

# CITY OF SALISBURY

Wellness Committee

## Newsletter

### *In this newsletter:*

**City of Salisbury Food  
Bank to Open Soon**

Page 01

**March 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

**Community Wellness  
Lecture Series Flyer**

Page 12

## **FOOD BANK OPENING SOON**

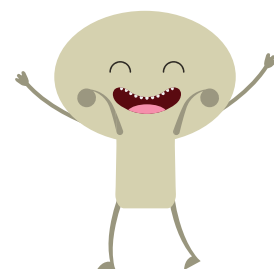
*by Amanda Danner*

For 40 years, the Maryland Food Bank has worked alongside thousands of food assistance organizations across Maryland to combat a complex social issue: hunger. Starting this month, the Maryland Food Bank will be partnering with the City of Salisbury to help fight this issue for City employees. The mantra for the new program is *bring what you can, take what you need*.

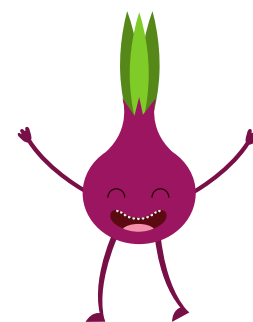
The Pantry will open later this month in the **Downtown Visitors Center**. It will have canned and boxed goods, fresh produce, bread and pastries, and frozen meal kits. The Pantry will be open from **8:30 a.m. to 4:30 p.m. on Tuesday's and Friday's**. Bringing reusable bags is suggested.



More than 42,000 individuals on the Eastern Shore are food insecure. One third of this food-insecure population are children--that's around 14,000 children. Specifically in Wicomico County, there is a **14.1%** rate of food insecurity. In 2018, The Maryland Food Bank Eastern Shore Branch distributed more than 5 million meals. Despite this, food-insecure individuals on the Eastern Shore miss nearly 7.2 million meals each year. With this new program, the City of Salisbury will be working to make sure this will not be the case for our employees.



Since March is National Nutrition Month, we could not have asked for a better time to get everything finalized in our network partnership with the Maryland Food Bank. For more information on the Maryland Food Bank, you can find them on Facebook ([facebook.com/MDFoodBank](https://facebook.com/MDFoodBank)) and Twitter (@MDFoodBank) or visit [mdfoodbank.org](https://mdfoodbank.org)

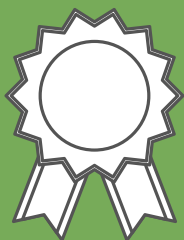


**Have suggestions for the Wellness Committee? Click [HERE](#) to email us!**

## **HEALTH & DIVERSITY CORNER**

**Have you ever heard of a food desert? According to VeryWellHealth, food deserts are generally considered to be places where residents don't have access to affordable nutritious foods like fruits, vegetables, and whole grains. This lack of access to nutritious food causes a link to obesity. The USDA claims that roughly 335,000 people in the U.S. live more than 20 miles from a supermarket. [CLICK HERE TO READ MORE](#)**





# MARCH CHALLENGE

LEARN HOW TO PROPERLY READ A NUTRITION LABEL USING THE AMERICAN BONE HEALTH ASSOCIATION'S TIPS BELOW!

## 1. Serving size:

Serving sizes are standardized to make it easier to compare similar foods. Be aware of how many servings you are eating.

1 Start Here .....

Sample Label for Macaroni & Cheese

## Nutrition Facts

Serving Size 1 cup (275g)  
Servings Per Container 4

## 2. Calories:

Calories equal how much energy you get from one serving. However, it is important to limit calories from fat. The average age person needs 2000 calories a day.

2 Check Calories

Amount Per Serving

Calories 340    Calories from Fat 120

## 3. Limit these nutrients:

Reduce or limit saturated fats, sodium (salt), cholesterol and trans fats. The FDA considers 5% or less low and more than 20% high.

3 Limit These Nutrients

|                        | % Daily Value* |
|------------------------|----------------|
| Total Fat 13g          | 20%            |
| Saturated Fat 8g       | 40%            |
| Trans Fat 0g           |                |
| Cholesterol 40mg       | 13%            |
| Sodium 410mg           | 17%            |
| Total Carbohydrate 37g | 12%            |

5% or Less Is Low

## 4. Are you getting enough of these nutrients?

Increase or maintain calcium, vitamin A, vitamin C and iron in your diet. The FDA considers 5% or less low and more than 20% high.

