



Highway to Well & Safety

Procrastination Awareness Month

On this Procrastination Awareness Month, we're here to offer you several tips on how to reduce or even stop procrastination. This act of unnecessarily postponing decisions and actions is a common problem affecting 20% of adults and 50% of college students.

To overcome procrastination, do the following:

1. Set specific and realistic goals.
2. Assess your procrastination.
3. Create an action plan based on relevant anti-procrastination techniques.
4. Implement your plan.

Some key anti-procrastination techniques you can use:

1. Break tasks into manageable steps.
2. Commit to a tiny first step.
3. Give yourself permission to make mistakes.
4. Make it easier to do things.
5. Make it harder to procrastinate.
6. Delay before indulging the impulse to procrastinate.
7. Set deadlines.
8. Plan how you will deal with obstacles.
9. Increase your energy.
10. Improve your environment.
11. Use time management techniques.
12. Treat underlying conditions.



Procrastination can add a level of stress and anxiety. It's important to find a technique that can help minimize your work getting done and more importantly, minimize what it does to our physical and mental health.

[Article Link](#)

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Special points of interest

- **Quarter 3 Newsletter Winners**
Lisa Jones
Miriam RA
Marcia Hartwig
Catherin Haag
Dena Sedlmayr
Jack Robertson
- **Small Yoga Mat GA**
Tamarine Cornelius



BOOKMARKED

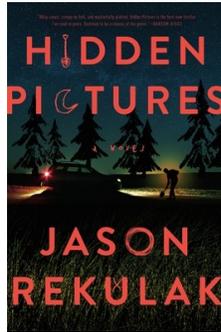
Fiction—Fantasy



Babel: An Arcane History
by: R.F. Kuang

A novel that explores the dark and insidious nature of Western institutions of power when it comes through colonization.

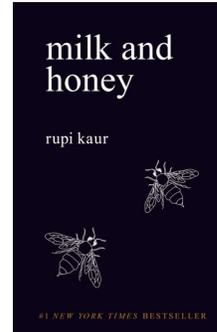
Fiction—Mystery



Hidden Pictures
by: Jason Rekulak

A mystery about a woman working as a nanny for a young boy with strange and disturbing secrets.

Poetry



Milk & Honey
by: Rupi Kaur

A collection of poetry and prose about survival and the experience of violence, abuse, love, loss and femininity.

“One kind word can warm three winter months.”

December: Write A Friend

December is Write a Friend month. Here are a few ideas on how you and the young ones can participate:

1. **Merry Christmas:** Send a Christmas card to three friends. Make sure it's handwritten.
2. **Book of Letters:** Read a book that features letters or postcards.
3. **Pen Pal:** Write someone in another country and explain your holiday celebrations and traditions.
4. **I'm a fan:** Favorite author or sports figure? Let them know.
5. **Stationary Station:** Fill a basket/box with paper, envelopes, pens/pencils, stickers and more.

Visit the [link](#) for more ideas.

MYTHS ABOUT AGING

There are a lot of old tropes regarding age. It's time we sit down and clarify some of these myths.



Myth #1: You need less sleep as you age. The majority of adults do best with 7 hours of sleep. Regularly getting less than that can increase risk of high blood pressure, heart disease, diabetes, stroke, depression and weight gain. A big issue is that older adults sleep more lightly, take longer to fall asleep and wake up more often throughout the night. Get into the habit of going to bed around the same time and do something relaxing like a bath, reading a book or meditating.

Myth #2: Alzheimer's is inevitable if it's in your family. There is only 1% of people with an inherited form of the disease. Around the age of 85, 1 in 3 seniors will develop Alzheimer's dementia regardless of history. Ways to improve your odds of avoiding Alzheimer's are by getting your blood pressure under control, quit smoking, exercise more and maintain social connections.

Myth #3: You'll get frail and weak. We all lose muscle as we age, but we can build muscle at any age too. Studies show that women between the ages of 63-77 are able to achieve increases in muscle volume and strength after four weeks. Staying active can help you keep muscle and build more. Eating sufficient proteins is also key to maintaining muscle.

Myth #4: Osteoporosis is just a woman's issue. It is more common in women. But by age 65-70, men lose bone at the same rate. Breaking a bone is connected to high risk of death in older adults. Men who suffer hip fractures are twice as likely as women to die within a year or two. Bone loss cannot be stopped but you can prevent or slow down by not smoking, exercising regularly, and getting enough calcium and vitamin D

Do everything you can to protect your brain.

Reference: Prevention Magazine. November Issue 2022. Pages 60-63.

