



CITY OF SALISBURY

Wellness Committee

Newsletter

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FEBRUARY IS AMERICAN HEART MONTH

by Becca Brown

While February is the time for heart shaped candies and chocolate, February also reminds us to take care of our hearts in the literal sense. Did you know that cardiovascular disease kills about 2,300 people a day according to the American Heart Association? More facts to consider:

- ♥ Heart disease kills more people than all forms of cancer combined
- ♥ Heart attacks affect more people every year than the population of Dallas, Texas
- ♥ 72% of Americans don't consider themselves at risk for heart disease and 58% put no effort into improving their heart health.



**NEW IN
THIS ISSUE:
PODCAST
CORNER**

So what can you do to prevent heart disease and other related illnesses?



Know Your Risk

If you are 40-75 years old and have never had a heart attack or stroke, use the American Heart Association risk calculator to estimate your risk in the next few years

[Click here to be taken to the AHA's Risk Calculator](#)



Eat a Healthy Diet

Center your meals around veggies, fruits, whole grains, nuts, plant based proteins and lean animal proteins. Try to limit sugary drinks, refined carbs, added sugars, processed meats, sodium and saturated fats.

[Click here to access the AHA's Eat Smart page](#)



Be Physically Active

Adults should aim for about 150 minutes of moderate intensity aerobic activity or 75 minutes of vigorous activity each week.

[Click here to access the AHA's Move More page featuring tips, workouts and more](#)



Watch your Weight

If you're overweight, lose weight by (safely) cutting your calorie intake and moving more. Check your Body Mass Index to help gauge a healthy goal weight.

[Click here to access the AHA's Weight Loss page featuring recipes, tips, and more info](#)



Live Tobacco Free

Don't smoke, vape or use tobacco products and if you are having trouble quitting on your own, seek outside help.

[Click here to access the AHA's Tobacco page to learn more about how vaping and tobacco can affect your heart's health](#)



Manage Conditions

Work closely with your health care team if you have hypertension, high cholesterol, diabetes or other conditions that put you at higher risk.

[Click here to be taken to the AHA's Conditions page](#)



Take your Medicine

You doctor may prescribe statins or other medications to help control blood sugar, cholesterol and high blood pressure. Always make sure to take medications as directed and don't take daily aspirin unless your doctor tells you to.



Be a Team Player

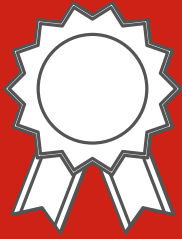
Work with your health care team to help build a personalized prevention plan that works for you and fits in to your lifestyle. Make decisions together and ask questions if you have them!

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

HEALTH & DIVERSITY CORNER

Transgender men and women may have a higher risk of heart attack. A recent study at George Washington University has presented findings indicating that in some instances, transgender men and women exhibited a cardiac risk four times higher than normal. "This has not been a topic that has been discussed a lot in the past," said Dr. Tran Nguyen. Previous studies have shown that the transgender population has been more prone to cardiovascular risk factors such as poverty, smoking and depression. Doctors suggest that transgender patients and their doctors work closely and be especially vigilant in controlling risk factors for heart disease.

READ MORE HERE



FEBRUARY CHALLENGE

CHALLENGE YOURSELF THIS MONTH TO PLAN
AND SHOP HEALTHIER USING THE TIPS BELOW

PLAN AHEAD



Sign up for a reward card

Sign up for a reward card (loyalty program) with your grocery store(s). Scan the card as you check out to receive deals automatically.



Use coupons and coupon apps

Collect coupons. With a reward card, you will get email coupons and can download online coupons. Use coupon apps.



Know what you have

Inventory your pantry and refrigerator each week.



Plan meals each week

Keep recipes, grocery lists, receipts and coupons in one place to make planning easier.



Make a shopping list

Be specific with descriptions. Note the quantity needed and which coupons you have.



Save receipts

For each week, compare what you spent to what you budgeted. Adjust your meal planning and budgeting if necessary.

AT THE GROCERY STORE



Compare prices

Store-brand products may be more affordable.



Use coupons, but compare prices and nutrition facts.

A coupon may not always be the best deal or the healthiest option.



Buy in bulk

You may save money. Just be sure you have room to store what you've bought in your pantry or freezer.



Save with seasonal produce

Buying produce that's in season can save you money. Can or freeze it for year-round use.



Don't check out at the checkout

Pay attention at the register to make sure you get all your discounts and savings.



For more smart shopping tips, visit
heart.org/healthyforgood.



EMPLOYEE SPOTLIGHT: AMY ZAPROWSKI

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

A: When my husband and I were first married and lived in Erie, PA, I worked for Arnone's Italian Import Deli. I ran the deli and helped in the bakery when needed. I was elbow deep in mixing Olives with garlic and Stephen Seagall walked in for help in picking out imported olive oils and cheeses. I was star struck! He was very down to earth and a super nice guy.

Q: What skill would you like to master?

A: Mind reading

Q: What is your biggest fear?

A: I have lots but I'm working on them

Q: Have you ever won a trophy or medal?

A: Yes for basketball, softball, and this one time at band camp...

