



THRIVE SBY



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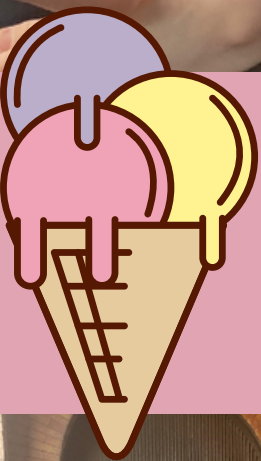
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OCTOBER

FUN FALL TIPS

- **Take some time to yourself.** Autumn and winter are the Earth's way of telling us to slow down. Start a journal or track your moods to get more in touch with how your feeling.
- **Get your flu shot and yearly check-up.** Self explanatory! No one likes sniffing and aching and sneezing and coughing getting in the way of life. Yuck.
- **Boost your immune system.** You can do this by drinking plenty of water, washing your hands often to prevent sickness, and eating nutritious foods.
- **Get yourself ready for Daylight Savings Time.** Go to bed earlier when you can, especially the week before the clocks change. Longer periods of darkness = longer periods of sleep!
- **Make some plans for the cold months.** In the winter, we tend to hibernate if we don't have things to keep us busy.
- **Moisturize your skin.** Harsh temperatures can make your skin dry. Also, you still should be wearing sunscreen.
- **Stay active!** It can be easy to just sit around all the time, but it's important to get in some movement throughout the day. Raking leaves or shoveling snow counts!
- **Wear layers and protect your body from the dropping temperature.** Make sure you have gloves, a scarf, ear muffs, a winter coat, warm socks, and snow boots!
- **Do some "spring cleaning" in the fall.** Clean out your closet, organize that back room, and rid yourself of things you don't need.
- **Prepare your home for possible extreme weather conditions.** Do you have a shovel and/or snow blower? Do your flashlights have batteries? Is your heat working okay?
- **Get some books to read and shows to watch.** Who doesn't want to sit by the fire on chilly winter nights and read a good book or binge-watch some Netflix?

Source: <https://www.activeminds.org/blog/15-autumn-wellness-tips-to-keep-you-healthy-this-fall/>



BACK TO SCHOOL ICE CREAM NIGHT



OCTOBER THRIVE EVENTS

WALK-TOBER: Walk for 15 minutes one day each week and earn one sneaker charm per week. Walk all four weeks, earn a pumpkin charm in addition to sneaker charms. At the end of October, email your progress to mlindekens@salisbury.md and your charms will be sent to you via inter-office mail. If you haven't received a charm chain, please advise when you submit your progress.

Thursday 10/14 @ 12:00pm:

PUMPKIN WALK: Join us at the Zoo (East Entrance) for a walk through the Zoo. At the end of the walk, pick a pumpkin from the Pumpkin Patch. Then hangout and enjoy some pumpkin treats and hot cider!



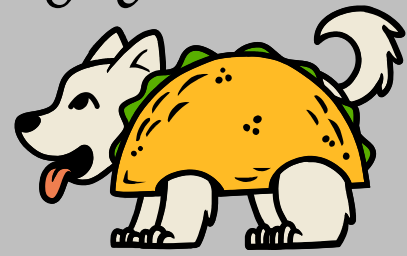
OCTOBER THRIVE EVENTS

Wednesday 10/20 @1:00pm

FITTING IN FITNESS: Presentation and Lunch. Join Us at Station 16 for a presentation by Care First. Lunch will be served.

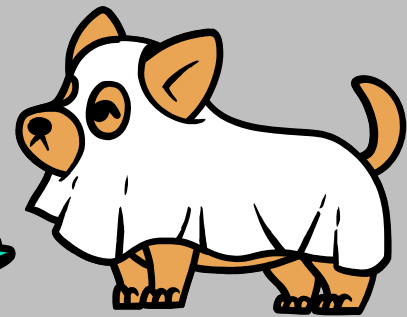
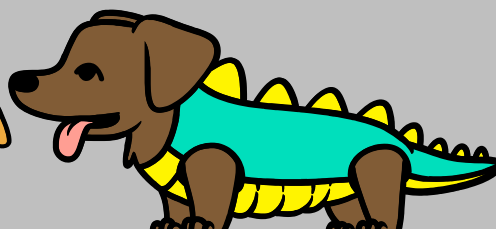
Tuesday 10/19 @ 3-5:00pm:

TACO TUESDAY: Visit Marketplace to pick up your taco kits.



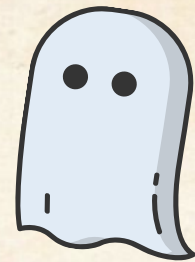
Thursday 10/28 @ 5:00pm

MEET & GREET @ DOG PARK: Join us with your furry friend(s) at the Dog Park. Doggie costume contest. 1st, 2nd and 3rd place prizes. All dogs get treats. Drinks and snacks for everyone. Any participating employee can leave early to get his or her dog(s).



Kacey Lingle

FIELD OPS



INTERESTS

Hobbies: Reading, Hiking, Making Earrings out of clay

Music: Indie Folk

Food: Cabbage, Brussels, Mashed Potatoes & Steak (homecooked food)



This or That?

Coke or Pepsi "Eww...soda"

Pizza or Hoagies



Movie Theatre or DVD

Beach or Pool



Spring or Fall

Sightseeing Vacation or Beach Vacation



Popcorn or Pretzels "Both"



Cake or Pie "cheesecake specifically"





Healthy Broccoli Cheese Soup

Prep Time: 10 minutes Cook Time: 20 minutes

8 large servings Olena Osipov



INGREDIENTS

- 2 tbsp butter
- 3 garlic cloves minced
- 1 onion finely chopped
- 5 cups butternut squash cubed
- 3 cups 2 large potatoes, cubed
- 4 cups any stock low sodium
- 3 cups any milk I used unsweetened almond
- 5 cups 1 lb broccoli, coarsely chopped
- 1 1/4 tsp salt
- 5 oz sharp cheese shredded



INSTRUCTIONS

1. Preheat large heavy bottom pot or dutch oven on medium heat and melt butter. Add garlic and onion, cook for 5 minutes, stirring occasionally.
2. Add butternut squash, potatoes, stock and milk; bring to a boil. Reduce heat to low-medium, cover and cook for 7 minutes.
3. Add broccoli and salt, bring to a boil, cover and cook for 4 more minutes. Turn off heat.
4. If you like chunky soup (I do), remove broccoli into a bowl with a slotted spoon. Using an immersion blender, puree soup until smooth and silky. Return broccoli and add 4 oz of cheese; stir until cheese has melted. Serve hot sprinkled with remaining cheese.



tomato
chup



THRIVE SBY

**Tuesday
3:00-5:00pm**

THE PANTRY

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for City of Salisbury employees
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**LOCATED AT THE DOWNTOWN
VISITOR CENTER**

**Bring what you can,
take what you need**

Spaghetti