

JANUARY 2025

# PLAN FOR HEALTH NEWSLETTER

## THIS MONTH'S TOPICS:

- **Winter Safety**
- **Sustainability and Goal Setting**
- **January Recipe: Slow Cooker Pot Roast**

## Winter Safety

Winter is here and that means colder weather and potential winter storms. Storms can consist of heavy snowfall, high winds, extreme cold, freezing rain, sleet, and ice. These conditions can cause disturbances to transportation, heat, power, and communications. It's important to prepare to ensure you, your loved ones, and your homes are protected. Stay safe by following these safety tips:

- **Plan to Stay Warm:** Avoid travel if you can and stay indoors to prevent frostbite and hypothermia. Check on family and neighbors to ensure they are safe and warm. Have a plan of where you will go if your home becomes too cold.
  - **Gather Emergency Supplies:** Important things to have ready and on hand include non-perishable food, water (one gallon per person, per day), medicine, warm clothing, blankets, first-aid kit, batteries, snow shovels, and ice-melting products. Additionally, keep personal, financial, and medical records in a safe place that are easy to access.
  - **Learn Emergency Skills:** Skills that would be beneficial to learn in case of emergencies include first aid, CPR, how to keep pipes from freezing, spot hypothermia and frostbite, install and test smoke alarms and carbon monoxide detectors, and how to live without gas, power, and water.
- **Plan to Stay Connected:** Monitor your local weather and news to understand the alerts you may receive. Watch means be prepared, and Warning means take action! Have a battery backup or way to charge your cell phone in the event you need to contact anyone.
  - **Stay Safe:** Avoid using candles due to the fire risk. Even using fireplaces can pose a risk of carbon monoxide poisoning if they are not properly maintained and vented. Carbon monoxide poisoning is common during power outages when people use other means to heat and cook. If you start to feel sick, dizzy, or weak, get fresh air right away. Additionally, if using generators, make sure they are only being used outside and away from windows and doors.
  - **Driving Safety:** Make sure to winterize your vehicle prior to the storm. Check antifreeze, tire pressure, and your gas tank prior to travel. Keep a fully stocked emergency supply kit in the car with items such as jumper cables, flashlight, cell charger, blankets, water, hat, gloves, scarf, shovel, ice scraper, cat litter, blankets, and non-perishable food. Check the weather report for all routes you will be traveling. Bring your cell phone with you and make sure it is fully charged. Plan to travel during the daylight and let someone know where you are going and expected arrival time.



## Sustainability

Simply defined, sustainability is "our societies ability to exist and develop without depleting all the natural resources needed to live in the future". A sustainable world would be one that can meet the needs of economic growth with the least impact on the environment, ensuring that the earth can continue to be livable. Choosing to purchase a reusable water bottle versus buying plastic water bottles is an example of being sustainable.

Although the goals and policies that surround sustainability may seem far reaching there are small steps you can start making today that can have a huge impact in creating a more sustainable world.

- 1. Advocate for Change:** Inform yourself on the current social and political issues and make sure to vote. You can also volunteer for local non-profits, participate in demonstrations, or start an initiative at your work or in your community.
- 2. Eat More Plants:** Compared to an animal-based diet, a plant-based diet generally has a significantly lower environmental impact, using less land, water, and energy, producing fewer greenhouse gas emissions, and contributing less to deforestation due to the reduced need for grazing land for livestock; making a plant-based diet more environmentally sustainable overall.
- 3. Reduce Your Transportation Emissions:** Walk or ride bikes whenever possible, use public transit or carpool, use teleconferencing for business meetings.
- 4. Reduce Single-Use Plastic:** Carry reusable utensils and straws with you, buy food in bulk using reusable bags, be mindful of the single use plastics when purchasing toys and household cleaning products. Recycling helps, but reducing waste and reusing is better.
- 5. Reduce Your Household Energy Consumption:** Turn off appliances and lights when you're not using them, hang dry clothes instead of using a dryer and open your blinds for natural light.

**6. Drink from the Tap:** Use a reusable water bottle instead of plastic bottles. It's a surprise for many people to learn that tap water is better regulated than bottled water in the US. You can also purchase filters that fit on your tap.

**7. Save Water:** Turn the sink off when brushing your teeth, take quicker showers, or use a broom to clean the driveway, sidewalk, and stairs rather than a hose.

**8. Go Paperless:** If possible, go paperless with billing statements, receipts, etc., bring laptops/tablets to meetings instead of printing out agendas and documents, and share reports online instead of printing copies.

## Goal Setting

A new year brings about new goals, follow these tips to stay on top of them in 2025.

- Make your goal as specific as possible - ambiguous goals usually don't work in your favor.
- To track your goal progress, it is important to find a way to measure your goal. Ask yourself, "How will I know when I have met my goal?"
- Goals should have clear, practical steps and make you feel like it can be achieved, even on the hardest days.
- Think about what will help motivate you to continue to work towards your goal (like a small reward) ensuring that the goal resonates with what matters most to you.
- Establish a clear timeline with deadlines for each goal to keep you on track over a period.
- **BONUS TIP** - Writing down your goals has been a scientifically proven method for increased goal achievement.



## January Recipe: Slow Cooker Pot Roast

What if you could get the perfect pot roast with half the work, but double the flavor? Good news! You can. Here's how, with the help of this slow-cooker pot roast recipe.

**Prep Time: 15 minutes**

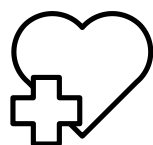
**Cook: 6 hours**

### Ingredients:

- 1 cup warm water
- 1 tablespoon beef base
- 1/2 pound sliced fresh mushrooms
- 1 large onion, coarsely chopped
- 3 garlic cloves, minced
- 1 boneless beef chuck roast (3 pounds)
- 1/2 teaspoon pepper
- 1 tablespoon Worcestershire sauce
- 1/4 cup butter, cubed
- 1/3 cup all-purpose flour
- 1/4 teaspoon salt

### Directions:

1. In a 5- or 6-qt. slow cooker, whisk water and beef base; add mushrooms, onion and garlic. Sprinkle roast with pepper; transfer to slow cooker. Drizzle with Worcestershire sauce. Cook roast, covered, on low 6-8 hours or until meat is tender.
2. Remove roast to a serving platter, tent with foil. Strain cooking juices, reserving vegetables. Skim fat from cooking juices. In a large saucepan, melt butter over medium heat. Stir in flour and salt until smooth; gradually whisk in cooking juices. Bring to a boil, stirring constantly; cook and stir 1-2 minutes or until thickened. Stir in cooked vegetables.
3. Serve with roast.



Stay tuned for February's topics:  
Heart Health and Blood Donation

