



CITY OF SALISBURY

Wellness Committee

Newsletter

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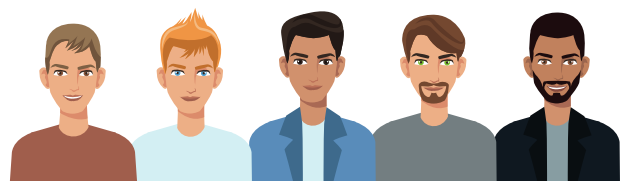
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MEN'S HEALTH MOTNH

by Amanda Danner

Since 1992, June has been recognized as Men's Health Month. Men typically die at higher rates from nine of the top ten leading causes of death. Additionally, men die an average of five years younger than women do. Despite these higher risks, men are less likely to be insured. It is important that we celebrate June as Men's Health Month to encourage education and spread awareness on the different ways men can improve their health. This month, we must **all** work together to bring awareness the many preventable health problems that harm men and boys. Early detection and treatment is key to helping men improve their ability to be supportive and involved fathers, partners, sons, and friends.



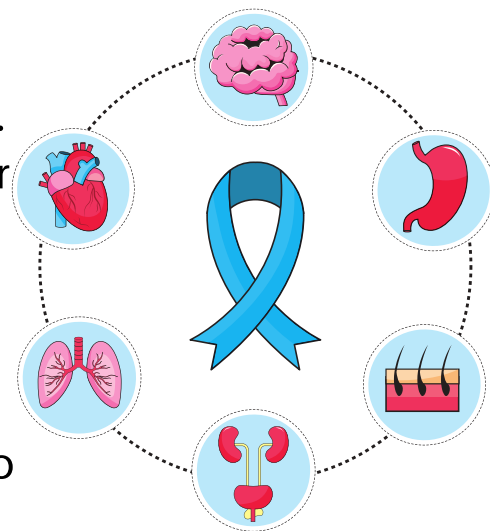


What can men do for themselves?

- Seek regular medical advice for disease and injury.
- Get a physical every year to catch small problems before they become big ones.
- Make healthier food choices to prevent against heart disease (the No. 1 killer of men).
- Exercise for at least 30 minutes a day.
- Be aware of your mental health. Therapy or counseling **does not** make you weak. Men's mental health matters too!

What can women do for their fathers, brothers, husbands, sons, and male friends?

- Help educate on the importance of proper health care.
- Encourage the men in their lives to be vocal about their ailments. Remind them that admitting pain or discomfort does not mean they are weak.
- Work on improving health **together**. Making healthy changes should not feel like a punishment.
- Check in on their mental health and encourage them to share their feelings, even if it's not with you.

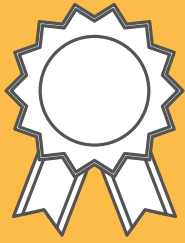


MEN'S HEALTH RESOURCE CENTER

HEALTH & DIVERSITY CORNER

Often times men in the LGBTQ+ community do not seek routine health care out of fear of the associated stigmas. This can increase their chances of illness and reduce the likelihood of discovering and treating illness in a timely manner. Having social support from family and friends can reduce the effects of stigma and discrimination.

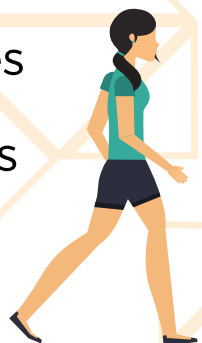
Have
suggestions for
the Wellness
Committee?
Click [HERE](#) to
email us!



JUNE CHALLENGE

THE WEATHER IS FINALLY NICE. LET'S ALL TRY TO GET MOVING THIS MONTH!

