



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

JANUARY/2016

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

2016 ANNUAL HEALTH SCREENING

The Saline County 2016 Health Screening will be held **February 17th and 18th** starting at **5:00am** **until 8:00am** BOTH DAYS.

Wednesday February 17, 2016: the screening will be held at the **Saline County Extension Office**.
Thursday February 18, 2016: the screening will be held at the **Law Enforcement Center**.

Please mark your calendars and be on the look out for more information regarding the screening, and when we will start accepting scheduling for signing up for an allotted time to attend the health screening. The health screening process provides an opportunity for you to know your personal health numbers, what the healthy ranges are, and ways to maintain or improve your health. You save valuable time and money since the screens are offered at the workplace and paid for by Saline County and don't forget employees can receive 500 wellness points for attending! The health screening includes lab draws and biometric measures (blood pressure, weight, body mass index, body fat% and waist measures).

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered FREE from January 1 to March 31. (75 Wellness Points)

- Sleep and Your Health

DIABETES PREVENTION LIFESTYLE CLASS

Through the National Diabetes Prevention Program, Elly Reedy has received her Lifestyle Coach Certification and is available to teach a Lifestyle Change Program here in Saline County!

Diabetes is a condition caused by an excessively high level of glucose in the blood, while there are three types of diabetes the most common and PREVENTABLE is Type 2 Diabetes. Type 2 diabetes is highly associated with obesity, which stresses the importance of understanding the disease and how to prevent it.

This program is group-based and helps participants make lifestyle changes to reduce risk for developing Type 2 Diabetes. If this is something that is of interest to you, please email Elly Reedy, if you haven't done so already!

Be on the lookout for more information later this month!

BONUS: 25 WELLNESS POINTS

Answer to Last Months Question: **Osteoporosis**

Sitting for more than three hours a day can cut _____ off a person's life expectancy.

- | | |
|-------------|--------------|
| a) 2 years | b) 1 year |
| c) 5 months | d) 10 months |

To receive your 25 Wellness Points, please email your answer to Elly or any Wellness Committee member.

NEW YEAR NEW YOU! HOW TO BE S.M.A.R.T

We will not be hosting a "Mini Challenge" for the month of January for wellness points. Instead, the Wellness Committee wants to challenge YOU for some goals for the 2016 year!

A New Year usually brings along New Year resolutions, but let's be honest. How many people actually keep the goals they set out for themselves? A recent study shows that only 45% of individuals keep their goals he/she made for the 2016 year, BUT WHY? It's usually because the goals made are not SMART!

SMART stands for **specific, measureable, attainable, realistic and time-based.**

Specific: What you want to achieve and how you'll do it. Ask yourself, "What do I want to accomplish?" "How will I do it?"

Measureable: How you'll know when you've reached your goal. Ask yourself, "How much?" "How often?"

Attainable: That your goal is possible. Ask yourself, "Can I do this?"

Realistic: That your goal is appropriate for you. Ask yourself, "Am I willing to work towards this goal?" "Do I have the skills and resources I need?"

Time-Based: When you plan to reach a goal. Ask yourself, "When will I achieve this?"

For example, your goal might be "To eat healthier" but a SMARTer goal would be "I will eat at least two servings of fruit every day for the next month". Or instead of saying "I will workout" Make your goal "I will go to the gym at least two times a week for the next month"

BREAKFAST, IS IT THAT IMPORTANT?

When you don't eat a morning meal your body enters into a prolonged fasting state and starts to believe that you won't be eating any time soon. Then when you finally do eat a meal (ex. Lunch), your body stores it as fat because it thinks it won't be getting food for another prolonged duration. This of course leads to weight gain, and inadequate consumption of fruits and vegetables and deficiencies in calcium and other minerals. But what exactly qualifies as "Breakfast"? The best breakfasts are low in carbs and fat and high in protein and fiber. Ideally, you should get between 7 and 10 grams of fiber at breakfast and 24-30 grams of protein at breakfast. Fiber will fill you up, while protein creates satiety and prevents snacking later on.

Breakfast can come with high amounts of fat, sodium, sugar and carbohydrates. With the rush of the mornings, and people looking for a quick grab and go meal to consume on the way to work or quickly before heading out the door it's common to see individual's grabbing foods that lack nutritional value. Such as a doughnut, or a bagel with cream cheese, or a bowl of sugary cereal or a frozen breakfast meal that can be heated up in one minute or less.

With a little preparation and smart shopping, the most important meal of the day could be your best meal of the day! The website listed below is full of healthy breakfast ideas for busy mornings! These recipes can be prepared in the morning or the night before for an even simpler approach at breakfast!

<http://greatist.com/health/healthy-fast-breakfast-recipes>



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If you haven't scheduled your appointment yet and would like to, **you have until February 5th at 5:00pm** to sign up for a time slot for the health screening. To sign up please call either:

- Bruce (402-821-2737) if you work for the Roads Department
- Brandi/Sharon (402-821-2588) if you work at the Courthouse, Extension Office or Saline Aging Services
- Kory (402-821-2972 ext 2500) or Jennifer at (402-821-7224) if you work at the SCLEC.

The health screening includes key lab measures for heart risk, diabetes and metabolic syndrome (CBC, Cholesterol, Triglycerides, LDL, HDL, PSA (for males), Glucose and more). It will also include biometric measures such as weight, waist, blood pressure, body fat percentage and body mass index (BMI) readings and measurements. The health screening is optional. But remember you can receive **500 wellness points** for scheduling and attending an appointment!

2016 ANNUAL HEALTH SCREENING

Reminder! Before your appointment you need to follow the following steps:

1. AVOID eating or drinking anything other than water for 8-10 hours BEFORE your appointment
2. You can take medications (with water) the morning of health screening if needed
3. Remember to drink plenty of water the day before the screening so you are well hydrated!

At the health screening there are optional tests available that will be up to you if you want the test done. This includes the **Vitamin D** tests and the **A1C** test. These tests would be paid out of pocket by employees, even if you are on the insurance plan with Saline County. **The Vitamin D test costs \$40 and the A1C test costs \$20.** Make checks payable to "Saline County" and payment for these additional tests if you chose to do them must be made at the time of the health screening. So please let whoever you are calling know if you plan on taking either Vitamin D or A1C test so we can prepare and have Madonna prepare with enough screening tests.

The wellness committee encourages ALL employees to attend the health screening! The screening will be beneficial for all to check your health status, and to make sure you're on the right track for heart health. normal values!

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered FREE from January 1 to March 31. (75 Wellness Points)

"Sleep and Your Health"

MONTHLY EDUCATIONAL CLASS

Dr. Kubicek, Doctor of Dental Surgery will be the guest speaker for our educational class for the month of February! Dr. Kubicek will be giving a presentation on the importance of oral health and how it relates to the wellness of the overall body. This will be a very interesting class as he discusses how the mouth has a relationship with our entire body, and can further complicate disease and put us at a greater risk for other medical conditions if we aren't taking care of our mouth! The presentation will be given at the extension office on **February 10, 2016** starting at **5:30pm**.

Please let either Elly or Brandi Kelly know if you will be attending the class by **February 8th**! This will help Dr. Kubicek prepare for the class and how many materials he will need to bring with him. All employees who attend the presentation can earn **25 Wellness Points**!

*****This class will NOT be recorded*****

BONUS: 25 WELLNESS POINTS

Answer to Last Months Question: **2 years!**

According to the World Health Organization (WHO), 60-90% of school children and nearly ____% of adults have dental cavities.

- a) 75%
- b) 80%
- c) 90%
- d) 100%

To receive your 25 Wellness Points, please email your answer to Elly or any Wellness Committee member.

WELLNESS PROGRAM POINTS

Just a friendly little reminder that when tracking exercise points in your wellness program booklets that you **CAN NOT** track exercise during work hours (except for during breaks and lunch). The exercise, and steps you are completing during work hours do not count towards your exercise points that you are allowed to track in your wellness booklet. You are to receive 5 points for every 15 minutes with a maximum of one hour a day for exercise points to track. If you have any comments or questions about this, then please contact any member of the wellness committee.

SUPER BOWL: GAME DAY FOOD

The Super Bowl is America's second largest eating day, coming in second with Thanksgiving being first! The average intake of calories per day is 2,000 calories, but during Super Bowl Sunday, you could consume that many calories in just less than three hours! If you're hosting a super bowl party or plan on attending one, do all your guests and friends a favor and include fruits, vegetables and fresh foods into your line up!

For a few tips and ideas on how to "up your game" on snacks for the big day, click on the links below to try some new recipes! Or if you don't want to go too fancy, a veggie tray and/or a fruit tray is a great addition to your Super Bowl Menu!

[Buffalo Chicken Skewers with Blue Cheese Dip](#)

[Grilled Shrimp and Pineapple Salsa](#)

[Grilled Garlic Lime Pita Chips](#)

[Cucumber Roll Ups](#)

FEBRUARY HEALTHY EATS CHALLENGE

For the month of February, the Wellness Committee is challenging all employees to incorporate healthier meals into your meal plans! When it comes to diets there are so many different trends that exist and I'm sure everyone is familiar with the words vegan, raw, vegetarian, gluten-free, paleo, ketosis, and clean eating. With all of these diet trends, how are we supposed to know which one to follow, avoid, or attempt?

When it comes to watching what you eat and wanting to eat healthier, one of the best approaches is to simply eat clean, eat in moderation, and read your nutrition labels to check the facts! You should aim to consume whole foods, recipes made from fruits, vegetables, grains, and protein that aren't considered processed foods. This mindset will help you avoid foods that contain too much sugar, sodium, fat, and artificial ingredients.

After the month of February, it is our hope that we can combine all of the collected recipes that you have all tried this month into one Healthy Meals Cookbook for the Saline County employees so we can share everyone's new recipes and we can all try new meals!

Below are great links to websites that have delicious, nutritious and healthy recipes for you to try!

[Lower Carb Meals](#)

[Salads](#)

[Clean Eating Recipes](#)

FEBRUARY MINI CHALLENGE DETAILS

Starting on **February 1, 2016** you can earn up to **20 Wellness Points** if you do the following:

1. Research a new healthy recipe, and then prepare and cook the meal (even better to include your family with you!).
2. Document the recipe by copying the recipe, or recipe link, and taking a picture of the finished meal and email the recipe to Elly Reedy (mailto:reedy_03@hotmail.com). In your email please include any alterations you made to the recipe and your thoughts and comments about the meal, and if it's something you would try again!
3. You must find and prepare **ONE new** recipe **ONCE** a week. You will receive **five wellness points** for your weekly recipe submission. Only five points will be appointed each week if you send in a recipe and proof you made the recipe to Elly. You must follow the guidelines per week as to what your recipe should contain.

So essentially, if you decide to do the challenge you must have a copy of the recipe, and proof you in fact made the recipe. If you do, and the recipe has been sent to Elly you will receive 5 wellness points. Up to 20 wellness points will be accepted for this challenge (For the four weeks in the month of February)! You are encouraged to try more than one new recipe every week, but you will only receive credit for one recipe a week in regards to wellness points.

