

- 5 Myths About Habits
- Benefits of Reading Books
- Grilled Scallion Salsa Verde
- Slow Cooker Salsa Chicken
- Brain Strain



Bringing you the most recent insight on wellness for mind and body.

Highway to Well & Safety

THINGS TO KNOW >>>

Last Month's Winners:

Regular Newsletter Giveaway:

- Cassandra Schwartz
- Laurie Lane
- Laura Pingel
- Lorin Fish
- Pamela Slonim

Small GA:

- Cherylann Meyer

All prizes were inter-d to the employee's department on 2/7/23.

National Observances:

- American Heart Month
- National Black History Month
- National Senior Independence Month
- National Time Management Month
- National Hot Breakfast Month
- Wise Health Care Consumer Month
- Youth Leadership Month

Understanding Identity Theft

It is a growing problem. Identity theft has worsened since 2020 with pandemic relief in the mix. Relief checks and unemployment benefits being the main target. The theft of benefits went up 2920% from 2019 and complaints of identity theft from consumers was up 113% from the previous year. Here is what you should know.

What is identity theft?

This is when someone uses your sensitive information to pose as you or steal from you. What are examples of sensitive information?

They are: your name, social security number, birthdate, etc.

Types of identity theft and the warning signs

There are numerous ways one can be exploited. Here are a few:



Credit identity theft – use of your birthdate or social security number to apply for new credit line. **Warning:** Unexpected change in your credit scores or get debt notices.

Child identity theft – apply for credit in that child's name. Not known until they apply for college or a loan. **Warning:** Calls & notices

Account takeover – Personal data is used to access your accounts and then addresses and passwords are changed. **Warning:** An email or letter from your institution or transaction you don't recognize.

What are a few ways to prevent identity theft?

- Freeze your credit
- Safeguard your Social Security Number
- Be alert to phishing
- Watch your mailbox
- Shred everything
- Use a digital wallet
- Protect your mobile devices
- Monitor financial and medical statements

Your identity is important. For more in depth information, please visit: [Article](#)

The more you know...

5 Myths About Habits



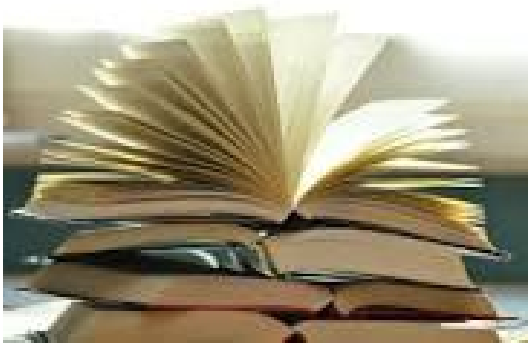
Myth #1: Breaking or forming a habit is all about willpower. It's important to remember that habits are formed not by active will, but by repeating rewarded behaviors in a stable environment. You cannot make a decision and change a habit if you're still in the same environment.

Myth #2: Going cold turkey is the best way to quit smoking. Around 95% of people who quit cold turkey, are back to their habits at the six month mark. To help with a smoking habit, you need a combination of nicotine replacement therapy or medication and counseling. An NRT increases chances of quitting by 50%-60%.

Myth #3: Once you've had a habit for along time, it's permanent. Old habits are harder to break mostly because they're ingrained in routine, but it's not impossible. To break a habit, you need to disrupt the habit cycle: remove cues, change routines, replace the reward.

Myth #4: You have to do something every day to make it a habit. Taking a day off is not a deal breaker nor does it interrupt the forming of a habit. Studies show that it can take 18 to 254 days to form a habit. The more often you do something, the faster your brain will become accustomed to the behavior.

Myth #5: Once you understand how good something is for you, it will be easy to make it a habit. Easier said than done. The best way to form a healthy habit is to make it as friction-free as possible to repeat the desired behavior. Example: People who live close to gyms, attend more often.



