



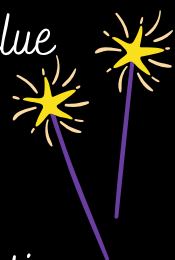
**Wellness Committee**  
City of Salisbury



# 2021



*If I had to summarize 2020 using one word, it would be CHANGE. Every aspect of our lives as we knew it was thrown into a blender without preparation and set on puree. We don't work, shop, learn, celebrate, or communicate the same way. Some of us have lost people near and dear to our hearts. Many have learned to cherish the little things in life and to value every second of it.*



*Along with this change, I have seen people give of their time and money to help those who were struggling. It wasn't done for the recognition but for the satisfaction of knowing they made a difference where they could.*

*Take some time to reflect on all that we've been through over the last 10 months. Even though we're still adapting, we're still standing.*

*I want to leave you with two words a friend put together that has been encouraging to me during 2020...FALL FORWARD!  
Let that sink in.*

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# Easy New Year's Resolutions



- **Try Something New!** Order a different menu item, try a new hobby, shop at a different store, take pictures of things, change your hairstyle or hair color, send flowers just because...
- **Schedule time each month to socialize with friends no matter what!** The details can change each month but don't let anything cancel these plans. It's important to set aside time for fun, laughs, and friends. Virtual communication makes this possible.
- **Assign each room of your home a month during the year.** Try to pick months you aren't as busy. During that month you will go through the assigned room and get rid of anything you don't need or haven't used in the last year. Finally, give the room a good cleaning.
- **Start a journal.** Try to make an entry in your journal at least once per week, if not daily. It doesn't *have to* include feelings and drama if you don't want it to. Summarize what events took place; accomplishments, goals, surprises, disappointments, etc.
- **Plan some road trips.** You don't have to go too far or stay a long time. Surely there are places nearby that you haven't explored yet. Ask around for ideas. Day trips can be the best!
- **Get back to your roots.** What did you do before electronics took over your life? Play board games, kick the soccer ball around, build with blocks or legos, dance in the rain, form a band with kitchen items...the possibilities are endless.

# JEFF LAMBERT

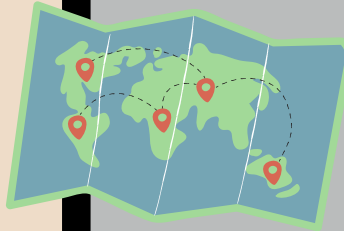
## WATER TREATMENT PLANT

### INTERESTS

hobbies: traveling

music: country

food: pizza



### 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





# 5 Easy Chicken Marinade Recipes

## Ingredients

### Fajita Chicken Marinade

- 2 tbsp olive oil
- 2 tbsp honey or maple syrup
- 1 lime juice of
- 2 tsp chilli powder
- 2 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp salt
- 1/2 tsp ground black pepper

### Greek Chicken Marinade

- 2 tbsp olive oil
- 1 large lemon juice of
- 1 tbsp oregano dried
- 1 tbsp rosemary dried or fresh
- 2 garlic cloves grated
- 1 tsp salt
- 1/4 tsp ground black pepper
- Pinch of red pepper flakes

### Lemon Chicken Marinade

- 1 large lemon zest and juice of
- 2 tbsp olive oil
- 3 garlic cloves grated
- 2 tsp oregano dried
- 1/2 tsp salt
- 1/2 tsp ground black pepper

### Teriyaki Chicken Marinade

- 3 tbsp maple syrup or honey
- 2 tbsp soy sauce I used Brag
- 1 tbsp rice vinegar
- 1 garlic clove grated
- 1/2 tsp fresh ginger grated

### Ranch Chicken Marinade

- 3/4 cup yogurt or buttermilk
- 2 garlic cloves grated
- 1 tbsp olive oil
- 1 tbsp onion powder
- 1/2 tsp salt
- 1/2 tsp ground black pepper

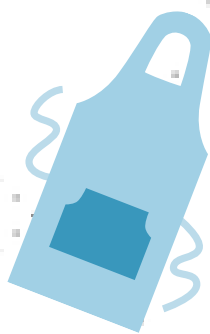


## Instructions

1. Combine marinade ingredients in a bowl and stir.
2. Pick flat container, baking dish or reusable silicone bag so chicken can lay flat for maximum flavor penetration.
3. Place chicken in a container, pour marinade over and stir to coat well.
4. Marinating time is from 30 minutes - 24 hours. Longer marinating time means more flavor but I wouldn't marinate past 24 hours so acid will cause flesh to break down.
5. When ready to cook, remove chicken from marinade and cook as per recipe instructions (see tips below).