Day 1	Walk 1 mile	Day 16	Rest
Day 2	Walk 1 mile	Day 17	Walk 2 miles
Day 3	Walk 1 mile	Day 18	Walk 2 miles
Day 4	Rest	Day 19	Walk 2 miles
Day 5	Walk 1 mile	Day 20	Rest
Day 6	Walk 1 mile	Day 21	Walk 2 miles
Day 7	Walk 1 mile	Day 22	Walk 2.5 miles
Day 8	Rest	Day 23	Walk 2.5 miles
Day 9	Walk 1.5 mile	Day 24	Rest
Day 10	Walk 1.5 mile	Day 25	Walk 2.5 miles
Day 11	Walk 1.5 mile	Day 26	Walk 2.5 miles
Day 12	Rest	Day 27	Walk 2.5 miles
Day 13	Walk 1.5 mile	Day 28	Rest
Day 14	Walk 1.5 mile	Day 29	Walk 3 miles
Day 15	Walk 2 miles	Day 30	Walk 3 miles



GINGER SHIMEK

Water Treatment Plant
Water Works

This or That?

Coffee or tea?

Tea

Roadie Joe's or Mojo's?

I haven't tried either! I'm new to the area.

Netflix or Hulu?

Netflix

Riverwalk or City Park?

Riverwalk

Sunrise or Sunset?

Sunset

Beach trip or fishing trip?

Either (love the water)

Cats or dogs?

Dogs

Third Friday or National Folk Festival?

National Folk Festival



INTERESTS

hobby:

Web design, reading, hiking

music:

Top 70s, 80s, and 90s

food:

Pizza



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.

How to Beat Procrastination

Everyone knows what procrastination is, but did you know that procrastination is often caused by underlying stress? Sometimes we pack away negative feelings and they come back out in different ways, like procrastination. While occasional procrastination is normal, it's important to make sure it doesn't negatively effect our daily lives. Here are some tips on beating procrastination when it happens too frequently!

Try to tackle tasks as soon as they appear rather than saving them for a later date. Focus on doing rather than avoiding.

Reward yourself when you complete a difficult task on time.

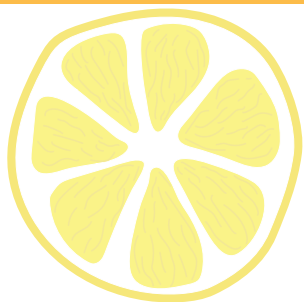
Get your least favorite tasks out of the way at the beginning of each day. You'll be able to focus on the work you find most enjoyable for the rest of the day.

Minimize distractions like social media, television, and your cell phone while you work.

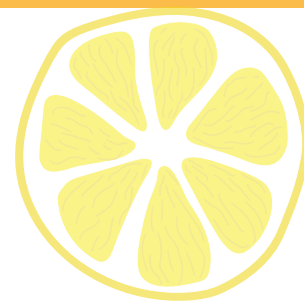
Rephrasing your internal dialogue to say "I choose to..." instead of "I need to..." can help you feel more in control of your work and help productivity.

Work on the difficult tasks at the time of day you are personally most productive.

RECIPE OF THE MONTH:



Lemony Yogurt Pound Cake



Ingredients:

- Nonstick baking spray, for coating loaf pan
- 1 1/2 cups white whole wheat flour
- 2 teaspoons baking powder
- 1/4 teaspoon fine salt
- 3/4 cup sugar
- Finely grated zest of 1 lemon
- 1/2 cup plain lowfat (2-percent) Greek yogurt
- 1/4 cup lowfat (1-percent) milk
- 1/4 cup extra-virgin olive oil
- 1/2 teaspoon pure vanilla extract
- 2 large egg whites
- 1 large egg



Directions:

- 1** Preheat the oven to 350 degrees F. Coat an 8 1/2 by 4 1/2- inch loaf pan with baking spray.
- 2** Whisk together the flour, baking powder and salt in a medium bowl. Put the sugar and lemon zest in another bowl and rub the lemon zest into the sugar with your fingers.
- 3** Add the yogurt, milk, olive oil, vanilla, egg whites and whole egg and vigorously whisk until well blended. Add the flour mixture into the egg mixture and fold until just incorporated.
- 4** Transfer to the prepared pan. Bake until a cake tester inserted in the center comes out clean, about 50 minutes. Cool in the pan on a wire rack for 5 minutes, and then unmold and cool to room temperature.

