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## Administrative Office Hours

**Mondays - Fridays**  
6:00am - 6:00pm

**Saturdays**  
10:00am - Noon



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## Empowering Morning Rituals

What you do in the morning can set the tone for what happens until you go back to bed. Start your day with rituals that make you feel powerful and alive.

**The specific habits you choose will depend on your values and goals.** Start small and have fun experimenting. Consider these ideas for morning rituals designed to help you thrive.

### Empowering Morning Rituals for Your Body:

1. **Skip the snooze button.** Do you feel groggy even after 8 hours of sleep? The trouble could be your snooze button. It interrupts your body's natural waking process. That can cause sleep inertia that lasts for hours.
2. **Drink water.** You may want to postpone your first cup of coffee. Plain water will rehydrate your organs and make you feel more alert. You can add a little flavor with berries, herbs, or cucumber slices.
3. **Eat breakfast.** You also need to refuel. Enjoy a balanced meal of traditional breakfast foods or heat up some leftovers. Smart choices include Greek yogurt with fruit or a fish taco.
4. **Work out.** Complete your main exercise session or move around a little, especially if you'll be sitting at a computer for hours. Choose an activity that you love, like yoga or swimming.
5. **Go outdoors.** Morning light wakes up your body and starts a hormone cycle that prepares you for restful sleep at night. Sit on your patio or bike to work.

### Empowering Morning Rituals for Your Mind:

1. **Avoid technology.** Resist the urge to lose yourself in social media. Turn off your phone or check for urgent messages only.
2. **Meditate and pray.** Nourish your spirituality. If you're a beginner, start with a few minutes of meditation and build up your time gradually.
3. **Repeat affirmations. Give yourself loving and motivational messages.** Speak in the present tense and keep your statements brief. Looking in the mirror can help you focus.
4. **Connect with loved ones.** Enjoy family time. Play a word game with your kids while you're helping them get dressed. Tell your partner that you love them.
5. **Cultivate gratitude.** Count your blessings. Think of someone who you need to thank today.

# Rosemary Chicken with Roasted Grapes & Shallots

## Ingredients

- 1 tablespoon olive oil
- 1 garlic clove, smashed
- 4 chicken thighs, skin-on, bone-in
- Salt and pepper to taste
- 3 fat shallots, sliced lengthwise
- 1 tablespoon balsamic vinegar
- 1 lb seedless grapes (red), divided into small clusters
- 1 tablespoon chopped rosemary



## Instructions

- Preheat oven to 400F.
- Heat oil in an oven-proof skillet over medium high heat. Add smashed garlic clove and swirl, to season the oil. Season the skin side of the chicken generously with salt and pepper, and place skin side down in hot skillet. Season the other side of chicken with salt and pepper, and remove the garlic. Sear skin side until golden and crispy, 6-7 minutes, turning heat to medium. Flip. Place the shallots between the chicken and drizzle with the vinegar. Top with the grape clusters, nestling between and around the chicken. Sprinkle with rosemary and place in the oven for 20 minutes or until internal temp reaches 170F.
- When chicken seems done, place skillet back on the stove and bring it to a quick simmer (just to make sure juices are cooked.) Spoon some flavorful pan sauce over everything.



Happy  
Employment  
Anniversary!

Kirsten Lee  
10/12/16

## 2020 Schedule of Office Closures

Please be aware that the offices will be closed for the following holidays:

October 12  
Indigenous Peoples Day  
Closed all day

November 11  
Veteran's Day  
Closed all day

November 26-27  
Thanksgiving  
Closed all day

December 24  
Christmas Eve  
Closed at Noon

December 25  
Christmas  
Closed all day

In the event of inclement weather, our offices follow the delay/closure policy for Mid-Del Public Schools.

## Staff Spotlight

### Joie Laws, PRSS, CM I Peer Recovery Support Specialist

- Has 2 kids and 2 grand puppies
- Loves science fiction
- Claim to fame: Steve Perry from Journey waived specifically at her when she was 16 (She still talks about it!)
- Avid volunteer
- Chocoholic, not in recovery
- Big-time movie lover

