

CITY OF SALISBURY

Wellness Committee

Newsletter

In this newsletter:

Featured Article

Page 01

April Wellness Challenge

Page 03

Employee Spotlight

Page 04

Mental Health & Self Help

Page 06

Recipe of the Month

Page 07

Snack Corner

Page 08

Podcast Corner

Page 09

Upcoming Events

Page 10

STAY HOME. STAY SAFE.

by Amanda Danner

Within in the last month, COVID-19 has taken the United States by storm. Nearly every aspect of daily life has been upended. Restrictions have been put in place to limit the amount of people leaving their homes and any non-essential activities have been converted online or cancelled. For many City employees, though not all, this means having to adjust and work from home.

The City of Salisbury has been working tirelessly to implement additional measures to prevent the spread of COVID-19. However, the most important player in beating this infectious disease starts with everyone as individuals. It is important that we all act responsibly by practicing social distancing and following guidelines provided by the World Health Organization as well as our national, state, and local government. For the safety of yourself and others: stay home, stay informed, and stay safe.

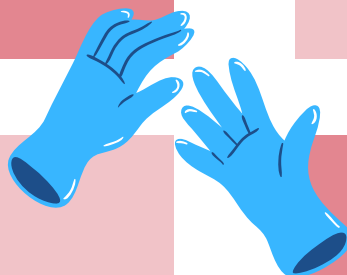
DO

- Wash your hands for at least 20 seconds
- Cover your nose and mouth with a tissue or flexed elbow when you cough or sneeze
- Avoid close contact with people who are unwell (stay 6 ft apart!)
- Stay home and self isolate from others in your household if you feel unwell



**World Health
Organization**

**How to protect yourself
against COVID-19: A video
from the World Health
Organization**



**Click HERE for important
Myth Busters about
COVID-19 from the World
Health Organization!**



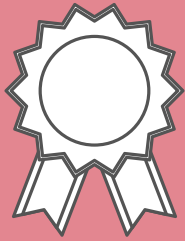
DON'T

- Leave the house for unnecessary reasons
- Gather in groups
- Touch your face, nose or eyes when your hands are not clean
- Shake hands when greeting others

HEALTH & DIVERSITY CORNER

COVID-19 does not discriminate based on age, race or gender. However, some populations are more vulnerable than others. Adults over 65 are in the higher risk categories. Some more high risk populations include people with underlying health conditions. These conditions include but are not limited to: diabetes, heart, kidney or lung disease, severe obesity, and a compromised immune system.

**Have
suggestions for
the Wellness
Committee?
Click HERE to
email us!**



APRIL CHALLENGE

TRY SOMETHING NEW WHILE PRACTICING
SOCIAL DISTANCING!

40 THINGS TO DO WHILE Social Distancing

TheSoccerMomBlog.com

- | | | |
|-------------------------|---------------------------|-------------------------|
| 1. READ A BOOK | 14. I-ON-I TIME WITH KIDS | 27. FAMILY SCRAPBOOK |
| 2. CALL A FRIEND | 15. BALANCE BUDGET | 28. DRESS UP |
| 3. EXERCISE MORE | 16. START A SIDE HUSTLE | 29. DANCE PARTY |
| 4. CONNECT WITH SPOUSE | 17. MOVIE NIGHT | 30. LEARN NEW SKILL |
| 5. VIRTUAL GIRL'S NIGHT | 18. FAMILY GAME NIGHT | 31. FINISH LAUNDRY |
| 6. LEARN A LANGUAGE | 19. WRITE A LETTER | 32. WRITE A BOOK |
| 7. FAMILY DINNER | 20. READ THE BIBLE | 33. NEW TV SERIES |
| 8. JOURNAL | 21. ARTS & CRAFTS | 34. PAINT |
| 9. SPRING CLEAN | 22. MANI/PEDI | 35. REARRANGE FURNITURE |
| 10. DECLUTTER | 23. TAKE A BATH | 36. BUILD A FORT |
| 11. PLANT A GARDEN | 24. SKYPE WITH FAMILY | 37. GO FOR A WALK |
| 12. COOK DINNER | 25. SING KARAOKE | 38. CELEBRATE HOLIDAYS |
| 13. FIX THINGS | 26. DO A PUZZLE | 39. COLORING |
| | | 40. BAKING |

STAY
HOME

Stay Positive

BE KIND



EMPLOYEE SPOTLIGHT: HANNAH BUCHEK

Q: Before working for the city of Salisbury, what was the most unusual or interesting job you've ever had?

