



# THE MONTHLY MOUTH

ISSUE 20 • FEBRUARY 2022



## VALENTINE'S DAY IN THE U.S.

PUBLISHED BY D. TIGHE

Valentine's Day roots are ancient and related to a Christian martyr, Saint Valentine of Rome. In today's world, it is a celebration of love: both romantically between partners and platonic love between friends and family. When asked whether people were planning to celebrate Valentine's Day this year, just over half of adults in the United States said they would, making it one of the more divisive holidays.

TOTAL EXPECTED CONSUMER SPENDING ON  
VALENTINE'S DAY IN THE U.S.

**\$23.9 BILLION DOLLARS**

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### FEBRUARY BLR

### LADDER SAFETY

ALL PRODUCTION,  
SHIPPING &  
RECEIVING, QUALITY,  
IT, MAINTENANCE, &  
TOOL ROOM  
EMPLOYEES

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### IMPORTANT DATES

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**Bloomer Snow Much Sledding • 2/25/2022**

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**PMI Holiday Party • 2/26/2022**

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**February BLR • Due 2/28/2022**

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# HAPPY Birthday TO YOU



TYLER WETZEL : 2/1	STEVE D'ERRICO : 2/23
JACKIE OLSEN : 2/13	MIKE PURNELL : 2/23
MAX SUPER : 2/15	RICK BISCHEL : 2/24
AMY ALBERS : 2/15	LINDA KLATT : 2/26
JAMIE GUSTAVSON : 2/17	CODY HOFFNER : 2/26
PETER FASBENDER : 2/17	MARK THOMPSON : 2/26
ISAAC LAGESSE : 2/18	JASON FREDERICK : 2/27
TRAVIS PARENT : 2/18	JESS SWARTZ : 2/28
BRADY SCHINDLER : 2/19	JOE TURANY : 2/28
CHRIS PACK : 2/21	CONNOR LARSON : 2/29
	LIAM LARSON : 2/29

## HEALTH FOCUS

### LYME DISEASE

Lyme disease is the most common disease that results from an infection transmitted to humans and other animals in the United States. Lyme disease is caused by the bacterium *Borrelia burgdorferi* and rarely, *Borrelia mayonii*. Typical symptoms include fever, headache, fatigue, and a characteristic skin rash shaped like a target.

**"A RECENTLY RELEASED STUDY FOUND APPROXIMATELY 476,000 AMERICANS WERE DIAGNOSED AND TREATED FOR LYME DISEASE IN 2021."**

Tick exposure can occur year-round, but ticks are most active during warmer months (April-September). Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks.

**[CLICK HERE TO LEARN MORE ABOUT LYME DISEASE](#)**



You've been acing it this year

# HAPPY WORK ANNIVERSARY!

Glad to be working with you

Ben Prosecky : 1 Year  
Missy Wagner : 1 Year  
Sean Miller : 1 Year  
Nicole Zeman : 2 Years  
Caleb White : 3 Years  
Dylan Peterson : 3 Years  
Jason Fairweather : 3 Years  
Emily Corbin : 3 Years  
Jeremiah Paulson : 3 Years  
Chris Daniel : 8 Years  
Randy Medes : 8 Years  
Rick Bischel : 9 Years  
Lotty Macik : 10 Years  
Mike Purnell : 10 Years  
Garrett Stilley : 16 Years

## Congrats to **Cory Poppe**

for your help, leadership, and problem solving! You make work fun and go above and beyond to make sure everyone knows what to do and how to do it. Thank you for working alongside us. Impressive!

**Employee of the Month**







# Live Well, Work Well

## February 2022

Brought to you by Processed Metals Innovators, Inc.

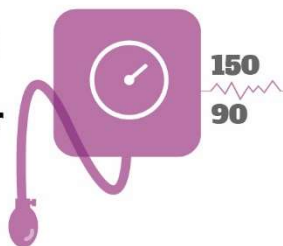
### Reducing Your Stress During American Heart Month

According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death in the United States. In fact, half of all Americans are currently considered “at risk” for heart disease, and that figure continues to rise. Due to the prevalence of the disease, February is recognized as American Heart Month to raise awareness about heart disease and prevention. To celebrate, you can focus on dialing down your stress level.

#### Stress and Heart Health

While there are risk factors that contribute to heart disease that you can't control, there are many things you can do to maintain your heart health. One of those things is to reduce your stress. Having too much stress for too long is bad for your heart.

