



**Wellness Committee**  
City of Salisbury



# Gratitude

*In the Workplace*



We hear the word quite a bit but what does it really mean?

"Gratitude - the quality of being thankful; readiness to show appreciation for and to return kindness."

Did you know that being thankful is an essential part of your well-being? A sense of gratitude is a positive experience which contributes to having a happier life and positive morale. [That feeling when you receive a compliment or someone thanks you for a job well done.] Why shouldn't everyone have that feeling? We are all important and significant.

Words of gratitude are very powerful in the workplace. They are also contagious. Here's a few things to think about when planning to be the one setting the example for showing gratitude:

- It doesn't have to be elaborate or complicated. Be sure to communicate "why" you are thanking the person or what they did specifically for you to appreciate them.
- Going above and beyond is not required. You should be grateful for those that repeatedly make it through the daily grind. Some days can be a struggle.
- Create avenues for recognition. For example, a recognition wall or an occasional sweet treat for your employees.
- Find out what drives your employees. They may not all be encouraged by the same things.

Remember, something is always better than nothing. You need to start somewhere and sometime. How about now?



<https://chopra.com/articles/5-ways-to-show-gratitude-in-your-workplace>  
<https://thriveglobal.com/stories/5-ways-to-show-gratitude-at-work/>

## **In this newsletter:**

**Gratitude**  
**Page 01**

**Showing Gratitude**  
**Page 02**

**This or That**  
**Page 03**

**Recipe of the Month**  
**Page 04**

**Employee Gratitude**  
**Page 05**

**Reminders**  
**Page 06**

# Ways to Show Gratitude

Gratitude  
is the best  
Attitude

respect health  
share needs  
seek community  
abundance  
gratitude  
connect  
grateful  
truth  
learn  
create  
accepting  
joy  
healing  
peace  
purpose  
forgive  
believe  
kindness  
love  
growth  
feelings  
ask  
going



Interrupt  
ANXIETY  
WITH  
Gratitude



- Give a gift. This could be anything from a morning coffee to an item for their desk. Be sure it's appropriate and something THEY like.
- Give a card or note of appreciation.
- Return the favor of something someone has done for you.
- Offer Words of Praise and Encouragement. Pay someone a compliment, point out one of their best qualities, acknowledge when they have a great idea, etc.
- Share an Experience. Take a walk, do a wellness class, go to the zoo, attend a charity event, order in lunch.
- Celebrate Personal Wins. New family members, work anniversary, birthdays, buying a new home/car, meeting a fitness goal.

As we express  
our gratitude,  
we must never  
forget that the  
highest appreciation  
is not to utter words,  
but to live by them.

John F. Kennedy

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# MICHAEL LOWE

## PROCUREMENT

### INTERESTS

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hobbies: Reading, Watching old movies  
(westerns are my favorite)

music: Top 40, Country

food: Chicken , Pasta



## This or That?



Coffee or Tea

Roadie Joe's or Mojo's

Netflix or Hulu



River walk or City Park

Sunrise or Sunset

Beach Trip or Fishing Trip



Cats or Dogs

Third Friday or NFF





# Pork Chops w/Apples & Garlic Smashed Potatoes



## Ingredients:

- 1 pound small fingerling potatoes
- 2 cloves garlic
- Kosher salt
- 4 1/2-inch-thick boneless pork loin chops (5 ounces each)
- 2 teaspoons chopped fresh sage
- Freshly ground pepper
- 1 tablespoon extra-virgin olive oil
- 1 large red onion, cut into 1/2-inch wedges
- 2 Granny Smith apples, cut into 1/2-inch pieces
- 3/4 cup apple cider
- 1/4 cup buttermilk



## Directions:

- 1 Put the potatoes and garlic in a saucepan, cover with cold water and season with salt. Cover and bring to a boil, then uncover and continue cooking until tender, about 15 minutes. Cover and set aside.
- 2 Meanwhile, rub both sides of the pork chops with the sage, and salt and pepper to taste. Heat a large cast-iron skillet over high heat, then add 1 teaspoon olive oil and sear the chops until golden on both sides, about 5 minutes total. Transfer to a plate. Wipe out the skillet and add the remaining 2 teaspoons olive oil. Add the onion and apples and cook over medium-high heat until lightly browned, about 5 minutes. Season with salt and pepper and stir in the cider.
- 3 Return the chops to the skillet. Cover and cook, turning once, until just cooked through, 4 to 5 minutes. Drain the potatoes, reserving 1/4 cup liquid. Return the potatoes to the pan; add the buttermilk and mash, adding cooking liquid as needed. Season with salt and pepper. Serve with the pork chops, onion and apples. Drizzle with the pan juices.



# City of Salisbury

## Employee Gratitude

I AM GRATEFUL FOR YOU BECAUSE...

**CANDACE C.:** You are always so cheerful and friendly and a joy to work with. Always willing to help with any situation that arises. Your creative emails make my day better.

**FAITH R.:** YOU ARE ALWAYS SO KIND AND I APPRECIATE YOU!

**PAT G.:** YOU ARE SO EASY TO WORK WITH AND HAVE SUCH A POSITIVE DISPOSITION. WHEN YOU COME TO OUR OFFICE, YOU BRIGHTEN THE DAY!

**DOUG D.:** You are kind, helpful, informative and hardworking. Thanks for being you!

**DONNA H.:** You always have the best ideas. You're fun, kind, caring, and always there to lend a helping hand!

**LAURA B.:** You are everybody's biggest cheerleader and you're a wonderful mom!

**COURTNEY B.:** You always make me laugh!

**JERMICHAEL M.:** You do so much for the people in our community and I want you to know it doesn't go unnoticed. Thank you!

This is just a sampling of the gratitude forms received for our amazing employees!



# SWEET REMINDERS



Letters for the Mayor - For December, please write a letter to Mayor Day expressing holiday cheer. Since he is unable to be with his family and friends this year, we need to encourage him. We want the letters to arrive before Christmas so email letters to Donna Haag or send interoffice to Julie English **no later than Wednesday, December 9th.** (That is NEXT WEEK!!!)



Gifts for the Girls - Christine is putting a Holiday basket together for Mayor Day's girls. They will receive it before Dec 25th so think **holiday**. Drop off items to HCDD or contact Christine **no later than December 19th.**

