



MAY

In Full Bloom

Happy May Everyone!

MAY you be happy

MAY you find peace

MAY you have joy

MAY you find healing

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13 May National Months You Might Not Know

1. American Cheese Month
2. Date Your Mate Month
3. National Barbecue Month
4. National Bike Month
5. National Egg Month
6. National Photography Month
7. National Salad Month
8. National Salsa Month
9. National Strawberry Month
10. Skin Cancer Awareness Month
11. National Water Safety Month
12. National Foster Care Month
13. National Military Appreciation Month

BAKE-OFF

HIGHLIGHTS



1st Place Winner

1

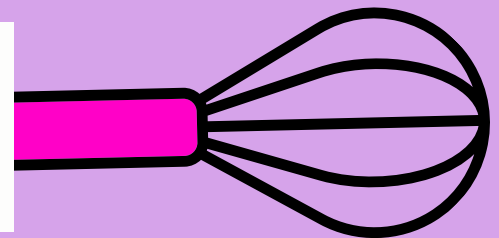
Kyla Cupp
Cinnamon Cream
Cheese Bars



2

Barbara Kalaroumakis

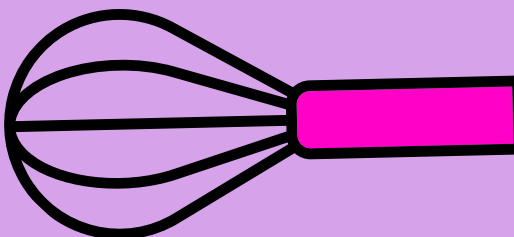
Baklava



3

Jennifer Miller

Dulce de Leche & Orange Cheesecake
Brownies



BAKE-OFF

HIGHLIGHTS

WINNING RECIPE

CINNAMON CREAM CHEESE BARS



INGREDIENTS

2 packages crescent rolls

FILLING

2-8 ounce packages of cream cheese

1 cup of sugar

1 tsp vanilla

TOPPING

1 stick butter

1 1/2 tsp cinnamon

1/4 sugar

DIRECTIONS

1. Preheat oven to 350 F. Spread one package of crescent roll dough across ungreased 9 x 13 pan.
2. Beat two packages of cream cheese with 1 cup sugar and 1 tsp vanilla. Spread over rolls.
3. Spread out second package of crescent rolls and lay on top of cream cheese mixture.
4. Melt butter and spread evenly over the top.
5. Mix cinnamon and 1/4 cup sugar and sprinkle over top.
6. Bake for 25-30 minutes until lightly browned.
7. Cool completely before cutting. Serve at room temperature or chilled. Store in refrigerator.

[Click Here for Online Recipe](#)

A Mother's Day Gift Guide

May 8th marks Mother's Day. Not sure what to get your mother? Here are some ideas to put together the perfect gift basket of all the things your mom might want on her special day. Remember, it is the thought that counts!

1. Start with a cute basket to put your gifts in



2. Add some self-care gifts



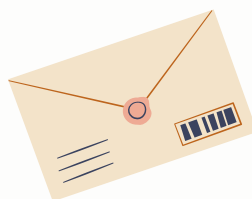
3. Add favorite food/drink items



4. Add a cute potted plant



5. Write a meaningful letter about how much your mom has impacted you



Recipe of the Month



Healthy and Easy Shrimp Tacos

TOTAL TIME:

Prep: 10 min Cook: 10 min

YIELD: 10-12 tacos

INGREDIENTS:

For Shrimp

- 1 ½ lbs shrimp (uncooked, peeled, deveined, tails removed)
- 1 tablespoon olive oil
- Juice from 1 lime
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1 clove garlic , minced
- ¼ teaspoon cayenne (optional)

For Sauce

- 3/4 cup plain Greek yogurt
- 1/4 cup olive oil
- 1/2 tablespoon white vinegar
- 1 clove garlic , minced
- ½ jalapeño pepper
- ¼ cup cilantro leaves
- 1/4 teaspoon onion powder
- 1/2 teaspoon coarse salt

Topping

- 2 cups finely shredded cabbage mix
- 10-12 small corn tortillas
- Avocado (optional)

DIRECTIONS:

1. Pat the shrimp dry with paper towels. Add to a ziplock bag with olive oil, lime juice and spices. Toss to coat. Rest for 10 minutes while preparing the shrimp taco sauce, or refrigerate for several hours until ready to use.
2. Blend all the sauce ingredients together in a small blender or food processor until smooth and creamy. Add about 1/2 a cup of the sauce to the slaw, stir well, and set aside.
3. Heat a drizzle of oil in a large skillet over medium high heat. Add the shrimp to the hot pan and sauté for 2-3 minutes on each side, until pink and cooked through.
4. Fill tortillas with a few shrimp and a spoonful of slaw. Top with fresh avocado, extra sauce (if desired) and any additional toppings.



The Employee Spotlight

Q&A EDITION

Rachel Manning

Title: Community Relations Manager

Dept: HCDD

Q: What are the top 3 highlights of your life?

