

# SHOP TALK

A Twice-Monthly Newsletter for our Team. February 14, 2024

"Tough times don't last. Tough teams do."  
*Robert Schuller*

"No individual can win a game by himself."  
*Pelé*

"It is amazing what you can accomplish if you do not care who gets the credit."  
*Harry S. Truman*

"I can do things you cannot, you can do things I cannot: together we can do great things."  
*Mother Teresa*

"We rise by lifting others."  
*Robert Ingersoll*



In 1964, President Lyndon B. Johnson declared the first American Heart Month to tackle heart disease in the United States.

American Heart Month isn't just for lovers.

February also reminds us to take care of our hearts and consider our risk factors.

Believe it or not, heart disease can happen at any age. However, some risk factors for heart disease and stroke are preventable. American Heart Month teaches us how we can help reduce our risks while eliminating those we have control over.

Do you have one of these risk factors for cardiovascular disease? Obesity, physical inactivity, high blood pressure, cigarette smoking, high cholesterol, or diabetes.

Visit [www.millionhearts.hhs.gov](http://www.millionhearts.hhs.gov) to learn more about the risks and how to prevent heart disease and stroke. Use #AmericanHeartMonth to share on social media.

## Review these signs for heart disease risk:

- **High blood pressure.** Millions of people in the United States have high blood pressure, and millions of them are as young as 40 or 50. If you are one of them, talk to your doctor about ways to control it.
- **High cholesterol, diabetes, and obesity** are all conditions that can increase your risk for heart disease. If you fall into this category, work on eating healthy and getting some physical activity a few times a week.
- **Smoking cigarettes.** Over 35 million adults in America are smokers, and thousands of young people pick up the habit daily. If you're a smoker, do your best to quit or cut down. It's what's best for your health.

So, if you want to stay on top of your health and try to avoid the risk of heart disease, there are a few things you can do. First, don't smoke, and if you're already a smoker, do your best to quit.

The next step you can take is managing any conditions you may have, such as high blood pressure and cholesterol. Take your medication as prescribed by your doctor. Next, make heart-healthy diet decisions. Eat whole foods low in trans-fat, saturated fat, sodium, and added sugar. A good rule of thumb is to fill half your plate with fruits and vegetables.

Finally, get moving! Living a sedentary lifestyle will put you at a much greater risk for heart disease. Try to get in at least 20 minutes of physical activity 4-5 days a week, then build from there!



## CAJUN BAKED SWEET POTATOES

Makes about 8 servings of one half sweet potato.

1	Tbsp	paprika
1	Tbsp	brown sugar
1/2	tsp	black pepper
1/2	tsp	onion powder
1/2	tsp	dried thyme
1/2	tsp	dried rosemary
1	tsp	garlic powder (not garlic salt)
1/4	tsp	cayenne
4	each	large sweet potatoes, scrubbed
As needed		olive oil

- Mix the spices and set aside for now.
- Slice the potatoes in half lengthwise.
- Cut the potatoes into wedges, about 4 per potato half.
- In a bowl, toss the potatoes with olive oil until they are well coated but not “wet” from oil.
- Sprinkle on the spice mix and toss until potatoes are uniformly and well coated with spice mix.
- Sheet out onto a sheet pan with a parchment paper or coated with oil to prevent sticking.
- Bake for about 45 minutes to an hour, until they are tender when pierced with a knife or fork
- Remove and transfer to a steamtable pan (a shallow one) for serving.





## HONEY DIJON BRUSSELS SPROUTS



An interesting, simple roasted Brussels sprout. Let's get them to eat their veggies! Serves 10

2 lbs brussels sprouts, thawed and drained  
4 Tbsp butter, melted  
3 Tbsp honey  
1 Tbsp Dijon mustard  
1/2 tsp onion powder

- Pat the sprouts to dry as much as you can.
- Slice in half.
- In a large mixing bowl, combine butter, honey, mustard, and onion powder. Blend well.
- Add the Brussels sprouts to the bowl and toss to coat until uniformly coated in the mixture.
- Arrange in a single layer on a sheet pan prepped with food spray or a parchment liner.
- Bake at 350 F for about 20 minutes, or until hot and starting to take on a bit of color.
- Remove and transfer to a shallow steamtable pan for serving.