I hope everyone can have fun with this mini challenge, and maybe this challenge will bring you to find a new favorite meal the whole family can enjoy! Please see the attached sheet for more details!



FEBRUARY HEALTHY EATS MINI CHALLENGE!

Starting on February 1, 2016 you can earn up to 20 Wellness Points if you do the following:

Get out your cookbooks, or log onto your Pinterest account and let's get cooking! Your goal for the month of February is to find a **ONE NEW** recipe to prepare each week for the next four weeks. Each week you will be given a "rule" for what your new recipe needs to include, if you have any substitutions or comments about the weekly recipe requirement rules, please contact Elly Reedy and something will be worked out to accommodate for your request, if possible.

To receive the weekly 5 Wellness Points, you must do all of the following:

1. Email Elly Reedy your recipe, a picture of your final meal, include alterations to recipe ingredients that you made and include comments as to what you thought about preparation, cooking and of course the taste!
2. Make sure the recipe follows the rules as to what the meal must include, as noted below.

Please follow the rules listed below as to what meals you are to prepare to earn wellness points! See attached sheet as to what qualifies each week for the required item!

Week 1: Your meal **MUST** include a source of **PROTEIN**

Week 2: Your meal **MUST** include a **WHOLE GRAIN CARBOHYDRATE**

Week 3: Your meal **MUST** include one or two **VEGETABLES**.

Week 4: Your meal **MUST** include a **DESSERT** made from one **INGREDIENT SUBSTITUTION**.

WEEKLY INGREDIENT REQUIREMENTS AND WHAT QUALIFIES TO RECEIVE WELLNESS POINTS:

Week 1: Your meal **MUST** include a source of **PROTEIN** such as one of the following: chicken (includes eggs), turkey, fish, lean beef, lean pork, legumes, beans, or tofu.

Week 2: Your meal **MUST** include a **WHOLE GRAIN CARBOHYDRATE**

such as one of the following: brown rice, wild rice, whole-wheat pasta, whole wheat/grain breads/rolls/biscuits, whole-wheat pizza crusts. If baking homemade dishes for a carbohydrate source try to incorporate whole wheat, whole rye or brown rice flour.

Week 3: Your meal MUST include one or two of the following **VEGETABLES**: Sprouts (alfalfa and other small seeds), Greens (lettuce, spinach, chard, etc), Hearty Greens (collards, mustard greens, kale, etc.), Herbs, Celery, Radishes, Mushrooms, Cabbage, Sauerkraut, Avocado, Asparagus, Okra, Cucumbers, Pickles, Green Beans and Wax Beans, Cauliflower, Peppers (Green Bell and Red Bell), Broccoli, Summer Squash, Zucchini, Brussels Sprouts, Scallions or Green Onions, Peas, Tomatoes, Eggplant, Artichokes, Turnips, Pumpkin, Rutabagas, Spaghetti Squash, Carrots, and Onions.

Week 4: Your meal MUST include a **DESSERT** made from one **INGREDIENT SUBSTITUTIONS** from the following choices: Whole Wheat Flour for White Flour, Unsweetened Applesauce for Sugar, Oil or Butter, Almond Flour or Coconut Flour for any other Flour, Avocado Puree for Butter, Vanilla for Sugar, Meringue for Frosting, Graham Crackers for Cookies, Evaporated Skim Milk for Cream, Stevia for Sugar, Cacao Nibs for Chocolate Chips.

If your dessert recipe includes a fruit, try to use a fruit from the following list: Lemon, Lime, Rhubarb, Raspberries, Blackberries, Cranberries, Strawberries, Peaches, Nectarines, Apples, Apricots or Grapefruit.



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MARCH/2016

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

MONTHLY EDUCATIONAL CLASS

Judy Florian will be giving a hands-on presentation on the topic of Reflexology and Pressure Points. The class will be held at the extension office on **March 10, 2016 at 5:30pm.**

This class will be very focused on hands-on, so for those attending please know you will be required to take off your shoes if you want to participate, and you will be touching your feet, so dress appropriately for the class.

If you will be attending the class, please contact either Elly or Brandi Kelly **by March 7th no later than 5:00pm.**

**** THIS CLASS WILL NOT BE RECORDED ****

BONUS: 25 WELLNESS POINTS

Answer to Last Months Question: **100%**

According to the Fight Colorectal Cancer organization, over ____% of colon and rectal cancers are found in people over the age of 50.

- a) 50 b) 90
- c) 35 d) 75

To receive your 25 Wellness Points, please email your answer to Elly or any Wellness Committee member.

MARCH AWARENESS MONTH

March is recognized as National Colorectal Cancer Awareness Month

2015 WELLNESS PACKETS

We received 69 packets from employees that participated in the 2015 Wellness Program. Currently, Madonna is in the process of calculating final points. Once all points have been calculated, we will be contacting the employees who participated with your individual point totals for the 2015 year.

Madonna will be on site at the courthouse on March 7, 2016 with the presentation for the employee total wellness points.

The wellness committee will be providing all employees the opportunity to review the points that have been calculated and if the employee sees a discrepancy in the point totals, the employee will be able to come forward to the committee to address their concerns to see if a change in point distribution will be allowed or not if the employee doesn't agree with the point totals calculated. The date of this "protest period" will be announced at a later date, stay tuned!

After the presentation of the final point totals, in addition, if the participant has not already indicated which incentive they would like to receive, a wellness committee member will be contacting you.

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered FREE from January 1 to March 31. (75 Wellness Points)

- Sleep and Your Health

COLORECTAL CANCER AWARENESS

Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States. The American Cancer Society's estimates for the number of colorectal cancer cases in the United States for 2016 are: **95,270** new cases of colon cancer and **39,220** new cases of rectal cancer.

Overall, the lifetime risk of developing colorectal cancer is about 1 in 21 (4.7%) for men and 1 in 23 (4.4%) for women. **So what exactly is colorectal cancer?**

Colorectal cancer starts in the colon or the rectum, which begin as a growth on the inner lining of the colon or rectum called a *polyp*. Some types of polyps can change into cancer over the course of several years, but not all become cancer. Two types of polyps exist: Adenomatous Polyps, which sometimes change into cancer, and the appearance of adenomas is considered a pre-cancerous condition. The second type of polyp falls under the category of Hyperplastic Polyps and Inflammatory Polyps. These polyps are more common, but in general are not pre-cancerous.

The colon and rectum are parts of the digestive system, and if cancer forms in a polyp, it can eventually begin to grow into the wall of the colon or rectum. The wall of the colon and rectum is made up of several layers, the innermost layer is where the cancer starts, cancer cells in the wall can grow into blood vessels or lymph vessels and can then travel to nearby lymph nodes or distant parts of the body.

The good news is that colorectal cancer is easily detected and can be prevented!

COLORECTAL CANCER AWARENESS

Several risk factors exist that might increase a person's chances of developing colorectal polyps or cancer. There are lifestyle-related factors that have been linked to colorectal cancer such as diet, weight and exercise.

Your risk for developing colorectal cancer is increased if you are one or more of the following:

- Overweight or obese
- Physically Inactive
- Consuming a diet high in red meats, and/or processed meats
- Smoking
- Heavy alcohol use

Unfortunately, the above risk factors are not the only risk factors for developing colorectal cancer. Several risk factors exist that you, as an individual have no control over.

- Being older, especially over the age of 50
- Personal history of inflammatory bowel disease
- Family history of colorectal cancer or adenomatous polyps
- Inherited Syndrome
- Your racial and ethnic background

In an attempt to prevent colorectal cancer, it is recommended to start screening at age 50, talk to your doctor about the appropriate screening option that is best for you.

But at this time, the best advice about diet and activity to reduce your risk of colorectal cancer is to increase the intensity and amount of your physical activity, limit red and processed meats, eat more vegetables and fruits, avoid excess alcohol, avoid weight gain around the midsection and get the recommended levels of calcium and vitamin D.

WELLNESS BOOKLET REMINDERS

When recording points into your wellness booklet please pay very close attention to the instructions found in your wellness booklet.

When recording your exercise please remember to write down the **duration** of exercise (15 minutes – 1 hour) and what **type** of exercises (lifting, walking, running, etc.). If you do not write down how long you were exercising or what type of exercise you did, you **WILL NOT** be awarded the points for that day(s) of exercise. Please be specific when recording your monthly exercise points, so you get the points that you deserve!

Also, please remember that exercise during work **DOES NOT COUNT**. If you record exercise done during work, you will not be awarded exercise points. You will receive points though if you are doing exercise during lunch breaks, just not during the on-the-clock work hours.

If you have any questions regarding this please contact a wellness committee member. Upon review of the wellness books from the 2015-year, we are very pleased to see the amount of physical activity done during 2015! So congratulations to all getting in their physical activity throughout the week, you're on the right track towards a healthier lifestyle by participating in exercise! Just remember to track points correctly and in the correct calendar of the wellness book so that you can be awarded for your hard work!

MARCH MINI CHALLENGE

There will be **NO MINI CHALLENGE** for the month of March! Look forward to a new challenge appearing in April!

STRENGTH TRAINING

Research has shown strength training is related to an array of health benefits. As we get older our muscle mass decreases and unfortunately, and if you don't "use" it, you lose it! Strength training can prevent this by increasing and preserving your muscle mass. Strength training can help control weight and aid in weight loss because the development of additional muscle mass in your body will actually burn more calories than fat alone during exercise!

Strength training is for men and women and for all ages! Strength training can increase bone health, which leads to decreased risk of injury. Strength training has so many benefits for everyone, it has even been shown to prevent certain disease and can increase energy levels and increase your mood! But how do you start strength training?

Strength training can be done with the use of free weights (dumbbells), weight machines, body weight exercises or rubber bands. Strength training routines should be done at a resistance level that fatigues your muscles after 8-12 repetitions done in a row for one complete set. As your body gets used to strength training and your muscles can adapt to the routine you can increase your sets to two sets, and then three sets with 8-12 reps!

Don't forget to give yourself a warm-up before beginning strength training by stretching, and/or light cardio. Everyone should consult his or her physicians before beginning any exercise program to prevent injury! If you have questions regarding this, email Elly mailto:reedy_03@hotmail.com



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APRIL/2016

IMPACT SURVEY

The Saline County Wellness committee is excited to provide you with an opportunity to learn more about your health risks. We are asking all employees to complete a brief 15-minute survey (announced at a later date in April). Employees that complete the survey are eligible for **500 Wellness Points for the 2016 Program Year.**

All survey respondents will receive a personalized report, My Health Report, to identify health risk factors to improve or maintain your health. Your report is completely confidential. Results are compiled and stored securely by a third party provider. Saline County will NOT see your individual health data.

