

Saline County



Health & Wellness Newsletter *Happy New Year!*

January, 2017

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Question of the Month

BONUS: 25 WELLNESS POINTS for correct answer

What percentage of people making New Year's resolutions can be found void in reaching their goal?

- A. 90%
- B. 80%
- C. 70%
- D. 60%
- E. None of the Above

**The answer to the December Question of the Month:*

A) Melatonin

Email your name and correct answer to:

salinewellness@gmail.com

"Life is like an ice-cream cone. You have to lick it one day at a time." - Charles M. Schulz

Jerry Seinfeld's Secret —Based on a storyline by Gina Trapani

Years ago when *Seinfeld* was a new television show, Jerry Seinfeld was still a touring comic. At the time, Brad Isaac - a software developer, was hanging around clubs doing open-mic nights and trying to learn the ropes himself. One night he was in the club where Seinfeld was working, and before he went on stage, Brad saw his chance. He had to ask Seinfeld if he would share any tips for a young comic. What he told him was something that would benefit Brad a lifetime...

Jerry said the way to be a better comic was to create better jokes and the way to create better jokes was to write every day. But his advice was better than that. He had a gem of a leverage technique he used on himself and you can use it to motivate yourself—even when you don't feel like it.

He revealed a unique calendar system he uses to pressure himself to write. Here's how it works, and to which this month's Wellness

Challenge is based:

He told Brad to get a big wall calendar that has a month, a year, or any time period on one page and hang it from a prominent wall or anywhere there is visual access to it on a daily basis. The next step was to get a big red magic marker or writing instrument.



Jerry said for each day he did his writing, or any task relative to the goal, you get to put a big red X over that day. *"After a few days you'll begin to form a chain. Just keep at it and the chain will grow longer every day. You'll begin to like seeing that chain, especially when you get a few weeks under your belt. Your only job next is to not break the chain."*

"Don't break the chain," he said again for emphasis.
(continued on page 2...)

2017 Wellness Program Underway

The Wellness Committee has distributed the 2017 Wellness Program. If you have yet to receive one, or have questions needing to be addressed, please contact the committee.

Dates to remember:

January 27, 2017: Deadline to return 2016 Program books

January 30, 2017: Deadline for submitting foreseen 2017 Alternative Standard requests.

January 5, 2018: Deadline to return 2017 Program books.



NIRMA Online University

The following online class is the current dedicated offering to employees from now until March 31st. Complete this NIRMA Online University Class to receive 75 Wellness Points: "Suicide Prevention".

...Jerry Seinfeld's Secret — continued from page 1

Over the years Brad used this technique in many different areas. He's used it for exercise, to learn programming, to learn network administration, to build successful websites and build successful businesses.

It works because it isn't the one-shot pushes that get us where we want to go, it is the consistent daily action that builds extraordinary outcomes. You may have heard *"inch by inch anything's a cinch"*? Inch by inch DOES work if you can move an inch every day.

Daily action builds habits. It gives you practice and will make you an expert in a short time. If you don't break the chain, you'll start to spot opportunities you otherwise wouldn't. Small improvements accumulate into large improvements rapidly because daily action provides 'compounding interest'.

Skipping one day makes it easier to skip the next.

It may well be admired to have someone who will take action—even if small—every day as opposed to someone who swings hard once or twice a week. Seinfeld understands that daily action yields a greater benefit rather than sitting down and trying to knock out 100 jokes in one day.

Think for a moment about what action would make the most profound and healthy impact on your life if you worked at it every day. That is the action recommended to you when starting your New Year's resolution. Put it on your Seinfeld calendar at the start of your 2017. Don't hold off. Begin today and earn your big red X. And from here on out...Avoid breaking the chain!

10 Tips for a Successful New Year's Resolution—NHS Choices

Most of us will make a New Year's resolution - maybe to lose weight, quit smoking or drink less - but often times, only one in ten will achieve their goal.

Psychologists have found we're more likely to succeed if we break our resolution into smaller goals that are specific, measurable and time-based.

Professor Richard Wiseman, of the University of Hertfordshire, tracked 5,000 people as they attempted to achieve their New Year's resolutions. His team found that those who failed tended not to have a plan, which made their resolution soon feel like a mountain to climb.

Some focused too much on the downside of not achieving their goal, adopted role models, fantasized about their goal or relied on will power alone. "Many of these ideas are frequently recommended by self-help experts but our results suggest that they simply don't work," says Prof Wiseman.

"If you are trying to lose weight, it's not enough to stick a picture of a model on your fridge or fantasize about being slimmer," he said.

Further, the 10% of participants in the study who had achieved their target broke their goal into smaller goals and felt a sense of achievement when they achieved these. "Many of the most successful techniques involve making a plan and helping yourself stick to it," says Prof Wiseman.

Prof Wiseman's top 10 tips to achieving your New Year's resolution:

1. Make only one resolution. Your chances of success are greater when you channel energy into changing just one aspect of your behavior.
2. Don't wait until New Year's Eve to think about your resolution and instead take some time out a few days before and reflect upon what you really want to achieve.
3. Avoid previous resolutions. Deciding to revisit a past resolution sets you up for frustration and disappointment.
4. Don't run with the crowd and go with the usual resolutions. Instead think about what you really want out of life.

5. Break your goal into a series of steps, focusing on creating sub-goals that are concrete, measurable and time-based.

6. Tell your friends and family about your goals. You're more likely to get support and want to avoid failure.

7. Regularly remind yourself of the benefits associated with achieving your goals by creating a checklist of how life would be better once you obtain your aim.

8. Give yourself a small reward whenever you achieve a sub-goal, thus maintaining motivation and a sense of progress.

9. Make your plans and progress concrete by keeping a handwritten journal, completing a computer spreadsheet or covering a notice board with graphs or pictures.

10. Expect to revert to your old habits from time to time. Treat any failure as a temporary setback rather than a reason to give up altogether.

2017

Day'zee-Chain Resolution Challenge

Name: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<p><i>*Example:</i> <i>Avoided my typical,</i> <i>mid-morning candy</i> <i>bar. Ate apple</i> <i>instead.</i></p>			

-
- Resolution Statement: _____
 - List one achievable step in reaching your goal: _____
 - List one person with which you've shared your goal: _____
 - List one way you've used methods of support or encouragement: _____
 - List one temptation you are committed to avoid in order to reach your goal: _____
 - List one reward that you've promised yourself when reaching your goal: _____
 - List one learnable experience that you will share with someone else: _____

OBJECTIVE:

The objective of the **"Day'zee-Chain Resolution Challenge"** is to help fulfill your stated New Year's Resolution by using a one day at a time approach; linking together as many days as possible, which together provide a habitual chain in contributing to your resolution goal.

RULES:

You will receive fifty (50) Wellness Points for participating and providing feedback using ALL SEVEN (7) answering points.

You will also receive one (1) point for each day on the calendar you've created a link in the chain equated to positive, contributing actions helpful in reaching your stated goal. *(See example on Day 32 above)*

You will need to return your participation sheets to the Wellness Committee, either at the Assessor's office or via email, salinewellness@gmail.com, on or before February 8, 2017.