4 Get Enough of These Nutrients

|                  |     |
|------------------|-----|
| Dietary Fiber 1g | 4%  |
| Sugars 5g        |     |
| Protein 17g      |     |
| Vitamin A        | 10% |
| Vitamin C        | 0%  |
| Calcium          | 35% |
| Iron             | 10% |

20% or More Is High

## 5. Footnote:

The % Daily Value is based on a 2000 calorie diet. Your daily calorie intake may be higher or lower depending on how much energy you burn.

5 Footnote

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

\*Nutrition label via FDA



# EMPLOYEE SPOTLIGHT: RICHARD AGUIRRE

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

**A: I worked as a restaurant janitor in Yosemite National Park. My days off were awesome!**

*Q: What skill would you like to master?*

**A: Speaking Spanish**

*Q: What is your biggest fear?*

**A: I can't think of one**

*Q: Have you ever won a trophy or medal?*

**A: As a 7th grader, I won an art contest and received a prize radio plus cash**

*Q: Who would play you in a film?*

**A: Maybe Stanley Tucci, but he would need some hair**

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

**A: Travel, travel, travel**

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

**A: My wife - she would be very motivated to be the fastest boat builder ever!**

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

**A: Mapping remote places around the world - even deserted islands**

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

**A: Internet searching while watching T.V.**

*Q: What TV show could you never live without?*

**A: M.A.S.H.**

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

**A: All of 'em**

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

**A: Spicy southwest salad**



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

**A: I'd watch a movie, read a little, then clean a little**

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

**A: Warner Bros. Looney Tunes, especially Bugs Bunny**

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

**A: Southwestern Colorado, because I enjoy mountains, open spaces and blue skies**

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

**A: I usually go to jail a couple of times a month--to lead a Bible study**

*Q: What is your motto or personal mantra?*

**A: "God rewards those who diligently seek Him"**

*Q: The top three highlights of your life are:*

**A: Becoming a 'born-again' Christian, becoming a husband, becoming a father**

*Q: Do you have any pet peeves?*

**A: When recyclable items are not recycled, or when they are not cleaned or crushed for recycling**

*Q: Describe your personal style in one word*

**A: Reserved**



# 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.

## Stay aware of your mental health



Recognizing that you are struggling is difficult and scary, but it is a necessary first step in getting better. Once you realize you are struggling, it is important to stay aware of your mental health. It will take time, energy, and lots of hard work-but it will be worth it in the end. Below are some starting points to help keep track of how you are doing mentally. Remember they might not work for everyone but we all need to start somewhere and figure out what works best for us.

1. Tell people what helps-it will be easier for them to support you.
2. Spot the early warning signs that you that may alert you to pay more attention to your mental health.
3. Keep a mood diary. This can help you work out what makes you feel better or worse.
4. Work on building your self-esteem. It may take time, but it will help you cope.



Click [HERE](#) to read a blog on what to do when low self-esteem sneaks up on you

# RECIPE OF THE MONTH:

## Herbed Chicken Marsala



- Four 4-ounce boneless, skinless chicken breast cutlets
- Kosher salt and freshly ground black pepper
- 1/3 cup whole wheat flour
- 1 1/2 tablespoons extra-virgin olive oil
- 3/4 cup low-sodium chicken broth
- 1/3 cup sun-dried tomatoes (not packed in oil; not rehydrated), finely chopped or very thinly sliced
- 1/2 teaspoon finely chopped fresh rosemary
- 10 ounces white button or cremini (baby bella) mushrooms, sliced
- 1/3 cup sweet marsala wine
- 2 teaspoons unsalted butter
- 1 to 2 tablespoons roughly chopped fresh flatleaf parsley

### Directions:

- 1** Place the chicken cutlets between 2 pieces of plastic wrap and pound with a meat mallet (or the flat side of a chef's knife) until about 1/3 inch thick. Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- 2** Put the flour on a medium plate. Heat the oil in a large nonstick skillet over medium-high heat. Dredge the chicken in the flour to fully coat, shaking off any excess. Add the chicken to the skillet and fry until fully cooked and golden brown, about 4 minutes per side. Transfer to a platter and tent with foil to keep warm.
- 3** Add 1/2 cup of the broth, the sun-dried tomatoes and rosemary to any remaining drippings in the skillet and cook, stirring frequently, for 1 minute to plump the tomatoes. Add the mushrooms, 1/4 teaspoon salt and 1/2 teaspoon pepper and cook until the mushrooms are soft, about 5 minutes. Add the marsala and bring to a boil. Add the remaining 1/4 cup broth and the butter and simmer until the butter is fully melted, about 30 seconds.
- 4** Spoon the mushroom mixture and sauce over the chicken, sprinkle with the parsley and serve.



