

JIFNEWS

A Quarterly Newsletter from the Somerset County Joint Insurance Fund featuring Safety, Health & Wellness



You need vaccines throughout your life!

2025 Recommended Immunizations for Adults Aged 19 Years and Older



U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION

Staying **up to date** on your vaccines is one of the best things you can do to protect your health.

If you are pregnant or have a medical condition that puts you at higher risk for infections, talk to your health care provider about which vaccines are right for you.

FOR MORE INFORMATION

Call toll-free: **1-800-CDC-INFO (1-800-232-4636)**
Or visit: www2.cdc.gov/nip/adultimmsched/

Want to learn more?
Scan this QR code to find out which vaccines you may need. Or visit:
www2.cdc.gov/nip/adultimmsched/



KEY

- ALL adults in age group should get the vaccine.
- SOME adults in age group should get the vaccine.
- ▨ Adults should talk to their health care provider to decide if this vaccine is right for them.

VACCINE	19-26 YEARS	27-49 YEARS	50-64 YEARS	65+ YEARS
COVID-19	Aged 64 and younger: At least 1 dose of the current COVID-19 vaccine.			65+: At least 2 doses.
Influenza/Flu	Every Year			
RSV	If pregnant during RSV season		If aged 60 through 74 years	If aged 75 years or older
Tdap/Td	Tdap every pregnancy. Td/Tdap every 10 years for all adults.			
MMR	If aged 68 years or younger			
Chickenpox	If U.S. born and aged 45 years or younger			
Shingles				
HPV	Aged 27-45 years			
Pneumococcal				
Hepatitis A				
Hepatitis B	Through 59 years			
Meningococcal				
Hib				
Mpox				

11 SECRETS ON HOW TO MAKE MONDAYS MORE PRODUCTIVE

Monday can actually become your most successful day of the week.

If even just thinking about Monday makes you feel drained, it's time to take your life back. A few easy productivity tips can make a world of difference in combatting the Monday blues. The secret is that Monday productivity actually starts over the weekend. Instead of struggling through another week of putting out fires, do a little strategic planning and organizing ahead of time.

Spend time on Sunday in the late morning or afternoon reviewing and prepping for your upcoming weekly events. This leaves Sunday evening for unwinding, and Monday morning for jumping into work with the least resistance possible.

Setting yourself up for success will make it easier to start work and less tempting to procrastinate. Organizing your time, workspace, and tasks helps you reduce stress, stay focused and maintain a higher level of accomplishment throughout the entire day.

Here's how to plan ahead for a smoother start on Monday, and a more productive week overall:

1. DO A SUNDAY RESET — Set yourself up for success on Monday by prepping on Sunday. Handle practical tasks like packing work bag, prepping school items, loading the dishwasher and setting up the coffee machine. These small actions create a calm morning, freeing up energy for work priorities and handling any unexpected hiccups.

2. PRIORITIZE TASKS — But don't be too hard on yourself. Just because it's Monday doesn't mean everything on your list is going to get handled. Figure out the three most important things that need to be addressed, and focus on those. Prioritizing will make it easier to jump into your work, as well.

3. DECLUTTER YOUR WORKSPACE — Getting rid of clutter is always a good thing! A clutter-free environment can significantly boost your focus and overall productivity. Before you dive into your work, organize your workspace by clearing away unnecessary items, filing paperwork, and eliminating distractions. A clean and organized desk promotes mental clarity and helps you stay on task.

4. TACKLE THE BIGGEST CHORE FIRST — Focusing on the big stuff helps you achieve a sense of accomplishment that fuels your momentum for the rest of the day. When you take care of the most difficult item early on, everything else feels easier in comparison. Knocking out the biggest task will mean you have nothing to dread for the rest of the day. Set a timer to stay on track, close unnecessary tabs, turn off notifications and silence your phone to eliminate distractions.

5. OR START WITH THE SMALLEST TASK — On the other hand, some people feel more productive when they tackle little jobs first. A sense of accomplishment early in the day can drive the rest of your work. Not every Monday begins with boundless motivation. When your energy feels low, start with small, quick wins, like responding to a simple scheduling email. These bite-sized tasks help build momentum for tackling bigger projects.

6. SCHEDULE THE BIG STUFF FOR TUESDAYS — Push big deadlines back by a day. Instead of putting the pressure on yourself on the first day of the week, leave Monday as a day for prep and productivity, without the stress of performance. It will be much easier to get stuff done without trying to cram it in before a big appointment.

7. CONSIDER GETTING A HEAD START — Sometimes the quiet of early morning can be just what you need to feel more balanced as you start the week. If Mondays really cause

you a lot of stress, you may want to wake up a little earlier than usual. Even a half-hour may give you the jumpstart you need to feel in control for the rest of the day and week.

8. EAT A GOOD BREAKFAST — Maybe it seems like a little thing, but you can't focus if you're hungry and tired. Take care of you, which means getting to bed on time and eating right — not just grabbing a cup of coffee on the way out the door. If you struggle to have a positive attitude at the beginning of the week, make sure you take the time to have a nourishing breakfast and hydrate throughout the day. Little things can make a big difference in your outlook.

9. LIMIT DISTRACTIONS — While phones and email are essential tools, they can quickly become productivity traps. Set clear boundaries based on the day's demands. For example, on client days, check email only twice, once in the morning and once in the afternoon. On work-from-home days, designate email check-ins between tasks. Also silence social media notifications. By controlling what's constantly demanding your attention, you'll be more efficient.