Good for you >>>

Benefits of Reading Books

Did you know that the first ever believed novel is "The Tale of Genji" written in the 11th century Japan? A thousand years later and people worldwide are still fascinated with novels.

Reading Strengthens Your Brain

Reading can change your mind. MRI scans shows those complex circuits and signals that we already have get stronger the more we read.

Increases Your Ability to Empathize

People who read literary fiction show a heightened ability to understand the feelings and beliefs of others. One single session of reading this can spark this feeling.

Builds Your Vocabulary

Individuals who read regularly, beginning at a young age, develop large vocabularies. Having large vocabulary can help influence many areas of your life.

Prevents Age-related Cognitive Decline

Keeping your mind engaged with reading is helpful. Seniors who read and solve math problems maintain and improve their cognitive functioning.

Reduces Stress

With 30 minutes of reading, studies found lowered blood pressure, heart rate and feelings of psychological distress.

Prepares for Good Night's Rest

It is suggested to make reading a part of your regular sleep routine. Print book is recommended over device.

Helps Alleviate Depression Symptoms

Reading fiction can allow you to temporarily escape your own world and be swept up in the imagined experiences of the characters.

For more on this: [Article](#)

Small GA

This month's small giveaway is "Mindfulness for Beginners: How to live in the present moment with peace and happiness" by Linda H Harris and a book light.

To enter:

Submit an email to:

employee-relations@countvofdane.com .

Subject should be "Small GA" and in the body please put your name and location.

Entries must be received by February 28th.

DELICIOUS RECIPES TO TRY



GRILLED SCALLION SALSA VERDE

INGREDIENTS:

- 6 garlic cloves, finely grated
- ¾ cup plus 3 tbsp. shery vinegar or red wine vinegar
- 3 lbs. skirt steak, cut into 5" pieces
- Kosher salt
- 1 tbsp. plus tsp. sugar
- 1 ¼ cups extra-virgin olive oil, plus more for grill
- 2 large bunches scallions
- 2 fresno chiles, seeds [Recipe](#) removed, chopped

DIRECTIONS:

1. Whisk together garlic and ¾ cup vinegar in a large bowl. Season steak all over with 1 tbsp. salt and 1 tbsp sugar; transfer to marinade and turn to coat. Let sit, turning occasionally, 10-15 minutes.
2. Prepare a grill for medium-high heat; oil grate. Grill scallions, turning occasionally, until charred and softened, 6-8 minutes. Transfer to a cutting board and let cool slightly.
3. Grill steaks until charred and an instant-read thermometer into the thickest part registered 120°, 3-4 minutes per side for medium-rare. Transfer to cutting board and let rest 10 minutes.
4. Meanwhile, trim roots from scallions and thinly slice. Transfer to a medium bowl and add chiles and remaining 1 ¼ cups oil, 3 tbsp. vinegar, 1 tbsp. salt, and 2 tsp. sugar and mix well to combine.
5. Slice steak against the grain into ¼" thick strips. Arrange on a platter and spoon some scallion salsa verde over.



SLOW COOKER SALSA CHICKEN

INGREDIENTS:

- 2 lbs. boneless chicken thighs
- 1 tsp. kosher salt
- ½ tsp. black pepper
- 2 (16 oz) medium salsa
- ¼ chopped fresh oregano
- 8 cups cooked yellow rice
- Chopped fresh cilantro
- Lime wedges (for serving)

DIRECTIONS:

1. Place chicken in 6-qt slow cooker; spring evenly w/ salt and pepper. Add salsa and oregano.
2. Cover and cook on HIGH for 2 hours. Turn off slow cooker. Transfer chicken to a large heatproof bowl and let cool for 10 minutes.
3. Shred meat into bite-size pieces. Add liquid in slow cooker to chicken; toss to coat.
4. Serve over hot rice; garnish w/ cilantro, and serve with lime wedges.