Saline County

Wellness Committee

215 S Court
Wilber, NE 68465

Phone: 402-821-2588

Fax: 402-821-3319

E-mail: salinewellness@gmail.com

"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

January Educational Class

The January Educational class will cover the topic, "Boosting One's Self Esteem". This informational presentation will be provided by Alison Leonard from the Beatrice YMCA. The class will be held at the Extension Room on January 17, 2017 beginning at 5:30 p.m.

2017 Employee Health Fair

Plan now to participate in the annual Saline County Health Fair. Mark your calendars for this year's date and location to be:

- 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.

Please contact either Brandi at the Assessor's office or Jennifer/Kory at the LEC once paperwork begins to surface later this month and you are asked to choose a preferred location.

In addition to the basic blood work, there will be additional tests made available, as in previous years, to all employees at your own cost if you opt to have them processed. Those additional tests will likely include: TSH (thyroid), PSA (prostate), A1C (90-day Glucose Average), Vitamin D and the Cortisol (stress hormone).

How Do I Eat Healthy if I Hate Veggies? - by KRISTINA LARUE, RD, CSSD, LDN

So you hate veggies. Let's guess: Your parents wouldn't let you leave the dinner table until your broccoli was gone? Or maybe vegetables are too bitter, too bright and too crunchy for your liking? Or maybe, just maybe, you've never had a relationship with veggies because they weren't a priority in your diet?

Whatever the reason, it's time to put your loathsome feelings toward veggies aside. They're a necessary part of a healthy diet! You see, vegetables are incredibly nutrient-dense foods, meaning they contain an abundance of vitamins, minerals and antioxidants without packing in excess calories. All of these things work together to keep our bodies functioning normally, fighting off disease, protecting against injury and achieving our weight goals.

If you've sworn off veggies but are trying to eat healthy, it's time to take a new approach. After all, eating healthfully without eating veggies is pretty difficult to do.

Another tip to keep in mind is the way you're preparing the veggies. Try them raw, try them steamed, try them boiled, try them roasted, try them chopped, try them minced, try them sliced, try them diced... Try them as many ways as you can until you find what works for you.... Or until you try them 10+ times!

That's right. Get sneaky. Maybe it's not the flavor or the texture of veggies that turns you

off but the mere sight of them. If this is the case, there are plenty of ways to sneak them into your diet. Choose veggies that are close in color to the food that you're making and don't have an overpowering flavor. This way they'll blend right in while your taste buds and eyes remain none the wiser.

One of the easiest ways to get sneaky is with smoothies. Next time you make a berry smoothie, try adding some spinach or kale. The rich color of the berries will mask the greens, which won't change the flavor. Once you've mastered this trick of the mind, try adding carrots and onions to spaghetti sauce, diced mushrooms to ground beef or cauliflower to "mac" & cheese. The only limit to this tip is your imagination!

Sometimes it's all about the pairing of foods. Think about the last few parties you've attended. One of them likely had a bowl of dip served with crackers and veggie sticks. This is because veggies and dips are a match made in heaven. Cauliflower and hummus; celery and blue cheese dressing; carrots and spinach dip; cucumbers and ranch dressing — the combinations are endless! Introducing a rich flavor to the vegetable may make it more palatable for you. Keep in mind though that dips and dressings are often high in calories, meaning just a little goes a *long, long* way.

Vegetables are a nutritious and delicious part of a healthy diet, so be persistent and be creative. Eventually you'll find what works for you.

IMPORTANT NOTICE: 2016 & 2017 Program Books

2016 has come to a close. Please be reminded that all 2016 Wellness Books and participant documents are to be returned to the Wellness Committee by January 27, 2017.

In order to expedite the review process for the 2016 year, please make sure your small and large calendar data is readable and providing 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.*)

As found documented in your supplied materials for 2017, those wishing to address obtaining an Alternative Standard for portions of the 2017 Program, need to complete the provided "Alternative Standard Form" before the end of January. Return it to the Committee for review so that adjustments can be properly made on your behalf. It is IMPORTANT that those receiving adjustments in 2016 will still need to re-apply for 2017.

If you've yet to receive your 2017 Wellness Program packets, please let the committee know ASAP.

Please complete your participation signature page and return it soon. -end

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.

Saline County

Health & Wellness Newsletter



Healthy Heart February!

"Keep a healthy heart so we won't be apart" - Unknown

National Wear Red Day —The American Heart Association

Ask any stylist, job coach or dating expert and they'll tell you that red stands out. Eyes are immediately drawn to it. Some even say that the color red is a confidence booster and makes you feel powerful. Maybe that's why we chose the color red to signify our fight against the No. 1 killer in women. Maybe it's just a coincidence that it's also the color of our hearts.

In 2003, the American Heart Association and the National Heart, Lung and Blood Institute took action against a disease that was claiming the lives of nearly 500,000 American women each year – a disease that women weren't paying attention to. A disease they truly believed, and many still believe to this day, affects more men than women.

Stemming from that action, National Wear Red Day was born. It's held on the first Friday in February every year to raise awareness about heart disease being the No. 1 killer of women.

This coming National Wear Red Day, Feb. 3, 2017, will mark 15 years since the initial National Wear Red Day, which was first observed to bring national attention to the fact that heart disease is the #1 killer of women, and to raise awareness of women's heart health. And looking back on all we've accomplished, we've really made tremendous strides. They include:

- Nearly 90% of women have made at least one healthy behavior change.
- More than one-third of women has lost weight.
- More than 50% of women have increased their exercise.
- 6 out of 10 women have changed to and supported a 'heart healthy diet'.
- More than 40% of women have checked their cholesterol levels.
- One third of women has talked with their doctors about developing heart health plans.
- Today, nearly 300 fewer women die from heart disease and stroke each day. —cont. 2

2017 Wellness Program Underway

The Wellness Committee has distributed the 2017 Wellness Program. If you have yet to receive yours, or have questions needing to be addressed now being in the new year, please contact the committee for help or clarification. Your questions are always welcomed.

Dates to remember:

January 27, 2017: Deadline to return 2016 Program books

January 30, 2017: Deadline for submitting foreseen 2017 Alternative Standard requests.

January 5, 2018: Deadline to return 2017 Program books. —end

February, 2017

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Question of the Month

The February 'Question of the Month' is a bit of a puzzler, as found on the last page. The answer is found herein and dedicatedly within yourself.

BONUS: 25 WELLNESS POINTS for correct answer

?

*The answer to the January Question of the Month:
A) 90%

Email your name and correct answer to:

salinewellness@gmail.com

NIRMA Online University

The following online class is the current dedicated offering to employees from now until March 31st. Complete this NIRMA Online University Class to receive 75 Wellness Points: "*Suicide Prevention*". —end

...*National Wear Red Day* — *cont. from page 1*

- Death in women has decreased by more than 30 percent over the past 10 years.

But despite our progress, more work is crucial. 1 in 3 women die of heart disease and stroke each year. But what's more powerful? Millions of mothers, sisters, daughters and friends making a change.