A: I worked for a company called Yellowstone Bear World where I participated in hand-raising bear cubs.

Q: What skill would you like to master?

A: I would really like to master the skill of wildlife photography.

Q: What is your biggest fear?

A: I would say heights.

Q: Have you ever won a trophy or medal?

A: I won many trophies and medals for competitive spring board diving, track and cross country.

Q: Who would play you in a film?

A: I would hope Blake Lively but it would probably be Emma Stone.

Q: If money was no object, what would you do all day?

A: Lay on the beach.

Q: Who would you want with you if you were stranded on a deserted island?

A: Probably my best friend.

Q: Not counting your current job, what would be your dream job?

A: Maybe wildlife photographer? I'm honestly already in my dream job.

Q: Given your choice of turning any activity into an Olympic sport, what would you have a chance to medal at?

A: Talking about nothing.

Q: What TV show could you never live without?

A: Greek

Q: What landmark would you visit if given the chance?

A: The Great Barrier Reef

Q: If you had to eat one meal every day for the rest of your life, what would it be?

A: Veggie Omlette

Q: If there were an unexpected snow day, how would you spend it?

A: With my friends.

Q: What was your favorite Saturday morning cartoon as a kid?

A: Tom and Jerry

Q: If you could live anywhere, where would it be and why?

A: Fire Island, New York

Q: What is something people would be surprised to know about you?

A: They would be surprised that I don't love chocolate!

Q: What is your motto or personal mantra?

A: What's gonna happen will happen.

Q: The top three highlights of your life are:

A: Studying in the Galapagos Islands, being a Zookeeper, and going to Colorado State University.

Q: Do you have any pet peeves?

A: When people rhyme my name!

Q: Describe your personal style in one word

A: Tank tops





Mental Health & Self Help

A section dedicated to your emotional, psychological, and social well-being. Mental health affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Ways to Practice Self-Care During Social Distancing

With COVID-19 causing our daily lives to change so abruptly, it's completely natural to have trouble adjusting to this normal. In times like these it is extremely important to keep up with your mental health. Here are a few ideas for practicing self-care during social distancing.

Connect with others in person (while outside and 6 ft apart) or virtually!

Stay nourished and well-hydrated to help your immune system and your mental health!

Stay on schedule by preserving your daily routine as much as possible.

Get enough quality sleep!

Get active!
Whether it's taking a walk outside or doing workouts in your living room, staying active will improve your overall health.

Try to find one good thing in every day.

Take a break from social media and news. Don't overexpose yourself to too much information!

Try meditation!
Clearing your mind can help you feel better and reduce anxiety in these uncertain times.

RECIPE OF THE MONTH:

Buffalo Cauliflower with Blue Cheese Sauce

Cheese Sauce Ingredients:

1/3 cup nonfat sour cream
2 tablespoons crumbled blue cheese
1 tablespoon skim milk
2 teaspoons mayonnaise
Kosher salt and freshly ground black pepper

Buffalo Cauliflower Ingredients:

2 tablespoons unsalted butter
1/4 cup hot sauce, such as Frank's
1 tablespoon freshly squeezed lemon juice
2 tablespoons olive oil
Kosher salt
8 cups cauliflower florets (from about 1 medium head)

Directions:

- 1 Preheat the oven to 400 degrees F.

For the cheese sauce: Whisk together the sour cream, blue cheese, milk, mayonnaise, 1/8 teaspoon salt and a few grinds of pepper in a small bowl. Cover and refrigerate until chilled, (about 30 minutes)

- 2



- 3 For the Buffalo cauliflower: Meanwhile, microwave the butter in a small microwave-safe bowl on high until melted. Whisk in the hot sauce and lemon juice and set aside.

Mix olive oil, 1/4 teaspoon salt and 1/2 cup water in a large bowl. Add the cauliflower and toss until well coated. Spread the cauliflower on a rimmed baking sheet and roast until beginning to brown and just tender, 20 to 25 minutes. Whisk the hot sauce mixture again, drizzle over the cauliflower and toss with tongs to coat. Roast the cauliflower until the sauce is bubbling and browned around the edges, 5 to 7 minutes more. Serve hot with the cheese sauce.