GUMBO-LAYA STEW



Stew Ingredients:

- 2 tbsp. olive oil
- 1 lb. spicy andouille sausage, sliced
- 8 chicken tenderloins, bite sized
- Salt
- Black pepper
- 3 ribs of celery, diced
- 1 large onion, diced
- 1 large bell pepper, diced
- 2 bay leaves
- 1/2 tsp. creole seasoning
- 1/4 tsp. cayenne pepper
- 3 cloves garlic, chopped
- 1 tbsp. tomato paste
- 1/2 lb. okra, sliced into thick slices
- 1 (28oz) can organic diced tomatoes w/ juice
- 2 cups warm chicken stock
- 1/2 lb. Medium raw shrimp, Peeled & cleaned
- 1 tbsp. flat-leaf parsley, chopped
- 1 tbsp. cilantro, chopped

Fragrant Garlic Rice Ingredients:

- 1 tbsp. olive oil
- 2 large garlic cloves, pressed
- 2 cups jasmine rice
- 1 tbsp. sea salt
- 1/4 tsp. cracked black pepper
- 3 cups water

Instructions:

1. Place a large pot or Dutch oven over medium-high heat, and add the olive oil; once the oil is hot, add the sliced sausage in, and allow it to caramelize and brown for a few minutes; once well browned, remove the sausage from the pot and set aside for a moment.
2. Next, add the chicken pieces into the pot along with a sprinkle or two of salt and pepper, and allow them to brown in the oil/sausage drippings for about 2-3 minutes; remove the chicken pieces from the pot, and set aside for a moment.
3. To the same pot add in the diced celery, onion and bell pepper, and caramelize it for about 2-3 minutes in the oil, then add in the bay leaves, the Creole seasoning, the cayenne pepper, 1/2 tsp. of salt and 1/2 tsp. of black pepper and stir to combine.
4. Add in the garlic and stir, and once it becomes aromatic, add in the tomato paste, and cook for about 1 minute to cook out the “raw” tomato flavor; add in the sliced okra, the diced tomatoes with juice, the hot chicken stock, as well as the browned sausage and chicken, and stir to combine.
5. Allow the gumbo-laya to simmer gently on low/medium-low, uncovered, for 20 minutes.
6. While the gumbo-laya simmers, prepare the fragrant garlic rice: place a medium pot over medium-high heat, and add in the olive oil; once hot, add in the pressed garlic, and stir to combine; once the garlic becomes fragrant, add in the rice, the salt and the pepper and stir, and allow the rice to “toast” in the garlic oil for about 2 minutes.
7. Next, add in the water, stir and simmer the rice, covered, for about 20 minutes, or until tender; turn off the heat, and after 5 minutes, fluff with fork and keep warm.
8. After the gumbo-laya has simmered for 20 minutes, add in the shrimp (you can season it with a sprinkle of salt/pepper if you wish), and simmer for only 2-3 minutes more as to not overcook it.
9. Finish the gumbo-laya by stirring in the chopped parsley and cilantro, and serve over the garlic rice with some additional spice/heat options like hot sauce, red pepper flakes or cayenne pepper, if desired.

[Recipe](#)

EASY CHOCOLATE HAZELNUT TRUFFLES

INGREDIENTS:

- 2 CUPS CHOCOLATE CHIPS
- 8 OZ. CREAM CHEESE
- 1/2 CUP POWDERED SUGAR
- 1/4 CUP UNSWEETENED COCOA POWDER
- 1/2 TSP. VANILLA EXTRACT
- 1/4 CUP CHOPPED HAZELNUTS

INSTRUCTIONS:

1. MELT CHOCOLATE CHIPS IN THE MICROWAVE OR IN A DOUBLE BOILER ON THE STOVE.
2. MIX MELTED CHOCOLATE, CREAM CHEESE, AND VANILLA TOGETHER UNTIL SMOOTH.
3. ADD THE COCOA POWDER AND POWDERED SUGAR. MIX WELL.
4. CHILL TRUFFLES IN THE FRIDGE FOR AN HOUR.
5. ROLL TRUFFLES INTO 24 BALLS. THEN ROLL IN CHOPPED HAZELNUTS. GENTLY PRESS THE TRUFFLE INTO THE HAZELNUTS.

[LINK](#)



Quit Smoking

Maybe you've been just thinking about it. Maybe you've tried planning it. But quitting works best when you're prepared.

1. **Set a date.** Choose a date within the next two weeks. A date that gives you time to get ready and not too far away that you will lose motivation.
2. **Share your plans.** Having support makes quitting easier and telling them how they can help you can make a difference.
3. **Anticipate and plan for challenges.** Expecting challenges can help you be better prepared. The first months will be difficult and many triggers can stress and upset you significantly. Have a plan on how you plan on resisting the urges.
4. **Discuss your plan with your doctor.** Quitting cold turkey is not the only choice you have. Talk to your doctor about other options.
5. **Withdrawal medications.** Nicotine replacement therapy, like nicotine gum, patches and inhales, may help with withdrawal symptoms.
6. **Quitting program.** A program can help you better understand why you smoke, teach you how to handle withdrawal and stress and it can teach you tips to help resist the urge to smoke.