More than ever, educating themselves and contributing to healthy lifestyle have saved lives. The American Heart Association's, "Go Red" support educational programs increase women's awareness about their risk for heart disease and stroke as well as critical research and fundraising involvement have contributed to the discovery of scientific knowledge about cardiovascular health.

You may want to ask yourself, male or female, whether you are where you want to be? *-end*

How Often Should You Weigh Yourself?

by PAIGE SMATHERS, RDN, CD

Imagine this: You decide it's time to make a concerted effort to lose weight. You start exercising regularly and embark on a healthy eating plan. The time comes to check in on your progress, so you step on the scale for the moment of truth.

You haven't lost any weight.

What do you do? Continue with the exercise and healthy eating plan? Throw in the towel, and go back to what you were doing before? Start restricting your eating even more as an effort to make weight loss happen faster?

These are all completely normal and reasonable reactions to a lack of success on the scale. Weight loss, maintenance or gain can be tricky to navigate. Put more plainly: The scale can be tricky to navigate.

Weight fluctuations are common because your weight is determined by a variety of factors. These include but are not limited to how hydrated you are, what you recently ate, your bathroom habits, the climate and your exercise routine. A few pounds of weight fluctuation here or there are usually not a result of fat gain but a result of your body doing exactly what it needs to do to regulate its physiological functions. So, how often should you weigh yourself? Whether your goal is maintenance, loss or gain, let's talk about the scale.

The very first question you need to ask yourself is: "Will weighing myself (daily, weekly, periodically, etc.) help me or harm me?" Since there's no magic answer for how often to weigh yourself, figuring out what is helpful and

motivating for you as an individual is how you decide.

DAILY WEIGH-INS

Many people find weighing in daily provides a sense of accountability and is helpful for having a good idea of where they are with their progress.

For many, it helps to keep progress on track. If you're able to look at the overall trend and not stress about the fluctuations, then by all means, weigh yourself daily.

Does a 0.4-pound weight gain sour your mood? Or, are you absolutely elated to see that you're down 1 pound? If the daily weigh-ins powerfully affect your mood and behavior, then you might want to reconsider how often you weigh yourself. The number on the scale should not have the power to dictate your mood, the events of the day or your overall quality of life — it's just a number.

WEEKLY WEIGH-INS

Weighing weekly can have its advantages — it allows you to track progress while still having six whole days to not focus on your weight.

For best results, pick a consistent day each week, and weigh yourself in the morning. Look for trends, but don't get caught up in the minutiae. Recognize that it will take a few weeks to get a picture of where the trend is heading. This can be a good tool to help you feel accountable without making you ride the daily emotional roller coaster that is (or can be) the scale.



OCCASIONAL WEIGH-INS

Some people opt for the occasional weight check-in. People may do this at home or rely on the scale at the gym or doctor's office to get an idea of where they are. People who opt for the occasional weigh-in often have alternative ways of identifying weight shifts, like the way their clothes fit or how strong they feel while exercising.

NEVER WEIGHING

There are many people out there who smash their scale and never look back. Some people find it helpful to focus on how they feel in their clothes, the balance of their meals and snacks and how they perform with their exercise rather than focusing on the number. This can be a valid way to approach health — there's much more to health than a number on the scale!

If you are weighing yourself multiple times per day, stop! With rare exceptions, you should not weigh yourself more than once per day. Obsessing over a number on the scale can turn into a very problematic pattern that can disturb the peace and happiness in your life. If you decide to weigh yourself, the scale should be a tool that helps you, not harms you.

































































































































































































































Overall, ask yourself about what is most helpful for you. For some, daily weigh-ins are the best route. For others, weighing less often is better for overall health. Each of us has different ways of experiencing things and inviting motivation and positivity into our lives. Find what works for you and stick to it! *—end*

Drink your water!



28 DAY WATER CHALLENGE

by pepperscraps.com

Day1	       	Day 16	       
Day2	       	Day 17	       
Day3	       	Day 18	       
Day4	       	Day 19	       
Day5	       	Day 20	       
Day6	       	Day 21	       
Day7	       	Day 22	       
Day8	       	Day 23	       
Day9	       	Day 24	       
Day10	       	Day 25	       
Day11	       	Day 26	       
Day12	       	Day 27	       
Day13	       	Day 28	       
Day14	       		
Day15	       		

28 Day Water Challenge Rules

This Challenge runs through the month of February—28 days! Participants will receive one (1) point for each day in which four 8oz glasses of water are drank. In addition to that one point, any day that involves the drinking of additional 8oz glasses of water, will receive another (1) point. *(There is then the possibility of earning a total of 56 points for your efforts in this challenge.)*

NOTE: Water = H₂O or H₂O with natural additives—such as lemon or other fruit. No flavored powders, coffees, teas or other such products containing caffeine, alcohol or carbonation are to be substituted for water.



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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

February Educational Class—February 15 at 5:30 p.m.

Elly Reedy will offer the Saline County employees an evening presentation entitled, "Complete Nutrition". This may be a good topic in which to inquire on the many elements of Health and Wellness. See you at the class on Wednesday, February 15th at 5:30 p.m. at the Saline County Extension meeting room! -end

Question of the Month

You can be more fit by eating this...

(25 Wellness Points)

Y T H A R H E H E D I E T A L T

--	--	--	--	--	--	--	--	--

Place the tiles containing the letters from above into the empty boxes beneath, in order, to unscramble this message:

"

"

2017 Employee Health Fair

By now, you've had an opportunity to sign up and mark your calendars for the Annual Saline County Health Fair. As a reminder, this year's dates and locations are:

- 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.

Please contact either Brandi at the Assessor's office or Jennifer/Kory at the LEC if lingering questions remain leading up to the event.

In addition to the basic blood work with A1c, there will be additional tests made available for an additional cost. These additional tests include: TSH (thyroid), PSA (prostate), Vitamin D and the Cortisol (stress hormone).

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 can save valuable time and money since the screens are offered in the workplace and paid for by Saline County. PLUS, you receive 500 wellness points to boot!

What you need to do to prepare

- The blood profile requires fasting so that your screening results provide you with the most accurate picture of your current health status. Avoid eating or drinking anything other than water for 8-10 hours before your appointment.
- Drink plenty of water the day before the screening so that you are well hydrated and it will make it easier to give a blood sample. You can drink water and take medications (*with water*) the morning of your health screening. But please—no coffee, tea, pop or nicotine before your screening appointment. -end

EXTENDED OPPORTUNITY

The Wellness Committee is providing an extension for the return of 2016 Booklets; Thursday, Feb 2nd at 8:00am.

IMPORTANT NOTICE: 2016 & 2017 Program Books

Please know that all 2016 Wellness Books and participant documents should have been returned to the Wellness Committee by January 27, 2017. (*now extended—Feb. 2 @ 8a*)

We hope to expedite the review process for the 2016 documents in your small and large calendar data when ensuring they are readable and provide the mandatory information required. The Wellness Committee will begin the review of the large calendar/exercise portion of the returned books on February 2nd.

