



Central MN Mental Health Center
A time to heal, a place to start.

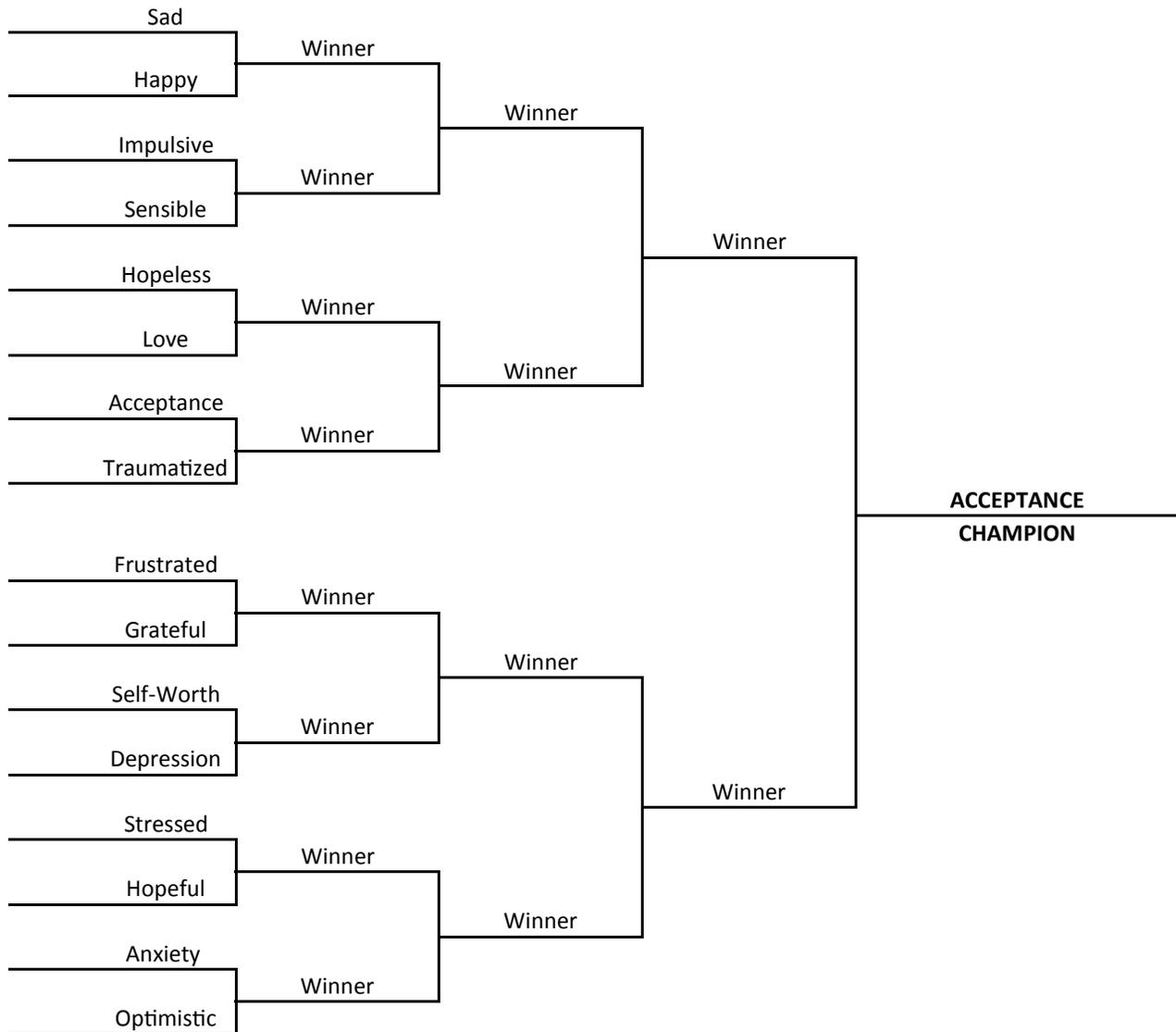
WELLNESS BULLETIN

MARCH 2017



GET EXCITED, IT'S MARCH WELLNESS!!!!

The month of March is typically an exciting month full of sports (especially college basketball), **St. Patrick's Day** (March 17th), **Spring begins** (March 20th), and most important (or second if you love College Basketball) is **Employee Appreciation Day** (March 3rd). The Wellness committee wants to show how much we appreciate everyone so we will be giving away a car... For those of you still reading (thank you) and we are CMMHC not Oprah. There is no car giveaway, but we do want everyone to know they are appreciated! On Friday March 3rd individuals from the Wellness Committee are going to be stopping by each CMMHC site to drop off a fruit basket to show thanks to all employees.



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About the bracket. For those of you not familiar with March Madness it is a college basketball tournament consisting of 68 teams. Each team is ranked in a bracket and typically people try to guess who will win each match up and win the championship. The 'Madness' occurs when a number 15 seed upsets a 2 seed. The Wellness Committee is not advocating for madness but we did devise a smaller bracket of emotions. What we encourage everyone to do is not fill out the bracket but be aware that every moment we can experience a plethora of emotions. In a particular situation it may appear illogical, irrational, or absurd to respond a certain way. There will be times when the emotions and reactions we experience will be 'upsets' of what and how we believe we should feel. The Wellness Committee challenges you not to a bracket tourney, but to know that all humans will have a #15 emotion upset a #2 at some point and that the ultimate goal through all of it is acceptance. Just because one emotion wins a bracket does not mean it has to win the entire tournament. We are not perfect, rational decisions will not always prevail, and logical emotions is an oxymoron. So during this month of 'Madness' try to think about 'Wellness' but even more important let **ACCEPTANCE** be the ultimate winner.

CMMHC's Wellness Committee Mission Statement:

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of Wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health.



Central MN Mental Health Center

"Together, Creating a Healthier Life"

Spinach-Artichoke Dip with Blue Cheese and Bacon

Ingredients

- 4 slices bacon
- 1 cup sweet onion, coarsely chopped (1 large)
- 2—14 ounce cans artichoke hearts, drained and coarsely chopped
- 1—10 ounce box frozen chopped spinach, thawed and well drained
- 1 cup chopped red sweet pepper
- 1 cup light mayonnaise dressing (do not use regular mayonnaise)
- 8 ounces cream cheese, cut up
- 4 ounces blue cheese, crumbled
- 3 cloves garlic, minced
- 1/2 teaspoon dry mustard
- Assorted crackers

Directions

1. In a skillet cook bacon until crisp. Drain on paper towels. Crumble bacon; cover and chill until ready to use. Cook onion in 1 tablespoon bacon drippings about 5 minutes or until tender.
2. In a 3 1/2- to 4-quart slow cooker combine onion, artichoke hearts, spinach, red sweet pepper, mayonnaise, cream cheese, blue cheese, garlic, and dry mustard. Stir to combine.
3. Cover and cook on low-heat setting for 3 to 4 hours or until cheese melts and mixture is heated through. Stir in bacon. Serve with assorted crackers.

Nutrition Facts (Spinach-Artichoke Dip with Blue Cheese and Bacon) Serving Size: 1/4 Cup

Per serving: 128 kcal cal., 11 g fat (4 g sat. fat, 22 mg chol., 341 mg sodium, 4 g carb., 2 g fiber, 4 g pro. Percent Daily Values are based on a 2,000 calorie diet

Source: <http://www.bhg.com/recipe/appetizers-snacks/spinach-artichoke-dip-with-blue-cheese-and-bacon/>

Brought to you by your

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