## Notes

- **How much chicken?** Amount of any marinade is enough to marinate up to 3 lbs of chicken well.
- **Past 24 hours:** If meat is done marinating but you are not ready to cook, remove it from marinade, wipe off any excess and refrigerate in a container for another 24 hours.
- **Freezing:** You can freeze marinated chicken with excess air removed from the container for up to 3 months. When ready to cook, thaw in the fridge for 24 hours and cook as per recipe.
- **Grilling:** Preheat grill on medium-high heat (450-500 degrees F) and rub with oiled paper towel. Place chicken on the grill, close the lid and grill for 8-10 minutes turning once.
- **Baking:** Preheat oven to 450 degrees F. Rub bottom of large baking dish with oil and lay chicken breasts in a single layer. Bake uncovered for 25 minutes - 35 minutes for boneless chicken and longer for bone-in pieces.
- **Pan frying:** Preheat large non-stick or grill skillet on medium heat, add a bit of oil, add chicken and cook for 5-6 minutes. I find it helps to cover thicker pieces with a lid midway to help meat cook through. Flip and cook for another 5-6 minutes or until the thickest part juices run clear when poked with a knife or fork.
- **When is chicken ready?** Technically, chicken is ready when meat thermometer inserted in the middle reads 165 degrees F. BUT I like to stop cooking chicken at 150 degrees F because it will keep cooking with residual heat while resting. I like juicy chicken. :)
- **Rest your meat:** Make sure you let chicken rest after cooking with any method. After finished cooking, cover dish with meat with tin foil, silicone lid or paper towel. Let rest for 5 minutes to allow juices flow back into meat.
- **Discard marinade.**



# Healthy White Chicken Chili



## Ingredients

- 1.5 lbs 3 medium boneless and skinless chicken breasts
- 1 small onion diced
- 2 garlic cloves minced
- 1 tbsp oil I use avocado oil
- 3 cups chicken broth low sodium\*
- 2 x 15 oz cans great Northern beans drained and rinsed
- 2 cups corn
- 4 oz can diced green chiles
- 1 tsp cumin
- 1/2 tsp oregano
- 1/2 tsp chili powder
- 1/8 tsp cayenne pepper
- 1 tsp salt
- Ground black pepper to taste
- Small bunch of cilantro finely chopped
- 1/2 cup plain or Greek yogurt fat 2%+
- 1 lime juice of
- Tortilla chips avocado, more yogurt, limes, for serving



## Instructions

### Stovetop Healthy White Chicken Chili

1. Preheat large dutch oven or heavy bottom pot on medium-high heat and swirl oil to coat.
2. Add garlic and onion, sauté for 3 minutes, stirring occasionally.
3. Add cumin, oregano, chili powder, cayenne pepper, salt and pepper and cook for 30 seconds, stirring constantly.
4. In a small bowl, add about 1 cup of beans and mash with a fork. It helps to thicken the chili.
5. Add broth, mashed and whole beans, corn, green chiles and chicken breasts. Cover, bring to a boil, reduce heat to low-medium and simmer for 20 minutes.
6. Turn off the heat. Remove chicken and shred with 2 forks or meat claws.
7. Return chicken to the pot along with lime juice, cilantro and yogurt.
8. Stir and serve warm with your favorite toppings like tortilla chips, cheese, more cilantro and lime.



# FIELD OPERATIONS ~ Employee Appreciation Activities

Free breakfast and 2 hrs recognition time!!!



Who followed directions  
the best for their  
drawing?  
**JUSTIN ECKMAN!!!**



Who answered  
the most  
questions  
correctly about  
their Admin  
Team?

JENNIFER

KACEY

SANDY

**Bryant  
Ringgold**



Candy Jar Guessing Game  
Winner...John Smith



# SALISBURY FIRE DEPARTMENT

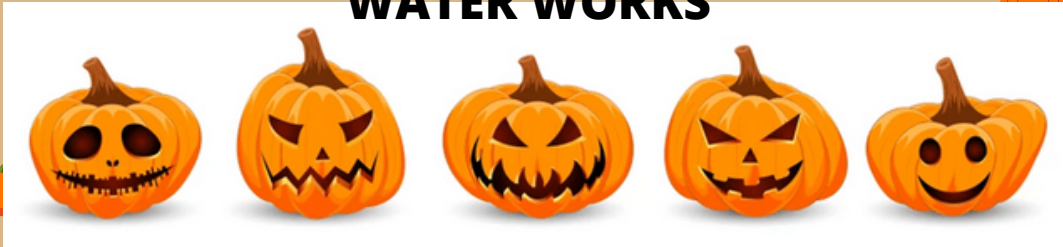
The SFD shows appreciation to its employees by setting up a Hot Chocolate Bar.