After you have completed the Impact survey, your "My Health Report" is immediately displayed. Please print and/or save the report in PDF format for your records. The last page of the report is a physician report available for you to provide to your doctor and/or wellness coach.

Please note: If you did not take part in the Saline County Health Fair held in February, you will need to access your own lab values during the survey, and you will be asked to input those lab values into your survey.

You will receive an email Monday, April 4th in regards to the IMPACT survey and when you can complete it. You will get an instruction sheet and the link to the survey. You are NOT to complete the survey until you have received instructions to do so.

MONTHLY EDUCATIONAL CLASS

There will be **NO MONTHLY EDUCATIONAL CLASS** for the month of April!

If you would be interested in an exercise & nutrition educational class hosted by Elly Reedy, please email Elly and let her know if this is something you are interested in. This is a potential idea for a monthly educational class offered to all employees in May! This class will be structured around proper nutrition, exercise tips, and answering any questions you may have in regards to health, wellness, nutrition and fitness.

BONUS: 25 WELLNESS POINTS

Answer to Last Months Question: **90%**

Diabetes is a chronic disease that occurs either when the _____ does not produce enough insulin or when the body cannot effectively use the _____ it produces.

- a) pancreas, blood sugar b) heart, glucose
- c) blood vessels, insulin d) pancreas, insulin

To receive your 25 Wellness Points, please email your answer to Elly or any Wellness Committee member.

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered FREE from April 1 to June 30. (75 Wellness Points)

- Back Injury

CRAZY 8 CHALLENGE

Starting April 4, 2016, we will be offering the Crazy 8 Challenge! This 8-category, 8-week challenge will **start Monday, April 4, 2016 and will be ending on Sunday, May 29, 2016**. There are 8 categories in which you can receive points:

1. Water: 1 point for **every** 8 ounces of water drank during the day

2. Exercise: 5 points for every **15 minutes of continual exercise** per day. (For example, 30 minutes of exercise would be worth 10 points). There is a max of 20 points per day.

3. Sleep: 1 point for **every night** you sleep 7 hours or more.

4. Fruit/Vegetable: 1 point for every 1 cup serving of fruits or vegetables you eat each day.

5. Alcohol: 1 point for every day you **do not** consume alcohol. **Subtract 1 point** for every drink you have that one-day.

6. Tobacco Use: 1 point for every day you **do not** use a tobacco product.

7. Relaxation: 1 point for every day you do something to relax. (For example, massage, read a book, hot bath, yoga, stretching, etc.).

8. Fast Food/Process Foods: 1 point for every day you **do not** consume food from a fast food restaurant, or prepackaged foods and foods high in fat and sugar (chips, candy, cookies, pop, packaged snack cakes, etc.).

In order to receive 25 Wellness Points for participating in this challenge you must have at least 1,000 points at the end of the 8 weeks. You need to turn in your log sheet to any wellness committee member by June 1, 2016.

APRIL AWARENESS MONTH

April 7, 2016 is recognized as World Health Day, sponsored by the World Health Organization. This year, the World Health Organization's main focus is to, "Stay Super" "Halt The Rise" and Beat Diabetes by increasing awareness about the rise in the disease, and its staggering burden and consequences.

Diabetes is a chronic, metabolic disease characterized by elevated levels of blood glucose, which may over time lead to serious damage to the heart, blood vessels, eyes, kidneys and nerves. To put things into perspective, **1.5 million deaths** are directly attributed to diabetes each year, with **9% of adults** in the world having diabetes. The most popular type of diabetes is Type 2 diabetes, with **90% of people with diabetes having Type 2**.

Type 1 diabetes is characterized by deficient insulin production and requires daily administration of insulin. The cause of Type 1 diabetes is unknown, and is not preventable. Type 2 diabetes results from the body's ineffective use of insulin, and is the result of excess body weight and physical inactivity. Sadly, Type 2 diabetes, which was once only seen in older adults, is now occurring in children! To help prevent Type 2 diabetes people should achieve and maintain healthy body weight, get at least 30 minutes of physical activity most days, eat a healthy diet of 3-5 servings of fruit and vegetables a day, reduce sugar and saturated fats intake and lastly, avoid tobacco use!

For more information, and if you want to promote World Health Day please go to: <http://www.who.int/campaigns/world-health-day/2016/en/>

Crazy 8 Challenge!

Name: _____

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7. Relaxation: 1 point for every day you do something to relax. (For example, massage, read a book, hot bath, yoga, stretching, etc.).

8. Fast Food/Process Foods: 1 point for every day you **do not** consume food from a fast food restaurant, or prepackaged foods and foods high in fat and sugar (chips, candy, cookies, pop, packaged snack cakes, etc.).

In order to receive **25 Wellness Points** for participating in this challenge you must have at least **1,000 points at the end of the 8 weeks.** You need to turn in your log sheet to any wellness committee member by **June 1, 2016.**

For this challenge please keep in mind the following,

- **1 serving of vegetables** is equivalent to **1 cup** of raw leafy vegetables, or **½ cup** for other vegetables that are not raw leafy vegetables.
- **1 serving of fruit** is equivalent to **1 medium piece** of fruit; **½ cup** chopped or canned fruit.
- 1 cup is approximately the size of a small fist, and a medium piece of fruit is approximately the size of a baseball.

This is the perfect time to start the Crazy 8 Challenge, especially after completing the Health Screening in February, with the IMPACT survey being available to take, and the World Health Organization promoting diabetes awareness! To help lower your risk of developing Type 2 diabetes it is suggested to get at least 30 minutes of exercise most days, eating at least 3-5 servings of fruits and vegetables, avoiding fast food, processed foods and foods high in sugar and fat, and not use tobacco! All of these preventative measures are outlined in the Crazy 8 Challenge, and the wellness committee is encouraging everyone to participate in this challenge and follow the World Health Organization and put a halt to diabetes! If you have any questions regarding the challenge please email Elly Reedy!

<u>Day</u>	<u>Date</u>	<u>Water</u>	<u>Exercise</u>	<u>Sleep</u>	<u>Fruit OR Vegetables</u>	<u>No Alcohol</u>	<u>No Tobacco Use</u>	<u>Stress Relief</u>	<u>No Fast Food/ Processed Foods</u>	<u>Totals</u>
Mon	April 4									
Tues	April 5									
Wed	April 6									
Thurs	April 7									
Fri	April 8									
Sat	April 9									
Sun	April 10									
TOTAL WEEK 1										
Mon	April 11									
Tues	April 12									
Wed	April 13									
Thurs	April 14									
Fri	April 15									
Sat	April 16									
Sun	April 17									
TOTAL WEEK 2										
Mon	April 18									
Tues	April 19									
Wed	April 20									
Thurs	April 21									
Fri	April 22									
Sat	April 23									
Sun	April 24									
TOTAL WEEK 3										

<u>Day</u>	<u>Date</u>	<u>Water</u>	<u>Exercise</u>	<u>Sleep</u>	<u>Fruit OR Vegetables</u>	<u>No Alcohol</u>	<u>No Tobacco Use</u>	<u>Stress Relief</u>	<u>No Fast Food/ Processed Foods</u>	<u>Totals</u>
Mon	April 25									
Tues	April 26									
Wed	April 27									
Thurs	April 28									
Fri	April 29									
Sat	April 30									
Sun	May 1									
TOTAL WEEK 4										
Mon	May 2									
Tues	May 3									
Wed	May 4									
Thurs	May 5									
Fri	May 6									
Sat	May 7									
Sun	May 8									
TOTAL WEEK 5										
Mon	May 9									
Tues	May 10									
Wed	May 11									
Thurs	May 12									
Fri	May 13									
Sat	May 14									
Sun	May 15									
TOTAL WEEK 6										

[illegible]



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

MAY/2015

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

CRAZY 8 CHALLENGE

Don't forget to track your points! The Challenge will end Sunday, May 29, 2016. There are 8 categories in which you can receive points:

1. Water: 1 point for **every** 8 ounces of water drank during the day

2. Exercise: 5 points for every **15 minutes of continual exercise** per day. (For example, 30 minutes of exercise would be worth 10 points). There is a max of 20 points per day.

3. Sleep: 1 point for **every night** you sleep 7 hours or more.

4. Fruit/Vegetable: 1 point for every 1 cup serving of fruits or vegetables you eat each day.

5. Alcohol: 1 point for every day you **do not** consume alcohol. **Subtract 1 point** for every drink you have that one-day.

6. Tobacco Use: 1 point for every day you **do not** use a tobacco product.

7. Relaxation: 1 point for every day you do something to relax. (For example, massage, read a book, hot bath, yoga, stretching, etc.).

8. Fast Food/Process Foods: 1 point for every day you **do not** consume food from a fast food restaurant, or prepackaged foods and foods high in fat and sugar (chips, candy, cookies, pop, packaged snack cakes, etc.).

In order to receive 25 Wellness Points for participating in this challenge you must have at least 1,000 points at the end of the 8 weeks. You need to turn in your log sheet to any wellness committee member by June 1, 2016.

MONTHLY EDUCATIONAL CLASS

For the month of May, we are lucky to have Dr. Deb Bessler dedicate her time to give a educational presentation on vision care. This presentation will cover the general importance of vision care, and briefly about different diseases that affect the eyes and how genetics can play a part as well. The class will be on **May 5, 2016 at 5:30pm** at the extension office. This presentation will be recorded as well for those of you who can't be in attendance. If you plan on attending please email Elly Reedy or Brandi Kelly so Dr. Bessler can plan accordingly.

BONUS: 25 WELLNESS POINTS

Answer to April's Question: **D) Pancreas, Insulin**

According to the American Academy of Dermatology, most people see their first precancerous growths (Actinic Keratoses) on their skin after ____ years of age because of sun exposure.

- a) 20 b) 40 c) 35 d) 55

To receive your 25 Wellness Points, please email your answer to Elly or any Wellness Committee member.

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered **FREE** from April 1 to June 30. (75 Wellness Points)

- Back Injury

MAY AWARENESS MONTH

The month of May is recognized as Melanoma/Skin Cancer Detection and Prevention Month. Skin cancer is the most common form of cancer in the United States, and it is estimated that one person dies from melanoma **every hour**. The American Academy of Dermatology (AAD) is encouraging everyone to make sure their skin is "**Looking Good in 2016**" by protecting it from the sun's ultraviolet rays and checking it for signs of skin cancer.

Skin cancer is an abnormal growth of skin cells that most often develops on areas of the skin exposed to the sun's rays. Skin cancer affects people of all colors and races, although those with light skin who sunburn easily have a higher risk. There are four different types of skin cancer: Actinic Keratoses (AK), Basal Cell Carcinoma (BCC), Squamous Cell Carcinoma (SCC), and Melanoma.

AKs are precancerous growths that appear as dry, scaly patches or spots on the skin. Individuals with fair skin, and/or those who have lots of sun exposure to the head, neck, hands and forearms are more likely to develop AKs. An AK can progress to SCC, so treatment is still important, and why checking for signs is important.