As found documented in your supplied materials for 2017, those who had wished to address an Alternative Standard for portions of the 2017 Program for the entire year, needed to complete this request before the end of January. Any late applications will be addressed individually—on a case-by-case basis. As earlier indicated, those receiving adjustments in 2016 will still need to re-apply for 2017. (*This is to the benefit of all; as needs may have changed over the course of the year.*)

Again, if you've yet to receive your 2017 Wellness Program packet, please let the committee know ASAP.

Please complete your participation signature page and return it soon. -end

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.

Saline County



March, 2017

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"Wellness is the complete integration of body, mind, and spirit - the realization that everything we do, think, feel, and believe has an effect on our state of well-being." -Greg Anderson

Are You Burning as Many Calories as You Think?

—by JENNIFER PURDIE—Fitness Trainer

Every morning you crush your treadmill session and revel in the total number of calories burned glowing on the screen. Sorry to dampen your post-workout spirits, but that number is probably incorrect.

Potential Causes of Inaccurate Readings

"Machines in gyms aren't very accurate when it comes to calories burned, distance and other such metrics — they're rough estimates at best," says Brandon Mentore, a strength and conditioning coach from Philadelphia. "If two people weigh 200 pounds, but one is 5'3" and the other 6'1", the amount of calories burned and the demand is vastly different." This holds true even if the cardio equipment accounts for age and body weight.

Everyone has different metabolic rates as well. Mentore explains that athletes, for example, generally have a more efficient metabolisms that will actually burn fewer calories for the

same effort and duration as someone with an average level of fitness.

The amount of calories you burn also depends on your lean tissue versus fat mass. "The leaner you are, the higher your metabolic rate and burn will be for the same effort and duration relative to someone who is less lean," says Mentore.

In addition, the inaccuracy of caloric count could be related to the machine itself. Its age, calibration, elevation (for example, certain treadmill brands on a 0% grade are still not totally flat) and general maintenance upkeep all can keep it from displaying a more proper reading.

For those looking to lose or gain weight, these incorrect counts make it more challenging to try to gauge your daily caloric output. Most of us guess, but the odds of guessing correctly are slim to none. (cont. page #2)

Annual Impact Survey

March 20-April 7

The Wellness Committee has set a time frame for the 2017 Impact Survey to be from Monday, March 20th thru Friday, April 7th. This will provide three (3) full work weeks for employees to complete the survey.

Those new to this, the Impact Survey is a validated health risk assessment, interest survey, and culture audit to

guide employees and employers to a healthier worksite culture. It combines validated assessment instruments to create an overall picture of health of your organization. Plus, an ample supply of wellness-points are connected to this activity.

A notice of instruction will be provided soon! -end



NIRMA Online University

The following online class is the current dedicated offering to employees from now until March 31st. Complete this NIRMA Online University Class to receive 75 Wellness Points: "[Suicide Prevention](#)". -end

Question of the Month

Based on your current read, some newly, initial studies are claiming that this spice helps to reduce blood glucose and bad cholesterol:

- A) Sodium
- B) Cinnamon
- C) Celery Root
- D) Shichimi Togarashi

BONUS: 25 WELLNESS POINTS for correct answer

*Answer to the February Question: "Heart Healthy Diet"

Email your name and correct answer to:

salinewellness@gmail.com

...Are You Burning as Many Calories as You Think? — *cont. from page 1*

The Solution? Fitness Wearables

Wearables employ accelerometer and altimeter technology to detect your steps throughout a day — whether you are working out, or you're simply walking from your car to work. Some trackers can even detect power output, making for super accurate results of your activity level.

"When it comes to calorie counting, wearable fitness gear has given the user the ability to track calories instantly, rather than rely on memory, providing better results and more reliable data," says Junior Leoso, a personal trainer from San Diego. "It's provided an entirely different aspect to training, as it's given data to a world of people who typically only care about the end result."

Wearables also come with other benefits to entice you to spike your movement levels. "[They] can give you reminders when you haven't been active in a while, as well as keep track of your data, enabling you to do weekly and monthly outlooks on calories burned and overall activity level," says Mentore.

These devices aren't limited to a younger, more technologically-savvy generation either. According to Rock Health, the first venture fund dedicated to digital health, no demographic variables had any significant effect on digital health. Seniors and millennials are equally as likely to use wearables.

The market for this technology is astoundingly healthy. Statista, a statistics portal for market data, says wearables are expected to reach a value of \$19 billion in 2018, more than 10 times its value in 2013. In addition, 27% of consumers expect to purchase a wearable fitness device within the next 12 months (2016 data).

The behavior toward fitness technology has shifted. It's no longer viewed as a passing trend, but something that's here to stay. It's empowered people to improve their lifestyle behaviors in unparalleled fashion — from walking more to monitoring sleep to lowering heart rates. The impactful data created by wearables appears to motivate people to take charge and produce positive changes, making them worth their cost.

We are lucky to live in an age when technology can help solve challenges. Expect wearable fitness to continue to make individuals healthier for decades to come. —end

Happy Birthday Nebraska—You're 150

<https://ne150.org/>



Nebraska was granted statehood on March 1, 1867. The state had commenced its Sesquicentennial beginning January 1, 2017, with a yearlong celebration involving a wide variety of programs and projects across the state.

Planning for the Nebraska 150 Celebration began in 2012 when a group of active citizens from across the state formed the Friends of the Nebraska 150 Foundation. In 2014, the Nebraska Sesquicentennial Commission was established by the state Legislature and 17 members from across the state were appointed by the Governor to lead the initiative. In 2015, the Celebrating Nebraska Statehood Foundation was established to help coordinate efforts and direct everyone toward collective success.

To learn more about the events and activities surrounding Nebraska's Sesquicentennial, please visit the link provided above for added details. —end

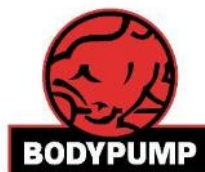
Wilber Physical Therapy

Group Exercise Schedule

The following opportunities are available at the Wilber Physical Therapy office, downtown Wilber.

- Monday: CX Worx—12:15-12:45 p.m.
- Monday: Body Pump—5:30-6:30 p.m.
- Tuesday: Body Pump—5:40-6:30 a.m.
- Tuesday: Body Flow—6:00-7:00 p.m.
- Wednesday: CX Worx—12:15-12:45 p.m.
- Wednesday: Body Pump—5:30-6:30 p.m.
- Thursday: Body Pump—5:40-6:30 a.m.
- Thursday: Body Flow—6:00-7:00 p.m.
- Friday: Body Pump—6:15-7:15 a.m.
- Saturday: Body Pump—6:00-7:00 a.m.

The cost for the above is usually \$80.00 for 12 classes. The first class is free and there are available discounts when given your first membership punch card. —end



Is it time to replace your shoes?

— American Council on Exercise

New aches or pains in your bones and joints or shin splints might be signs that it's time to get new shoes. Wearing

worn out shoes to exercise can increase your risk of hip, knee, ankle and foot injuries.

