



# Highway to Well & Safety

## Colorectal Awareness Month

March brings to the fore front awareness of Colorectal Cancer. This is a cancer that affects men and women of all racial and ethnic groups. Here’s what you need to know:

1. It is most prevalent in people who are 50 years and older. Screening is recommended beginning at age 50. However, some groups may have recommendation as early as 45. Family history and personal health contribute to when you should begin screening.
2. Screening tests are used to look for colon cancer or polyps when a person may not have symptoms.
3. There’s an increased risk for those with inflammatory bowel disease, Crohn’s disease, or ulcerative colitis.
4. Symptoms may include: blood in or on stool; pains, aches or cramps in stomach that don’t go away; unknown weight loss. Talk to your doctor immediately if you experience these symptoms.
5. A colonoscopy can find and remove precancerous polyps/abnormal growths in the color or rectum before they turn into cancer.

Ways to lower your risk is by following these lifestyle changes:

1. Watch your weight. Being obese or overweight increases your risk of developing and dying from colorectal cancer. Physical activity is important.
2. Eat a lot of vegetables, fruits, and whole grains. A diet that includes these has been linked to a decreased risk of colorectal cancers. Having a diet high in red meats and processed meats are linked to increase risk of colorectal cancer.
3. Limit alcohol consumption. The American Cancer society recommends no more than 2 drinks a day for men and 1 drink a day for women.
4. Move your body regularly. You are at higher risk of developing colorectal cancer if you are not physically active.
5. Don’t smoke. Long term smokers are more likely than non-smokers to develop and die from colorectal cancer.

Establish a healthy conversation with your Primary Health Physician and find out when you should start screening.

## Daylight Savings

It’s time to adjust those clocks come Sunday, March 14, 2021. The clocks move forward one hour and will remain there for the next eight months. This practice is to make better use of natural daylight. And even though there is much argument as to whether we should even bother continuing the practice, for now, don’t forget to change the clocks and prepare yourself for that loss of hour.

### Inside this issue

- 5 Myths About Food & Health .....2
- Money Saving Tips .....2
- Caprese Mac & Cheese .....3
- Berry, Chia & Mint Smoothie .....3
- BookMark .....4
- Tips for Looking After You & the World .....4
- Brain Strain .....5

### Special points of interest

- **WINNERS LAST MONTH**  
Marcia Hartwig  
Angela Tobatto  
Patricia Alexandre  
Brigid Vickerman  
John Edwards
- **WEBINAR FOR YOU**  
[Wellness Webinar: An Introduction to Meditation](#)  
March 25th at Noon



## 5 Myths About Food & Health

It's important to be aware of claims.

**Myth #1: Orange juice can ward off a cold.** There's a common myth that a mega dose of Vitamin C like a glass of orange juice or supplement can stave off a cold. Studies have shown that vitamin C does not prevent colds. However, the supplement can help shorten the duration of symptoms. A good amount is 75mg-90mg/day. This amount can be found in one orange, a cup of broccoli, or a cup of strawberries.

**Myth #2: Cranberry juice is best for a UTI (urinary tract infections).** The truth is that water is better. However, there is limited evidence that shows that a cranberry supplement of 500mg/day may help reduce the risk of recurring UTIs.

**Myth #3: Pasta and bread give you brain fog.** Usually, this is true for those who have a true allergy or intolerance.

People who eat too little few carbs can leave them feeling sleepy and unfocused. Starches and sugars in carbs are a body's and brain's main source of fuel. To feel your best, eat whole grain and whole food based carbs.

**Myth #4: Dairy makes you more mucus-y.** That is not true. Dairy does not objectively affect any lung function. Unless you have an allergy or intolerance to dairy, there is not reason to not have that ice cream. Fight phlegm with hydration, sleep, and cool-mist humidifiers.

**Myth #5: Apple cider vinegar helps prevent cancer.** There is no evidence that apple cider can prevent nor treat cancer. It is nearly impossible to change the acidity of your blood through what you eat or drink. Studies have shown a connection between consuming vegetables, whole grains, low-fat dairy, and lean properties.

**Reference:** Prevention Magazine. March 2021. Pages 56-59



*“Be the reason someone believes in the goodness of people.” -Karen Salmansohn*

## Money Saving Tips

It is now more important than ever to save. Here are a few ways you can save.

1. **Identify what you're saving for.** It could be for a vacation, pay off a credit card, and what. The important question is: What do you truly want to save for, how much, and why?
2. **Remember that you can negotiate.** Dedicate to keeping your credit clean. If you can't because life happens, then contact your lender and explain your situation.
3. **Focus on cleaning up your credit card record.** If you're still paying off debt with high interest rates, you can't save money. So chip at it, a debt at a time.
4. **Communicate with the banks and credit bureaus.** Seeing them as your enemies won't help you accomplish financial goals.
5. **Set goals with a specific timeline.** Start small and build from that. Goals are there to help you keep yourself accountable.
6. **Nickname your savings account.** Maybe name it for what you're saving for.