BCC is the most common type of skin cancer that looks like a flesh-colored, pearl-like bump or a pinkish patch of skin. BCCs can form anywhere on the body, and develop from years of frequent sun exposure or indoor tanning. BCC can invade the surrounding tissue and grow into the nerves and bones, causing damage and disfigurement.

The third form of skin cancer; squamous cell carcinoma (SCC) is the second most common type of skin cancer. SCC often looks like a red firm bump, scaly patch, or a sore that heals and then re-opens. Like all skin cancers, SCC tend to form on skin that gets frequent sun exposure, specifically the rim of the ear, face, neck, arms, chest and back. SCC can grow deep in the skin and cause damage and disfigurement.

The deadliest form of skin cancer, melanoma, frequently develops in a mole or suddenly appears as a new dark spot on the skin. Early diagnosis and treatment can prevent BCC and SCC, and early treatment of an AK is also important to prevent the AK from forming progressively into SCC. Early diagnosis and treatment for melanoma is crucial, and knowing the warning signs of melanoma can help find an early melanoma!

What to look for when doing self-examination is the **asymmetry** of the mole, look if one half is unlike the other half. Secondly, look at the **border**; an irregular, scalloped or poorly defined border could be a sign for melanoma. If the **color** is varied from one area to another or has shades of tan, brown, black, or sometimes white, red or blue, this is another sign of melanoma. The fourth sign to check for is the **diameter**; melanomas are usually greater than 6 mm when diagnosed, but can be smaller than that! Lastly, check for the **evolution** of the mole. A mole or skin lesion that looks different from the rest or is changing in size, shape or color needs to be checked by a doctor immediately.

For more information please visit: www.aad.org



SALINE COUNTY EMPLOYEE HEALTH & WELLNESS MONTHLY INFORMATION NEWSLETTER

JUNE/2016

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

HEALTH COACHING SESSIONS WITH ELLY

The wellness committee would like to announce that starting in June, Elly Reedy will be available once a week for health coaching sessions! Elly has recently transitioned to a part-time position at Saline County, and with this position, Elly will be in Wilber one day a week at the following locations; The Courthouse, The Extension Office and the Law Enforcement Center.

Elly has her B.S. in Exercise Science, is currently working towards her M.S. in Exercise Science and Nutrition, with a specialization in Childhood Obesity Prevention, as well as her certification in Personal Training from NSCA. Elly will be available to answer any and all questions relating to exercise, nutrition, wellness, etc. The sessions will be made available to all saline county employees and spouses.

Starting on June 6, 2016, the following schedule represents the times and locations Elly will be available **every Monday**:

- 8:00-9:45am – Extension Office
- 11:15-3:00pm – Court House
- 3:00-6:00pm – SCLEC

Sessions can be made ahead of time by emailing Elly Reedy (mailto:reedy_03@hotmail.com) or walk-ins are also an option. A schedule is currently being made online that employees can access to check Elly's schedule, and make appointments as well. Keep checking your emails for more updates!

CRAZY 8 CHALLENGE

The Crazy 8 Challenge ended on May 29, 2016! The Wellness Committee hopes this challenge helped all employees incorporate more fruits and vegetable into your meals, as well as lead to more water consumption and exercise! Congrats to everyone who completed the challenge, and used this challenge as an attempt towards a healthier lifestyle! Please don't forget to turn in your completed challenge to and wellness committee member by **June 1, 2016!**

BONUS: 25 WELLNESS POINTS

Answer to April's Question: **B) 40**

According to the Academy of Dermatology (AAD), you should apply a broad-spectrum sunscreen with a minimum SPF of _____.

- a) 15 b) 40 c) 30 d) 20

To receive your 25 Wellness Points, please email your answer to Elly or any Wellness Committee member.

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered **FREE** from April 1 to June 30. (75 Wellness Points)

- Back Injury

100 MILES IN 100 DAYS CHALLENGE

The 100 Miles in 100 Days Challenge is back for the summer! Bike, Walk, Jog or Run 100 Miles in 100 Days and you can earn 100 Wellness Points! **The challenge starts June 1, 2016 and ends September 8, 2016.**

The following rules and guidelines are to be followed for the entire duration of the challenge:

1. You **MUST** complete a **minimum of 100 Miles** to earn 100 Wellness Points
2. If you are biking; **2 Miles on the bike is equal to 1 Mile to record**
3. Did more than 100 Miles? AWESOME! **Earn ONE extra point for EACH additional mile completed over 100!**
4. Record **Double Miles** on holidays & your birthday!
5. Make sure you are recording your exercise for the challenge in your Wellness Booklet as well, to count for exercise completed!
6. Any questions regarding the challenge, or alternative standard requests, contact Elly Reedy at mailto:reedy_03@hotmail.com or any wellness committee member.
7. Remember you don't have to walk one mile each day, you just need to complete a total of 100 miles by September 8th.
8. Turn in your completed challenge to any wellness member by **September 16, 2016.** If you do not turn in your challenge by the due date, you will not receive credit for completing the challenge!

JUNE EDUCATIONAL CLASS

On **June 20, 2016** a presentation will be given by Elly Reedy at the extension office starting at **5:30 pm** This class will present topics in regards to exercise, nutrition, healthy lifestyle choices and habits, and will also be open for discussion and any questions brought forward by the attendees. If you have a specific topic you would like to be covered or addressed in the presentation please email Elly Reedy your thoughts and questions and it will be worked in to the presentation! This class **will be recorded**, and spouses and other family members and friends are welcome to attend!

JUNE AWARENESS MONTH

The National Safety Council (NSC) is working to make June, National Safety Month! The organization will be focusing on reducing leading causes of injury and death at work, on the roads and in our homes and communities.

Each week in June, the NSC will be highlighting different safety topics that will work to help empower all individuals to make safe decisions for not only ourselves, but also those we care about.

Week 1: Stand Ready to Respond

Week 2: Be Healthy

Week 3: Watch Out for Dangers

Week 4: Share Roads Safely

For more information on the event and to download informational materials from the NSC check your emails every week in June, Elly will be sending out information fliers and links to websites regarding the topic each week.

Name: _____

100 Miles in 100 Days Challenge!

Bike, Walk, Jog or Run 100 Miles in 100 Days and you can earn 100 Wellness Points! Challenge Starts June 1, 2016 and ends September 8, 2016

Rules/Guidelines:

1. You **MUST** complete a **minimum of 100 Miles** to earn 100 Wellness Points
2. If you are biking; **2 Miles on the bike is equal to 1 Mile to record**
3. Did more than 100 Miles? AWESOME! **Earn ONE extra point for EACH additional mile completed over 100!**
4. Record **Double Miles** on holidays & your birthday!
5. Make sure you are recording your exercise for the challenge in your Wellness Booklet as well, to count for exercise completed!
6. Any questions regarding the challenge, or alternative standard requests, contact Elly Reedy at mailto:reedy_03@hotmail.com or any wellness committee member.
7. Remember you don't have to walk one mile each day, you just need to complete a total of 100 miles by September 8th.
8. Turn in your completed challenge to any wellness member by **September 16, 2016**. If you do not turn in your challenge by the due date, you will not receive credit for completing the challenge!

Name: _____

SALINE COUNTY WELLNESS COMMITTEE 100 MILES in 100 DAYS
CHALLENGE - TRACKING SHEET

Must earn at least 100 Miles to earn ANY wellness points. You will receive 100 Wellness Points if you complete 100 Miles in 100 Days! But you MUST earn at least 100 Miles to earn ANY wellness points! Any miles over 100, you will receive additional points. Please return the tracking scorecard to a wellness committee member by Friday, September 16, 2016.

DATE	MILES	DATE	MILES	DATE	MILES	DATE	MILES
June 1		July 2		August 2		September 2	
June 2		July 3		August 3		September 3	
June 3		July 4		August 4		September 4	
June 4		July 5		August 5		September 5	
June 5		July 6		August 6		September 6	
June 6		July 7		August 7		September 7	
June 7		July 8		August 8		September 8	
June 8		July 9		August 9			
June 9		July 10		August 10			
June 10		July 11		August 11			
June 11		July 12		August 12			
June 12		July 13		August 13			
June 13		July 14		August 14			
June 14		July 15		August 15			
June 15		July 16		August 16			
June 16		July 17		August 17			
June 17		July 18		August 18			
June 18		July 19		August 19			
June 19		July 20		August 20			
June 20		July 21		August 21			
June 21		July 22		August 22			
June 22		July 23		August 23			
June 23		July 24		August 24			
June 24		July 25		August 25			
June 25		July 26		August 26			
June 26		July 27		August 27			
June 27		July 28		August 28			
June 28		July 29		August 29			
June 29		July 30		August 30			
June 30		July 31		August 31			
July 1		August 1		September 1			
TOTAL		TOTAL		TOTAL		TOTAL	



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

JULY/2016

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

100 MILES IN 100 DAYS CHALLENGE

The challenge started June 1, 2016 and ends September 8, 2016.

The following rules and guidelines are to be followed for the entire duration of the challenge:

1. You **MUST** complete a **minimum of 100 Miles** to earn 100 Wellness Points
2. If you are biking; **2 Miles on the bike is equal to 1 Mile to record**
3. Did more than 100 Miles? AWESOME! **Earn ONE extra point for EACH additional mile completed over 100!**
4. Record **Double Miles** on holidays & your birthday!
5. Make sure you are recording your exercise for the challenge in your Wellness Booklet as well, to count for exercise completed!
6. Any questions regarding the challenge, or alternative standard requests, contact Elly Reedy at mailto:reedy_03@hotmail.com or any wellness committee member.
7. Remember you don't have to walk one mile each day, you just need to complete a total of 100 miles by September 8th.
8. Turn in your completed challenge to any wellness member by **September 16, 2016**. If you do not turn in your challenge by the due date, you will not receive credit for completing the challenge!

JULY EDUCATIONAL CLASS

The speaker for the July Educational class will be Brad Kalkwarf. The presentation will be on **July 21, 2016 at 5:30pm** at the extension office.

The topic of the presentation has not been decided yet. An email will be sent out in the upcoming week regarding the class topic.

BONUS: 25 WELLNESS POINTS

Answer to April's Question: C) 30

A Nutrition Label states the amount of carbohydrates are in the food and/or drink item, but what are the three types of carbohydrates listed?

- a) Carbohydrates, Fiber and Vitamins
- b) Starches, Vitamins, and Minerals
- c) Fiber, Sugar, Added Sugar
- d) Sugars, Starches, and Fiber

To receive your 25 Wellness Points, please email your answer to Elly or any Wellness Committee member.

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered FREE from July 1 to September 30. (75 Wellness Points)

- Keeping Your Cool

WILBER FARMERS MARKET

The market takes place downtown Wilber from 4:00-6:30pm every Tuesday with produce, eggs, baked goods, crafts, and more are made available!