# SNACK CORNER



## Sargento Balanced Breaks Snacks

**Creamy natural cheese pieces paired with crunchy roasted nuts and sweet dried fruits? Sign me up! Sargento Balanced Break Snacks are perfectly portioned, containing up to 8 grams of protein and are 200 calories or under. These convenient snacks come in a variety of flavor combinations and are perfect for anyone constantly on the go!**





# 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: The Truth About Carbs and Calories**

**Listening Time: 20 Minutes**

**We are not here to vilify carbs — they're fuel for our bodies — but not all carbs are created equal. We look at the science behind why eating too much starch isn't good for you and share four tips to help you integrate grains into your diet.**



**CLICK HERE TO LISTEN TO THIS WEEK'S PODCAST**





# UPCOMING EVENTS

## **Month of March**

During the **Citywide March Madness Bracket Challenge**, each department will be assigned a top seed basketball team. As teams are eliminated, the corresponding department will have to do a fitness challenge. Bracket winners get a reward!

## **Month of March**

**Community Wellness Lecture Series with Aquacare** will be going on all month. These lectures are free and open to the public. More information provided below.

## **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!

## **3/24**

**3 vs. 3 March Madness games at the Truitt Street Community Center!** Teams of 3 will be made from each department to compete. It will last one day for about 2 hours. This competition will take place during lunch hours, so get on your feet and compete!



# UPCOMING EVENTS

**2/18-  
3/24**

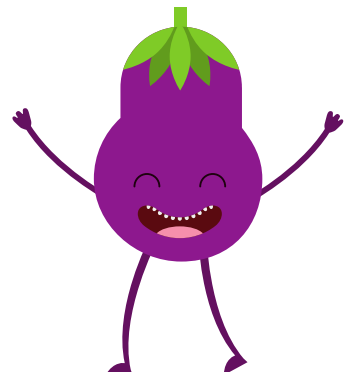
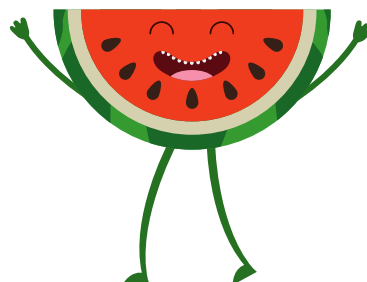
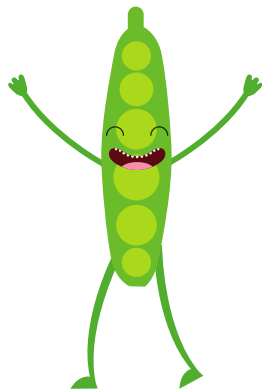
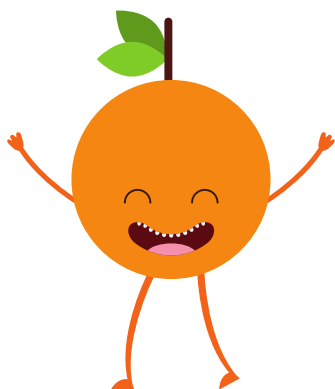
**Free Yoga Classes for Employees at Soul Yoga Studio in Salisbury.** Every Tuesday from 5:30-6:45 p.m., join Lauren Gilmore of Soul Yoga for her Tuesday night non-heated soul flow! Six sessions total, six chances to decompress and center yourself for the week!

**3/25**

**Grocery Store Tour** starting at 5:30p.m. with two nutritionists at ACME grocery store. This will provide tips on how to shop healthier. A signup sheet will be sent out.

**3/26**

**This month's Lunch N Learn** will be a presentation on healthy food options. A signup sheet will be sent out.



Community

# Wellness

## Lecture Series

**Mind Over Bladder:  
Understanding Pelvic Floor  
Weakness**

**March 5th at 5:30pm**

**What To Do When You Can't Go  
Number 2: How PT Can Help  
With Bowel Health &  
Constipation**

**March 12th at 5:30pm**

**Pregnancy: A "Motherload" Of  
Symptoms: How PT Can Help  
During Pregnancy & After Baby**

**March 19th at 5:30pm**

**It Hurts Where? Demystifying  
Pelvic Pain**

**March 26th at 5:30pm**



**Please RSVP to  
[cruggiero@aquacarerehab.com](mailto:cruggiero@aquacarerehab.com)**

**LOCATION:  
Aquacare Injury Center  
659 S. Salisbury Blvd.  
Salisbury, MD 21801**

