



## **Wellness Committee** City of Salisbury



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# **OCTOBER**

## **EMOTIONAL WELLNESS MONTH**

Having emotional wellness is being able to handle and express your feelings in a positive way, along with striving for positive changes in your life. Not everyone was taught to do this. Men, in particular, feel they have to be tough and "suck it up." It isn't healthy to continually pretend everything is okay if it's not. Expressing your feelings openly and identifying what your stressors are can have a huge impact on your emotional wellness.

### **7 Signs of Emotional Wellness**

1. You treat others well.
2. You like who you are.
3. You're flexible.
4. You hold gratitude for your loved ones.
5. You're in touch with your emotions.
6. You have meaning in your life.
7. You value experiences more than possessions.

### **Ways to Improve Emotional Wellness**

- Review your financial plan.
- Give yourself a break from the digital world.
- Take advantage of resources available to you.
- Remember the relationships in your life.
- Keep up with routine health checks.
- Eat healthy and increase physical activity.
- Make sure you get enough sleep.

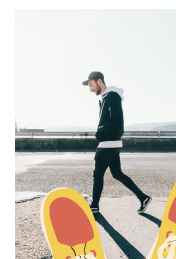
<https://blog.healthalliance.org/emotional-wellness-month/>

[https://www.huffpost.com/entry/emotional-wellness\\_b\\_3722625](https://www.huffpost.com/entry/emotional-wellness_b_3722625)

<https://nationaldaycalendar.com/emotional-wellness-month-october/>

# Emotional Wellness Activities

1. Use aromatherapy. Diffuse essential oils, rub them on your feet, or take a bath with them to relax.
2. Meditate. Use calming music, affirmations, or guided imagery to help.
3. Take a walk. Getting outside for a walk can be very therapeutic and healthy for your body as well.
4. Journaling. Write down your thoughts, how you are feeling, what you are thankful for. You can also capture the dreams and goals you've set for yourself and when you've attained them.
5. Relaxation. Find what works for you. Examples include: taking a hot bath, going to a spa, drawing, coloring, listening to music.





# KIM NICHOLS

## CLERK'S OFFICE

### INTERESTS



hobbies: gardening, raising chickens, doing anything outside, reading

music: Christian Rock, Rock & Roll, Country

food: Crabs, steak, Italian food



fun

## This or That?

Coke or Pepsi

Pizza or Hoagies

Movie Theater or DVD

Beach or Pool

Spring or Fall

Sightseeing or Beach

Popcorn or Pretzels

Cake or Pie

I enjoy spending time with my ladies Clementine and Mango.



Hi! My name is Napoleon.



# Low-Cal Fettucine Alfredo



## Ingredients:

1 tablespoon unsalted butter  
1 clove garlic, minced  
1 teaspoon grated lemon zest  
2 teaspoons all-purpose flour  
1 cup low-fat (2%) milk  
Kosher salt  
2 tablespoons Neufchâtel or low-fat cream cheese  
3/4 cup grated parmesan cheese, plus more for topping  
3 tablespoons chopped fresh parsley  
12 ounces fresh fettuccine  
Freshly ground pepper



## Directions:

Make the sauce: Melt the butter in a skillet over medium heat. Add the garlic and lemon zest and cook until the garlic is slightly soft, about 1 minute. Add in the flour and cook, stirring with a wooden spoon, 1 minute. Whisk in the milk and 3/4 teaspoon salt and cook, whisking constantly, until just thickened, about 3 minutes. Add the Neufchâtel and parmesan cheese; whisk until melted, about 1 minute. Stir in the chopped parsley. Meanwhile, bring a large pot of salted water to a boil. Add the fettuccine and cook until al dente, 2 to 3 minutes. Reserve 1 cup cooking water, then drain the pasta and return to the pot. Add the sauce and 1/2 cup of the reserved cooking water to the pasta and gently toss to combine, adding more cooking water as needed to loosen. Season with salt. Divide among bowls and top with parmesan and pepper.



Food Network Magazine





**Best Hand - Chase Bennett  
Dept. of Field Operations**



**Worst Hand - Ron Strickler  
HCDD**





# SGT. ENGLE SFD

*Well Done!*

Shout out to Sgt. Josh Engle for his recent success in the *Pemberton 24* - A festival of 5k's event.

Sgt. Engle was included in a group of 25, out of approximately 200 people, to complete a 5k run every hour on the hour for 24 hours straight. He ran 74.05 miles total with a moving time of 18 hours, 25 minutes, and 5 seconds. To put this into perspective for some of you...he ran 24 5k's in one day. Very impressive!

For more information on the Pemberton 24, click [here](#).





tomato  
chup



THRIVE SBY

Tues/Thurs  
4:00-5:30pm

# THE PANTRY

.....  
for City of Salisbury employees  
.....

LOCATED AT THE DOWNTOWN  
VISITOR CENTER

Bring what you can,  
take what you need

Spaghetti



Goodies for the Girls - Halloween themed items for Mayor Day's girls can be dropped off at HCD, Mayor's Office, or contact Christine Chestnutt to have your items picked up. Items need to be in by Monday, October 19th. (cchestnutt@salisbury.md)

Letters for the Mayor - This month we are focusing on SNACKS. Get your favorite small snack to send to the Mayor. Nothing that will melt. Include a note just saying hi and tell him which snack you've included and why you like it so much. Feel free to include words of encouragement. He really looks forward to these letters and ranks them right up there (just under) talking to his girls. Deadline is Oct. 30th at noon.

Employee of the Month Nomination Forms - Nomination forms for the October EOTM are due to Julie English by Friday, Oct. 30th. Start noticing who is making a difference this month.