If you're interested in being a vendor contact Pat Hudecek via email ephudecek@windstream.net or call 1-402-821-3258 or 1-402-218-1799. There is no fee to become a vendor, and you can be a full time or part time vendor!

LINCOLN AREA FARMERS MARKETS

Haymarket (7th and P Street) –
Every Saturday May-October 8am-1pm

Old Cheney (55th & Old Cheney Rd) –
Every Sunday April-October 10am-2pm

Fallbrook (570 Fallbrook Blvd) –
Every Thursday May 26-September 4:30pm-8pm

University Place –
Every Wednesday May-October 4-8pm

Piedmont (1265 South Cotner Blvd) –
Every Friday May-September 4-7pm

Downtown Garden (16th and Centennial Mall) -
Every Wednesday June-August 12-4pm

St. Paul UCC (1302 F Street) –
Every Tuesday May-October 4:30-7:30pm

JULY AWARENESS MONTH

July is recognized as **Cord Blood Awareness Month**, **Juvenile Arthritis Awareness Month**, and **National Cleft & Craniofacial Awareness & Prevention Month**

SUMMER WATER AEROBICS

Get a great workout outside at the Wilber Municipal Pool, and have a blast at water aerobics with Jadyn Cerveny!

It cost just \$2.00 every time you come or you can purchase a punch card for \$20.00 for classes! Classes are offered Monday-Friday and include a Water Fitness Class and Water Aerobics where you'll workout to choreographed water moves!

Water Fitness:

Monday, Wednesday & Friday at 7:30-8:30 am

Water Aerobics (To Music):

Tuesday & Thursday at 8:00-9:00 pm

The classes offered on Tuesdays and Thursdays are scheduled to change in the event of a pool party. If a pool party is scheduled, the class will be taught in the morning. Check out the Wilber Municipal Pool Facebook Page for updates on class schedules and cancellations!

PERSONAL TRAINING

If you, your spouse, or other family members, even friends are interested in taking personal training sessions, please contact Elly Reedy mailto:reedy_03@hotmail.com for more information! Elly has her Personal Training certification through the National Strength and Conditioning Association (NSCA)

Session dates, duration, and cost are all dependent on what you want to work on, how long you would like to train and if you are doing individual training, or group training!



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

AUGUST/2016

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

100 MILES IN 100 DAYS CHALLENGE

The challenge started June 1, 2016 and ends September 8, 2016.

The following rules and guidelines are to be followed for the entire duration of the challenge:

1. You **MUST** complete a **minimum of 100 Miles** to earn 100 Wellness Points
2. If you are biking; **2 Miles on the bike is equal to 1 Mile to record**
3. Did more than 100 Miles? AWESOME! **Earn ONE extra point for EACH additional mile completed over 100!**
4. Record **Double Miles** on holidays & your birthday!
5. Make sure you are recording your exercise for the challenge in your Wellness Booklet as well, to count for exercise completed!
6. Any questions regarding the challenge, or alternative standard requests, contact Elly Reedy at mailto:reedy_03@hotmail.com or any wellness committee member.
7. Remember you don't have to walk one mile each day, you just need to complete a total of 100 miles by September 8th.
8. Turn in your completed challenge to any wellness member by **September 16, 2016**. If you do not turn in your challenge by the due date, you will not receive credit for completing the challenge!

AUGUST EDUCATIONAL CLASS

The speaker for the August Educational class will be Chad Engel with NIRMA, who will be giving a presentation on Ergonomics. The presentation will be on **August 16, 2016 given at two different times: 9:00am and 10:30am** at the extension office. You only have to attend on presentation for wellness points. The session will be recorded!

BONUS: 25 WELLNESS POINTS

Answer to last month's Question: **C) Fiber, Sugar, Added Sugar and D) Sugars, Starches, and Fiber** were acceptable.

According to the President's Council on Fitness, Sports, and Nutrition; Less than ____% of adults participate in 30 minutes of physical activity each day, with only one in three adults receiving the recommended amount of physical activity each week.

A) 50% B) 5% C) 15% D) 25%

Email your answer to Elly or any Wellness Committee member to receive 25 Wellness Points.

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered FREE from July 1 to September 30. (75 Wellness Points)

- Keeping Your Cool

AUGUST AWARENESS MONTH

August is National Immunization Awareness Month (NIAM) and is used to remind everyone of the benefits of vaccination and to highlight the importance of vaccination for people of all ages. Visit Centers for Disease Control website for more information!

Certain vaccines are recommended based on a person's age, occupation or health conditions such as asthma, chronic obstructive pulmonary disease (COPD), diabetes or heart disease. Vaccination is important because it not only protects the person receiving the vaccine, but also helps prevent the spread of disease, especially to those that are most vulnerable to serious complications such as infants and young children, elderly, and those with chronic conditions and weakened immune systems.

All adults, including pregnant women, should get the influenza (flu) vaccine each year to protect against seasonal flu. Every adult should have one dose of Tdap vaccine (tetanus, diphtheria, and pertussis or whooping cough) if they did not get Tdap as a teen, and then get the Td (tetanus and diphtheria) booster vaccine every 10 years. In addition, pregnant women are recommended to get the Tdap vaccine each time they are pregnant, preferably at 27 through 36 weeks.

Adults 60 year and older are recommended to receive the shingles vaccine. And adults 65 and older are recommended to receive one or more pneumococcal vaccines. Some adults younger than 65 years with certain high-risk conditions are also recommended to receive one or more pneumococcal vaccinations.

NUTRITIONAL TIPS FROM ELLY

Try eating 5-6 small meals a day, as opposed to three large meals a day! This will help boost your metabolism, which helps you burn more calories all day long! This is because of the thermic effect of food, meaning the breakdown and absorption of food itself requires a substantial amount of calories. All foods have a thermic effect ranging from 3-30%, with protein foods having a thermic effect up to 30% this means that 30% of your daily calories from foods like turkey, salmon and chicken are burned simply by just digesting them! The same thermic effect is seen in carbohydrate digestion as well; complex and fibrous carbohydrates burn approximately 20% of calories through digestion. By simply eating broccoli, spinach, corn, green beans, etc., 20% of those calories consumed are burned just by digesting them alone!

When planning out your meals for the day, make sure every meal has at least 10 grams of protein and 20 grams of carbohydrates. Carbohydrates are needed for many functions; such as physical activity, energy and fat burning, but too many carbohydrates in one sitting can cause the body to go into the fat storage process! The fat storage process is when the body takes the excess consumed carbohydrates, and instead of being stored as energy to use for physical activity, the carbohydrates get stored as energy that we don't use and is later converted to body fat. This is where protein comes in to play! Protein is needed to burn fat and feed muscle! When carbohydrates and protein are consumed together, carbohydrates are digested slower, which means the body uses the carbohydrates for energy for daily function, and less likely to be stored as fat!



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

SEPTEMBER/2016

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

100 MILES IN 100 DAYS CHALLENGE

The challenge started June 1, 2016 and ends September 8, 2016.

The following rules and guidelines are to be followed for the entire duration of the challenge:

1. You **MUST** complete a **minimum of 100 Miles** to earn 100 Wellness Points
2. If you are biking; **2 Miles on the bike is equal to 1 Mile to record**
3. Did more than 100 Miles? AWESOME! **Earn ONE extra point for EACH additional mile completed over 100!**
4. Record **Double Miles** on holidays & your birthday!
5. Make sure you are recording your exercise for the challenge in your Wellness Booklet as well, to count for exercise completed!
6. Any questions regarding the challenge, or alternative standard requests, contact Elly Reedy at mailto:reedy_03@hotmail.com or any wellness committee member.
7. Remember you don't have to walk one mile each day, you just need to complete a total of 100 miles by September 8th.
8. Turn in your completed challenge to any wellness member by **September 16, 2016**. If you do not turn in your challenge by the due date, you will not receive credit for completing the challenge!

OCTOBER FLU SHOT CLINIC

Mark your calendars! The annual Flu Shot Clinic is right around the corner with Public Health Solutions (PHS). PHS will be in Wilber on **October 24, 2016** at 7:30-10:00am at the Court House and again in the afternoon at 3:00-6:30pm at the Saline County Law Enforcement Center. PHS will NOT be offering the Flu Mist this year, so schedule appointments accordingly. Look out for updates as the date comes closer!

BONUS: 25 WELLNESS POINTS

Answer to August's Question: **B) 5%**

According to the World Health Organization, on "Nutrition for Older Persons" consumption of fruit and vegetables by one to two servings daily could reduce cardiovascular risk by ____%

- a) 80% b) 40% c) 30% d) 70%

To receive your 25 Wellness Points, please email your answer to Elly or any Wellness Committee member.

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered FREE from July 1 to September 30. (75 Wellness Points)

- Keeping Your Cool

LUCKY 7 POKER CHALLENGE

The "Lucky 7 Poker Challenge" will start on **September 1st and run through October 19th**. There are two options for this poker challenge! Once you have chosen either option 1 or option 2; that is the option you must continue to follow for the duration of the challenge.

Option 1:

The participant will walk or run at least **7 Miles Per Week** to obtain a Poker Card.

Option 2:

The participant will have to attain **300 Points Each Week** to obtain a Poker Card. The categories and points associated are listed below:

1. Water: 10 Points for each day you drink a total of 64oz of water (8 cups of water a day)
2. Exercise: 5 Points for each 15 minutes worked out (Maximum of 1 hour per day)
3. Sleep: 1 Point for each night of 7 or more hours of sleep
4. Fruits/Vegetables: 1 Point for each serving of fruits or vegetables
5. Stretching: 5 Points for each day you do 5 minutes of stretching
6. Alcohol: 10 Points per day if you do NOT drink alcohol and 0 points if you do.
7. Tobacco/Nicotine/Illegal Substance: 10 Points per day if you do not use tobacco/nicotine/illegal substance and 0 points if you do

Please see attached sheet in the email attachment for further rules and guidelines.

All final numbers on record must be turned in to a wellness committee member by October 24, 2016 at 4:00pm. All challenge sheets turned in after date stated will not be accepted.

FRUIT & VEGETABLE SERVING SIZES

Remember, for all challenges please following the following guidelines for serving sizes of fruits and/or vegetables.

- **1 serving of vegetables** is equivalent to **1 cup** of raw leafy vegetables, or **½ cup** for other vegetables that are not raw leafy vegetables.
- **1 serving of fruit** is equivalent to **1 medium piece** of fruit; **½ cup** chopped or canned fruit.
- 1 cup is approximately the size of a small fist, and a medium piece of fruit is approximately the size of a baseball.

WELLNESS PROGRAM 2017 PREPARATION

The Wellness Committee has begun to review to the Wellness Program Book for the 2017 calendar year making corrections and additions as needed. The Committee is asking all employees for input on the upcoming year, and are accepting any comments, concerns, or helpful ideas they would like to share concerning the program and the upcoming year. Please submit all comments to any wellness committee member before the next meeting, September 26, 2016. The committee thanks you in advance! All comments are helpful and appreciated!

