



**A Twice-Monthly Newsletter for our Team. August 1, 2023**

Talent is cheaper than table salt. What separates the talented individual from the successful one is a lot of hard work.

*Stephen King*

There may be people who have more talent than you, but there's no excuse for anyone to work harder than you do.

*Derek Jeter*

The only way to be truly satisfied is to do what you believe is great work.

*Steve Jobs*

Diamonds are nothing more than coal that stuck to their jobs

*Malcolm Gladwell*

Perseverance is falling nineteen times and succeeding the twentieth.

*Julie Andrews*



## NATIONAL WELLNESS MONTH

All during August, National Wellness Month focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel!

Research has shown self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose or try a different spa treatment, make a small change and impact your health in positive ways.

## INSIDE

- Grilled Tandoori Chicken & Melon Relish
- Ginger Honey Salmon
- Wellness, Knowing & Achieving
- Yes, dumb jokes 😊



## CHICKEN & BRISKET BRUNSWICK STEW

A low-country tradition, this spin on the classic is a great use of leftover chicken & brisket. 1 gallon.

- 2 each onions, diced
- 2 Tbsp garlic, minced
- 2 Tbsp vegetable oil
- 1 ½ Tbsp beef base
- 1 qt beef stock or water
- 2 lbs cooked shredded chicken
- 1 lb smoked brisket in large chunks
- 1 qt canned whole tomatoes crushed
- 1 each bell pepper, roasted, chopped
- 1 lb corn, canned or frozen
- 1 can creamed corn
- 1 lb green limas, frozen or canned
- 12 oz chili sauce
- 1 Tbsp brown sugar
- 1 Tbsp hot sauce (Tabasco, Sriracha...)
- 1 tsp black pepper

- In stockpot, sauté onions and peppers in oil.
- Add beef base, stock or water and bring to a boil. Reduce to simmer
- Add remaining ingredients and simmer for about an hour, or until limas and corn are fully cooked.
- Remove and either serve as a soup or place on the serving line as an entrée.
- Serve with rice.

Option: Add 2 pounds of diced potatoes.

## WHAT IS WELLNESS?

Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're *thriving*.

To understand the significance of wellness, it's important to understand how it's linked to health. According to the World Health Organization (WHO), health is defined as being "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

Several key areas of your lifestyle are considered dimensions of overall Wellness. They include: social connectedness, exercise, nutrition, sleep and mindfulness. Each one has an impact on your physical and mental health. By making simple and healthy choices on a daily basis, you will be well on your way towards reducing stress, having positive social interactions and achieving optimal wellness.

Start with small changes within each dimension and take it *one* day at a time – you don't have to run a marathon or go on a restrictive diet to implement wellness into your everyday life! We've listed a few examples for each dimension:

**Social Connectedness** Connecting with friends or loved ones is a great way to help improve your physical and mental health. Take 10 minutes out of your day to call someone you've been thinking about. This is a great way to connect and catch up with the people that matter the most to you.

**Exercise** Even 20 or 30 minutes of daily exercise can have a positive impact on your overall sense of well-being and help improve your mood. Don't know where to start? Try a brisk walk on your lunch break or opt for the stairs instead of the elevator when you can.

**Nutrition** By adding wholesome ingredients to your plate, you'll be taking steps towards becoming a healthier you. Some food for thought: pack an apple and some raw veggies in your bag to keep as a handy snack. This may help you avoid vending machines or fast food when you're on the go.

**Sleep** Consider your sleep hygiene. Avoid caffeine after 12pm, include quiet and calm activities before going to bed, and wake up at the same time every day – these are simple ways you can begin your journey towards becoming a successful sleeper.



**Mindfulness** Did you know that practicing mindfulness is good for the body and mind, helps with focus and also changes the brain? Take a moment right now to consider your own mind and how you are feeling. The more you tap into your own thoughts, the more you may become aware of how you react to stressful events – so start practicing mindfulness today!

Source: Pfizer



## TANDOORI CHICKEN & MELON RELISH

Serves 8

2 cups plain yogurt or Greek yogurt  
2 Tbsp lemon juice  
1 Tbsp curry powder  
1 tsp salt  
1 tsp red pepper flakes  
8 each chicken breasts, butterflied

3 cups cantaloupe, small diced  
1 cup seeded peeled cucumber, diced  
4 each green onions, thinly sliced  
1/4 cup chopped cilantro  
1/2 cup chopped almonds, toasted

- In a bowl, mix yogurt, curry, lemon juice and spices. Transfer 2/3 to a zip loc bag and reserve the rest for later use.
- Add the chicken, marinate 6 hours or more.
- In a small bowl, mix remaining ingredients, adding 1 Tbsp lemon juice. Cover & chill.
- When ready to cook, remove chicken from marinade (discard the liquid).
- Grill chicken to 165 F internal temp.
- Remove and place in shallow line pan.
- Top with reserved yogurt sauce
- Top this with the relish.