## SAUTEED PESTO & SPINACH RAVIOLI



Savory pesto and the bright flavor of tomatoes combined with a hint of spinach. Serves 8.

1 each large onion, diced small  
2 Tbsp garlic, minced  
1/4 cup olive oil  
3 Tbsp butter  
2 lbs ravioli, thawed (any flavor you like)  
1 cup pesto  
3 cups fresh spinach leaves  
1/2 pint grape tomatoes, or halved cherry tomatoes

- In a large sauté pan, cook onion in oil and butter until the onions are tender and barely beginning to brown. Don't fully caramelize them.
- Add the ravioli and 2 cups of water, bring to a boil and reduce heat to a high simmer.
- Cook until the water is nearly gone, then add tomatoes. Continue to cook to reduce water.
- Add the pesto and gently fold into the remaining small amount of water to coat the ravioli.
- Remove from heat and stir in the spinach leaves.
- Transfer to a shallow steamtable pan for service.
- If doing a double batch or more, you can sauté in batches.





# Fatigue at Work

## FATIGUE AT WORK

Fatigue doesn't just cause us to feel more tired, it also increases the risk of accidents and injuries, reduces productivity, and causes absenteeism.

Research has shown that spending 17 hours awake is equivalent to having a blood alcohol level of 0.05, and 24 hours awake is equivalent to a blood alcohol level of 0.10.

You'd never let an employee operate heavy machinery with that much alcohol in their system, yet fatigued workers routinely engage in difficult or hazard-heavy work.

In the context of safety and health, fatigue refers to mental or physical exhaustion that reduces our capacity to perform work safely and effectively. The causes, however, aren't always work related. Some of the most common reasons for fatigue include:

- Prolonged or intense mental or physical activity
- Sleep loss or disrupted sleep
- Travel
- Organizational change
- Irregular work scheduling or excessively long shifts
- Strenuous activity
- Long commutes to and from work
- Working in extremely hot or cold environments

## BREAKFAST SLIDERS



A grab-and-go breakfast that they'll love. Makes 24.

- 24 each King's Hawaiian Rolls
- 24 each sausage patties
- 12 each eggs, beaten
- 24 slices American or Swiss cheese

Note: Keep the rolls together while working

- Split the rolls as a single unit. You're making mini sandwiches and will separate them at the end.
- Grill the rolls until lightly brown and set aside.
- Place a half piece of cheese, folded, onto the bottom of each roll.
- Grill the sausage and place a piece on top of the cheese on each sandwich.
- Scramble the eggs and portion onto each sausage piece. Top with another cheese slice.
- Place the roll tops on the sandwiches, then cut or pull apart to separate for easy grabbing by the diners.
- Arrange in a shallow steamtable pan.
- Alternatively, if you're doing them for carry-out, wrap them individually in potato wrap foil.

## How to tell if we are fatigued

Fatigued workers can put themselves and others at risk of injury. It is important for managers and supervisors to know the signs of fatigue and watch out for these symptoms in their employees.

1. **Tired, Weariness, or Sleepiness** – Drooping heads, incessant yawning, and eyelids that seem to be closing are the most obvious indicators that a worker is fatigued and needs time to recover before costly errors or accidents happen.
2. **Irritability** – Workers can be irritable for many reasons, including problems at home, financial stress, conflict with coworkers, etc. Another reason may be the lack of rest. It is a good idea to watch for patterns of irritability or a newly developed “bad attitude,” especially when combined with other signs on the list above.
3. **Reduced Alertness, Concentration, or Memory** – Watch for workers who appear to have trouble focusing or who can’t recall seemingly simple things, like what they just said or did. Having difficulty solving problems can also be an indicator of fatigue.
4. **Lack of Motivation** – Employees who appear to suddenly lack motivation to do their job, and do it well, may seem lazy but this is generally a sign of broader issues, including fatigue.
5. **Increased Mistakes or Lapses in Judgment** – If a worker who is otherwise proven to be competent and good at their job starts making frequent errors or poor choices, it might be a sign of sleep deprivation or fatigue.
6. **Headaches** – Headaches are a sign of fatigue, but they can also be a sign of dehydration. Before deciding it is fatigue, make sure all workers are adequately hydrated on the job, even when it is not hot outside.