SEPTEMBER EDUCATIONAL CLASS

For the month of September, we will have NO monthly educational class. Enjoy the beginning of the school year, sporting and family events!

MORE MATTERS MONTH – FRUIT & VEGGIES

One of the most important aspects of living a healthy lifestyle is having a nutritious diet. One key factor in a successful eating habit/diet is to consume fruits and vegetables! September is celebrated as More Matters Month, specifically pushing all individuals of all ages to EAT MORE FRUITS AND VEGETABLES! So, here are 10 Top Reasons you SHOULD be eating fruits and vegetables!

1. Fruits and vegetables are nutritious AND delicious!
2. They're simply just fun to eat! That perfect crunch of a carrot, or the simplicity of popping a few grapes into your mouth with lunch!
3. Fruits and vegetables are nature's treat, and are easy to grab for a quick, natural snack.
4. Fruits and vegetables are available in an almost infinite variety, and there's always something new to try!
5. VITAMINS and MINERALS that help you feel healthy, energized, and are just all around good for you from your head to your toes.
6. Eating plenty of fruits and vegetables could help reduce your risk of developing heart disease, high blood pressure, and even some cancers.
7. Naturally low in calories.
8. Provide fiber that helps fill you up and keep you feeling fuller longer (and make your digestive system happy!)
9. Fresh, frozen, canned, dried, and 100% fruit juice, either way, it's ready when you are!
10. Fruits and vegetables add color, texture, and appeal to your plate! Load up!

NUTRITION, EXERCISE AND AGING

Another day, another day older, and although we may not like adding another candle to that birthday cake, everyone deals with it... aging. Changes happen to our bodies as we age, some are physiological, while others are changes that happen from your day to day lifestyle and your priorities. Nutrition plays a KEY role in keeping us at our best, no matter the number of candles on top of your cake.

Once you're past age 25, your body's ability to consume oxygen declines, meaning your body's capacity to do work declines as consuming oxygen and expelling carbon monoxide becomes harder. Unless we stay active, this number will only continue to fall, and muscle mass and strength will also slowly decline. All of this will affect your ability to produce power, speed, and endurance. Following the recommendations for getting 30 minutes of physical activity daily is crucial to maintain strength, and keep your cardiovascular and pulmonary systems functioning properly, especially as we get older!

How many times have you heard to "drink water" or has your doctor told you you're not drinking enough? That's because as you age, your hydration capacity is reduced, and you can even lose the sensation of hydration, so your body can't tell you, "HEY, I'm really thirsty!". Make sure you're getting at least 64 ounces of water daily, to keep kidney function efficient to remove waste!

Lastly, as stressed last month, adequate protein is required to get the most of the body's ability to repair and build muscle tissue. Aside from protein, fruits and vegetables (carbohydrates full of fiber) contain vitamin and minerals that are crucial to the body, especially as we age! Vitamins and minerals that keep the bones and joints working, as well as blood pumping where it needs to!



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

OCTOBER/2016

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

OCTOBER FLU SHOT CLINIC

Mark your calendars! The annual Flu Shot Clinic is right around the corner with Public Health Solutions (PHS). PHS will be in Wilber on **October 24, 2016** at **7:30-10:00am at the Court House** and again in the afternoon at **3:00-6:30pm at the Saline County Law Enforcement Center.**

PHS will NOT be offering the Flu Mist this year, so schedule appointments accordingly. Consent forms and informational fliers are available at the courthouse in the county assessor's office, as well as at the Extension Office and at the Law Enforcement Center as well. Please have the consent form and a copy of your health insurance card with you when you come in to get your immunization.

There is not out of pocket cost to those who have health insurance. Please bring a copy of your card so PHS can bill your insurance directly. If you have no insurance, there will be cost associated per person (PHS can adjust this through the PHS sliding fee scale).

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered FREE from October 1 to December 30. Complete the NIRMA Online University Class to receive 75 Wellness Points!

Understanding Anxiety Disorder

2017 WELLNESS PROGRAM CHANGES

The Wellness Committee would appreciate any and all comments as the committee looks forward for the 2017 calendar year and wants to hear from YOU! If you have anything you would like to bring up to the committee regarding the wellness program, monthly challenge ideas, or monthly educational classes please email any member of the wellness committee with your inquiry! The Wellness Committee thanks you in advance for your opinions and ideas, and will gladly take them into consideration at the next wellness meeting!

BONUS: 25 WELLNESS POINTS

Answer to September's Question: C) 30%

According to the American Cancer Society, breast cancer is the most common cancer among American women with about 1 in ____ women in the US will develop invasive breast cancer during their lifetime.

- a) 4 b) 8 c) 20 d) 15

To receive your 25 Wellness Points, please email your answer to Brandi Kelly or any Wellness Committee member.

OCTOBER AWARENESS MONTH

National Breast Cancer

National Down Syndrome

National Dental Hygiene

LUCKY 7 POKER CHALLENGE

The "Lucky 7 Poker Challenge" will start on **September 1st and run through October 19th**. There are two options for this poker challenge! Once you have chosen either option 1 or option 2; that is the option you must continue to follow for the duration of the challenge.

Option 1:

The participant will walk or run at least **7 Miles Per Week** to obtain a Poker Card.

Option 2:

The participant will have to attain **300 Points Each Week** to obtain a Poker Card. The categories and points associated are listed below:

1. Water: 10 Points for each day you drink a total of 64oz of water (8 cups of water a day)
2. Exercise: 5 Points for each 15 minutes worked out (Maximum of 1 hour per day)
3. Sleep: 1 Point for each night of 7 or more hours of sleep
4. Fruits/Vegetables: 1 Point for each serving of fruits or vegetables
5. Stretching: 5 Points for each day you do 5 minutes of stretching
6. Alcohol: 10 Points per day if you do NOT drink alcohol and 0 points if you do.
7. Tobacco/Nicotine/Illegal Substance: 10 Points per day if you do not use tobacco/nicotine/illegal substance and 0 points if you do

Please see attached sheet in the email attachment for further rules and guidelines.

All final numbers on record must be turned in to a wellness committee member by October 24, 2016 at 4:00pm. All challenge sheets turned in after date stated will not be accepted.

FRUIT & VEGETABLE SERVING SIZES

Remember, for all challenges please following the following guidelines for serving sizes of fruits and/or vegetables.

- **1 serving of vegetables** is equivalent to 1 **cup** of raw leafy vegetables, or ½ **cup** for other vegetables that are not raw leafy vegetables.
- **1 serving of fruit** is equivalent to 1 **medium piece** of fruit; ½ **cup** chopped or canned fruit.
- 1 cup is approximately the size of a small fist, and a medium piece of fruit is approximately the size of a baseball.

OCTOBER EDUCATIONAL CLASS

For the month of September, we will have NO monthly educational class. Enjoy the fall weather, school activities and time with family! Get outside and get active before that Nebraska Winter strikes!

100 MILES IN 100 DAYS RESULTS

GREAT JOB to all those that participated in the 100 Miles in 100 Days wellness challenge over the summer! Saline County employees covered a total distance of 4,734 miles in 100 days! To put that into perspective that's the distance from Lincoln, Nebraska to Frankfurt, Germany! Keep up the good work, and stay active! If you enjoyed the 100 Miles in 100 Days Challenge, but you're looking to challenge yourself a little more and covering some more distance, stay tuned for the next upcoming Wellness Challenge that will be starting in November!

SAYING GOODBYE TO THE WELLNESS COMMITTEE – ELLY REEDY IS LEAVING

Thank you to everyone for the opportunity to work with Saline County, and the wellness committee assisting the committee and helping the employees get on the right track to a healthier lifestyle! I sadly must say goodbye, as I will be completing my Masters this December, and I have been promoted to Group Fitness Director at Prairie Life here in Lincoln and I can't do everything at once! ☺

For all future questions, answers to the wellness bonus question, and all inquiries please email Brandi Kelly bkelly@diodecom.com or any other member of the wellness committee!

WALK ACROSS NEBRASKA CHALLENGE

The Wellness committee is working to develop a walk across Nebraska challenge!! This challenge will involve teams of 5 employees either from the Law Enforcement Center, Extension Office and the Court House. Each team will have a team captain that is in charge of sending the teams weekly mileage totals to Brandi Kelly or another member of the wellness committee so the committee can track your total miles for the duration of the challenge! You collect miles from biking, walking, jogging, running, and cardio equipment such as the NuStep, Elliptical and Treadmill! (Biking will double miles, 2 bike miles will equal to 1 walking mile). If YOU are interested in this challenge you MUST email Brandi Kelly so we can get a head count of employees interested, and the wellness committee will be picking the teams of 5 from those interested!

AFTER SCHOOL SNACKS

With the school year in full swing and fall activities kicked in high gear, families are busier than ever! The first thing many kids want to do when they get home from school, and sometimes adults from work too ☺ but it's to eat a SNACK! It's the parents and guardians job to provide foods available for snack that are nutritious, satisfying, and of course fun to eat! Check out some snack ideas below, and some can even be prepared in advance so you don't have to worry about making snacks during the week!

Chocolate Covered Frozen Bananas

Slice bananas, melt some dark chocolate chips on the stove on low heat or in the microwave. Dip banana slices into the melted chocolate and sprinkle with chopped nuts or shredded coconut and freeze for 4 hours! When chocolate is frozen they are ready to eat!

Sliced Apples and Peanut Butter

Whole Wheat Bagel Thin with Peanut Butter or Light Cream Cheese

Fruit Kabobs

Grab a kabob stick and chop up a variety of different types of fruit, then thread the fruit onto kabob stick! Common fruits: blueberries, bananas, watermelon, strawberries, mango, pineapple, apples, etc.!

Homemade Trail Mix

Mix your favorite nuts, dried fruit, popcorn; crackers, and chocolate chips together for a fun trail mix!

Yogurt Parfait

Layer yogurt, granola, and fruit of your choice in a plastic cup!

Hard Boiled Egg

Saline County



Health & Wellness

Monthly Newsletter

► November, 2016

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"No matter how slow you go, you're still lapping everyone on the couch"!

Quit Smoking Today—American Heart Association

Smoking is the most preventable cause of premature death in the United States. Smokers have a higher risk of developing many chronic disorders, including atherosclerosis — the buildup of fatty substances in the arteries — which can lead to coronary heart disease and stroke. Controlling or reversing atherosclerosis is an important part of preventing future heart attack or stroke.

You can modify or control seven major independent risk factors for coronary heart disease:

1. Cigarette and tobacco smoke
2. High blood cholesterol
3. High blood pressure

4. Physical inactivity
5. Overweight or obesity
6. Diabetes
7. Healthy Diet

Smoking by itself increases the risk of coronary heart disease.