7. **Reduce expenses.** Look at your budget and look for areas where you can cut back. Too much takeout, clothes-shopping, coffee?
8. **Work on your budget.** Do you have a system in place? Make sure you know what your expenses are and what you can save.
9. **Automate your savings.** Figure out what you can save and have it automatically deposited into your savings account.
10. **Create a weekly budget.** Get more specific and try your best to stick with it.
11. **Take out cash for your weekly budget.** It may be easier to budget with cash than with a credit or debit card. With cash you see the money leave your hands.
12. **Make a credit payment each week.** A \$75/week payment instead of \$300/month at once can feel less overwhelming.
13. **Take \$20 or so bucks out per week in cash for a gift-giving fund.** Take the cash and put away in an envelope. You'll have \$1000 at the end of the year.

14. **Pay off any high interest debts.** To stay out of debt, you have to get out of it first.
15. **Pretend you don't have credit cards.** Disconnect them from your shopping sites and wallet. Remove the temptation to use.
16. **Download a budget app.** It can help you see where your money is going and adjust.
17. **Only charge what you can pay in \$.** Don't put anything on a credit card that you can't already pay in cash.

For more tips, view the article below.

[Parade Article](#)



## Caprese Mac and Cheese

### Ingredients:

#### **For the sauce**

- 1/2 cup butter
- 1/2 cup flour
- 4 cups milk
- 1/2 tsp. nutmeg
- 1/2 tsp. chili flakes
- Pinch cayenne pepper
- 1 1/2 cups grated cheddar
- Salt & pepper to taste

#### **For tomato layer**

- 14 oz. whole peeled tomatoes
- 1 tsp. sugar
- 1 tsp. salt

#### **For mac and cheese**

- 1 lb. pasta of your choice
- 8 ripe tomatoes (1/2 cm slices)
- 1/2 cup basil pesto
- 1 1/2 cups mozzarella

### Instructions:

1. To make the sauce, melt the butter in a sauce pan, then add the flour and whisk to make a roux.
2. Slowly whisk in the milk until it has been fully incorporated.
3. Turn the heat down, add the nutmeg and allow the sauce to simmer gently for 10 minutes.
4. Turn down the heat then add the cheese, salt and pepper and stir until the cheese has melted.
5. Mix the sauce with the pasta and add a little of the cooking water should the sauce be too thick.
6. Pre-heat the oven to 200°C/400°F.
7. To make the tomato layer, add the salt and sugar to the tomatoes and blend with a stick blender until smooth. Pour in the bottom of an oven-proof dish.
8. Place half of the pasta in the dish on top of

the tomatoes then top with half of the tomato slices and cheese. Dollop on the basil pesto.

9. Top with the remaining pasta.
10. Top with the remaining tomatoes and cheese then place in the oven.
11. Bake for 20-25 minutes until the tomatoes are roasted slightly and the cheese has melted and is golden brown.
12. Remove from the oven and allow to sit for 5 minutes before serving.

### Recipe



### FOODS TO SOOTHE A SORE THROAT

When we have a sore throat, we will sometimes immediately go for a hot tea, or maybe the opposite, an ice-cold pop. A sore throat can be caused by allergies or a viral infection. It's good to know of foods that can help you soothe it.

1. **Honey:** This can help coat your throat and ease pain and coughing. **Suggestion:** Peel and pith 2 oranges and cut 1/4 inch thick. Arrange on oil-rubbed baking sheet and drizzle with 1 tbsp. honey. Broil 5-7 minutes. Cut into pieces & serve over vanilla yogurt.
2. **Garlic:** Found to speed up recovery. **Suggestion:** Heat 1/2 cup olive oil with 3 cloves (thinly sliced), 4 sprigs fresh thyme and pinch of crushed red pepper. Remove from heat once garlic begins to brown. Stir in 1 tsp grated lemon zest. Remove sprigs and drizzle over toast or smashed beans.
3. **Eggs:** Great source of vitamin D and omega-6 fatty acids, both great for immune system and fighting throat irritating inflammation. **Suggestion:** Italian Egg Drop Soup-Bring 4 cups low sodium chicken broth to simmer. Stir in 1/4 cup grated pecorino cheese. Beat 3 large eggs, then slowly and gradually whisk into broth to create thin strands. Remove from heat and stir in 3 cups of baby spinach. Top with pecorino cheese, cracked pepper and lemon zest.
4. **Oatmeal:** Contains antioxidant that helps in immune function. **Suggestion:** In a multicooker, combine 3 1/4 cups of water, 1 cup steel-cut oats, 1/4 tsp. salt. Cover and lock lid. Cook high pressure 12 min. Let release naturally 10 min before releasing any remaining pressure. Uncover and stir to incorporate and excess liquid. Fold in 2 tbsp. favorite jam and fruit.