7. **Increased Susceptibility to Illness** – Workers who are suddenly taking more time off due to illness may be experiencing fatigue. Insufficient sleep wears the body down and affects a person’s ability to fight colds, flu, and other illnesses. With an increase in fatigue, it’s not uncommon to see a rise in absenteeism.

## Proactively Addressing Worker Fatigue

Employees certainly play a role in preventing fatigue and some of the causes go beyond the workplace, but there are a number of things employers can do to reduce fatigue at work. An effective approach to fatigue risk management should involve some or all of the following:

- Shift scheduling: consistent schedules, frequent breaks, two consecutive days off each week, and no more than four night shifts in a row
- Balancing workloads and staffing
- Developing a reporting system for fatigue related incidents
- Workplace design: cool atmosphere, low humidity, natural light, minimal noise/vibrations
- Employee training on fatigue and managing sleep disorders
- Supervisor and management training on monitoring and identifying fatigue in workers

By identifying fatigue and taking a proactive approach to deal with it before it becomes an issue, we can ensure a safe, healthy, and productive work environment for our team.







## DIABETES & EXERCISE

It is known that a clear correlation exists between having a more active lifestyle and having less disease/illness. People who exercise have lower blood pressure, lower heart rates, and improved circulation. They also have lower cholesterol, lower blood glucose levels, lower body mass indices (BMI) and less body fat; as well as higher metabolic rates and better weight control. They sleep better, have more energy, are less stressed/anxious and are happier and more confident. Exercise can improve someone's social life and regular exercisers are also able to maintain independence for longer in their own homes.

### BROCCOLI & GRAPE PASTA SALAD

The combination is a well-rounded taste of savory, sweet, and tangy. Makes enough for about 10.

1	lb	bowtie pasta, cooked, drained
1	cup	pecans, chopped
1	head	broccoli, fresh
2	cups	red grapes, cut in half
1/2	cup	red onion, diced small
8	slices	bacon
1 1/2	cups	mayonnaise
1/2	cup	granulated sugar
1/2	cup	cider vinegar

- Cook the bacon crisp, drain, and crumble. Set aside for now.
- In a large bowl, combine the mayonnaise, sugar, and vinegar. Blend well to make a sauce.
- Add all the ingredients to the sauce and blend well but gently.
- Place in the cooler to chill for about an hour.
- Remove and place on salad bar or in a smaller serving bowl (replenish as needed).



#### Why is exercise especially important for someone with diabetes?

Unlike medication, exercise is low cost and side-effect free. Those with diabetes who don't exercise are three times more likely to have poor blood glucose control and are more likely to suffer diabetes complications. However, those who exercise regularly—apart from getting the benefits listed above—have improved sensitivity to their body's own insulin and their bodies become better at transporting glucose. This happens because exercise stimulates the body's muscles.

Exercise also reduces the level of fat in the body, particularly around the abdominal area. It is thought that it is this mobilization of the body's fat stores by exercising that might improve the person with diabetes' blood glucose control. There is less glucose in the blood because it's now stored in the body's muscle, which means improved blood glucose control and reduction in the complications associated with diabetes.

#### How long do these effects from exercise last?

The good news is that if someone regularly exercises these benefits can be permanent, and for someone with diabetes it can mean reducing their medication. For those with a family history of Type 2 diabetes,

engaging in a routine exercise program may prevent or at least delay the onset of Type 2 diabetes.

A single session of exercise can benefit the body's sensitivity to insulin for 16-18 hours—exerting effects on blood glucose control for 24-48 hours, but these effects have worn off by 60-72 hours. Even a little bit of exercise is better than none at all, and an “a-little-and often” approach to exercise can be of benefit.

How much exercise should I be doing?

To obtain health benefits, it is recommended that adults should be aiming to exercise at a moderate intensity for 30 minutes a day for a minimum of five days a week (preferably seven days). However, the same health benefits can be gained by breaking this down into 10 minute intervals of moderate activity. The overall aim should be to accumulate at least 150 minutes of moderate activity per week

### How do I get started?

- Check with your health care professional that your diabetes is presently stable enough to allow you to begin an exercise routine.
- Start with small sessions of exercise of low intensity and build up gradually.
- Find an exercise partner — this could be a family member, your child or grandchild, or a friend or work colleague — and make it fun.
- Choose something you enjoy, as you are more likely to stick with it.
- Walking is an inexpensive and easy way of getting exercise and can be built into daily routines by parking the car further away from work, getting off the bus a stop earlier, or intentionally going for a walk at lunchtime or after work.
- Purchase a pedometer; as counting the number of steps you take each day can be a good motivational tool and demonstrates your progress in reaching your target.
- Use the stairs instead of elevators.



