

# Highway to Well & Safety

## Interesting Facts About Your Heart

February is National Heart Month and it's important to remind ourselves just how massively important our heart is. Here are some facts.

- The more education you have, the lower your risk of heart disease.
- A normal heart valve is about the size of a half dollar.
- The first heart pacemakers plugged into a wall socket.
- Happiness and a strong sense of emotional vitality help lower your risk of heart disease.
- Heart attack numbers peak on Christmas Day and New Year's.
- People can really have a broken heart.
- The blue whale has the largest heart that weighs over 1500 lbs.
- Before the stethoscope was invented, doctors had to press their ears directly to each patient's chest.
- Heart disease has been found in 3000 year old mummies.
- Your heart is about the size of your two hands clasped together.
- The heart beats around 100,000 times a day.
- Regular exercise is the single most important key to heart health.
- Heart disease is your greatest health threat.
- The beating sound is the clap of valve leaflets opening and closing.
- Each minute your heart pumps 1.5 gallons of blood.
- Your heart is coordinated. The right side pumps blood into your lungs, while the left side pumps it back into your body.
- Health is controlled through diet, exercise and managing stress.
- Heart cancer is very rare, because heart cells stop dividing early in life.
- A woman's average heartbeat is faster than a man's by almost 8 beats a minute.
- A heart has its own electrical supply and will continue to beat when separated from the body.
- Every cell in the body gets blood from the heart, except for the corneas.
- The heart pumps blood through 6000 miles of blood vessels.
- A normal heart pumps approximately 4 tablespoons of blood with each beat.
- It doesn't matter how fast of a runner you are, runners have 45% lower risk of heart disease or stroke.
- The first open heart surgery occurred in 1893; performed by one of the few black cardiologists in the United States at that time.
- The youngest person to receive heart surgery was only a minute old.

**Reference:**

[Cleveland Clinic Article](#)

### Inside this issue

Indulge Your Senses .....	2
5 Myths About Sugar .....	2
Chicken Stew w/ Turnips & Mushrooms.....	3
Strawberry Cupcakes.....	3
Dealing with Dry Skin .....	4
Napping Dos & DON'Ts.....	4
Brain Strain.....	5

### Special points of interest

- **Last Month's Winners**  
Jessica Roidt  
Amanda Tanke  
Lisa Jones



## Opportunities to Help Indulge in Your Senses

Here are a few simple things you can do to indulge.

- **Seek out scent.** Smell can help you remember special memories that brought great joy to you.
- **Take a cold shower.** Believe it or not, there are benefits to the nervous system and mental health. Helps you feel empowered and ready to start the day.
- **Embrace inclement weather.** Rain can help calm the anxious mind. Watching snow fall can also be soothing.
- **Try qigong.** This ancient Chinese practice helps focus breathing, balance and coordination. The contraction of calf muscles helps the body enter a rest and digest mode.
- **Treat your taste buds to novelty.** Try new foods occasionally. Don't get stuck eating the same foods over and over.
- **Go off the beaten track.** Natural terrain can provide a meditative quality. It challenges your body muscles and joints.
- **Self-massage.** You can massage your temples, hands, feet, shoulders. This can help reduce stress.
- **Go foraging.** Use your senses for survival under the guidance of a qualified expert.
- **Just...gaze.** Pick a spot in the distance and let your eyes relax and let yourself daydream.
- **Create your own sensory journey.**

For your home, choose plants for texture, color, and scent. Use colors to enhance your mood. Pick a spot where you can do relaxation practicing. Wear clothes that bring comfort.

**Reference:** Breathe and Make Time for Yourself Magazine. Issue 34. Page 76.



*“Who gets to determine when the old ends and the new begins? It’s not on the calendar, it’s not a birthday, it’s not a new year. It’s an event, big or small, something that changes us. Ideally, that gives us hope, a new way of living and looking at the world, a way of letting go of old habits, old memories.*

*What’s important is that we never stop believing we can have a new beginning, but it’s also important to remember that, amid all the bad, there are a few things worth holding onto.”*

*-Meredith Grey*

### **Retirement: Saving During Hard Times**

Here’s some quick information to consider.

#### **20s & 30s**

Focus on the basics: Building healthy credit score, live below your means, and build an emergency fund. Start saving.

#### **40s & 50s**

Continue to save and spend wisely: Pay down high-interest credit, keep adding to retirement. Plan college funds for kids (if you have any).