**Chronic stress may lead to high blood pressure, which can increase your risk for heart attack and stroke.**



Some people may handle their stress with poor health behaviors—such as smoking, eating unhealthy foods and drinking alcohol. Such behaviors can put you at an increased risk for heart disease and stroke.

### Take Charge of Your Stress

Managing stress is good for your health and well-being. Taking steps to reduce your stress will improve your overall health. Try these tips:

- **Simplify your schedule.** If you're feeling rushed or too busy, prioritize essential items on your calendar and to-do lists.
- **Practice relaxation techniques.** Try listening to relaxing music to help you calm down or look into stress management or relaxation classes.
- **Get enough sleep.** Adults should strive for seven to nine hours of quality sleep each night.
- **Exercise regularly.** Movement can get your blood and endorphins flowing, relieving stress, tension, anxiety and depression.
- **Maintain social connections.** It's important to make time for friends and family and talk with people you trust.

If the stresses in your life become more than you can bear or manage with these techniques, consider seeking professional assistance.



## Whole Grain Strawberry Pancakes

Makes: 7 servings

### Ingredients

- 1 ½ cups whole wheat flour
- 3 Tbsp. sugar
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 3 eggs
- 6 ounces low-fat vanilla yogurt
- ¾ cup water
- 3 Tbsp. canola oil
- 1 ¾ cups sliced fresh strawberries
- 6 ounces low-fat strawberry yogurt

### Preparations

- 1) Heat griddle to 375 F.
- 2) Mix flour, sugar, baking powder, baking soda and salt in a large bowl.
- 3) In a medium bowl, whisk together eggs, vanilla yogurt, water and oil.
- 4) Pour egg mixture into the flour mixture. Then, stir until moistened.
- 5) For each pancake, pour slightly less than ¼ cup batter onto the hot griddle. Cook pancakes until bubbly on top (1 to 2 minutes) and dry around the edges. Turn and cook other sides until golden brown (1 to 2 minutes).
- 6) Top each serving (2 pancakes) with ¼ cup of sliced strawberries and 1 to 2 Tbsp. of strawberry yogurt.

### Nutritional Information (per serving)

Total calories	260
Total fat	9 g
Protein	9 g
Sodium	390 mg
Carbohydrate	36 g
Dietary fiber	4 g
Saturated fat	2 g
Total sugars	16 g

Source: MyPlate

## Benefits of Reducing Your Alcohol Intake

Excessive alcohol use is responsible for 1 in 10 deaths among working-age adults every year, according to the CDC. Excessive alcohol consumption has immediate effects that increase risks associated with injuries, motor vehicle crashes and alcohol poisoning. It can also cause serious long-term health problems like liver disease, high blood pressure, stroke, depression and cancer.

In addition to lowering your risk for those short- and long-term impacts, there are multiple health benefits for drinking less. By eliminating or cutting back on alcohol, you may experience:

- Increased energy
- Better sleep quality
- Improved mental health
- Boosted immune system
- Healthier complexion

After weighing the risks and benefits of alcohol, you may be considering reducing your alcohol consumption. If you or a loved one are concerned about alcohol use, talk to a doctor or use the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Helpline by calling 800-662-HELP (4357).

## What's a Standard Drink?

Drinking in moderation means drinking up to one drink per day for women and no more than two drinks for men. Actual alcohol by volume (ABV) varies by product, but here are standard drink guidelines:



**12 ounces of beer  
(5% ABV)**



**5 ounces of wine  
(12% ABV)**



**1.5 ounces of  
distilled spirits  
(40% ABV or 80 proof)**

## Should You Take Daily Aspirin for Your Heart?

The U.S. Preventive Services Task Force recently changed its guidance on aspirin use, stating that most adults do not need to take aspirin to prevent first heart attacks or strokes. This change to a long-standing recommendation is based on new evidence that the potential harms of aspirin—including major bleeding—cancel out the benefits. Here's an overview of the new guidance:

- Adults ages 40 to 59 who are at a higher risk for cardiovascular disease but don't have a history of it should decide with their health care provider whether to start taking aspirin.
- Adults 60 years and older shouldn't start taking aspirin to prevent heart disease and stroke.
- Adults who are already taking aspirin for a previous heart attack or stroke should continue to do so unless told otherwise by their clinician.

Talk to your doctor if you have questions about taking aspirin.