10. TAKE BREAKS — If you're feeling unfocused or have a case of the Monday blues, stop and take a deep breath. Step outside for fresh air, or adjust your approach. Productivity naturally ebbs and flows, and embracing breaks is essential for maintaining long-term efficiency and avoiding burnout. Forcing yourself to work when you really just need a break won't help anything.

11. REWARD YOURSELF — Pick a Monday night reward for your super-productive morning. Leave work early, plan dinner with friends, get to a workout class, turn off your phone and take a hot bath. Do something restorative at the end of the day, giving you motivation to make the most of the morning.

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Rebus puzzles are an excellent way to exercise your brain while enjoying a clever twist of wordplay. Answers on following page.

H I L L	Vision Vision	EKE PINEAPPLE	DOOR	HEART
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How to Prepare for Bad Weather: When winds are calm and the skies clear, get your plans and supplies in place.

Plan Your Escape Route: If you intend to shelter in place during a natural disaster, make sure that you have enough supplies in the house to care for your pets for an extended period until life returns to normal.

You'll also want to consider where you would go if you were to need to evacuate. If you live in an area prone to hurricanes look, at the evacuation route you usually take. Research which hotels along the route are pet friendly (some hotels will waive their no-pet policies in the event of emergencies). Or check with friend and family in advance to see if your pets are welcome to evacuate with you to their homes. Also, check with your veterinarian about getting your pets microchipped, if they aren't already.

Create a Pet Emergency Kit: Every member of your family should have their own emergency kit — including pets. They'll contain nearly everything your pets might need in the event you need to evacuate or shelter in place, including:

- * **Crate or carrier** for each of your pets
- * **Collar** for your cats and dogs with updated ID tags
- * An **extra leash**
- * Enough **food** for a week
- * Enough **water** for everyone, including pets for several days or a week
- * Have a supply of any **medication** your pet might take daily, or any medication given regularly/as needed like for arthritis
- * **Treats**, which can help with stress
- * **Toys**, which can help ease stress and boredom
- * A **picture of your pet** in case they become lost
- * A **picture of you and your pet together** in case you need to quickly prove ownership.
- * A **print copy of veterinary records** for all your pets as they may be difficult to access online in an emergency.
- * A **pet first aid kit**, which will include supplies to treat minor injuries
- * **Contact information** for emergency veterinary clinics in your local area, and any areas you are likely to evacuate to.
- * **Battery/solar powered lights, filters**, etc. necessary for any fish, reptiles or other exotic pets in the event of a power outage.

Train Pets to Love Their Carriers: Before a natural disaster get your pets used to spending time in their cat crates or dog carriers. If you

need to evacuate your pets may need to be kenneled at an evacuation shelter, and/or while in the car. If your pets are already comfortable with being in their carriers, it will make the evacuation process less stressful.

To help your pets adjust to being in their carriers, have the carriers out in the house so they get used to them. To help your pet create positive associations with the carrier, put toys and treats inside for your pets to find. By pairing the carriers with things your pet finds rewarding, they will choose to spend time inside. This helps pets to be less stressed when they need to be confined to them during an emergency.

Practice Evacuating: Do evacuation drills with your pets regularly. Practice gathering your emergency kits, carriers and pets — that way, you'll be able to identify if there are supplies you're missing or need to replace. You'll also get your pets used to the process of being gathered up in a hurry. This can help reduce stress in an actual emergency and decrease the likelihood your pet will hide when you need to gather the family quickly to evacuate.

What to Do When Bad Weather Strikes: Keep these tips in mind before and during a disaster.

Keep Pets Supervised: Natural disasters are stressful for people as well as pets and they can behave unpredictably when bad weather strikes. Don't allow your cat into a catio, or your dog into a fenced backyard before or during a storm. Instead, keep your pets leashed or inside. Bad weather can spook pets, and fences can be damaged by inclement weather which could result in your pet accidentally getting out and lost.

Prepare for the Worst-Case Scenario: If conditions are deteriorating, use a permanent marker to write your phone number on your pet's belly skin even if they're microchipped. If true disaster strikes, your pet's collar may come off and communications systems could be knocked out, preventing microchips from being checked.

Stay Together: During a natural disaster, it's important to stay with your pets. If you think you may need to evacuate quickly, keep your pets in a bedroom or other small area of your home so they are easier to gather. Increasingly, Red Cross and other emergency evacuation shelters will have areas for pets to stay while people are housed in another area. If there is an order to evacuate from your area, pets should be brought with you and not left behind.

BUSY DAY *Soup*



Servings: 6

Prep Time: 5min

Cook Time: 1hr 25min

Total Time: 1hr 30min

An easy soup recipe your family will love!

It's quick to make and takes little effort.

Perfect for those busy weeknights.

Ingredients

- 1lb ground beef
- 1 packet onion soup mix
- 1½ cup mixed frozen vegetables
- 5 cups water
- 1 can diced tomatoes (28oz can)
- 1 cup macaroni uncooked

Instructions

- * In a large soup pot, brown ground beef. Drain fat.
- * Pour in water, onion soup mix and tomatoes with juice. Simmer for 1 hour on medium low.
- * Add macaroni and frozen vegetables. Cook 15 minutes longer on medium heat. Serve hot.

- 1)Somewhere Over the Rainbow
- 2)Space Invaders
- 3)Pretty Please
- 4)X Marks the Spot
- 5)Stand in the Corner
- 6)Down Hill
- 7)Double Vision
- 8)Upside Down Pineapple Cake
- 9)Back Door
- 10)Broken Heart