SNACK CORNER



Annie's Bunny Fruit Snacks

Who says fruit snacks are just for kids? The next time you're at the store, pick up a box of Annie's Bunny Fruit Snacks for yourself! These fruit snacks are made without artificial colors and flavors or high-fructose corn syrup! The best part--they're only 70 calories per serving!





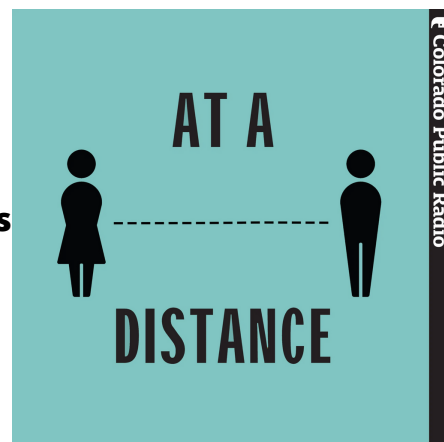
podcast corner

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!

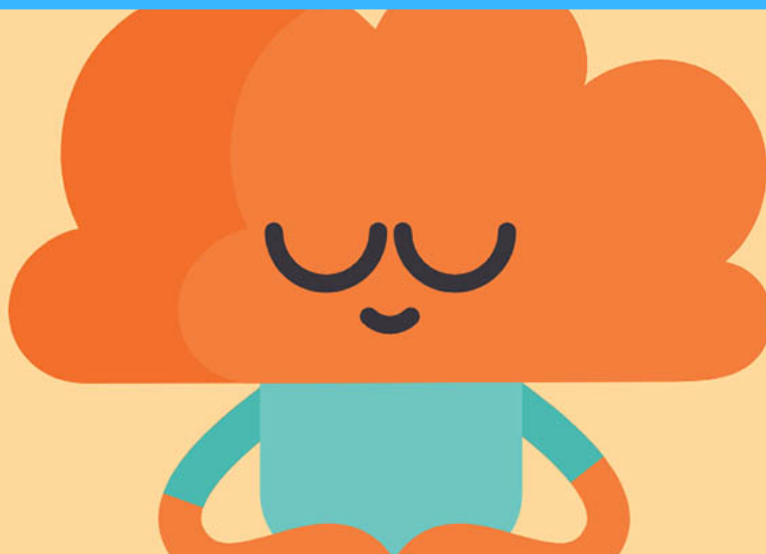
Podcast: At a Distance

Episode: Mindfulness Can Help Right Now (Even If You're a Skeptic)

Listening Time: 17 Minutes Life during a pandemic can bring lots of anxiety and stress. One way to deal with those issues is to practice mindfulness – and that doesn't necessarily look like what you might expect. May and Sam talk to a meditation instructor about how and why mindfulness can help alleviate some of your pandemic-induced anxiety and anger.



[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!

Month of June

This month the City will be partnering with CareFirst to bring you virtual workout classes! See next page for details.

Week of June 1

Spirit Week! There will be a theme for each day. Participants must post a comment to participate and be entered in the drawing for the prize.

Week of June 8

We will be highlighting different departments each day. All week will show off our wonderful employees during the **Employee Fun Week**.

Week of June 15

This week we will be sharing all different types of topics, coming to you in the form of **Videos, Videos, Videos!**

Week of June 22

Check out opportunities to play virtual games with coworkers with our **Interactive Week!**

CareFirst and the Wellness
Committee present:

6 WEEK ONLINE FITNESS CLASSES

No camera necessary!



Abs, Arms, and Core

Every Monday from 6/1 to 7/6

5:30-6:30 pm

Link to Register:

<https://www.eventbrite.com/e/arms-abs-and-core-tickets-106222702964>



Zumba

Every Wednesday from 6/3 to 7/8

5:30-6:30 pm

Link to Register:

<https://www.eventbrite.com/e/zumba-tickets-106227208440>



Boot Camp

Every Friday from 6/5 to 7/17

5:30-6:30 pm

Link to Register:

<https://www.eventbrite.com/e/boot-camp-tickets-106228393986>