When it acts with the other factors, it greatly increases your risk from those factors, too. Smoking decreases your tolerance for physical activity and increases the tendency for blood to clot. It decreases HDL (good) cholesterol. Your risks increase greatly if you smoke and have a family history of heart disease. Smoking also creates a higher risk for peripheral artery disease and

aortic aneurysm. It increases the risk of recurrent coronary heart disease after bypass surgery, too.

Smoking is also an important risk factor for stroke. Inhaling cigarette smoke produces several effects that damage the cerebrovascular system. Women who take oral contraceptives and smoke increase their risk of stroke many times. Cigars and pipes aren't a "safer" alternative to cigarettes. People who smoke cigars or pipes also have a higher risk of cardiovascular disease and death than non-smokers.

cont page 2—Smoking

2017 Wellness Program

The Wellness Committee is in the closing stages of finalizing the 2017 calendar year Wellness Program. The committee still wants to hear from all participants within the first part of November regarding our Wellness Program, monthly challenge ideas, or monthly educational classes.

The Committee knows the power of our Wellness Program is fueled by the potential to help improve how employees focus upon healthy lifestyles. But we also need to focus our attention on where we as employees want to go. We ask your help to find the most effective way to get there. Please

email any member of the Wellness Committee with ideas or suggestions on that topic. —end

NIRMA Online University

The following online class will be the dedicated offering to employees from October 1 to December 30. Complete this NIRMA Online University Class to receive 75 Wellness Points:

"Understanding Anxiety Disorder"

Question of the Month

BONUS: 25 WELLNESS POINTS for correct answer

People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to _____ days after becoming sick?

- A. 1-3
- B. 2-5
- C. 5-7
- D. 6-8

**The answer to the October Question of the Month:
B) 1 in 8*

Email your name and correct answer to:
salinewellness@gmail.com

Smoking— continued from page 1

Breathe clean air.

It's also important to avoid other people's smoke. The link between secondhand smoke (also called environmental tobacco smoke) and disease is well known, and the connection to cardiovascular-related disability and death is also clear. Each year about 34,000 adults die from heart and blood vessel disease caused by other people's smoke. The risk of stroke for nonsmokers who are exposed to secondhand smoke is increased by an estimated 20–30 percent.

Let healing begin today.

If you already have heart disease, you may think, "What good will it do me to quit smoking now?" But don't be discouraged. Your lungs can begin to heal themselves as soon as you stop harming them with more smoke. Heart disease can be prevented and controlled, but you must follow your treatment plan — and quitting smoking is a big part.—end

Lucky 7 Poker Challenge

♠♥♣♦ The "Lucky 7 Poker Challenge", which began on September 1st and ran through October 19th, has concluded. Winners of this challenge were: Kory Mullen, best hand: Full House-AAAJ; and Tim McDermott with the worst hand.

November Educational Class

Chris Linhart of City Bank and Trust in Crete will be presenting an **"Improving One's Credit Score"** class. She is scheduled for November 15th at 5:30 at the extension office. In order to obtain a head-count, please contact Brandi Kelly by November 9th if you plan to attend the session.

Those who've signed up for, "Walk Across Nebraska":
The new Challenge begins November 1st. See page #3 for details...

Everyday Preventive Actions That Can Help Fight Germs, Like Flu

CDC recommends a three-step approach to fighting the flu.

CDC recommends a three-step approach to fighting influenza (flu). The first and most important step is to get a flu vaccination each year. But if you get the flu, there are prescription antiviral drugs that can treat your illness. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women. Finally, everyday preventive actions may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. This flyer contains information about

everyday preventive actions.

How does the flu spread?

Flu viruses are thought to spread mainly from person to person through the coughing, sneezing, or talking of someone with the flu. Flu viruses also may spread when people touch something with flu virus on it and then touch their mouth, eyes, or nose. Many other viruses spread these ways too. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread the flu to

someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

What are everyday preventive actions?

Everyday preventive actions are steps that people can take to help slow the spread of germs that cause respiratory illness, like flu. These include the following personal and community actions:

See *Flu...* page 4

The Great American Smoke-out



tion. Every November, the ACS sets aside the third Thursday to encourage tobacco users to go the distance, and to finally give up the habit.

About 42 million Americans still smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and pre-

Get ready to lose the habit, and become victorious over tobacco. The American Cancer Society Great American Smokeout event is your chance to triumph over addic-

mature death in the United States. As of 2013, there were also 12.4 million cigar smokers in the US, and over 2.3 million who smoke tobacco in pipes — other dangerous and addictive forms of tobacco.

By quitting — even for one day — you will be taking an important step toward a healthier life — one that can lead to reducing your cancer risk. It's a race for your health, and it starts today. Today's the day that quitters win.—end

For more information, visit: www.cancer.org/healthy/stayawayfromtobacco/



Deaths: Lung cancer accounts for more deaths than any other cancer in both men and women. An estimated 158,080 deaths are expected

to occur in 2016, accounting for about 1 in 4 cancer deaths.



RULES:

- Those wishing to participate earlier contacted Brandi Kelly of their interested in the challenge before **October 25th**
 - Teams of 4 or 5 were selected by random draw by the Wellness Committee on **October 25th**
 - Teams have been notified by Wellness Committee
 - Teams will need to designate a TEAM CAPTAIN
- **Challenge will begin Tuesday, November 1st and run through Monday, December 5th**
- Each participant will keep track of their personal miles walked/run in the week. By the end of Monday of each week, participants will contact their TEAM CAPTAIN and inform him/her of their miles for the week
- After notification from the participants, TEAM CAPTAINS will submit the TEAM'S COMBINED TOTAL WEEKLY miles to Brandi/Jamie.
- By **December 9th**, ALL participants/captains must have turned in their weekly miles in to Brandi/Jamie
- *NOTE: If you missed the sign-up period to be included on a team, you or any others could participate as individuals, but would not receive the benefit of team earned points, yet reap individual points. All other rules and stipulations apply.*

SEVEN STOPS THROUGHOUT NEBRASKA:

- Stop #1: East border to LINCOLN is the BIG RED NATION (53 miles)
- Stop #2: LINCOLN to GRAND ISLAND is the STATE FAIR BLUE RIBBON (89 miles)
- Stop #3: GRAND ISLAND to KEARNEY is the ARCHWAY to the WEST (40 miles)
- Stop #4: KEARNEY TO NORTH PLATTE is the BUFFALO CHIP (95 miles)
- Stop #5: NORTH PLATTE TO OGALLALA is the LAKE "MAC" ATTACK (51 miles)
- Stop #6: OGALLALA to SIDNEY is the CABELA (67 miles)
- Stop #7: SIDNEY to west STATE BORDER – WY/NE LINE (59 miles)

POINTS ASSOCIATED:

- 10 points for each teammate when their TEAM reaches each stop (possible 60 total points per teammate)
- Any TEAM to reach the WEST state boarder (WY/NE Line) – gets an extra 25 points per teammate
- 25 points for each participant on the team traveling the farthest or reaching the western border first
- Wellness Points are earned per individual = [1 point/mile] + [team stop points] + [winning team bonus points]

ACCEPTED TRAVEL METHOD INCLUDE:

- Walk or Run (1 mile calculates to 1 mile, or 1 point)
 - Bike (Must bike 2 miles to equal the 1 mile walk or run, or 1 point per 2 miles road)
 - Other such exercise equipment equipped with distance measurement functions IE. Nu-step, elliptical, etc.
- **NOTE:** There will be no mileage accepted for Fit-bit distances other than through dedicated times for exercise

THERE WILL BE A MAP LOCATED IN THE ASSESSOR'S OFFICE SHOWING THE PROGRESS OF EACH TEAM. STOP BY AND SEE HOW YOUR TEAM IS DOING THROUGHOUT THE CHALLENGE!



Saline County

Wellness Committee

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"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

co.saline.ne.us/webpages/committees/wellness.html

Flu—continued from page 2

- Cover your nose and mouth with a tissue when you cough or sneeze. This will block the spread of droplets from your mouth or nose that could contain germs.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you or your child gets sick with a respiratory illness, like flu, limit contact with others as much as possible to help prevent spreading illness. Stay home (or keep your child home) for at least 24 hours after fever is gone except to seek medical care or for other necessities. Fever should be gone without the use of a fever-reducing medicine.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.

What additional steps can I take at work to help stop the spread of germs that can cause respiratory illness, like flu?

- Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are



Judy Florian would like to inform those of you interested in a "ZYTO Compass Scan" that she will be available for doing so on an individual basis. The ZYTO Compass scan basically reads your body and tells you what types of essentials oils/vitamins your body is suggesting it needs.

The scan utilizes proprietary software and galvanic skin response (GSR) technology to provide helpful information when making oil/vitamin purchase decisions. *(Those interested in learning more about this process should contact Judy directly at, 402.821.3221.)*

"Operation Under the Tree" replaces food pantry donations

In the stead of donations given to Aging Services of Saline County, as stated and attributed to the Wellness Program document, a unique replacement in helping our countywide neighbor is being offered. We will join forces with the County Sheriff's department, police & fire departments, Doane University and others in collecting new toys and/or clothing for kids in need for Christmas. The program is called, "Operation Under the Tree". If you would like to participate this year, drop off your donation to the Law Enforcement Center **prior to December 2nd**. Excepted will be new toys, new clothing or cash donations. For simplicity, cash donations should be in the form of a check and made payable to "Crete FOP". *(Keep your canceled check as documentation of that type of donation. Wellness points will be provided in equal proportion to dollars spent for your gift. Drop-off a copy of your receipt with your name so a record of such can be maintained.)* Let us together provide some needed joy!

offered on-site.

- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- If you begin to feel sick while at work, go home as soon as possible.

What additional preventive actions can I take to protect my child from germs that can cause respiratory illness, like flu?

- Find out about plans your child's school, child care program, or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Make sure your child's school, child care program, or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- Ask how sick students and staff are

separated from others and who will care for them until they can go home.

For more information, visit www.cdc.gov, or www.flu.gov, or call 1-800-CDC-INFO. -end

Wellness Book Calendars

It has been suggested to the Wellness Committee that a speedier turn-around be given to the receipt of earned gift cards following the Program year ending.

The WC is exploring a couple options: moving the deadline to turn in books in the middle of January instead of the end of the month, moving the Health Fair up in the calendar a few days and offering a Visa Gift card rather than custom, store cards. Each of these combined should move the protest period up & allow for the best possible time table for employees to receive their gift card.

In order to speed the review process up, we ask that you keep your calendar data readable and providing all the mandatory information requested. This will allow this portion of the process to flow much faster. Information should include: Exercise type, time and associated points for each and every day. (Provide a legend if helpful.) -end

Saline County



Health & Wellness Newsletter *Merry Christmas!*

December, 2016

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Question of the Month

BONUS: 25 WELLNESS POINTS for correct answer

What hormone, made by the pineal gland in the brain, helps control your daily sleep-wake cycles?