[Recipe](#)

Four Ingredient Slow-Cooker Pot Roast >>>

INGREDIENTS:

- 1 (3-4 lb.) chuck roast, trimmed
- 1 tbsp. canola oil
- 1 (12 oz) can beer
- 1 (0.7 oz) envelope Italian dressing mix



DIRECTIONS:

1. Brown roast in hot oil in a skillet over medium-high heat 3-5 minutes on each side; transfer to a 6-qt. slow cooker. Whisk together beer and dressing mix; pour over roast. Cover; cook on LOW 8-10 hours or until tender. Remove roast from slow cooker. Skim fat from sauce; serve with roast. [Recipe](#)

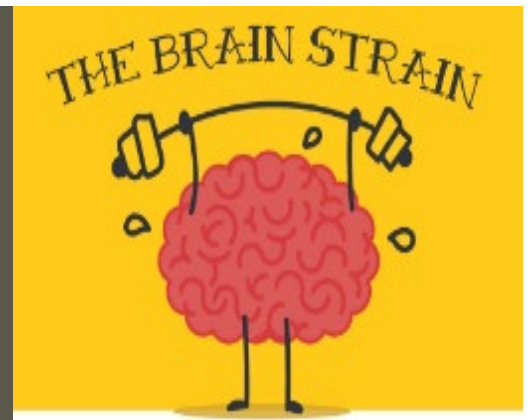


Brai Strain...

Name: _____ Job Location: _____

All entries must be received by the end of the month, February 28.

You must complete at least one puzzle and circle the prize of your choice. Choosing more than one prize is helpful since some prizes are limited.



- Exercise ball kit
- Black yoga mat
- Black lunch box
- Water bottle
- Fruit infusion water bottle
- National parks desk calendar
- Puzzler wordsearch desk calendar
- Daily grain games desk calendar
- Exercise dice
- 1000 pc "Mountain on fire" puzzle
- 2lb. wrist weights
- Muscle roller stick
- 5 ingredient cooking for 2 cookbook
- Easy sheet pan cookbook
- Juicing for beginners
- Ultimate book of grilling
- Star wars official black spire outpost cookbook
- Meal prep for weight loss
- Air fryer cookbook
- Easy yoga dvd
- Tai chi for beginners
- Skip rope
- Bike lock
- Resistance bands

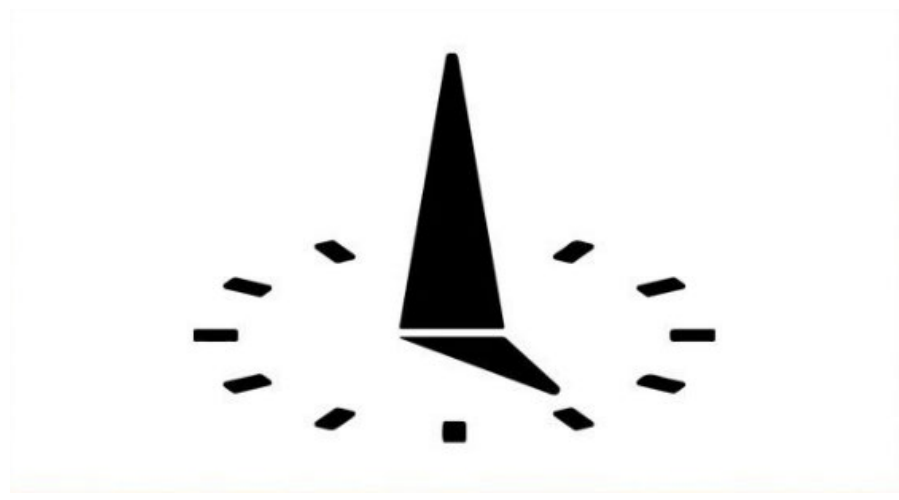
PUZZLE #1:

A MAN PUSHES HIS CAR TO A HOTEL AND TELLS THE OWNER HE'S BANKRUPT. WHY?



PUZZLE #2:

A SUNDIAL HAS THE FEWEST MOVING PARTS OF ANY TIMEPIECE. WHICH HAS THE MOST?



**DANE COUNTY
EMPLOYEE RELATIONS**

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