Serve with a well-seasoned rice pilaf



## CAJUN GRILLED EGGPLANT ●

Cook on a steak day or any time you want to fire up the grill outside. Smokey and spicy, this is a simple and tasty dish to prepare. Serves 10 - 12

3	each	small eggplant, unpeeled
1/2	cup	olive oil
1/4	cup	lemon or lime juice
1	Tbsp	Tony's or Slap Ya Mama
1/4	cup	chopped fresh parsley, OR
2	Tbsp	dried parsley flakes

## GINGER HONEY MARINATED SALMON ●

This delicious dish is super easy. Serves 12

1	cup	orange juice
1	cup	soy sauce (low sodium if you have it)
1/2	cup	honey
2	tsp	ground ginger
1	Tbsp	garlic powder (or granulated)
2	each	<u>green onions, thinly sliced</u>
12	each	salmon filets

- Make a marinade with the first 6 ingredients.
- Transfer all but 1 cup to a zip loc bag or two.
- Add the salmon filets and marinate for an hour or two, but longer isn't necessary, and too long will make the fish mushy in texture.
- After marinating, remove the fish and allow to rest about 10 minutes to remove excess liquid.
- Grill on a flat grill about 5 minutes per side, until the fish is flaky and cooked throughout.
- Baste with the reserved marinade while cooking.
- Remove and place on shallow steamtable pan for serving.
- If you like, garnish with a slice of lemon or some thinly sliced green onions.

- Cut the eggplant across into rounds about 1/3 of an inch thick; not much more than that.
- Lay out the eggplant flat on a sheet pan.
- Brush on the olive oil on both sides of the eggplant. Use more oil if you need to.
- Drizzle the lemon or lime juice onto one side of the eggplant slices.
- Sprinkle on the seasoning.
- Grill until the eggplant is tender; rotate during cooking to get nice grill marks.
- Turn and cook on the other side.
- Remove; place in a shallow steamtable pan.
- Top with the parsley.





## STAY HEALTHY IN THE HEAT

When the temperatures rise, getting enough to drink is important whether you're playing sports, traveling, or just sitting in the sun.

### **And it's critical for your heart health.**

Keeping the body hydrated helps the heart more easily pump blood through the blood vessels to the muscles. "If you're well hydrated, your heart doesn't have to work as hard," said John Batson, M.D, a sports medicine physician in Hilton Head Island, S.C., and an American Heart Association volunteer.

Dehydration can be a serious condition that can lead to problems ranging from swollen feet or headache to life-threatening illnesses such as heat stroke.

### **How much water do you need?**

What does being well hydrated mean? The amount of water a person needs depends on climatic conditions, clothing worn and exercise intensity and duration, Batson said.

A person who perspires heavily will need to drink more than someone who doesn't. Certain medical conditions, such as diabetes or heart disease, may also mean you need to drink more water. And some medications can act as diuretics, causing the body to lose more fluid.

Thirst isn't the best indicator that you need to drink. **"If you get thirsty, you're already dehydrated,"** Batson said. The easiest thing to do is pay attention to the color of your urine. Pale and clear means

you're well hydrated. If it's dark, drink more fluids. If you want to know exactly how much fluid you need, Batson recommends weighing yourself before and after exercise, to see how much you've lost through perspiration. It's a particular good guide for athletes training in the hot summer months.

"For every pound of sweat you lose, that's a pint of water you'll need to replenish," he said. Not sweating during vigorous physical activity can be a red flag that you're dehydrated to the point of developing heat exhaustion.

### **Water is best.**

For most people, water is the best thing to drink to stay hydrated. Sports drinks with electrolytes, may be useful for people doing high intensity, vigorous exercise in very hot weather, though they tend to be high in added sugars and calories.

"It's healthier to drink water while you're exercising, and then when you're done, eat a healthy snack like orange slices, bananas or a small handful of unsalted nuts," Batson said.

He cautioned against fruit juices or sugary drinks, such as soda. "They can be hard on your stomach if you're dehydrated," he said.

Batson says drinking water before you exercise or go out into the sun is an important first step.

"Drinking water before is much more important," he said. "Otherwise, you're playing catch-up and your heart is straining."

### **Not just for athletes or exercise.**

Hydration isn't just important during physical activity. Sitting in the sun on a hot or humid day, even if you aren't exercising, can also cause your body to need more fluids.

People who have a heart condition, are older than 50 or overweight may also have to take extra precautions.