- A. Melatonin
- B. Calcitonin
- C. Dozemastatin
- D. Androgens

**The answer to the November Question of the Month: C) 5-7*

Email your name and correct answer to:

salinewellness@gmail.com

"Your body will be around a lot longer than that expensive iPhone. Invest in yourself!" ~Unknown

8 Bad Habits Ruining Your Sleep—Rachel Gillett, Business Insider

A good night's sleep has the power to increase productivity, happiness, smarter decision-making, and unlock bigger ideas. Conversely, research shows there's a direct correlation between getting less sleep and workplace inefficiency.

The prefrontal cortex, where the problem-solving functions of the brain are housed, is degraded if we don't get enough sleep. Working when you're sleep deprived "we now know is the cognitive equivalent of coming to work drunk," Arianna Huffington, author of "The Sleep Revolution" and The Huffington Post editor-in-chief, tells Business Insider. The trick for getting enough sleep is planning ahead and not letting bad habits sabotage you.

These behaviors are setting you up for a bad night's sleep:

Skipping your workout

Studies have shown that morning and afternoon workouts can increase a person's quality and amount of sleep at night. One study found that exercise adds around 45 minutes of extra sleep. "Staying active won't cure sleep complaints," Rodney Dishman, a researcher at the University of Georgia told Huffington for her book, "but it will reduce the odds of them."

Eating a late night meal

"If we have a big meal and then go straight to bed, our sleep is not going to be as restorative because our di-

gestive system is occupied digesting, instead of everything being able to slow down and recharge for the next day," Huffington tells Business Insider.

Eating earlier in the day can also help mitigate acid reflux, which often keeps people up at night and is exacerbated by sleeping on a full stomach.

Not unwinding before bed

"When stress rises and becomes cumulative during the day, it's much harder to fall asleep at night because it's harder to slow down and quiet our brains," Huffington says.

—cont. *Bad Habits*, pg2

2017 Wellness Program Finalized

The Wellness Committee has finalized the 2017 Wellness Program which included some of your offered recommendations for change. The committee continues its wish to hear from all participants moving forward; program changes, monthly challenge ideas or educational classes, etc.

The power of our employee Wellness Program is fueled by its potential in helping improve how we all focus upon healthy lifestyles. But we also need to focus our attention on where we want to go. Therefore, your help is needed to find the most effective way to get there. Please contact any member

of the Wellness Committee with ideas or suggestions on that topic. —end

NIRMA Online University

The following online class is the current dedicated offering to employees until December 30. Complete this NIRMA Online University Class to receive 75 Wellness Points: "Understanding Anxiety Disorder"

...Bad Habits — *continued from page 1*

Without taking some time to unwind before bed and shift our thoughts away from work, it's near impossible to fall asleep because you're still thinking about the worries from the day.

One way to unwind, referred to as the "mind dump," involves writing down all the things you need to do the next day before bed. This could help empty your mind and tell your brain it no longer needs to run through your to-do list for the rest of the night.

Scanning your smart phone in bed

The LED screens of our smart phones give off what is called blue light, which studies have shown can damage vision and suppress production of melatonin, a hormone that helps regulate the sleep cycle. "For me, the key is to every night before I'm going to go to sleep, thirty minutes before, turn off all of my devices and gently escort them out of my bedroom," Huffington says.

Working in bed

The light given off by your laptop can also prevent your brain from releasing melatonin, and working in bed likely means you're not giving yourself enough time to unwind before sleep.

What's more, working in bed sends the signal that the bedroom is a place for work, not sleep. The more you continue to work in bed, the more your brain associates the bedroom with staying focused and alert.

Drinking alcohol too close to bedtime

"We think having a nightcap, having a drink, is going to relax us and be like a sedative. And it does act like a sedative at the beginning, but then shortly after we fall asleep, it changes allegiances," Huffington says.

According to the National Institutes of Health, drinking alcohol just before bedtime decreases the amount of time you spend in REM sleep — a deep and restorative phase of sleep.

Drinking coffee in the afternoon or evening

It may be tempting to reach for another cup of coffee as your energy wanes at work, but it may make you more tired in the long run.

Caffeine can take six hours to wear off, researchers from Wayne State University and Henry Ford Hospital find, which can seriously disrupt our sleep. "The risks of caffeine use in terms of sleep disturbance are underestimated by both the general population and physicians," the study authors write.

Sleeping in on weekends

If there's a major difference between your weekday sleep schedule and your weekend sleep schedule, you likely suffer from social jetlag.

Sleeping late on the week-ends resets your body clock to a different cycle, and it's reset again when you go back to waking up early during the workweek. "It's the equivalent of taking a flight one direction every Friday and going back every Sunday," Michael Parsons, a behavioral geneticist at the Medical Research Council Harwell in England, tells ScienceNews.

The best strategy for getting better sleep is to stick to a consistent sleep schedule. —end

Holiday Stress: Eating Healthy — *Sullivan Benefits Group*

Holidays such as Thanksgiving, Christmas and New Year's bring to mind thoughts of family, friends, fun and food. However, each year, millions of Americans struggle to maintain their waistlines during the holidays while surrounded by tempting holiday treats.

Holiday Parties

By following the healthy tips below, you will be on your way to enjoying all your holiday parties, while also staying in control of your eating. For example:

- Do not leave the house on an empty stomach – it promotes overeating.
- Avoid standing near the food table, a sure-fire way to overindulge.
- Make socializing your top priority; conversation will keep you occupied and away from the food.
- Limit your drinking; alcohol increases hunger and lowers will-power.
- Offer a low-calorie alternative; for example, if you have volunteered to bring a dessert, bring fruit rather than a cheesecake.
- Listen to your stomach; reduce your portion sizes and stop eating when you feel satisfied rather than stuffed.

Cooking and Baking

If you are the one hosting, use that to your advantage – it puts you in control of what will be served. For example, substitute high-fat or calorie-laden ingredients with more healthy choices, such as using an egg substitute rather than a whole egg. There can also be a downfall when it comes to hosting: the temptation to sample the food while you are preparing it. To help you resist the urge to snack while cooking:

- Keep your mouth occupied with a piece of sugar-free gum or sip tea to reduce your urge to sample while you cook.

...continue page 4

Merry Christmas

B	I	N	G	O
Reply with the correct answer to the newsletters "Question of the Month"	Relax and do something you enjoy for an hour 3 times each week	Eat fresh fruit for a mid-day snack at least one day every week in December	Do strength training for at least 15-minutes 6 times this month	Incorporate 20 squats or 20 push-ups into your routine for 5 days this month
Avoid fast food for a full week	Count your total calorie intake on three consecutive days in December	Stretch for 5 minutes after waking up 4 consecutive days twice this month	Drink at least eight-8 oz glasses of water 3 days each week in December	Avoid tobacco every day in December
Do cardio for at least 30 minutes 6 times this month	Perform a kind deed for someone in need this Holiday season		Avoid alcohol five consecutive days each week in December	Find a healthy recipe that you've yet to try and prepare it for dinner once this month
Say NO to a Christmas cookie	Maintain your weight (or lose weight) during the month of December	Volunteer your time with a church, civic organization or fundraiser	No carbonated beverages for seven consecutive days	Walk, Run or Bike 30 minutes on 3 days each week during the month of December
Get at least 7 or more hours of sleep 5 days each week in December	Avoid sitting between each quarter & during the entire half of at least one football game	Try a form of exercise you have never done before three times this month	Eat 4 cups of fruits and/or veggies for five consecutive days in December	Avoid sugar for three consecutive days twice during the month of December

Bingo Instructions:

- It's BINGO! Further instructions are rarely needed. However...
 - Play throughout the month of December. Then scan, email (salinewellness@gmail.com) or otherwise turn in your Bingo Card to any Wellness Committee member and they or you will bring them to Brandi at the Assessor's office. Sheets must be turned in on or before January 6, 2017 in order to qualify for the incentive points.
 - Incentive earnings are valued at 25 points per Bingo, with a maximum of three (3) Bingo's per sheet.



Saline County

Wellness Committee

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"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

co.saline.ne.us/webpages/committees/wellness.html

December 8th Educational Class

Judy Florian will be conducting another Essential Oils class on December 8th for those interested. In addition, a "ZYTO Compass Scan" topic will be covered and made available on an individual basis subsequent to the presentation.

The ZYTO Compass scan utilizes proprietary software and galvanic skin response (GSR) technology to provide helpful information when making oil/vitamin purchase decisions. *(Those interested in learning more about this process should contact Judy directly at, 402.821.3221.)*

"Operation Under the Tree" Donations Taken Until Dec. 2

In the stead of donations given to Aging Services of Saline County, as stated and attributed to the Wellness Program document, a unique replacement in helping our countywide neighbor is being offered. We will join forces with the County Sheriff's department, police & fire departments, Doane University and others in collecting new toys and/or clothing for kids in need for Christmas. The program is called, "Operation Under the Tree". If you would like to participate this year, drop off your donation to the Law Enforcement Center **prior to December 2nd**. Excepted will be new toys, new clothing or cash donations. For simplicity, cash donations should be in the form of a check and made payable to "Crete FOP". *(Keep your canceled check as documentation of that type of donation. Wellness points will be provided in equal proportion to dollars spent for your gift. Drop-off a copy of your receipt with your name so a record of such can be maintained.)* Let us together provide some needed joy!

Holiday Stress—continued from page 2

- Prepare foods on a full stomach. You will not be as tempted to taste what you are making.

Cocktails and Beverages

Before you reach for the eggnog, remember that some mixed drinks may have as many calories as a dessert. It's okay to indulge in some holiday spirits, but keep the following suggestions in mind:

- Pace yourself; drink water or seltzer between drinks. The more you drink, the more the temptation to snack increases.
- Try ice water with lemon or non-caffeinated soft drinks.
- Consume mixed drinks with diet soda, club soda or tonic when possible.



2017 Employee Health Fair

- February 7th at the Law Enforcement Center—5:00 a.m. to 8:00 a.m.
- February 8th at the Extension Building—5:30 a.m. to 8:00 a.m.

2016 Wellness Books

As the year begins to close, please be reminded that all 2016 Wellness Books and participant documents will need to be returned to the Wellness Committee by January 27, 2017.

Also, don't forget to obtain your 2017 Wellness Program packets before the start of the new year. This information is likely to be delivered to you. However, if you find you haven't received your materials at the beginning of the new year, please contact any member of the Wellness Committee and we will insure the delivery of your documentation.

In order to expedite the review process, please make sure your small and large calendar data is readable and has provided the mandatory information required. This information should include: Exercise type, time and associated points for each and every day, etc. (Provide a legend if helpful.) -end

Enjoy the holidays...

Don't abandon health habits or feel pressured to eat and drink more than usual just because of the holidays. Make sure you get plenty of sleep, exercise, and plan your meals ahead of time; you will make it through the holidays feeling satisfied and in control.

NOTE: Articles found in this newsletter are for informational purposes only and are not intended as medical advice. For further information, please consult a medical professional.