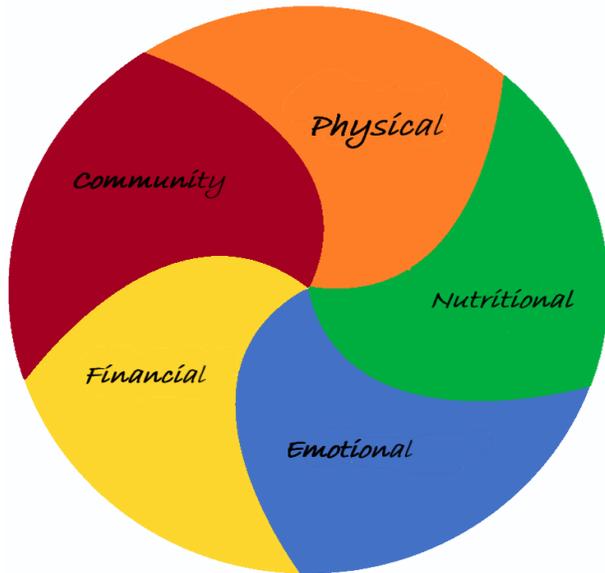


The Wellbeing Journey

February 2020



PORTAGE COUNTY WELLBEING

WELLBEING BUZZ

February 7th Wear **Red** Day

National Wear **Red** Day For Women is a massive national public awareness day the first Friday each February, urging women, people from all walks of life, businesses, towns, schools, the media, buildings and landmarks to “go **red**” to bring attention to the leading killers of women – heart disease and stroke.

Heart disease remains a leading cause of death among women. Prevention and cure of heart disease, stroke and its risk factors can be attained through regular physical activity and nutrition.



February is American Heart Month

Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable.

Heart Healthy Tips:

1. Eat garlic to lower your blood pressure and lower your salt intake to decrease your risk of hypertension and heart disease.
2. Healthy doesn't mean bland. Try searing, roasting, or pan-frying to build your flavor foundation. And don't be shy with herbs and spices.
3. Eat breakfast to start your day off right *and* to reduce your risk of coronary disease.
4. Enjoy laughing together. Humor is good for your heart and can help relieve stress. Enjoy a comedic film at home or attend a funny play or comedy club show. Life itself offers us enough reasons to chuckle throughout the day, so take a deep breath and enjoy it.
5. Be a role model and supporter for each other. If you have children, show them by example how to develop healthy eating and lifestyle habits that will serve them well throughout their lifetime.
6. Make a date with your doctor for an annual checkup

Flu Season is here!

No one wants to get [the flu](#). With symptoms like [fever](#), nausea, vomiting, [chills](#), and body aches, the Influenza virus can make for a decidedly miserable experience with possibly deadly consequences.

Tips for Preventing the Flu

1. Wash Your Hands

Think of all the things your hands touch over the course of the day: A grocery cart, the handle on the door, that \$10 bill in your wallet.

It's important to [wash your hands](#) regularly to prevent the spread of disease. If you are unable to use soap and water, use an alcohol-based hand sanitizer. Proper handwashing is one of the best things you can do to protect yourself and others from illness.

2. Rest up, Eat Healthy

A [good night's rest](#) can allow your body to build up its natural defenses against disease. And your body is fueled by the food that you eat, so quality nutrition can help you fight off the flu virus.

3. Sick? Stay Home!

Your body is telling you to stay home in bed, so why not listen?

4. Cover up Coughs and Sneezes

The flu is a droplet-borne illness, so those [coughs](#) and sneezes spread diseases.

Cough into a sleeve, elbow, or tissue that you throw away immediately, rather than into your hands. The CDC offers this [handy infographic](#) to remind people how to properly cover those coughs.

5. Clean Frequently Touched Surfaces

Sanitizing surfaces like doorknobs, desktops, keyboards, and other often-touched items can prevent them from becoming vectors of disease.

6. Take Your Antiviral Meds

If your doctor has determined that you could benefit from these [medications](#), take them as directed. They can both shorten the duration of your illness and prevent serious complications from the flu.

7. Get a Seasonal Flu Shot

A [flu shot](#) can offer excellent protection from illness. It's the best way to avoid or minimize the severity of the flu.