- 4

SNACK CORNER



Benton's Cookie Thins

Looking for a snack that's both low calorie but also tasty? Aldi's is now selling Benton's Cookie Thins! At only 130 calories for 6 cookies, treat checks off both of those boxes. Additionally, Cookie Thins are baked with no hydrogenated oil, corn syrup, or artificial flavors or preservatives.





podcast corner

Podcasts are a great way to learn something new and listening to them can easily fit into your daily routine! Also they're FREE! Try starting your morning off with a podcast you enjoy, it makes waking up much easier, and you can even listen on the way to work, while running errands, or on lunch break!



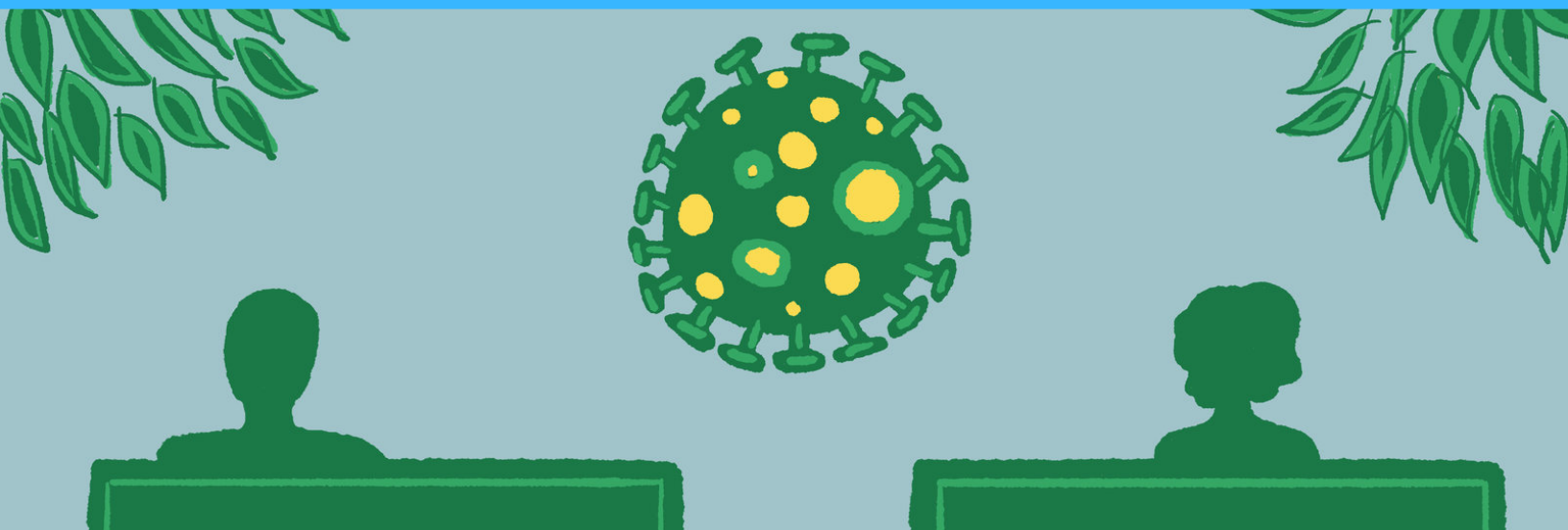
Podcast: Life Kit by NPR

Episode: Disrupted and Distanced: The Latest Advice On Navigating Coronavirus

Listening Time: 16 Minutes

How can I tell the difference between allergies and coronavirus symptoms? Can you get coronavirus from food? Can I have people over? The coronavirus pandemic is causing lots of uncertainty about everyday life. In this episode, Life Kit host Allison Aubrey answers common questions about coronavirus. This was recorded March 17, 2020. Because the news is moving fast, check [npr.org](https://www.npr.org) for the latest updates.

[CLICK HERE TO LISTEN TO THIS WEEK'S PODCAST](#)



UPCOMING EVENTS

The **Wellness Committee Task Force** is working to plan virtual events related to wellness. "Like" the **City of Salisbury's Wellness Committee** page on Facebook for more information to follow!



Each day at 5pm head over to the **City of Salisbury** on Facebook for a live update on COVID-19 from **Mayor Day!**



Questions or suggestions for the newsletter?
Email us at:
wellnesscommitteetaskforce@salisbury.md