How often should you replace them? Experts recommend that you replace exercise shoes between 350-500 miles, depending on your activity, style, body weight and the surface you exercise on.

Try tracking your mileage, and pay attention to how you feel, because a shoe can lose its support and mid-sole cushioning even if the outside looks fine. —end



How a full spice cabinet can keep you healthy—By Carrie Dennett, *Washington Post*

Spices and herbs add delicious variety to the foods we eat. But spices and herbs are much more than flavor enhancers — they are nutritional powerhouses. After all, spices and herbs come from plants, which means they are sources of plant phytonutrients. Many phytonutrients have antioxidant, anti-inflammatory or even anticancer properties, and in the case of spices, these phytonutrients can be very concentrated. So spices do more than perk up the flavor of your food — they put a natural pharmacy in your kitchen.

For some Americans, one perceived impediment to cooking with spices is the dislike of spicy food, even though spices are not spicy hot, *per se*. Spices can make food richly flavorful and aromatic, but they make it hot only if you add fresh, powdered or flaked chile peppers. That heat comes with a few benefits — spicy hot food reduces the need for salt, plus it helps the body sweat and potentially remove toxins.

The anti-inflammatory spice drawer

A handful of spices have enjoyed an elevated status, thanks to their potential to help decrease inflammation in the body: cinnamon, garlic, ginger and turmeric. None of these is a magic bullet, of course, but because they also help make food more flavorful and satisfying, there no reason not to use more of them.

- Cinnamon's versatility lends itself to sweet and savory dishes. Add cinnamon to your breakfast oats, baked goods or meat marinades. Sprinkle it on roasted vegetables or sautéed leafy greens. Mix it into black bean dishes. Some initial studies claim that cinnamon helps to reduce blood glucose and bad cholesterol, but more research is needed.
- Garlic is technically a vegetable, even though few people eat it like one (the French writer Colette is one notable exception). Freshly peeled cloves are best, but you can buy prepackaged frozen minced garlic. Garlic appears to benefit cardiovascular health.
- Ginger root is a cornerstone of Asian cooking, imparting a slightly sweet, slightly hot flavor. It goes well with garlic in many Thai, Indian, and Chinese dishes. Ginger can help ease nausea and may also relieve heartburn and bloating. Try a ginger and honey tea when you're under the weather, or add fresh or powdered ginger to smoothies. Fresh ginger root keeps in the fridge for several weeks, longer in the freezer.
- Turmeric is used in Indian and other dishes for flavor, and its intense bright orange color is known to stain kitchenware. Add turmeric to rice or to hot oil before sautéing onions and garlic. Add it to curry dishes, marinades and salad dressings. Recipes for turmeric tea abound online, or

you can buy ready-to-go tea bags. When you use turmeric in savory dishes, use black pepper, too, because a compound in black pepper helps your body absorb turmeric's beneficial compounds.

A shortcut to dinner

When cooking time is in short supply, spices are an easy way to accentuate simply prepared whole foods such as fish, meat, chicken, vegetables, whole grains and lentils. You can even prepare spice rubs and pastes in advance so they are ready and waiting when it's time to pull a meal together.

One key reason that world cuisines taste different from each other is the distinctiveness offered by the herbs, spices and other aromatic ingredients that are traditional to each one. When you know which flavors are common to your favorite cuisines, you are well on your way to creating tasty dishes without following a recipe. For example, when you are craving Mexican food, you can cook beans and rice, grill some steak, chicken, or fish or bake some tofu, sauté peppers and onions, and season to taste with cumin, lime juice, cilantro, salsa and hot sauce if you like it hot.

The spices and herbs you keep in your pantry will depend on your taste preferences, as well as your comfort level with using them. Here are some common ingredient combinations from a few popular cuisines:

- Chinese cuisine includes anise seed, bean paste, chile oil, garlic, ginger, green onions, hot red peppers, sesame oil and seeds, soy sauce and star anise.
- French cuisine includes bay leaves, black pepper, chervil, chives, fines herbs, garlic, marjoram, nutmeg, onions, parsley, pink and green peppercorns, rosemary, shallots, tarragon and thyme.
- Greek cuisine includes cinnamon, dill, garlic, lemon, mint, nutmeg, olives and oregano.
- Indian cuisine anise seed, black and red pepper, cardamom, chilies, cilantro, cinnamon, cloves, coriander, cumin, curry powder, fenugreek, garlic, ginger, mace, mint, mustard seeds, nutmeg, saffron, sesame seeds, turmeric and yogurt.
- Italian cuisine includes anchovies, basil, bay leaves, fennel seeds, garlic, marjoram, onions, oregano, parsley, pine nuts, red pepper and rosemary.
- Spanish cuisine includes almonds, bell pepper, cumin, garlic, olives, onions, paprika, parsley and saffron. —end



Saline County

Wellness Committee

215 S Court
Wilber, NE 68465

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E-mail: salinewellness@gmail.com

"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

Elite-Eight Challenge

beginning March 6th

In this upcoming challenge, there are 8 categories in which you can receive points: (See attached challenge sheet...)

- 1) Water--1 Point for every 8oz of water drank during the day
- 2) Exercise--5 Points for every 15 Minutes of continual exercise per day (30 min = 10 pts, 45 min = 15pts, 60 min = 20 pts (MAX 20 Points/Day)
- 3) Sleep--1 Point for every night you sleep 7 or more hours (Max 1 Point/Day)
- 4) Fruit/Vegetable--1 Point for every serving of Fruits or Vegetables you eat each day
- 5) Pop--1 Point for every day you do not consume pop, 0 Points if you have one, SUBTRACT 1 point for every pop you have over 1 a Day (MAX 1 Point/Day)
- 6) Tobacco--1 Point for every day you do not use a tobacco product
- 7) Healthy Breakfast--1 Point for each day you eat a healthy breakfast
- 8) Read a Book--1 Point for each day you read a book for at least 1/2 hour a day.

In order to receive 25 Wellness points for participating in this challenge, you

March Educational Class—March 21 at 5:30 p.m.

Bruce Wahl of the Crete Chiropractic clinic will be here in Wilber to present another topic that may be of interest to many of our County employees. This presentation will be held on Tuesday, March 21st at 5:30 p.m. at the Saline County Extension meeting room. -end

Saline County Employee Awards Banquet

~ Invitation ~

Your invitation to the earlier scheduled Awards Banquet remains extended. Due to the inclement weather experienced on February 24th, the Banquet Committee has worked to reschedule this event for Friday, March 10th. It remains to be held at Saline Center Hall.

- 6:00 p.m. Social
- 6:30 p.m. Meal

If you could not attend for the earlier date due to a conflict, please RSVP your supervisor so we may look forward to seeing you on this new night!

For Employees and Spouses or Guests

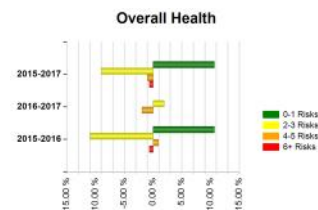
Health Risk ScoreCard

As a result of our recent Health Fair, Madonna Fit-for-Work has provided the Wellness Committee with our group Health Risk ScoreCard Trending Report which shows risk trending for our employee population over time. Some of those changes are a reflection of efforts to build a culture of wellness and how far along our organization is in its wellness journey.

