



THRIVE SBY



**In this newsletter:
Featured Article
Page 01**

**Folk Festival Flyer
Page 02**

**Healthy Heart Habits
Page 03**

**Grilled Veggie Night Photos
Page 04**

**New Employee Spotlight
Page 05**

**This or That
Page 06**

**Recipe of the Month
Page 07**

**Pantry
Page 08**

SEPTEMBER

World Heart Day: September 29

In May 2012, world leaders committed to reducing global mortality from non-communicable diseases (NCDs) by 25% by 2025. Cardiovascular disease (CVD) is accountable for nearly half of all NCD deaths making it the world's number one killer. World Heart Day is, therefore, the perfect platform for the CVD community to unite in the fight against CVD and reduce the global disease burden.

Created by the World Heart Federation, World Heart Day informs people around the globe that CVD, including heart disease and stroke, is the world's leading cause of death claiming 18.6 million lives each year, and highlights the actions that individuals can take to prevent and control CVD. It aims to drive action to educate people that by controlling risk factors such as tobacco use, unhealthy diet and physical inactivity, at least 80% of premature deaths from heart disease and stroke could be avoided.

World Heart Day is a global campaign during which individuals, families, communities, and governments around the world participate in activities to take charge of their heart health and that of others. Through this campaign, the World Heart Federation unites people from all countries and backgrounds in the fight against the CVD burden and inspires and drives international action to encourage heart-healthy living across the world. We and our members believe in a world where heart health for everyone is a fundamental human right and a crucial element of global health justice.

<https://world-heart-federation.org/world-heart-day/about-whd/>

SEPTEMBER 10 - 12, 2021

THE 80th NATIONAL FOLK

It's FREE

FESTIVAL

SALISBURY ★ MARYLAND



3 DAYS
4 STAGES
TOGETHER AGAIN
IN
DOWNTOWN
SALISBURY!



CELEBRATE the roots, richness, and diversity of American culture through music, dance, storytelling, and food.



HEAR Cajun, blues, gospel, bluegrass, Irish, go-go, Latin, West African, and more.



EXPERIENCE three fun-filled days of music, dance, and cultural traditions—something for the entire family.



DISCOVER America in Salisbury, Maryland.

SEPTEMBER 10 - 12, 2021

Save the date!

Your health and safety is paramount.

The National Folk Festival is committed to providing safety measures that comply with local, state, and federal guidelines. Details will be updated on the festival website.

Music, dance, and cultural traditions from across America!

NationalFolkFestival.com

Produced by the National Council for the Traditional Arts in partnership with the City of Salisbury.

HEALTHY HEART HABITS

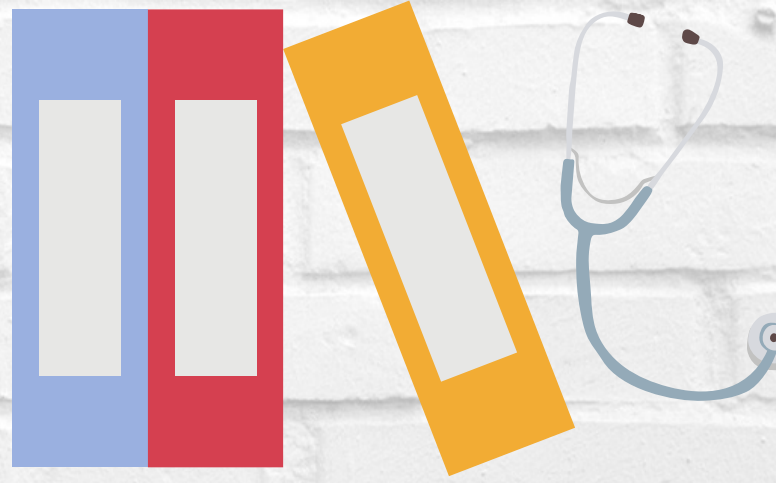
1. MOVE EVERYDAY
 2. MAKE THE HEALTHIER EATING CHOICE
 3. BRUSH & FLOSS TWICE DAILY
 4. DON'T SMOKE AND AVOID SECOND-HAND SMOKE
 5. MEET UP WITH YOUR FRIENDS
 6. GET ENOUGH SLEEP
 7. SCHEDULE REGULAR CHECK-UPS
- 



PHOTOS FROM THE GRILLED VEGGIE NIGHT

JOIN US AT THE MARKETPLACE FOR OUR MONTHLY EVENT





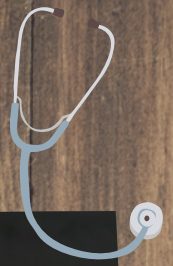
NEW EMPLOYEE SPOTLIGHT



BRIAN GREEN
WATERWORKS

Jessica Budd

DEPARTMENT OF INFRASTRUCTURE
AND DEVELOPMENT



INTERESTS

.....

Hobbies: Boating, Fishing, Beach

Music: Christian, country

Food: Almost anything, but not a fan of spicy foods



This or That?

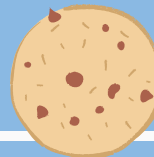
Adventurous or Cautious

Call or Text



Spicy or Mild

Oreos or Chips Ahoy



City or Country

Neutrals or Bright Colors

Casual or Dressed Up



Early Bird or Night Owl



Slow Cooker Butternut Squash Soup

Prep Time: 10 minutes Cook Time: 4 hours
6 large servings Olena Osipov

INGREDIANTS

- 1 medium butternut squash 8 cups, cubed
- 14 oz can coconut milk full fat*
- 2 cups water
- 2 tbsp maple syrup or honey
- 1 tbsp red curry paste
- 1 inch ginger peeled & grated
- 1 garlic clove crushed
- 1 1/2 tsp salt
- 4-5 kaffir lime leaves optional**
- 1.5 lbs chicken any parts, skin on or off- used chicken breasts
- 2 cups quinoa cooked
- 2 large red bell peppers thinly sliced
- 1/3 cup peanuts unsalted
- 1/4 cup cilantro chopped
- 1/2 lime juice of



INSTRUCTIONS

1. In a large slow cooker, add squash, coconut milk, water, maple syrup, curry paste, ginger, garlic, salt, lime leaves and chicken. Cover and cook on Low for 8 hours or on High for 4 hours.
2. Remove chicken and shred using two forks. Discard lime leaves. Using immersion blender, blend soup until smooth.
3. Add chicken, quinoa, bell peppers, peanuts, cilantro and lime juice. Stir and serve hot.
4. Alternatively you can serve toppings separately.



tomato
chup



THRIVE SBY

**Tues/Thurs
3:00-5:00pm**

THE PANTRY

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

**LOCATED AT THE DOWNTOWN
VISITOR CENTER**

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

Spaghetti