



THRIVE SBY



# CITY OF SALISBURY

THRIVE Committee

## Newsletter

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## **NATIONAL MENTORING MONTH: WHAT KIND OF IMPACT CAN YOU HAVE?**

by Donna Haag

Each January the mentoring community joins forces to recruit new mentors, young and old. Throughout the year all types of mentors are providing their knowledge, experience and advice to others, in order to help them advance in one form or another. You may be a mentor to someone and not even realize it. Have you become a trusted advisor and role model to an adult or child? Have you offered support and encouragement to someone at work, or in your community? By doing so you can help someone advance their skills, their job and their life.

Mentoring at work provides companies with an extra support system that can lead to employee retention and an uptick in employee morale. Mentors can improve their leadership skills by helping to mold new employees and "show them the ropes" of the

company. Wouldn't it have been nice to have someone help guide you through the transition into your new job? Help you gain new skills and advance your career?

Considering mentoring a child? The benefits are endless to a child. A male child without a positive male role model in their life is more likely to get involved in criminal activity and not finish high school. The impact a positive role model has on a child can open a world of opportunity. Children flourish when they feel a sense of belonging and care from others.

Those being mentored are not the only ones that gain something from the relationship. Mentors can broaden their perspectives, expand their communication skills and learn new ways to approach situations. Mentoring can also be a "feel good" experience. Helping others can boost your own morale. What's better than seeing others, that you have helped, accomplish something whether it's big or small? Mentoring is a rewarding experience to all those involved.

We've got opportunities within the City to mentor our new employees through the Buddy Program, If you're interested contact Jo Ann Justice [jjustice@salisbury.md](mailto:jjustice@salisbury.md)

If you'd like to mentor a local child, on City time, please contact Big Brothers/Big Sisters 410-543-2447 or Junior Achievement 410-742-8112

**Have suggestions for  
the THRIVE  
Committee? Let us  
know:**

**[jturner@salisbury.md](mailto:jturner@salisbury.md)**

## **HEALTH & DIVERSITY CORNER**

**This is the month of resolutions.**

**What are your resolutions?**

**What are you doing to keep on track  
with your goals?**

**What advice would you give to others  
to help them keep themselves on  
track?**

# RECIPE OF THE MONTH:

## Baked Spinach & Feta Pasta



1 (5-ounce) block feta cheese  
8 cups lightly packed baby spinach (about 5 ounces)  
3 tablespoons extra-virgin olive oil  
2 large cloves garlic, minced  
1 teaspoon dried dill  
¼ teaspoon kosher salt  
¼ teaspoon ground pepper  
8 ounces penne or rotini  
2 cups boiling water

### Directions:

#### Step 1

Place feta in the center of a 9-by-13-inch baking dish. Bake until softened and starting to brown, about 15 minutes.

#### Step 2

Meanwhile, combine spinach, oil, garlic, dill, salt and pepper in a large bowl. Use your hands to massage the spinach until it's reduced in volume by half. Stir in pasta.

#### Step 3

After the feta has baked for 15 minutes, add the spinach and pasta mixture to the baking dish. Pour boiling water over the mixture and gently stir. Cover with foil and bake until the pasta is tender, about 18 minutes. Remove from the oven and stir. Cover and let stand for at least 3 minutes before serving.



# UPCOMING EVENTS

**Jan 18th 3-4:30pm** Hot Cocoa "Social" at the Marketplace. Stop by and grab some warmth in a cup, shop the pantry and say HI to your fellow employees. Sign-ups have closed for this event.

**Feb 7th** Souper Bowl VII sign-ups are underway. Think you've got what it takes to win the Souper Bowl? Pick your best recipe and get your name on the list. All employees will be able to stop by and taste the soups at noon. Bring in a canned good or dry good for our Pantry to participate.

## NEXT MONTH: SOUPER BOWL