*Source: American Heart Association*



## APPLE MARINATED CHICKEN & VEGGIES

Tasty and tender chicken with crisp vegetables in a sweet, slightly tangy marinade. Serves 10

1 ½	cups	apple juice
¾	cup	vegetable oil
⅓	cup	brown sugar (packed)
¼	cup	lemon juice
⅓	cup	soy sauce
2	Tbsp	minced fresh garlic
10	each	boneless chicken breasts
5	each	carrots, peeled
2	each	large zucchini
3	each	summer squash

- Make a marinade with the first 6 ingredients.
- Place all but one cup of the marinade in a zip loc bag or small can liner.
- Add the chicken to the bag and refrigerate overnight or at least 6 hours. Remove the chicken and discard the marinade.
- Cut the carrots, zucchini, and squash lengthwise into quarters, then cut into pieces about 2 inches long. Toss in half of the reserved marinade.
- Grill the chicken until it reaches 165 F internal temperature; remove and keep warm.
- Grill or sauté the vegetables until tender, about 10 minutes.
- Place in a steamtable pan, top with the chicken, and pour on the remaining reserved marinade.
- Garnish with parsley flakes or green onion slices.

## GARLIC GRILLED CHICKEN & PESTO ZUCCHINI RIBBONS

● serves 12

2	Tbsp	Grated lemon zest
1/3	cup	lemon juice
4	Tbsp	minced garlic
1 ½	tsp	black pepper
1	tsp	salt
3	lbs	zucchini
2	Tbsp	olive oil
2	Tbsp	minced garlic
1/2	tsp	salt
1/2	tsp	crushed red pepper flakes
1/2	tsp	black pepper
1/2	cup	pesto
2	cups	cubed mozzarella cheese

- Mix the first 5 ingredients in a bowl large enough for the chicken. Add the chicken and toss to coat well.
- Let stand 15 minutes, tossing occasionally to coat.
- Trim zucchini ends, then slice in thin slices lengthwise to make ribbons.
- Grill the chicken to a temp of 165 F. Remove.
- In a skillet or on grill, sauté the garlic until just tender; add the zucchini and seasoning and cook until it is tender.
- Remove from heat and stir in the pesto.
- Transfer to a steamtable pan.
- Cut chicken into slices and place on the zucchini, then top with the mozzarella cheese.



# HOW TO IMPROVE YOUR WELLNESS

Knowing the multidimensional aspects of wellness can help improve your health.

When we are met with the common greeting, “How are you?” we often impulsively respond with a rendition of, “well.” The last time you responded this way, was it true? Even if you were, how did you know that you were well?

This inquiry may cause you to step back and consider how to define wellness altogether. We often think about wellness as the absence of illness. Yet wellness is also the presence of satisfaction, joy, and purpose. Recognizing the importance of wellness, reflecting on what your wellness encompasses, and tending to your wellness are all-powerful preventative methods to improve your mental health and overall well-being.

While many experts can agree that wellness is multidimensional, the domains included in wellness models tend to vary. Dr. Bill Hettler, co-founder of the National Wellness Institute, conceptualizes wellness as encompassing six domains (i.e., intellectual, social, spiritual, emotional, occupational, and physical). The Substance Abuse and Mental Health Services Administration highlights eight components (i.e., emotional, financial, social, spiritual, occupational, physical, intellectual, and environmental). Sweeney and Myers’ model highlights the domains of coping, social, essential, physical, and creative domains.

Although the terminology may vary, experts concur that in order to appropriately foster your wellness, you must pay attention to multiple, interacting domains. Therefore, even if flourishing in one domain, a deficiency in another may cause you to be unwell. For example, when you make the decision to accept a new promotion with a paid bonus, you may be considering your financial and/or occupational wellness; however, without careful attention, the consequences of fewer midday walks and less time with your family could cause your physical,

environmental, social, and overall wellness to be diminished in the long run.

## Physical Wellness

Physical health is perhaps the dimension most commonly associated with wellness. Several studies have confirmed this association, particularly with an emphasis on exercise. Exercise has been shown to decrease cellular aging. Even one session can potentially improve your mood.

Nutrition and sleep are also key aspects of physical health that affect mental wellness. Studies have shown that across various cultural and age groups nutrient deficiencies have been associated with depression and suicidality. Additionally, sleep deprivation has been associated with loneliness, antisocial sentiments, isolation, and heart disease.

*A few considerations to help you reflect on your physical health:*

- How would you rate your physical health on a scale of 1-10?
- What types of exercise do you enjoy?
- How much sleep do you need?
- How do you meet your nutritional needs?

## Occupational Wellness

We often think of the mind and body connection, however, the status of your occupational health may be affecting your mental health more than your physical health. In a longitudinal study examining 6,432 Americans, mental health was strongly influenced by feelings about their jobs.

Individuals who were dissatisfied with their jobs reported higher levels of depression, sleep problems, and excessive worry. They were also more likely to have been diagnosed with emotional problems and scored lower on a test of overall mental health.