## CHICKEN PESTO SOUP

Sorry to make this one so easy but there's no way we could make it more difficult 😊. Makes a gallon(ish).

- 3 lbs chicken, cooked & diced or shredded (think leftover chicken here)
- 12 cups chicken stock (broth). Homemade is the best so save those chicken bones!
- 4 cups fresh spinach, tightly packed
- 1 cup pesto
- As needed salt & pepper

- Bring the broth to a high simmer and place all the ingredients into the broth.
- Simmer for about 5 minutes until it's all heated.
- Remove and place in soup kettle or on the serving line in a 1/3 pan.

## PESTO ROASTED CAULIFLOWER

This is a simple procedure:

- Thaw – and drain – 2 lbs of cauliflower.
- Toss it in a bit of oil to coat, then salt and pepper.
- Arrange in a single layer on a sheet pan.
- Roast at 350 F until it begins to brown just a bit.
- Remove and toss in 1/2 cup of pesto.
- Place in a steamtable pan.
- Top with a generous amount of Parmesan cheese.

What is mindfulness?

What is mindfulness and why are students, educators, and parents starting to practice mindfulness in school communities across the U.S. and around the globe?

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, emotions, bodily sensations, and surrounding environment with openness and curiosity.

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Mindfulness is a state, a trait, and a practice.

Mindfulness can be thought of a “state,” a “trait” or a “practice.” You can have a moment of mindfulness, which is the state of your mind. You can also have a sustained experience that is more like a habit or strong tendency to be mindful, a trait. Or you can engage in a more intentional practice of mindfulness by using different forms, postures and activities, such as seated mindfulness meditation, mindful walking, and mindful eating.

Why do people practice mindfulness?

Mindfulness can support and sustain you, by helping you manage the stress of today’s world. Mindfulness has been shown to have a positive impact on stress, attention, and even relationships. The American Psychological Association shares research on a range of benefits of mindfulness, including:

- stress reduction
- boosts to working memory
- focus
- less emotional reactivity
- more cognitive flexibility
- relation satisfaction

The experience of mindfulness is something that is available to you in every moment of the day. But it can be very helpful to set aside a specific time to practice mindful meditation, mindful walking, or a body scan. When mindfulness becomes a “practice,” you’ll notice that mindful moments begin to occur more frequently throughout your day – like taking a moment to pause and breathe before rushing into the kitchen to make your first cup of coffee!

- Mindful walking cultivates awareness of your body while in motion and it’s something you can practice

throughout the day. It can help increase your energy level if you are tired or restless and add variety if you’re doing longer periods of seated practice.

- Set an intention. A regular practice is supported by setting an intention and then remembering to come back to it frequently over time. In this way you can gently remind yourself of why you are practicing.
- Designate a place to practice. Your practice should happen in a place that is quiet and peaceful. Take time to set yourself up, creating a beautiful, calm environment that you will want to be in. Finding the right chair or cushion, the right light and sound levels and temperature is important. You can use a timer app and guided meditation, or just use a clock or bell to time yourself.
- Set aside time. How much time you set aside for your practice is up to you. The most important thing is to start with setting an intention to practice, and as much as possible, sticking with it. If for some reason you forget, or are not able to practice that day, no problem, just start again and remember to do this without judging yourself. We recommend starting with 15 minutes a day. But even 1 minute is better than none, and if that’s all you have in the day, that’s ok!
- Pair your practice with something or someone! One way to establish a daily practice is to pair your practice with something you won’t forget to do. You can choose to practice right before you eat breakfast, right after lunch, on the train to work, or right before you go to sleep. Or practice with a friend or colleague at the same time every day – just like a team, finding the encouragement and support from peers can help you stay motivated.
- Find mindful moments. It’s also important to remember that your mindfulness practice is not limited to the times when you can sit quietly. A moment of mindfulness is any time during your day that you notice your state of mind, or when you remember to pause before responding, or when you check in with yourself and sense your breath moving through the body. A regular practice allows for more of these mindful moments to arise in the context of your daily life.