Cold vs. Flu

Cold:

A cold typically stays in your head-with symptoms like a runny or stuff nose. Cold symptoms are generally less severe than flu symptoms. Cold symptoms develop over a few days and can last 7 to 10 days.

Both:

Involve similar symptoms like cough, sore throat, and congestion. Both are caused by a virus and both usually go away on their own.

Flu:

The flu affects your entire body – with symptoms like fever, chills, muscle aches and fatigue. The flu typically involves more severe symptoms and usually comes on more quickly and lasts less than two weeks.



Pasta with Fresh Tomato Sauce



Ingredients

- 1 (16 ounce) package dry penne pasta
- 8 roma (plum) tomatoes, diced
- ½ cup Italian dressing
- ¼ cup finely chopped fresh basil
- ¼ cup diced red onion
- ¼ cup grated parmesan cheese

Makes 8 Servings

INSTRUCTIONS

1. Bring a large pot of lightly salted water to a boil. Place the penne pasta in the pot, cook 10 minutes, until al dente, and drain.
2. In a large bowl, toss the cooked pasta with the tomatoes, Italian dressing, basil, red onion, and Parmesan cheese.



Baked Bananas

Directions:

Ingredients:

- 1 tablespoon cornstarch
- ½ cup sugar
- 1 cup water
- 2 tablespoons butter
- 1 ½ teaspoons lemon juice
- 1/8 teaspoon ground nutmeg
- 7 ripe bananas

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a saucepan over medium-high heat, mix together cornstarch and sugar. Gradually stir in water. Bring to a boil, stirring constantly. Remove from heat, stir in butter, lemon juice, nutmeg, and salt.
3. Peel bananas, and place in a casserole dish. Drizzle sauce over bananas.
4. Bake in a preheated oven for 12 minutes. Serve warm.

Local Wellness Events

Check out these events happening near Stevens Point

February can bring about cabin fever as we all try to stay warm in these cold months – don't forget about your health and wellbeing in the rush of everyday life.

UWSP Museum of Natural History Story Time

Where: 900 Reserve Street, Stevens Point
When: February 1st through May 10th from 10am-11am
<https://www.uwsp.edu/cols-ap/museum/Pages/default.aspx>

Healthy Living with Diabetes

Where: Aging & Disability Resource Center Portage County
What: Diabetes Workshop
When: Tuesdays, February 4- March 24th, 1-3:30pm
Registration is Free but a \$30 Donation appreciated.

25th Annual Moose Ice Fishing Derby

Where: Lake Dubay landing by Tiki Bar and Grill. Festivities at Moose Family Center, 2nd St North, Stevens Point
When: February 9th from 9am – 5pm
\$10 Entry Fee

Charcoal Drawing Event

Where: Sunset Point Winery 1201 Water Street, Stevens Point
When: Wednesday, February 20th 6pm-8:30pm
Registration: click link below
<https://allevents.in/org/charcoal-expressions-llc/12061993#>



Wisconsin Retirement System

Whether you are a new employee learning about your WRS retirement benefits, a member planning to retire or a retiree, ETF has the information you need to have a successful retirement. Navigate to the WRS Retirement Benefit section to learn how this benefit works. Step into the Saving for Retirement section to learn how your retirement benefit is calculated, how to boost your retirement benefit and see more resources to plan for the future. Use the Planning for Retirement section if you are thinking about retiring soon or are ready to apply.

Deciding to retire may be the hardest part of the entire process. ETF can help you master the next steps so that you make decisions that are right for you. See our [Retirement Checklist](#), [When Can I Retire?](#) and [Annuity Payment Options](#) pages to help your through the process. Link to ETF website for more Information: <https://etf.wi.gov/retirement>

February is Teen Dating Violence Awareness Month!

During February, Teen Dating Violence Awareness Months provides an opportunity for prevention and healing for teen victims of violent relationships. According to the Domestic Violence Awareness Project, approximately 1.5 million high school students in the United States experience physical abuse from a dating partner. One-quarter of parents don't talk to their teens about domestic violence. Teen Dating Violence Awareness Month encourages parents and adolescents to take an inventory of their relationships. Visit: youth.gov, loveisrespect.org, breakthecycle.org for conversation starters and resources.

National Teen Dating Abuse Helpline, free confidential, 24hrs per day: 866-331-9474, <https://www.loveisrespect.org/>