



# WELLNESS NEWS

SECOND QUARTER 2018

## Calling all Cooks! We Need Your Help!

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This symbol means there's a clickable link in the area! Click on it to get more information.



### TYPES OF HEALTHY RECIPES NEEDED

- ~ Breakfast ~
- ~ Appetizers ~
- ~ Soups & Salads ~
- ~ Side Dishes ~
- ~Main Dishes—Chicken, Turkey, Beef, Pork, Fish, Seafood, or vegetarian ~
- ~ Nothing But a Sweets ~

### County of Monroe Employees Healthy Cookbook

Looking for ways to make our favorite foods healthier without sacrificing flavor?

Bored with the same meals over and over?

The Wellness Team is putting together a healthy cookbook .

All recipes need to be submitted as a word document or you can follow the link below to a template of the recipe card.



**Submit your healthy recipes no later than July 16th to**

[meagan\\_russell@monroemi.org](mailto:meagan_russell@monroemi.org).

With each recipe the following needs to be included:

- Recipe Name
- Submitted By
- Prep Time
- Cook Time
- Serving Size
- Ingredients
- Directions

Submit as many healthy recipes as you would like.

**Employees will receive the cookbook the week of September 10th.**

Visit the Wellness Fair on Sep. 27 & vote on your favorite Cookbook recipe.

**Winner Receives a Fitbit Charge**

# Local Parks to Visit



Parks, trails, and recreational facilities provide a wide variety of opportunities for physical and psychological health, strengthen our communities, and make our county and neighborhoods more attractive places to live and work. For more information on the parks below please click on the vegetable heart.

Pointe Mouillee State Game Area and Park is located on the western shores of Lake Erie and is one of the most respected waterfowl locations in Michigan. Consisting of 4, 040 acres it is one of the largest freshwater marsh restoration projects in the world. Along with many

recreational opportunities that are present, Pointe Mouillee also has an annual waterfowl festival in September and is celebrating its 71st anniversary in 2018.

Petersburg State Game Area is 500 acres of managed game area representing one of the last Michigan sites of native wet-sand prairie habitat. The area is also open for walking and dog runs.

Additional parks throughout Monroe County are below. On questions regarding specific parks please click on the healthy heart for additional information.

### County of Monroe Parks:

- ~Heck Park~
- ~Nike Park~
- ~Vienna Park~
- ~Waterloo Park~
- ~West County Park~



### City of Monroe Parks:

- ~Munson Park

- ~Altrusa Park
- ~Boyd Park
- ~Cairns Field~
- ~Martin Luther King Jr. Memorial Park~
- ~Veterans Park~
- ~Roessler Field~
- ~St. Mary's Park~
- ~Soldiers & Sailors Park~
- ~Manor Park~
- ~Lavender Park~



### State Parks:

- ~Wm. C. Sterling~
- ~Pointe Mouillee State Game Area and Park~
- ~Petersburg State Game Area~



## Fun Local Activities!

- June 22-24—City of Trenton Street Fair
- June 22—23—Mayfly Music Festival—Dundee, MI
- June 23—Trenton Summer Festival 5K, 8K, and 1 Mile Race Walk/Run—Trenton, MI
- July 1—The Sparkler 5K & 1 mile—Luna Pier, MI
- July 3—21st River Raisin Independence Festival—Sterling State Park, MI
- July 11-14—Wyandotte Street Art Fair
- July 12—15—Uncle Sam Jam Woodhaven, MI
- July 19—22—Ann Arbor Art Fair
- July 28—Tortoise and the Hair 5K & 1 mile—Monroe, MI
- July 29—August 4—Monroe County Fair
- August 3—4th—Allen Park Street Fair
- August 10—12—River Raisin Jazz Festival
- August 11—Project V.O.I.C.E 5k run/walk—Maumee, OH
- August 25th—Police Charities Community Picnic Outreach
- September 1—12th Annual River Raisin Labor Day BBQ Festival—Monroe, MI
- September 1—Labor Day parade