In addition, this cute little guy and his 2 siblings played hide-and-seek at the fire stations with the employees. Who says men can't have fun, too?!



## WATER WORKS



Water Works held a pumpkin decorating contest within each division. They also hid mini pumpkins around the plant as well and whoever found them while working received a prize.

Hot chocolate and candy canes were handed out to employees as a special treat. Lastly, there was a fun gift exchange to finish out the year.



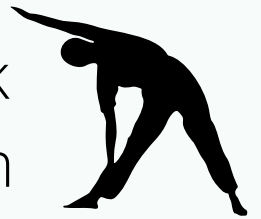


# MAKE A NOTE

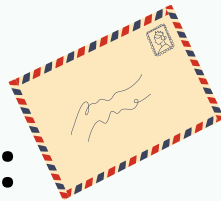


## Wellness Wednesdays:

- January 20th @ 2:30pm - Meditation Break
- January 27th @ 10:00am - Morning Stretch



<https://us02web.zoom.us/j/84794307259?pwd=bDBpZW1OVjhBY2daOTgvaW1TN205UT09>



## Letters to Mayor Day:

Get your letters ready for Mayor Day. There is no theme so be creative and share something encouraging and positive to get him through these last several months. Letters are due by January 29th.



## February

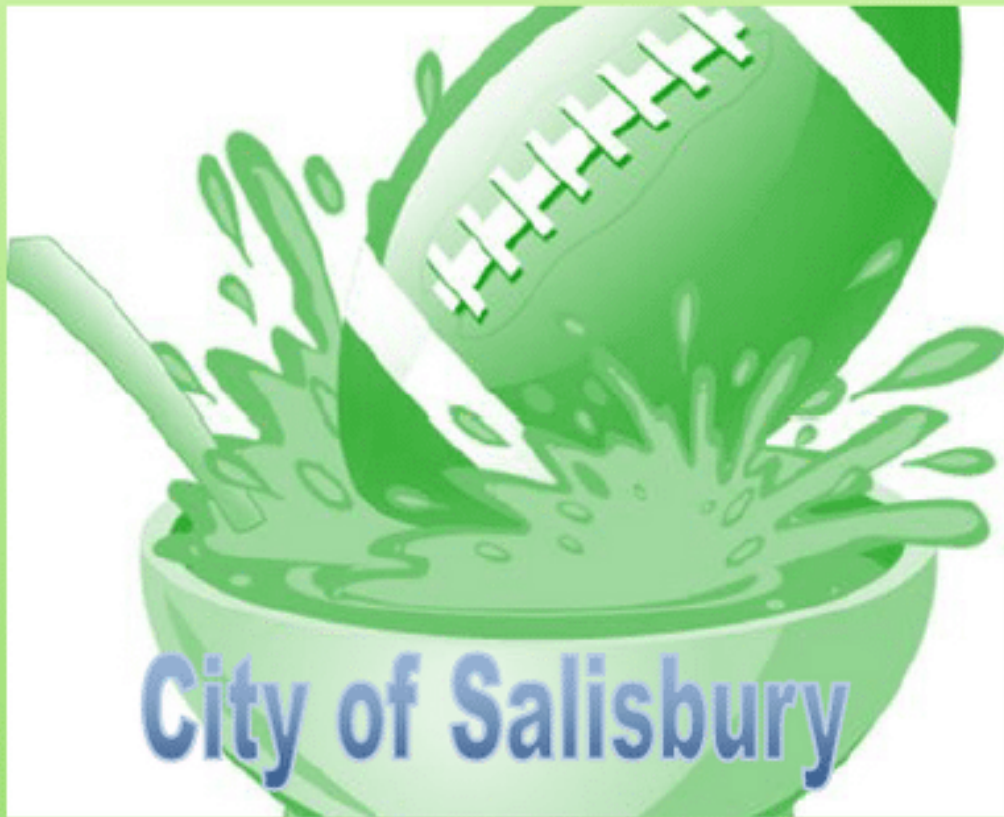
- Souper Bowl is back! Get your recipes ready by February 4th. More details coming to an inbox near you.
- Donations for a Valentine basket for Mayor Day's girls will be due February 11th. Start collecting your items now.





THRIVE SBY 6th ANNUAL

# "SOUPER" BOWL



**WHO:** City of Salisbury Employees

**WHAT:** Soup Contest

**WHEN:** Thursday, February 4th, 2021

**WHERE:** GOB, City Council Room



More details to follow. Sign-ups will begin January 19th for those interested in participating. Prizes will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners.