



Wellness Committee
City of Salisbury



SEPTEMBER

NATIONAL SELF IMPROVEMENT MONTH

What exactly is Self Improvement? The improvement of one's knowledge, status, or character by one's own efforts. You don't need permission, acknowledgement, or money to improve yourself. It is a decision you make on your own and you determine what the area(s) of focus will be. What would you like to do better? Be better at? Know more about? Do you treat others how you want to be treated? Do you help others? There are so many different ways you can self improve.

We can all improve in one area or another. It's a matter of taking the time to focus on yourself and really determine what you would like to change and how you can do it.

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SEPTEMBER CHALLENGE:

Find 4 ways you would like to self improve. (There are ideas on the next page for you.) Take each week in September to work on each of those ways. Keep a journal what you plan to do, when you did it, and how it made you feel. After the 4 weeks are over, review your journal and see if you've made progress. It doesn't happen overnight so keep working on it. If there's something particularly challenging for you, give yourself some extra time to get through it.

Ways to Self Improvement



- Use positive self-talk
- Practice random acts of kindness
- Eat healthier meals
- Get 7-8 hours of sleep each night
- Forgive yourself and others
- Engage in self-care
- Read a book
- Learn a new language
- Pick up a new hobby
- Create an inspirational room
- Overcome your fears
- Level up your skills
- Start an exercise routine
- Start your life handbook
- Write a letter to your future self
- Get out of your comfort zone
- Ask for feedback
- Stay focused with to-do lists
- Quit a bad habit
- Cultivate a new habit
- Avoid negative people
- Learn to deal with difficult people
- Start a journal
- Find a mentor or coach
- Learn a new game
- Reach out to old friends
- Admit your mistakes
- Believe in yourself
- Fight for what's right
- Take a self-improvement class



Email me at the end of the month to tell me what you did each week for the September Challenge for a chance to win one of our new water bottles just delivered this week: jenglish@salisbury.md.

TOM STEVENSON

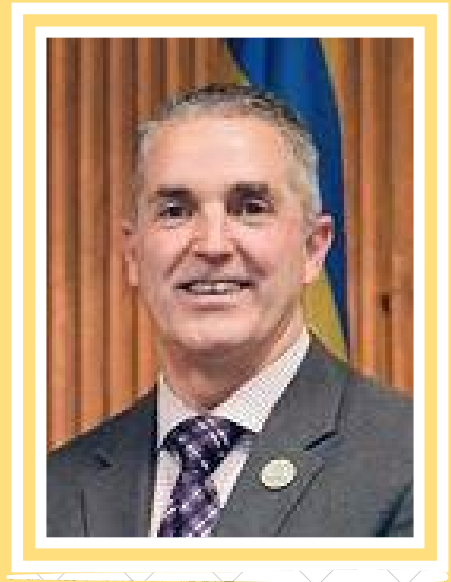
FIELD OPERATIONS

INTERESTS

hobbies: exercising, abstract painting, and working in my yard

music: most genres, except jazz

food: Love it!!! Sweets!



This or That?

Marvel or DC Comics

Zoo or Aquarium

Ice Cream Cone or Snow Cone

Truth or Dare

Italian Food or Mexican Food

Comedy or Drama

Invisibility or Super Strength

Beach Home or Log Cabin



BREAKFAST CASSEROLE

Ingredients:

- 8 ounces spicy or sweet turkey sausage links, casings removed, meat crumbled
- 2 scallions, sliced
- 6 large eggs and 6 large egg whites
- 1 3/4 cups 1-percent milk
- Kosher salt and freshly ground black pepper
- One 9-ounce package frozen chopped spinach, thawed and drained of excess liquid
- 3/4 cup shredded Cheddar
- 1/2 cup grated Parmesan
- 1/2 whole wheat baguette, cut into 3/4-inch cubes (about 4 cups)
- Cooking spray

Directions:

- 1 Heat a large nonstick skillet over medium heat. Add the turkey and scallions and cook, stirring to break up any large chunks, until browned and cooked through, about 10 minutes. Remove from heat and let cool slightly.
- 2 Whisk the eggs, egg whites, milk and 1/2 teaspoon each salt and pepper in a large bowl until combined. Add the cooked sausage, spinach, cheeses and bread and toss to distribute ingredients evenly.
- 3 Spray a 3-quart casserole dish with cooking spray. Spread the egg mixture evenly in the dish. Cover and refrigerate for at least 6 hours or preferably overnight.
- 4 Preheat the oven to 350 degrees F. Bake the casserole, uncovered, until set and lightly browned on top, about 30 minutes.

Cook's Note

Make-Ahead Tip: Freeze the baked casserole for up to 2 weeks. Cover with foil and reheat at 350 degrees F until hot, 35 to 45 minutes.

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September is National
Self-Improvement Month

COOKING DEMO

If you missed the cooking demo by Katie Sampayo, we have it available to watch until September 30th. Just click on the link below:

Watch Video





Lunch N Learn
08/26/20



RIVERWALK AMPHITHEATER



THE POKER WALK IS BACK!

PRIZES! EXERCISE! GOOD PEOPLE!

Best hand wins, worst hand wins, and a raffle for all participants.

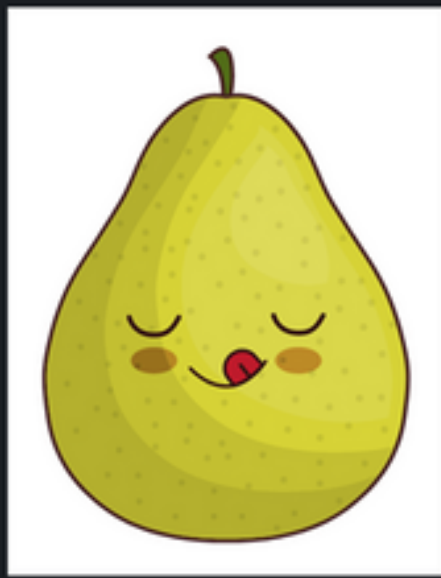
Wednesday, September 10th @ 12:30 PM



Wellness Committee
City of Salisbury

JOIN US FOR A FRUIT DAY!

PRESENTED BY THE WELLNESS COMMITTEE



FOOD PANTRY OPEN HOUSE - take a look at our new food pantry. We did it just for you! Come check it out.

DATE: Thursday, October 1st

TIME: 8:30am-4:30pm

LOCATION: Downtown Visitor's Center