#### **60s & up**

Don’t retire too soon. If you do, take up a small p/t job to postpone taking Social Security. Try to have your mortgage paid off by then as well.

**Reference:** fei workforce resilience

## **5 MYTHS ABOUT SUGAR**

Is sugar the new tobacco? Some people like to think so. But, let’s look at sugar and see if it really is as bad as some claim.

**Myth #1: Some sugars are healthier.** It doesn’t matter if it’s agave, maple syrup, organic raw sugar, or table sugar. They’re all similar with similar health effects.

**Myth #2: Sugar should be avoided at all costs.** Not true. It should not be a big part of your diet, but not cut out completely. It’s recommended 10% of your calories from sweet stuff. Too much can increase risk of obesity, high blood pressure, diabetes, and maybe even cancer.

**Myth #3: It’s a good idea to swap in juice for soda.** Not really. Fruit juice contains about the same amount of sugar as a mountain dew. No one should be drinking more than 8oz. of juice a day. If you need to have juice, stick with orange.

**Myth #4: Eating too much sugar gives you diabetes.** Sugar may affect the management of type 1 and type 2 diabetes, but it does not cause either form of the disease. A diet high in calories from any source, not just sugar, can contribute to weight gain, chance of metabolic dysfunction and type 2 diabetes.

**Myth #5: A big sweet treat means a major sugar rush.** It’s the opposite. Sugar made people more lethargic and less focused in the hour after they ate it.

**Reference:** Prevention Magazine. January 2021. Pages 62-65.

# CHICKEN STEW W/ TURNIPS & MUSHROOMS

## INGREDIENTS:

- 1 1/2 lbs. boneless, skinless chicken breasts
- 1/2 tsp salt
- 1/4 tsp freshly ground pepper
- 2 tbsp. extra-virgin olive oil
- 2 large turnips (1 lb.), peeled and cut 1 inches
- 8 oz. sliced cremini mushrooms
- 1 medium onion
- 2 cloves garlic
- 1/2 cup dry white wine
- 4 cups chopped kale
- 3 cups reduced-sodium chicken broth
- 1 tsp. fresh chopped rosemary
- 3 tbsp. cornstarch
- 3 tbsp. water

## INSTRUCTIONS:

1. Cut chicken into 1-inch pieces and sprinkle with 1/4 teaspoon each salt and pepper.
2. Heat 1 tbsp. oil in a Dutch oven over medium-high heat. Add the chicken and cook, stirring frequently, until lightly browned, 3 to 4 minutes. Transfer to a plate.

3. Add the remaining 1 tbsp. oil to the pot. Add turnips, mushrooms, onion and garlic and cook, stirring occasionally, until the onion is limp, 3-5 minutes. Add wine and cook, stirring, for 1 minute. Stir in kale, broth and rosemary. Return the chicken and any accumulated juices to the pot; bring to a boil. Reduce heat to maintain a simmer, cover and cook, stirring once or twice, until the turnips are tender, about 10 minutes.
4. Meanwhile, mix cornstarch and water in a small bowl. Stir the mixture into the stew and cook until thickened, about 3 minutes. Remove from heat and season the stew with the remaining 1/4 tsp. salt.

**Reference:** Dean Health Foodsmart Recipe



# STRAWBERRY CUPCAKES

## INGREDIENTS:

- 1 (18.25 oz.) package white cake mix
- 1 1/4 cups water
- 1/3 cup vegetable oil
- 3 egg whites
- 8 drops red food coloring
- 2 drops raspberry candy oil

## INSTRUCTIONS:

1. Preheat an oven to 350°. Line a standard muffin tin with paper cupcake liners.
2. Beat the cake mix, water, vegetable oil, and egg whites together on low speed for 30 seconds, then on medium for 2 minutes, until smooth. Fill cupcake liners 1/3 full with white batter; set aside.
3. Stir 4 drops of red food coloring into the remaining bowl of batter to make the batter pink. Stir in the raspberry oil. Pour 1/3 of pink batter into a re-sealable plastic bag and set aside.

4. Mix more food coloring into the remaining bowl of pink batter until it is an orange/red color and pour the batter into a re-sealable plastic bag. Cut a corner off the bag, stick the open tip into the center of each cup of white batter and squeeze in about two tbsp. of red batter.
5. Cut the corner off the bag with the pink batter, stick the open tip into the center of the red batter and squeeze about 1 tbsp. pink batter into each cup.
6. Bake the layered cupcakes in the preheated oven until a toothpick inserted into the center comes out clean, 15-20 minutes. Cool completely before frosting.