**Reference:** Prevention Magazine. March 2021. Pages 76-77



## Berry, Chia & Mint Smoothie

### Ingredients:

- 1 cup sliced strawberries
- 1/2 cup raspberries
- 1/2 cup grated beet
- 1/2 cup mint leaves
- 1 tbsp. chia seeds
- 1 cup unsweetened almond milk

### Instructions:

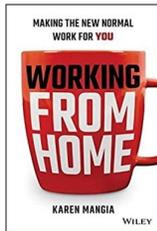
1. Place berries, beet, mint, and chia seeds in resealable plastic bag or freezer-safe jar. Freeze overnight or longer.
2. When ready to prepare, add almond milk to blender then add frozen ingredients. Blend until smooth. Serve in 2 tall glasses.



**Reference:** Prevention Magazine. March 2021. Pg. 74

## BookMark

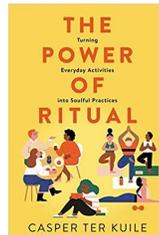
The new normal has been hard for many. And Working from home has not been easy for some. Here's a book that could help with that.



**Making the New Normal Work for You: Working From Home**

By: Karen Mangia

If you're feeling lost due to the pandemic or just in general, maybe this book can help you find meaning or guidance. Sometimes that's all we really need, is help.



**The Power of Ritual: Turning Everyday Activities into Soulful Practices**

By: Casper Ter Kuile

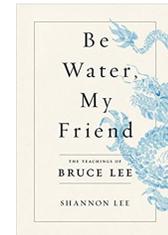
There are times when we need help with things that feel out of our control. In many cases it's hard to move on when someone hurts you and doesn't apologize.



**Forgiving What You Can't Forget**

By: Lysa Terkeurst

Even though many knew him for his martial arts and film career, Bruce Lee was also a very philosophical individual. In this book, his daughter shares his teachings.



**Be Water, My Friend: The Teachings of Bruce Lee**

By: Shannon Lee

*"Give yourself the same care and attention that you give to others and watch yourself bloom."*

## Tips For Looking After You and the World

So, you want to do your part in the world but feel too overwhelmed on how much you can actually do. Life and all struggles and responsibilities can really create a damper on good intentions.

Here are a few tips on what you can do to help yourself be more available in looking after the world.

1. Identify which issues and causes make sense for you, your time, your family and will have the most impact for your expected outcomes.
2. Give yourself a reality check in terms of what you can physically and emotionally contribute when it comes to offering yourself to the cause.
3. Evaluate how your participation affects you in public and private spaces like home, family, and work.
4. Review your sleeping and eating habits. How do you eat when you're on the go? Is your sleep being interrupted regularly?
5. Develop a balanced approach to how much information you take in about our cause. Maybe compartmentalizing can help. Mix up your TV viewing and what you're reading.
6. Make sure equal time is spent paying attention to other things. Advocating for something will not show change overnight. So, enjoy other things.
7. Do things completely unrelated to the cause(s). Pick up a hobby, meditate, be physical. Waiting around for change to occur can be detrimental. Change can sometimes be slow.
8. Take breaks and pauses and learn to be still often.
9. Talk to people who can give informed opinions and different perspectives on the issues. This is a good way to learn what topics and people increase your anxiety. Recognition can help tremendously and it can help you redirect conversations or know when its time to leave.
10. Spend time alone and pay attention to yourself. How are you handling it?

Your participation, no matter how small or big, can contribute greatly to any cause. So, don't shy away and learn how you can do your part by listening to you.



## Brain Strain

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

Job Location: \_\_\_\_\_

To enter the wellness newsletter prize giveaway, you must accurately complete at least one puzzle. Send entries to Employee Relations via inter-d to CCB-418 or email: [employee-relations@countyofdane.com](mailto:employee-relations@countyofdane.com). Submit your entry by Friday, March 19th, 10AM.

Please circle a few prize options. Keep in mind that quantities may be limited.

- Yoga mat-orange
- Bird feeder + bird book
- No-Waste Organic Gardening book
- Yoga mat-black
- Mini Sound Spa
- Golf Balls Sleeve + Bag of Tees
- Yoga block and strap-gray
- Water bottle—Teal
- Find It Word Search Puzzle Book
- Yoga for Beginner's Books
- Delish Cookbook: Insane Sweets
- Start with Gratitude Journal
- Bike lock
- Renewal by Andres Edwards
- Color by Sticker Book
- Sow & Grow Seed Starter Kit
- Practicing Mindfulness Book
- Resistance Bands

### PUZZLE #1:



### PUZZLE #2:



**A** 3 \_ 4 \_ 5 = 7

#### **DIY MATH**

Put in the proper symbols (+, -, x, ÷) so the solution to each problem is correct. (Do each calculation in order from left to right.)

**B** 3 \_ 4 \_ 5 \_ 6 = 12

**C** 3 \_ 4 \_ 5 \_ 6 \_ 7 = 17