Risk factors are compared for our group from year to year: health risk scores, biometric measures, lipid profile data, triglycerides, blood sugars and lifestyle habits.

The goal of this report is to help the Wellness Committee identify areas in which we are gaining ground or holding steady as well as areas to be targeted for more intense programming efforts.

We hope to encourage you to celebrate your areas of trending success and to work with experienced health professionals to find the most effective solutions to help improve the health of our workforce. -end



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.

must have at least 1,000 points at the end of the 8 weeks. In order to receive 50 Wellness Points for participating in the challenge, you must have at least 1,500 points at the end of the 8 weeks. Your log sheet will need to be submitted to salinewellness@gmail.com by Friday, May 5th.

For this challenge, please keep in mind the following:

- 1 serving of vegetables is equivalent to 1 cup of raw leafy vegetables, or 1/2 cup for other vegetables that are not raw leafy vegetables.
 - 1 serving of fruit is equivalent to 1 medium piece of fruit, 1/2 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.
- end

PROTEST PERIOD

The Wellness Committee is anticipating the offering of a scheduled protest period during the 3rd to 4th week in March. Your final numbers to be forthcoming soon.

Saline County



April, 2017



"A healthy attitude is contagious but don't wait to catch it from others. Be a carrier." -Tom Stoppard

Surprising Signs That You're Eating Too Many Chocolate Eggs

Robyn Whalen – Total Wellness

You know you're supposed to limit added sugar in your diet, but even if you steer clear of M&M's and donuts chances are you're eating more sugar than you think. The scariest part about sugar is that it's hidden in a lot of everyday foods. Even when we think we are eating healthy, we may be consuming way too much added sugar. According to the American Heart Association, the maximum amount of added sugars you should eat in a day is:

- Women: 100 calories per day (25 grams or 6 teaspoons) **Based on a 2,000 calorie diet*
- Men: 150 calories per day (37.5 grams or 9 teaspoons) **Based on a 2,000 calorie diet*

With most Americans tripling or even quadrupling this recommend intake of sugar, it's not uncommon to be addicted to sugar. Check out these warning signs o determine if you're eating too much sugar:

You Have Intense Cravings

Eating sugar makes you crave sugar. It can also make you crave carbs too. If you find yourself constantly craving something sweet, you might be a sugar addict. Some researchers have suggested that sugar can have similar effects on the brain as addiction.

When you eat sugar, your brain releases dopamine which makes your body feel good. If you eat too much sugar regularly, your brain will become less

sensitive to sugar – which means that you will need more and more sugar for your body to feel a sugar high.

Sweets Aren't So Sweet Anymore

Have you noticed that treats just don't taste as sweet as they once used to? That's because your taste buds have changed from an excessive intake of sugar. Just like your brain, your taste buds have grown accustomed to sugar and it will take higher amounts of sugar taste that sweetness you crave.

You Feel Groggy Throughout the Day

We've all heard of a "sugar crash" before. Although sugar might initially boost your energy and give you a sugar high, it won't last long. The aftermath of a sugar high will leave you feeling sluggish and groggy throughout the day. Eating too many sugary foods also means that you're probably not getting enough fiber and protein, which are both key nutrients to sustain energy.

Even more surprising? A sugar high doesn't have to come from candy or sweets.

Your breakfast or lunch could contain sneaky amounts of sugar that will leave you crashing in no time. For example, a peanut butter and jelly sandwich on white bread is loaded with added sugars that could set you back for the rest of the day. (cont. on page #2)

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Question of the Month

The April 'Question of the Month' is a bit of a puzzler and is found on the last page. The answer is found on store shelves this time of year.

BONUS: 25 WELLNESS POINTS for correct answer



*Answer to the March Question of the Month:
B) Cinnamon

Email your name and correct answer to:

salinewellness@gmail.com

"The great gift of Easter is hope - hope of the newness of life which provides confidence in God, in His ultimate triumph, and in his goodness and love, which nothing can shake." —Basil Hume

NIRMA Online University

The following online class is the current dedicated offering to employees from now until June 30th. Complete this NIRMA Online University Class to receive 75 Wellness Points: "Understanding Behavior, Burnout and Depression". —end

...Too much sugar — cont. from page 1

Your Skin Is Breaking Out

You can actually see this symptom of too much sugar. If your face is breaking out more than usual, excessive sugar may be to blame. According to Acne Einstein, frequent consumption of sugar increases hormones that stimulate sebum production and skin cell growth. Sugar also activates inflammation, which has been shown to increase the effects of both acne and rosacea.

You Get Sick a Lot

Your immune system takes a nose-dive from a diet filled with sugar. Too much sugar has been shown to weaken your immune system, making you susceptible to any bug that is going around. Eating a diet high in sugar can also increase your risk of chronic diseases like diabetes, heart disease, or liver disease.

You Have High Blood Pressure

Have you been diagnosed with hypertension (high blood pressure)? Studies have shown that there is a link between high blood pressure and excessive sugar intake. While most people think that sodium is always to blame for high blood pressure, you definitely want to watch your sugar intake as well.

You Feel Depressed

If you've been feeling a bit down lately, excessive intake of sugar may be the culprit. As previously mentioned, sugar raises levels of inflammation in the body. This can affect more than just your skin. In fact, brain inflammation is linked to depression. Eating too much sugar can increase your risk of depression, whereas a nutritious diet of whole grains, protein, and produce is linked to a lower risk of depression.

You Never Feel Satisfied After a Meal

Do you find it easy to keep snacking even after you've just had a meal? Foods that are high in sugar also tend to be low in protein and fiber. This means that you aren't getting the nutrients you need to give you that full and satisfied feeling.

Excessive sugar intake can wreak havoc on your brain and body. If you are noticing some of these warning signs, it's time to make some dietary changes and cut back on your daily sugar intake.

Eating less sugar has more benefits than just helping with weight loss, it will lower your blood pressure, decrease your risk of a heart attack, and keep your mind sharp. So, say "buh-bye" to those sugar cravings, and hello to a healthier you. —end

IMPACTsurvey **ANNOUNCEMENT**



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. Employees that complete this survey are eligible for **500 Wellness Points for the 2017 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.**

The wellness committee will use an aggregate report (no individual data) to determine our wellness programs and service offerings for the year. **The deadline to complete this survey is Friday, April 21, 2017 at 5:00 p.m.** Thank you for caring about your health and wellbeing.