[Recipe](#)



## FUN FOOD RESOLUTIONS

Here are some food ideas that you can add to your diet this new year.

**Eggplant:** They contain vitamin C for immune system support and vitamin K for bone support. (Suggestions: Baked Eggplant Parmesan, Grilled Eggplant, Baba Ghanoush)

**Olives:** Kalamata olives contain antioxidants and gallic acid: can help lower heart disease and repair nerve damage. (Suggestions: Chicken w/ Herbs, Tomatoes & Green Olives, Olive Tapenade)

**Brussels Sprouts:** Contain vitamin C, K and folate. Help regulate blood sugar levels. (Suggestions: Shaved Brussels Sprout Salad, Roasted Brussels Sprouts w/ Bacon, Balsamic Glazed Brussels Sprouts)

**Turnips:** Good source of vitamin C for immune system support, folic acid, manganese, thiamine, potassium, niacin, magnesium. (Suggestions: Substitute turnips for potatoes for a lower calorie recipe. Roasted Garlic & Herb Turnips, Mashed Turnips, Turnip Fries)

**Avocados:** It's a fruit. Great source of vitamin K and C. Fat is good for heart health and can help improve cholesterol numbers. (Suggestion: Avocado Toast, Avocado Pesto Pasta, Use as mayo substitution)

**Fish:** High in omega 3 fatty acids and protein. Omega 3s can help reduce the risk for heart disease and help improve cholesterol. Instead of fried, try baked, pan seared, or poached.

## DEALING WITH DRY SKIN

Winter takes a toll on our body in various ways. Wintery dry air causes dry skin. This causes the skin barrier to lose its ability to hold on to water and allow irritants and allergens.

### Ways to Prevent

- **Shorten Showers:** Try to be in and out within 5-10 minutes. Use warm, not hot water. It's understandable one would want hot water, especially, during the winter, but it can really strip your healthy skin oils.
- **Cleanse Gently:** Some soaps can wash away healthy skin oils that naturally moisture. Mild soaps and gentle cleansers for

sensitive skin. Then moisturize after. Stay away from products with alcohol and antibacterial ingredients.

- **Protect Your Skin:** If you're going to wash dishes, wear gloves to protect your skin barrier. And always wear gloves to protect your arms when you go out.

### Ways to Treat It

- **Lotion Up:** Pay attention to how dry your skin is. The dryer the skin, the thicker the lotion like one with heavy petrolatum ointment.
- **Run a Humidifier:** Running a humidifier

can create much needed moisture. This can help with maintaining moisture on your body. Always have the humidifier in rooms that you spend the most time in.

- **Get It Checked:** If you're noticing dryness that causes an itchy rash, go get it checked. In some rare occasions, that issue could be a more serious condition like type 2 diabetes or hypothyroidism.

**Reference:** Prevention Magazine. January 2021 Issue. Pages 50-51.



Winter can definitely put a toll on your lips. They can get so chapped that they actually split when you crack a smile.

Lip skin is thinner and has fewer oil glands than other skin on your body. So, dryness, peeling, flaking and crackling can easily occur, among other things.

### Ways to Prevent

- **Get Your Vitamins:** Eating foods with B vitamins and nutrients can help tremendously. Leafy greens, grains, salmon and more can also be very good.
- **Avoid Irritants:** Items like toothpaste, lip-stick and lip balm can sometimes have ingredients that cause irritation. A helpful tip is to look for fragrance-free lip products.

- **Tame Stress:** Anxiety can make people bite/lick their lips frequently. Find out ways to tame that anxiety.

### Ways to Treat It

- **Moisturize Your Lips:** Petroleum jelly or any lip product that contains zinc oxide or titanium dioxide can help create a protective barrier that seals in moisture.
- **Try a Stronger Topical:** An over the counter hydrocortisone 1% can help reduce inflammation and heal. Talk to a dermatologist first.
- **Review Your Meds:** Ask your doctor if your medication could be causing the dryness. Maybe they can make a switch or adjust.

**Reference:** Prevention Magazine. December 2020. Pages 42-43.

## Napping Dos and DON'Ts

There are many times when we don't get enough sleep. One way we help ourselves is by taking a nap. However, there's a chance you could be doing napping all wrong.