Beyond general job satisfaction, a lack of connection in the workplace can cause negative work outcomes. According to a study published in the *Harvard Business Review*, workers who experienced higher levels of loneliness also reported fewer promotions,

less job satisfaction, and a greater likelihood to frequently change jobs.

*A few considerations to help you reflect on your occupational health:*

- On a scale of 1-10, how satisfied are you with your current position?
- How does your current job align with who you are?
- What do you do to maintain a work-life balance?

### **Financial Wellness**

Contrary to the common social assumption, studies have shown that income generally doesn't affect happiness. Hence, there isn't an income bracket that qualifies you for the wellness platinum card. On the other hand, worries about finances have been shown to affect wellness.

*A few considerations to help you reflect on your financial health:*

- Are you satisfied with your current money management strategies?
- What financial patterns do you notice in yourself?
- What is a financial goal you would like to set for yourself?
- How would you assess if you are financially stable?

### **Social Wellness**

We are hardwired to connect to one another. As gregarious beings, social connections are important to fostering wellness, particularly in children. However, relationships affect us through adulthood as well.

Friendships help to improve our happiness, worth, confidence, and coping while giving us a sense of belonging. Nevertheless, disconnecting with a close friend can negatively impact mental health.

Romantic relationships are associated with our wellness as well. While a committed relationship can protect against physical ailments such as heart disease, arguments with a lover have been shown to worsen physical pain.

In a survey of over 20,000 American adults, it was found that almost half of the respondents reported feeling alone, left out, and isolated. Moreover, loneliness has been linked to worsening physical conditions such as cardiovascular problems and is often correlated with mental health concerns such as anxiety, depression, and suicidality.

*A few considerations to help you reflect on your social health:*

- On a scale of 1-10, how happy are you with your current level of social engagement?
- Name three people you spend the most time with. How does this affect you?
- How do you balance your needs for social connection and time alone?

### **Creative Wellness**

Creativity can include a broad range of activities that allow us to artistically express ourselves. In terms of mental health, art can be a useful conduit to explore our thoughts and feelings when words may not suffice. Creative expression can increase positive emotions while decreasing negative emotions.

Researchers at the University of San Francisco found that creativity provides employees with a way to buffer the stress of work demands and improve work performance. Hence, creativity can be positive in general but can be particularly practical in providing an outlet to reduce stress from other wellness domains.

*A few considerations to help you reflect on your creative health:*

- How does creativity affect your overall well-being?
- What creative methods do you use?
- What wellness domains are affected by your creativity?

### **Environmental Wellness**

From the rooms we step into to the nature we step out to, we are affected by the world around us. A healthy household environment affects a child's academic performance and ability to



make healthy choices. Children are also influenced by their school environment as well. For example, children in classrooms with fewer resources tend to exhibit more mental health symptoms.

Work environments can be influential in terms of overall wellness. Beyond a sense of job satisfaction, stressors within work environments can affect mental health. Workers with negative work conditions display more symptoms of depression. Further, high-stress work environments, such as those associated with law enforcement careers, can increase physical (e.g, insomnia, heart problems, and high blood pressure) and mental (e.g, PTSD, suicide) health risks.

*A few considerations to help you reflect on your environmental health:*

- How does your wellness shift per the changing environment?
- What is your ideal, realistic work environment?
- What do you do to connect with nature?

### **Digital Wellness**

According to the Pew Research Center, within the last decade, there has been a steady increase in social media usage. High amounts of digital use has been associated with feelings of isolation.

Although the platforms may vary, a consistent trend seems to be mindless engagement. Recognizing this disengagement, researchers are continuing to examine the threshold in which social media use can become unhealthy and potentially problematic. Until then, it may be important for us to consider the addictive nature of technology and how we can foster our digital well-being.

*A few considerations to help you reflect on your digital health:*

- How does your social media use affect your health?
- What tactics can you use to monitor your digital well-being?

*Source: Psychology Today, Shainna Ali, Ph.D.*



I haven't spoken to my wife in years. I didn't want to interrupt her.

What a kid I got, I told him about the birds and the bees and he told me about the butcher and my wife.

My wife had her driver's test the other day. She got 8 out of 10. The other 2 guys jumped clear.

My wife's not too smart. I told her our kids were spoiled. she said, "all kids smell that way".

My wife made me join her bridge club. I jump next Tuesday.

It's tough to stay married. My wife kisses the dog on the lips, yet she won't drink from my glass.

With my wife I don't get no respect. I made a toast on her birthday to 'the best woman a man ever had.' The waiter joined me.

I tell you, with my doctor, I don't get no respect. I told him, "I've swallowed a bottle of sleeping pills." He told me to have a few drinks and get some rest.



Sontheimer Offshore/catering Co.