Additional things you should know:

- The green apple will fill in as you progress through the survey to indicate your progress.
- If you quit the survey before it is finished, re-enter the website and it will resume where you left off.
- After your survey is completed your My Health Report will appear. You can print the report which may be shared with your medical provider and/or health coach.
- If you participated in the 2017 County Health Fair, your lab values and biometrics will be included in the survey.
- NOTE! *If you did not take part in the 2017 County Health Fair, you will need to have ready access to your own lab values during this survey. (See Instructions on page #3...)*

IMPACT SURVEY INSTRUCTIONS—Getting Started

The assessment can be taken anywhere you have access to the internet, at home or during work hours – providing supervisory approval. After you have completed the Impact Survey, your My Health Report is immediately displayed. You may print and/or save the report in PDF format. The last page is a physician report that is available for you to provide to your doctor and/or wellness coach.

Impact Survey Signing on:

Log onto: www.impactsurvey.net

1st Screen:

This is the welcome screen – click on the grey arrow on the right to proceed.

2nd Screen:

Company password: saline

3rd Screen:

- If you have taken the survey in the past AND remember your password, you can click on the label, “[Sign In Here](#)”
Your unique I.D. number (*as found on your pay stub*): Enter your I.D. number here
Create your own password: Enter your password
- For those of you who took the survey in previous years and DON’T remember your password:
Your unique I.D. number (*as found on your pay stub*): Enter your I.D. number here
Create your own password: Enter a password
Click on retrieve password
You will receive a token (this is not your password)—please note you only get one try or we will need to reset your password again.
Put your token in the top field
Put in your new password in the next two fields
Now your password has been reset
Enter your email (required for retrieval of password if lost): Type in your email address (work or home)

4th Screen:

- Continued for new users to the Impact Survey
Your name: Type in your full name (first and last)
Home address: Type in your home street address (no zip code)
State: Use drop down tab
Zip code: Type in your home zip code
Division: Use the drop down key to indicate your division

You’re ready to start the survey – Allow 15-20 minutes to complete/print/save resulting PDF –*end*



Question



Persuade



Refer

QPR Training—“Question, Persuade, Refer” - Safety Committee Training Event—April, 11, 2017, 7:30-9:00a, 10:00-11:30a and 3:00-4:30p

As announced during the previous month, the Saline County Safety Committee will be introducing a 90-minute presentation event anticipated to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training. It is believed that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know. Staff members from Public Health Solutions will present the material during three sessions on April 11th at the Extension Room. *(25 Wellness Points for Participating—NO VIDEO will be available.)*

Different Crises, Different Warning Signs

In CPR the general public is educated about the classic signs of a heart attack: pressure, fullness, squeezing and pain in the center of the chest, sweating, and other symptoms, and then taught how to respond.

In QPR the general public is educated about the known warning signs of a suicide crisis: expressions of hopelessness, depression, giving away prized possessions, talking of suicide, securing lethal means, and then taught how to respond. –*end*



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

Question of the Month

Large & Weird



A T E R S T U N N Y O C E A B C H O L
E

Place the above tiles containing letters into the empty boxes beneath—in order, to unscramble this message:

" _____ "



Egg 101 – Egg Nutrition Facts

Eggs are an all-natural source of high-quality protein and a number of other nutrients, all for 70 calories per large egg. Cost-effective and versatile, the unique nutritional composition of eggs can help meet a variety of nutrient needs of children through older adults.

Plus, nutrition research suggests eggs can play a role in weight management, muscle strength, healthy pregnancy, brain function, eye health and more (see below!). In fact, according to a recent review and meta-analysis, eating one egg a day reduces risk of stroke by 12 percent. Also, a new study indicates adding eggs to a salad increases vitamin E absorption.

Cardiometabolic Health - More than 40 years of research has demonstrated that healthy adults can enjoy eggs without significantly impacting their risk of heart disease.

Egg Allergies - Although eggs are a common food allergy in children, research suggests most kids outgrow this allergy.

Eggs Across the Lifespan - Essential nutrients within the egg can support a healthy pregnancy, growth and development of children, and muscle mass and function during aging.

Nutrients in Eggs - One egg has varying amounts of 13 essential vitamins and minerals plus 6 grams of high-quality protein.

Nutritious Dietary Patterns - Eggs fit into the healthy dietary patterns recommended by public health organizations.

Physical Performance - The high-quality protein in an egg is essential for building and maintaining lean body mass.

Weight Management & Satiety - The high-quality protein in eggs can reduce hunger and facilitate weight loss as well as help with weight maintenance.

2016 Incentive Awards Gift Cards—Grand Prize Winner

The Wellness Committee has completed the work of tabulating the Wellness points associated with the 2016 Wellness Program. Congratulations to all who reached their goal or gained incentives they sought to achieve during the previous year.

Amazingly, Saline County employees amassed a total of 708,934 (6,059 per employee) points in 2016 compared to 629,741 (5,429 per employee) in 2015.

Keep up that rhythm!

Sometime during the middle of April, the incentive gift cards will be delivered to you by members of the Wellness Committee. Employee supervisors will also be notified of the choice of hours/day off from work if an employee chose that option.

In addition, the grand prize of the TV was drawn upon the completion of the protest period and the winning entry pulled from the qualifying bucket was, "Cindy Wallenberg"! Congratulations to Cindy and to all for the dedicated efforts in reaching their individual goals this past year. -end

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.



Employee Newsletter

SO MUCH TO DO—SO LITTLE TIME

Source: Statista.com

Numerous distractions interfere with everyday work. Constant emails, to-dos, and competing needs of those with whom we must communicate grab at our attention. If you continually end the day having only skimmed the surface of your to-do list, you may be a victim of “reactionary workflow.”

Reactionary workflow is responding to what’s constantly in front of you and demanding your attention. This results in barely touching the most important work. Reactionary workflow is a problem of the modern workplace. Technology keeps a conveyor belt of information, issues, problems and needs coming at us full speed — personal and business related — 24/7.

To reduce reactionary workflow, try these four steps:

- ◆ Make a list of absolute-must-get-done items with the time needed to complete them each day.
- ◆ Schedule them.
- ◆ Add incoming urgent items to your list.
- ◆ Spend the last hour of your day responding to this list of items. This system is not a cure-all, but with practice, it can help turn the table on reactionary workflow.



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TRICK #1 FOR EATING WELL ON A BUDGET

Have a plan. Creating a meal plan will not only help save you money, but it will also reduce any stress associated with cooking or shopping — and keep you away from any bad choices! Write down what meals you are going to eat for breakfast, lunch, dinner, and snacks for a full week.



FAMILY DINNERS: DO THEY MAKE A DIFFERENCE?

Source: www.centeronaddiction.org

Regular family dinners can be tough to come by, but many research studies show that a family sit-down dinner a few days a week can have huge payoffs in reducing the risk of substance abuse among teens. This benefit appears to result from an increase in trust,

willingness for teens to bring problems to parents, improved communication skills such as learning to bring up delicate topics, the ability to identify changes in a child's behavior, resource sharing, and many other life skills.

“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.” - Saline County Wellness Committee

SOFT SKILLS TO KNOW: BEING COURTEOUS

It's been said that courtesy is a quiet power. Having a door held open while carrying an armful of packages is a welcomed common courtesy. Extended courtesies are even more powerful because they are not expected. They show extra effort you expend to please someone like a customer, causing that person to feel valued and special. Extended courtesies to customers are also powerful because they benefit your employer's reputation. The more unexpected a courtesy, the more impact it has on the recipient. A handwritten thank-you note in the age of email is an example. A phone call to a customer after the purchase of a product is another. Cultivate a repertoire of courteous acts and use them to make the right impression. You will elevate your organization, and very likely your career.