- ◇ Go Bowling
- ◇ Go to the Beach
- ◇ Go to the Zoo
- ◇ Go Fishing
- ◇ Blow Bubbles
- ◇ Make Lemonade
- ◇ Finger Paint
- ◇ Have a Water Fight
- ◇ Make Popsicles
- ◇ Go Swimming
- ◇ Bird Watching
- ◇ Dollar Movie
- ◇ Go to a Splash Park
- ◇ Wagon Ride
- ◇ Drive in movie
- ◇ Bike Ride
- ◇ Have a Picnic
- ◇ Fly a Kite
- ◇ Go Camping
- ◇ Roast S'Mores
- ◇ Backyard BBQ
- ◇ Play Mini Gold
- ◇ Visit the library
- ◇ Go to a museum
- ◇ Go to a local Festival
- ◇ Do a craft
- ◇ Visit Nursing Home
- ◇ Homemade Ice Cream
- ◇ Go on a Hike
- ◇ Go Stargazing
- ◇ Watch Fireworks
- ◇ Feed Ducks at a park
- ◇ Sleep in tent
- ◇ Visit a Farmers Market
- ◇ Eat from a Food Truck
- ◇ Catch Fireflies
- ◇ Throw Frisbees
- ◇ Go to the Drive In Movie Theater
- ◇ Catch Frogs & Bugs
- ◇ Visit local Farmer's Market
- ◇ Make Paper Airplanes
- ◇ Play Corn hole
- ◇ Make Homemade Salsa
- ◇ Go on a Hike
- ◇ Play Croquet

Recipe corner



*Peach Quinoa*  
**BREAKFAST BOWL**

**INGREDIENTS:**  
 1 cup quinoa (any variety)  
 2 cup water  
 2 peaches (apples work, too!), diced  
 1/4 tsp. + 1/8 tsp. cinnamon  
 3 Tbsp. pure maple syrup, divided  
 splash fresh lemon juice  
 assorted toppings: nut butters, chia seeds, unsweetened vanilla almond milk, coconut sugar, etc.

**INSTRUCTIONS:**  
 1. Add diced peach to a small pot with 2 Tbsp. maple syrup, 1/4 tsp. cinnamon, lemon juice, and salt. Bring the mixture to a boil over medium heat, and cook, stirring frequently, until peaches are tender and have slightly caramelized. Remove from the pot with a slotted spoon and set aside.  
 2. Add water and quinoa to the pot (without wiping it down). Add another 1/8 tsp. cinnamon, and cook according to package instructions. When finished, remove excess

water, and stir in an additional Tbsp. maple syrup.  
 3. To assemble: Add quinoa to a bowl. Top with caramelized peaches and any desired toppings. I chose almond butter, chia seeds, unsweetened vanilla almond milk, and a touch of coconut



**SHRIMP FOIL**  
*Packets*

**INGREDIENTS:**  
 2 pounds large shrimp (raw, peeled, deveined, tail on)  
 1 (14 ounce) package turkey smoked sausage, thinly sliced  
 3 ears of corn cut into 12 pieces  
 1 pound baby red potatoes cut into cubes  
 2 yellow squash, sliced  
 2 zucchini, sliced  
 3 tablespoons olive oil  
 6 teaspoons Old Bay or Cajun seasoning  
 1 tablespoon chopped parsley

**INSTRUCTIONS:**  
 1. Preheat grill  
 2. Cut six sheets of foil, about 18 inches long  
 3. Divide shrimp, sausage, corn, potatoes, squash, and zucchini into 6 equal portions

and add to center of each foil sheet.  
 4. Drizzle 1/2 teaspoon of olive oil over contents of each foil sheet. Sprinkle Old Bay seasoning over everything on each foil sheet.  
 5. Fold the sides of the foil and seal the packets well



Looking Ahead

**JULY**  
COOK BOOK RECIPES DUE

**SEPTEMBER**  
COOKBOOKS PASSED OUT TO ALL EMPLOYEES  
WELLNESS CHALLENGE  
WELLNESS FAIR

**NOVEMBER**  
OPEN ENROLLMENT

MORE INFORMATION TO FOLLOW

**Blue Cross Health & Wellness**  
**Online Resources**

Our Blue Cross Health & Wellness online wellness resources, powered by WebMD®, provide you with access to a broad range of health and wellness information and tools. Best of all, it's available at your fingertips 24 hours a day, every day, when you log in as a member at bcbsm.com.

Health assessment—Complete your health assessment to find out your personal health risks and what you can do to improve your health.  
 Symptom Checker Use this interactive tool to help you determine what to do about your symptoms.

My Health Assistant—After you take your health assessment, the My Health Assistant page recommends the Digital Health Assistant programs that are best for you. The following Digital Health Assistant programs are available: · Conquer Stress · Eat Better · Enjoy Exercise · Lose Weight · Quit Tobacco · Feel Happier

My Pregnancy Assistant—If you're pregnant, plan to become pregnant or are supporting someone who's pregnant, this is a helpful tool. It contains a dashboard of quizzes, checklists, articles, videos, activities and images of the stages of fetal development that you can click on for more information.

The Daily VictorySM and Weigh Today apps—Download these WebMD apps to your mobile device then easily sync them with the Blue Cross Health & Wellness site to start making small changes in your exercise habits and weight.

Recipes—Find more than 400 tasty and healthy recipes that can help you meet your nutritional needs.

Health Record Store—maintain, track and manage your health information in one centralized, private and secure location

