



LIVING WELL CALHOUN



Employee Newsletter

HR
Portal

2022
Wellness
Calendar

2022 Wellness
Program
Guide

Employee of
the Month
Submission

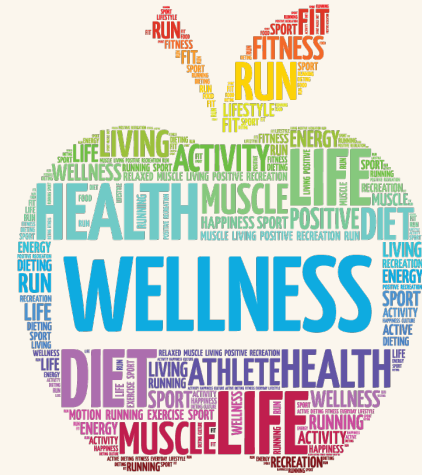
Holiday
Schedule

January 2022

2022 Welcome to Wellness

The **Calhoun County Wellness Committee Members** would like to welcome you to the kick start of our Living Well Calhoun program. I say our program because we should all take part in creating a healthier, better, and friendlier work place.

Let's face it, we are all hoping for a better and more social 2022. Wellness Committee Members will be available if you have questions about the monthly initiatives and the wellness program, but you will not need to have your ticket validated by them. Instead, you will be provided with a virtual Living Well Calhoun 2022 calendar and a virtual ticket to wellness. Links are available on the top menu bar. Your participation will be based on the honor system.



Along with the monthly initiatives, the calendar offers three additional initiatives/challenges each month, that you can easily keep track of on the calendar.

Back in 2022: Sponsor a co-worker

- 1- Be a cheerleader for someone who has never participated in the program.
- 2- Have them write your name on the back of their ticket to wellness.
- 3- Have them complete at least 12 initiatives/challenges, including the HRA.

Succeed in your sponsorship, and your name will be added for a prize drawing. For every employee that you sponsor, your name will be added to the drawing. Succeed in sponsoring 6 new participants (with completed fit ticket) and your name will be added 6 times to the drawing.

Above and Beyond is back in 2022. This program offers so many different challenges/initiatives, there is no reason not to strive to do more.

In 2021, 117 employees participated in the Living Well Calhoun program, with 72 going above and beyond, meaning that they completed more than 12 initiatives. All participants that completed more than 12 initiatives were eligible for a prize drawing.

The Wellness Committee Members welcome you to our 2022 Living Well Calhoun Wellness Program!!!

Reminder: Send completed December month in [oral care calendar](#) to [Marie St. Amand](#) no later than January 10th, 2022 to be eligible for the drawing of an electric toothbrush.

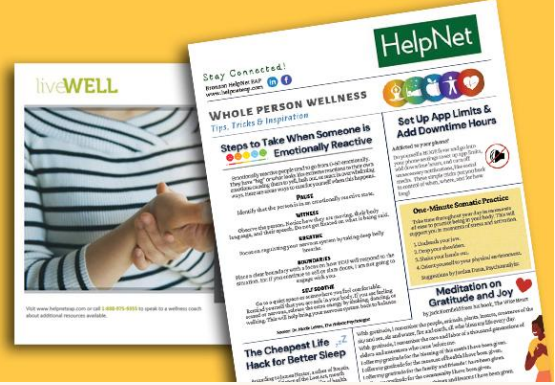
JANUARY PLANK CHALLENGE



January Initiatives

See the Plank Challenge and calendar for Initiatives. Complete one or more to get points on your fitness ticket. Keep track on your [Living Well Calhoun 2022 Calendar](#). Let's start the new year out strong.

[Read More](#)



Live Well: HelpNet

Learn how to manage chronic pain, and read about whole person wellness tips, tricks and inspiration from HelpNet.

[Read More](#)

Path to Health

Getting a flu vaccine will not only reduce your risk from flu, but also lessen the burden on the healthcare system this winter. Calhoun County residents are reminded to get their flu vaccine as soon as possible to protect themselves and their communities from flu especially while continuing to battle COVID-19.

Both COVID-19 and flu vaccines are available now at local health departments, physician offices, and pharmacies around the state.

Visit [Vaccines.gov](#) to find a location near you.

You may also contact the Calhoun County Public Health Department to schedule a time to get vaccinated for flu and COVID-19 at 269-969-6363.

Facebook page: [CCPublicHealth Department](#)

Calhoun County Public Health Department



Flu Season is Here

A recent outbreak of 525 cases of influenza among students at University of Michigan is a reminder to get your flu and COVID vaccinations. Last year's flu season was unusually mild, likely due to a multitude of factors including the adoption of COVID-19 prevention strategies such as masks, hand-washing, and social distancing.

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- fever or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)

Make it. Healthier.

Lunch Meat

Processed meat, like lunch meat, hot dogs, and sausages, are generally considered unhealthy. These types of meat have large amounts of saturated fat and sodium, both of which have been linked to cancer, obesity, and heart disease.

One thing people sometimes overlook is the sodium content of most processed meats. A 100g serving of ham delivers about 1,249mg, a sizeable chunk of the recommended 2,300 mg daily max. You might expect chicken to be better, but it's not, clocking in at 1,302mg.