### **Benefits of Napping**

First, napping has some great benefits for healthy adults:

- Relaxation
- Reduces fatigue
- Increases alertness
- Improves mood
- Improves performance.

### **Drawbacks of Napping**

Truth is that not everyone benefits from napping. It doesn't work for them or they're not comfortable sleeping in areas that are not their beds. It can also cause:

- Sleep inertia: feeling groggy and disoriented after waking up.
- Nighttime sleep problems: long/frequent naps can interfere with nighttime sleep. If you are someone who suffers from insomnia or poor sleep in general, naps can affect that even more so.

### **Best Ways to Nap**

- Keep them short: 10-20 minutes
- Take in early afternoon: before 3pm.
- Create restful environment: a place that is quiet, dark, comfortable room temperature and void of any distractions.

Don't forget to keep an eye on yourself. If you're finding a need for increased naps, talk to your doctor. There may be a underlying sleep disorder or a medication could be affecting you.

**Reference:** fei workforce resilience

## NEWSLETTER ENTRY INFO

NAME: \_\_\_\_\_

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

ALL ENTRIES MUST BE RECEIVED BY FRIDAY, FEBRUARY 19TH, 2021 BY INTER-D (CCB-418) OR EMAIL (EMPLOYEE-RELATIONS@COUNTYOFDANE.COM).

PLEASE CIRCLE THE THREE PRIZES OF YOUR CHOICE SINCE SOME PRIZES ARE LIMITED.

- YOGA MAT
- YOGA BLOCK & STRAP
- YOGA FOR BEGINNERS BOOK
- FITNESS PLANNER
- COLOR BY STICKERS: ANIMALS
- COLOR BY STICKERS: CATS
- DELISH INSANE SWEETS COOKBOOK
- SKINNY TASTE AIR FRYER COOKBOOKS
- MINDFULNESS MEDITATION FOR ANXIETY BOOK
- NO WASTE ORGANIC GARDENING BOOK
- WATER BOTTLE
- BOTTLE SHAKER
- SEED STARTER KIT: HERBS
- START W/ GRATITUDE JOURNAL
- MINI SOUND SPA
- YOGA FOR BEGINNERS DVD
- JILLIAN MICHAELS KILLER CARDIO DVD
- CALMING RAIN & CALMING OCEAN WAVES CD COMBO
- START WITH GRATITUDE JOURNAL

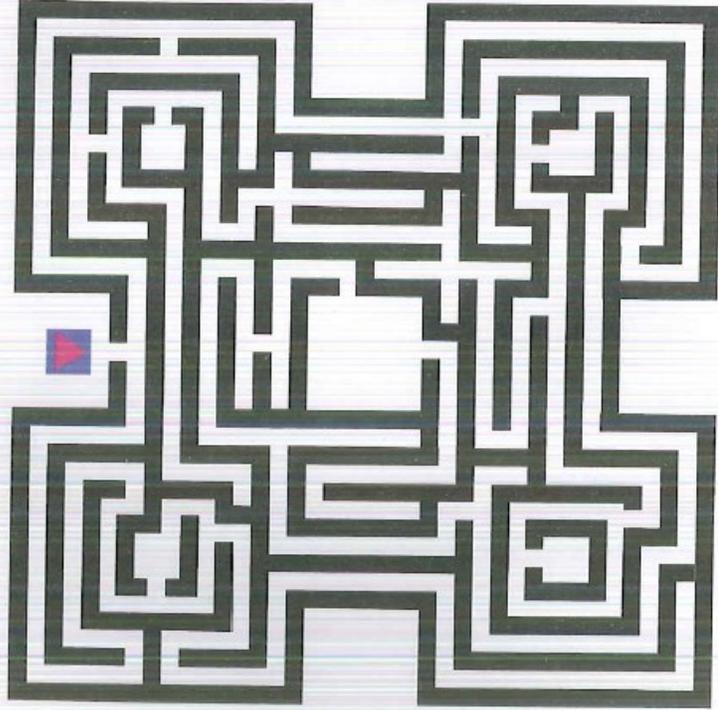
## BRAIN STRAIN

### PUZZLE #1:

MIND MAZE

### Lost in Squares

Can you find your way to the middle of the mystical maze below, starting at the arrow? Give yourself five minutes to complete the puzzle.



### PUZZLE #2:

		7	9		3	1		
	4						9	
2		9				3		5
8			3	9	1			7
			2		5			
9			8	4	7			2
5		3				2		8
	2						6	
		6	7		8	5		