Reference: M3 Insurance. November Health Observance Newsletter.



STAYING WARM THIS WINTER



The temperature is dropping and when it drops below 32°F there is a risk for hypothermia and frostbite.

It's important to follow these tips to keep warm inside your home.

- Set heat around 68-70°F.
 - Make sure you're not losing heat through windows, so keep blinds and curtains closed.
 - Dress warmly on cold days.
 - Use extra covers.
 - Avoid alcohol since it can make you lose body heat.
- Space heaters are convenient but they can be hazards. Here are a few space heater safety tips.
- Place heaters on solid, flat surfaces.
 - Keep heater at least three feet from things that can burn.
 - Check heater for cracked or damaged cords/plugs.
 - Plug heater directly into wall outlets.

- Use a heater that has automatic shut off.
- Turn heater off when you go to bed or leave the room.

Details you must always remember are:

- Windchill is the combined cooling effect of wind and temperature.
- Frostbite is the freezing of skin and the body tissue beneath it.
- Hypothermia can occur at any temperature lower than normal body temperature of 98.6°F.

Dressing properly for the weather is extremely important. So here are a few tips:

- Stay dry. Wet clothing results in much faster heat loss from your body.
- Wear waterproof insulated boots.
- Stay covered.
- Dress layered. Trapped air between loose fitting clothing helps to insulate.
- Stay informed. Have a weather radio nearby to stay up-to-date.

Please do not forget pets. Cold weather cautions apply to furbabies too.

[Link](#)

PHOTOGRAPHY

Did you know that a picture can take your breath away, convey feelings and messages across cultures? Taking pictures has you pause, observe and make sense of your surroundings. A photo is a wonderful way of communicating and showing beauty.

Get Started

You can start with your smartphone. Pick a theme that interests you and commit to taking at least one photo with that theme a day. Research shows taking a daily photo can boost your well-being. It's also a good way to exercise or interact with the community.

Play with Light

Light is important in photography because it controls the tone, mood and texture. Try capturing your theme at different times of the day and observe what happens. Use a backlight, sidelight, or even material like glass.

Don't stop there. Share your photos and go see historical and contemporary photos. Or visit museums or gallery shoes. Inspiration is right around the corner.

Reference: Prevention Magazine. November 2022. Page 23.



BRAIN STRAIN

Name: _____

Location: _____

To enter the drawing, you must complete at least one puzzle and circle an option. If you entered at least once throughout the year, you'll be entered in the annual drawing.

Please email your entry by December 28th 10 am to: employee-relations@countyofdane.com.

Or, inter-d to CCB-418.

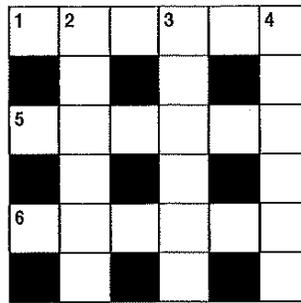
- Black yoga mat
- Black lunch bag
- Pro Mini Hoop
- Water Bottle
- Muscle Roller Stick
- 500 pc puzzle: Succulent Garden
- Air Fryer Cookbook
- Ultimate Book of Grilling
- Delish Insane Sweets
- Easy Sheet Pan Cookbook
- 5-Ingredient Cooking for Two
- Juicing for Beginners
- Exercise Dice
- Walk On 6 Mile DVD
- Tai Chi for Beginners DVD
- 2 Calming Music CDs (random)
- Resistance Bands
- Jump Rope
- 4 lb. weights
- Coloring Book + Pencils



PUZZLE #1

JUST ADD VOWELS

In this small crossword, all of the consonants in the answer words are provided, in alphabetical order. The missing vowels—and the words themselves—are for you to guess. The letter Y isn't used.



- | Across | Down |
|--------|-------|
| 1 BNT | 2 BNV |
| 5 NV | 3 LNN |
| 6 GGN | 4 DDN |

PUZZLE #2

VWLLSS

Three items are listed after each category below, but their vowels (including Y's) are missing and the words are strung together. For example, University: L P R D D K yields the answer Yale, Purdue, Duke. Can you identify all of these vowelless items?



1. Garment from one piece of cloth: S R T G S R N G
2. Bird: W L R B N R L
3. Body of water: C N L K C N L
4. Warren Beatty movie: S H T R S H M P R D S