The American Heart Association recommends no more than 2,300 milligrams (mg) per day and moving toward an ideal limit of no more than 1,500 mg per day for most adults. Because on average, Americans eat more than 3,400 milligrams of sodium each day, even cutting back by 1,000 milligrams a day can significantly improve blood pressure and heart health. And remember, more than 70 percent of the sodium Americans eat comes from packaged, prepared and restaurant foods — not the salt shaker.

Sources: ClevelandClinic.org & heart.org

Easy Lunch Meat Swap

Make your own chicken or turkey breast meat. Simply season them with a touch of salt, black pepper, garlic powder and paprika. Bake in the oven at 400 for about 20 to 25 minutes or until internal temperature reach 165 degrees Fahrenheit. But, be aware the internal temperature will rise a little during the resting phase.

Other alternatives for seasoning baked chicken breast (in addition to salt and pepper):

Cumin, chili powder, garlic and lime slices (Mexican style)

Garlic, oregano, basil, lemon slice (Greek style)

Turmeric and a touch of cayenne pepper (Marie's style)

Slice it or grind it in a food processor and voila, all ready to make a yummy sandwich or rollup. Add a slice of tomato, avocado and lettuce for a healthy lunch.

Eat healthy, stay healthy!

Healthy Recipes

Submit a recipe to [Marie St. Amand](#) for a fit ticket point.



Veggie Cheese Soup

Submitted by Brigette Reichenbaugh

Ingredients:

- 3 carrots (chopped)
- 3 celery (chopped)
- 1 medium onion
- 3 cans chicken broth (fat free)
- 1 can rotel diced tomatoes with mild green chilis
- 1 frozen chopped spinach
- 6 fresh mushrooms (sliced)
- 1 can green beans
- 10 oz light Velveeta cheese

Directions:

- Spray a pot with non-fat cooking spray and sauté the carrots, celery, and onions for about 5 minutes.
- Add the chicken broth, diced tomatoes, and frozen spinach.
- Bring to a boil, reduce heat, and simmer for 30 minutes.
- Add mushrooms and green beans.

- Simmer for 15 minutes.
- Add the Velveeta and mix until melted



Egg Muffins with Sausage, Spinach and Feta Cheese

Submitted by Dawn McMillon

Ingredients:

- 4 patties of sausage broke up and fried or 6 turkey sausage links cut into 1/2" pieces
- 12 eggs beaten
- 1/4 cup milk
- 1/2 cup spinach chopped, drained frozen or fresh
- 1/2 cup feta cheese

Directions: Preheat oven to 350 degrees.

- Brown sausage in a pan and set aside.
- Whisk together eggs, milk, salt and pepper.
- Stir in chopped spinach.
- Grease 12 muffin tin cups with cooking spray and pour egg mixture in each evenly. Distribute cheese and sausage equally between muffin cups.
- Bake for 20 minutes or until center is firm. Remove from oven and gently go around each egg with a butter knife.

Serve warm. Freeze for up to 6 months. To reheat, microwave for 1 to 2 minutes.



Su Chicken Kabsa - Arabian Chicken and Rice

Submitted by Ayah Muhsen

Chicken Kabsa:

- 2 tbsp oil or butter
- 3 onions, sliced
- 1 tbsp minced ginger paste
- 1 tbsp minced garlic paste
- 1 green chili
- 2 dried bay leaves
- 6 cloves
- 4 cardamom pods
- 1 cinnamon stick
- 2 tbsp tomato puree (tomato paste)
- 1 pinch ground nutmeg powder
- 1/2 tsp ground black pepper powder
- 1/4 tsp ground cumin powder
- 1/2 tsp ground coriander powder
- 3 medium carrots, thinly sliced
- 200 g canned diced tomatoes (or 3 tomatoes chopped)
- 2 chicken stock cubes
- 1 1/2 kg whole chicken, cut into 6 pieces
- 3 cups basmati rice, rinsed
- 1/4 cup raisins
- Water
- Salt to taste
- Raisins, to garnish (optional)
- Slivered almonds, to garnish (optional)

Kabsa Spice Mix:

- 1/4 tsp ground cardamom powder
- 1/4 tsp ground white pepper powder
- 1/4 tsp saffron
- 1/2 tsp ground cinnamon powder
- 1/2 tsp ground all spice
- 1/2 tsp dried whole lime powder

Directions:

- To make kabsa spice mix, combine together cardamom, white pepper, saffron, cinnamon, all spice and lime powder in a bowl. Set aside.
- Heat oil in a large heavy bottomed pan over medium-high heat. Add onions, ginger, garlic and green chilies. Sauté for 2-3 minutes or until the onions turn golden brown. Add bay leaves, cloves,

cardamom pods and cinnamon stick. Fry for a minute.

- Stir in tomato purée. Add ground nutmeg, ground black pepper, ground cumin, ground coriander and kabsa spice. Season with salt. Fry the spices for a minute. Add carrots and diced tomatoes. Stir, and cook for 2 minutes.
- Add chicken cubes and chicken pieces. Brown chicken, turning occasionally, for about 30 minutes. Remove the chicken pieces from the pan. Set aside.
- Add rice and raisins. Pour in 4 cups water. Season with salt. Bring it to the boil. Reduce the heat, cover with lid, and simmer for 10-15 minutes.
- Preheat grill. Grill chicken for 10-15 minutes or until cooked through. Serve rice with grilled chicken.

Notes:

- For rice, start with 3 cups of water, and then add more if needed.
- Whole lime powder is available in Middle Eastern grocery stores
- Kabsa spice mix recipe adapted from allrecipes.com

Visit our Website for more information.



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