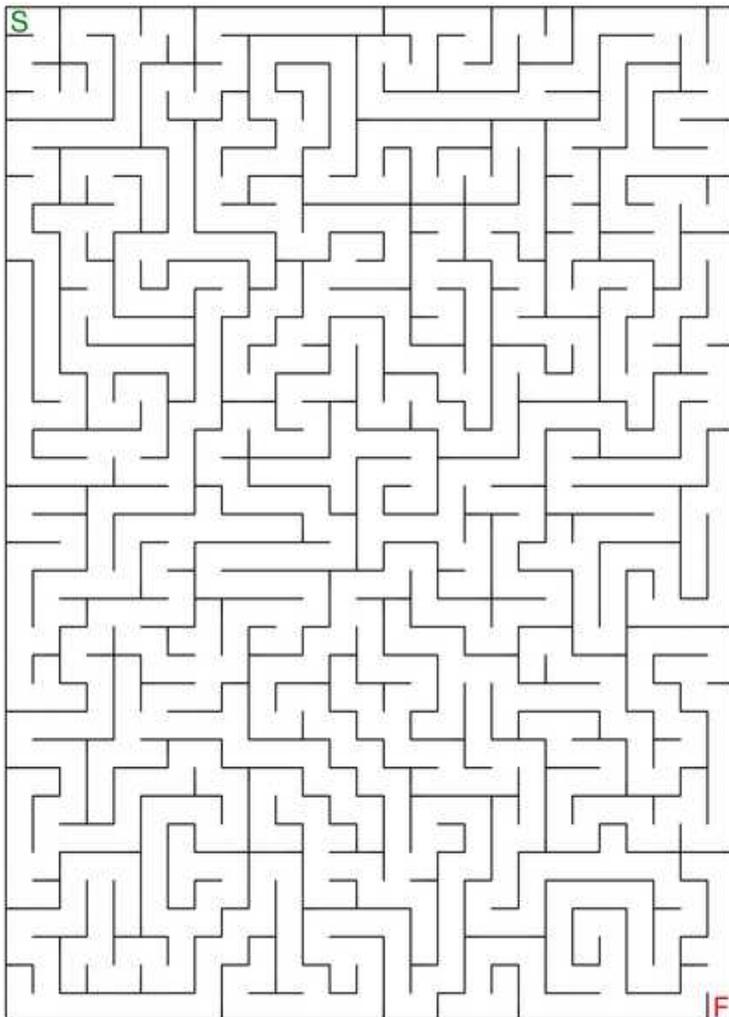
PLEASE CIRCLE THE PRIZE OF YOUR CHOICE:

(IT HELPS WHEN YOU PICK MORE THAN ONE)

- FITNESS PLANNER
- WEIGHTED JUMP ROPE
- FLOW YOGA DVD
- 100 INTERACTIVE RIDDLES & BRAIN TEASER
- SHAKER BOTTLE
- INFUSER BOTTLE
- AB ROLLER
- MAGNOLIA TABLE BY JOANNA GAINES
- SIT STRONG BY HARRIET GRIFFEY
- JILLIAN MICHAELS YOGA MELTDOWN DVD
- 65 CM EXERCISE BALL
- 5 LB KETTLE BELL
- EVOLUTION BY JOE MANGANIELLO
- PLANTAR FASCIITIS PAIN RELIEF KIT
- CHARGE 2 BANDS (PICK 2 COLORS): PURPLE, BLUE, GRAY, LIME, MINT, BLACK, WHITE

Please send your entry to Employee Relations Room 418 or via email at employee-relations@countyofdane.com. All entries must be received by 10 a.m. March 15th.

PUZZLE #1:



PUZZLE #2:

ANAGRAMS

Use the letters in these words to create another word or phrase related to the first.

THE EYES -----

ADMIRER -----

Last Month's Answers



Puzzle 1:
Top left corner,
next to snail.

Puzzle 2:
Breath

Puzzle 3:
Emily Rosa