Q: Who would play you in a film?

A: Melissa McCarthy

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

A: Sit at the beach, rock babies or play with puppies

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

A: Friends & family or Bono

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

A: Interior decorator for the rich and famous!

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

A: Shopping!

Q: What TV show could you never live without?

A: Ellen

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

A: Blue Domed Church in Santorini Greece

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

A: Mofongo

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

A: Either curled up with my puppies with a good cup of coffee or outside playing in the snow with them

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

A: The Smurfs

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

A: San Francisco, I left my heart there three years ago...

Q: What is your motto or personal mantra?

A: RESIS and in the words of Ellen, be kind to one another!

Q: The top three highlights of your life are:

A: Raising our amazing daughters into kind and compassionate young ladies, my husband who is the most selfless man I have ever met and all of our travels. Wouldn't change a thing!

Q: Do you have any pet peeves?

A: Gum snapping, chewing with your mouth open and being rude to people

Q: Describe your personal style in one word

A: Fun!





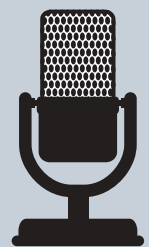
Mental Health & Self Help

A new 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.

How to start therapy

Making the choice to begin talking to someone about your feelings can be the most difficult step in the process of getting help. Many people put off seeking outside help because they consider mental health easy to brush off, and not as urgent as a physical health problem. The four tips below will help you not only begin therapy, but make therapy work for you.

- 1. Acknowledge stigmas that might be holding you back from seeking help.**
- 2. Find the right therapist- or type of therapy- for you.**
- 3. It's ok to move on to a different therapist or kind of therapy altogether.**
- 4. If you're comfortable with it, talk about therapy to others.**



Listen to the full podcast by clicking [HERE](#)

RECIPE OF THE MONTH:

The Best Chicken Soup You'll Ever Eat



- 1 tbsp avocado oil or olive oil
- 6 cloves garlic, minced
- 1 yellow onion, diced
- 2 large carrots, thinly sliced
- 2 celery stalks, roughly chopped
- 1 tbsp fresh grated ginger
- 1 tbsp fresh grated turmeric (or 1 tsp of ground turmeric)
- 6 cups low sodium chicken broth
- 1 lb boneless chicken breast or thighs
- 1 tsp freshly chopped rosemary
- 1 tsp freshly chopped thyme, stems removed
- 1/2 tsp salt
- freshly ground black pepper
- 1 cup pearl or Israeli couscous
- 2/3 cup frozen peas *(optional)

Directions:

- 1** Place a large dutch oven or pot over medium high heat and add in oil. Once oil is hot, add in garlic, onion, carrots and celery; cook for a few minutes until onion becomes translucent.
- 2** Next add in grated ginger and grated turmeric. Saute for 30 seconds to let the spices cook a bit, then add in chicken broth, chicken breast, rosemary, thyme, salt and pepper.
- 3** Bring soup to a boil, then stir in couscous. You'll want the chicken to be covered by the broth so make sure you stir them down to the bottom.
- 4** Reduce heat to medium low and simmer uncovered for 20-25 minutes or until chicken is fully cooked.
- 5** Once chicken is cooked, remove with a slotted spoon and transfer to a cutting board to shred with two forks. Add chicken back to pot then stir in frozen peas. If you find that you don't have enough broth, feel free to add in another cup. Everyone likes their soup differently.

Taste and adjust seasonings if necessary. Enjoy!

SNACK CORNER



HIPPEAS: Organic Chickpea Snacks

Try these delicious snack puffs, which closely resemble Cheetos puffs in texture and shape! They come in fun flavors like vegan white cheddar, bohemian barbecue, sriracha sunshine and more! All-natural and certified non-GMO these snacks weigh in at 3 grams of fiber and 4 grams of plant protein per serving!



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: Making Art is Good for Your Health

Listening Time: 21 Minutes

Whether it's woodworking, sewing or sculpting teeny cupcakes out of bright purple clay, making art is good for your mind and body. The act of creation can reduce stress and anxiety and improve your mood, says Girija Kaimal, a professor at Drexel University and a leading researcher in art therapy. And flexing our creative side can give us a stronger sense of agency — the ability to solve problems by imagining possible solutions.

CLICK HERE TO LISTEN TO THIS WEEK'S PODCAST



UPCOMING EVENTS

- Month of Feb.** **21 Day Challenge** Let's get started! Every morning, Monday through Friday in February, the Wellness Committee will be sending out a challenge for the day from the American Heart Association.
- Tues/Thurs** **FO Functional Fitness** at the Field Operations gym from 5:00-6:00 p.m.! All City employees are welcome to join colleagues for a structured workout or you may do your own!
- 2/26** **Lunch and Learn** focusing on Heart Health at Noon at Salisbury Fire Station 16
- 2/18-3/24** **Free Yoga Classes for Employees** at Soul Yoga Studio in Salisbury. Every Tuesday from 5:30-6:45 p.m., join Lauren Gilmore of Soul Yoga for her Tuesday night non-heated soul flow! Six sessions total, six chances to decompress and center yourself for the week!