A: All 3 of my beautiful children

Q: What skill would you like to master?

A: How to keep plants alive

Q: Who would you play in a film?

A: Anne Hathaway

Q: What landmark would you visit given the chance?

A: The Eiffel Tower

Q: What is your biggest fear?

A: Heights

Q: Do you have any pet peeves?

A: Yes, these questions!

Q: Not counting your current job, what would your dream job be?

A: A job where I can travel the world and visit interesting places

Q: If you had to eat one meal everyday for the rest of your life, what would it be?

A: Anything with pasta

Q: If money was no object, what would you do all day?

A: Sit on the beach with a drink

Q: Given your choice of turning any activity into an Olympic sport, what would you have a change to medal at?

A: Driving kids to and from soccer practice.

Q: What is something people would be surprised to know about you?

A: I have a tattoo

Q: If there were an unexpected "snow day" with or without snow, how would you spend it?

A: On the couch watching movies

Q: What is your motto or personal mantra?

A: It's fine, everything is fine

SUN CARE CLASS

A dermatologist will be coming to talk to city employees about the importance of skin care, especially as we prepare to spend more days in the sun. Free samples of sun care products will be provided as well as refreshments and snacks.

WHEN

FRIDAY, MAY 13TH @2PM-3PM

WHERE

FIRE STATION



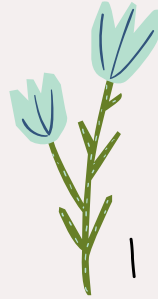
Affirmations for Anxiety

May is National Mental Health month. It is important that this month and every month we recognize how important it is to have a healthy mind. Affirmations are a great way to sooth anxious thoughts. Try saying these phrases over to yourself when you are feeling overwhelmed.

My feelings are **valid**



I will breathe and go **slowly**



I am **safe**

These negative feelings are **temporary**

I have got **my back**

My heart will **heal**



Tomorrow is a **new day**

I am **worthy** of a great life

I attract **peace**

My life is **beautiful**

I am **loved**

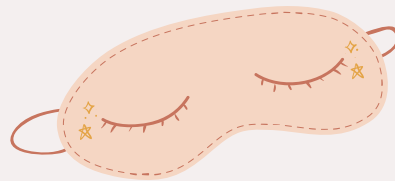
It is okay to say **no**



It is **okay** to take a break

I am **capable** of getting through this

I celebrate the **wins**



ESCAPE ROOM CHALLENGE



As a part of the Weekly Challenges for April, City employees were welcomed to participate in the downtown Escape Room on April 20th & 21st. Participants from different departments joined together to solve the clues and escape!



GROUP 1: Fast & Furious

Participants

Priscilla Bratten
Rachel Logan
Robin Beauchamp
Matthias Pieplak
Chimere Blake
Razzan Elobeid
Leah Disbennett

TIME: 54 minutes



GROUP 2: Phishers

Participants

Donna Haag
Matt LaBille
Allen Swiger
Rachel Manning
Amber Eure
Kyla Cupp
Brett Sanders

TIME: 51 minutes

30-DAY

Mental Health

CHALLENGE

As apart of National Mental Health Month, here is a 30-day challenge that focuses on taking time out of your day to do something that will boost your mental wellness. It is important to prioritize you and your well-being always!

Day 1

Do a guided meditation

Day 2

Write in a journal

Day 3

Listen to your favorite music

Day 4

Go for a walk

Day 5

Eat your favorite food

Day 6

Say some daily affirmations

Day 7

Write down what you love about yourself

Day 8

Practice a hobby you enjoy

Day 9

Just drink water today

Day 10

Facetime your family and friends

Day 11

Take a hot bath or shower

Day 12

Light your favorite candle

Day 13

Go for a sunset drive

Day 14

Play a board game with friends

Day 15

Spend 15 minutes reading

Day 16

Text someone what they mean to you

Day 17

Go buy yourself something nice

Day 18

Have a phone free night

Day 19

Do something outside in the sun

Day 20

Tell your family you love them

Day 21

Catch up with an old friend

Day 22

Go to a restaurant you have never been

Day 23

Do some stretching

Day 24

Go to bed 30 minutes early

Day 25

Write your stressors out and talk about them

Day 26

Make a hot drink before bed

Day 27

Wear your favorite outfit today

Day 28

Write down what you are grateful for

Day 29

Make a to-do list of things you have to do

Day 30

Curl up and watch a movie

UPCOMING EVENTS

EMPLOYEE OF
THE MONTH

- SUBMISSIONS
DUE MAY 30TH

SUBMIT AT
[SALISBURY.MD/EOTM](https://salisbury.md/eotm)

CITY EVENT:
HOPS ON
THE RIVER

-MAY 21ST

-12PM-3PM,

3:30PM-6:30PM



SKIN CARE
SUNSCREEN CLASS

-MAY 13TH @2PM

-WHERE: STATION 16

-GET FREE SAMPLES



CITY EVENT:
RIVER RACES

-JUNE 18TH

-DOWNTOWN, SALISBURY

-STAY TUNED