2017 100 MILES IN 100 DAYS CHALLENGE

Bike, Walk, Jog or Run 100 Miles in 100 Days and you can earn 100 or more Wellness Points! This challenge Starts May 8, 2017 and ends August 15, 2017. (See Tracking Sheet on next page.)

Rules/Guidelines:

- You MUST complete a minimum of 100 Miles to earn 100 Wellness Points.
- Daily work related miles walked are not to be included in your mileage tally.
- If you are biking, 2 Miles on the bike is equal to 1 Mile to record.
- Did more than 100 Miles? AWESOME! Earn ONE extra point for EACH additional mile completed over 100!
- Record Double Miles on holidays & your birthday.
- Make sure to record your exercise for the challenge in your Wellness Booklet as well, to count for exercise completed for those days.
- Questions regarding the challenge can be directed to any wellness committee member.
- Remember you don't have to walk one mile each day, you just need to complete a total of 100 miles by August 15th.
- Turn in your completed challenge to any wellness member by August 21, 2017. If you do not turn in your challenge by the due date, you will not receive credit for completing the challenge!

SALINE COUNTY FITNESS CHALLENGE
“100 MILES IN 100 DAYS” —TRACKING SHEET

DATE	MILES	DATE	MILES	DATE	MILES	DATE	MILES
8-May		7-Jun		7-Jul		6-Aug	
9-May		8-Jun		8-Jul		7-Aug	
10-May		9-Jun		9-Jul		8-Aug	
11-May		10-Jun		10-Jul		9-Aug	
12-May		11-Jun		11-Jul		10-Aug	
13-May		12-Jun		12-Jul		11-Aug	
14-May		13-Jun		13-Jul		12-Aug	
15-May		14-Jun		14-Jul		13-Aug	
16-May		15-Jun		15-Jul		14-Aug	
17-May		16-Jun		16-Jul		15-Aug	
18-May		17-Jun		17-Jul			
19-May		18-Jun		18-Jul			
20-May		19-Jun		19-Jul			
21-May		20-Jun		20-Jul			
22-May		21-Jun		21-Jul			
23-May		22-Jun		22-Jul			
24-May		23-Jun		23-Jul			
25-May		24-Jun		24-Jul			
26-May		25-Jun		25-Jul			
27-May		26-Jun		26-Jul			
28-May		27-Jun		27-Jul			
29-May		28-Jun		28-Jul			
30-May		29-Jun		29-Jul			
31-May		30-Jun		30-Jul			
1-Jun		1-Jul		31-Jul			
2-Jun		2-Jul		1-Aug			
3-Jun		3-Jul		2-Aug			
4-Jun		4-Jul		3-Aug			
5-Jun		5-Jul		4-Aug			
6-Jun		6-Jul		5-Aug			
TOTAL		TOTAL		TOTAL		TOTAL	

16 TRICKS FOR EATING WELL ON A BUDGET

Eating on a tight budget is hard. Eating healthily on a tight budget is even harder. However, with a little bit of planning and some clever tricks up your sleeve, eating well on a budget is definitely achievable.

Here are 16 tricks to help you eat well without breaking the bank:

- 1) **Have a plan.** Creating a meal plan will not only help save you money, but it will also reduce any stress associated with cooking or shopping – and keep you away from any bad choices! Write down what meals you are going to eat for breakfast, lunch, dinner, and snacks for a full week.
- 2) **Make a grocery list.** There's really no better way to stay organized and avoid buying items you don't need. Build a habit of making a grocery list once a week or before each trip to the store. Use your eating plan to decide what ingredients you need to buy for the week, and what quantities you need.
- 3) **Eat what's in season.** Ever notice how expensive asparagus is in January? Produce that's in season will always be a lot less expensive. Learn which veggies and fruits are in season, and base your meals off of those choices to save some cash.
- 4) **Check for savings.** Coupon clipping is super helpful with savings. Better yet, download a grocery rebate app. Using a rebate app will give you some cash back after shopping. Cha-ching!
- 5) **Buy in bulk.** If you're buying groceries for a family, it might make sense to buy in bulk. Choose a store like Costco or Sam's Club to do your grocery shopping. While buying in bulk can be more expensive at the time, your groceries should last longer and save you money in the long-run.
- 6) **Buy from bulk bins.** Get your spices, grains, and seeds from the bulk bins. Bulk bins usually cost less per ounce than the packaged versions. You'll also be able to control how much you're buying, which will keep your cabinets clear of expired spices and grains.
- 7) **Switch to frozen.** Believe it or not, frozen fruits and veggies are still just as nutritious as their fresh counterparts. Plus, frozen produce isn't packed full of added sodium and sugars that canned fruit and veggies are. Frozen produce is also less expensive, making it an ultimate win/win for you.
- 8) **Eat less meat.** Eating less meat will save you money. It's often the most expensive part of your meal. However, getting the protein that you need is a necessity! Substitute beans and lentils instead of meat to get a filling, nutritious dose of protein – for a fraction of the price!
- 9) **Buy whole foods.** Buy blocks of cheese instead of shredded, packaged cheese. Buy your leafy greens separately instead of purchasing prepackaged salad kits. Although these products can be convenient, they can add some significant dollars to your grocery bill.
- 10) **Repurpose leftovers.** Leftovers are your best friend when you're on a budget. Repurposing leftovers also helps reduce food waste. Turn those leftover ingredients into healthy wraps, sandwiches, salads, or soups to bring to work the next day. Check out this article for some leftover recipe inspiration.
- 11) **Start a garden.** Grow your own herbs and veggies! Starting a small garden at your home won't take up nearly as much time or space as you would imagine. It's the cheapest – and most satisfying – way to get your greens.
- 12) **Keep food fresh.** Invest in proper Tupperware and storage utensils to help your food last longer. A vacuum-sealing tool such as FoodSaver is a great investment – especially if you find yourself throwing away spoiled food regularly.
- 13) **By generic brands.** No need for brand name products because generic brands are just as good! Generally, the ingredient lists will be nearly identical. Enjoy the same quality of food for a much lower price!
- 14) **Do your math.** Keep track of prices while you shop. Use the calculator on your phone to estimate how much you're spending to keep yourself from going over your budget. No one likes a surprise at the checkout line!
- 15) **Eat more whole grains and beans.** Whole grains and beans are fairly inexpensive healthy food staples. The meal possibilities are endless with foods like quinoa, brown rice, and black beans. Eating more of these foods will keep your body and wallet happy!
- 16) **Shop around.** Try different stores. You might be surprised what deals you can find at ethnic markets, farmers markets, and discount stores like Aldi. Don't be afraid to branch out from your local supermarket and go exploring for more variety and better prices.

Eating well doesn't have to cost you big bucks – it can actually help save you some money! Cooking a meal at home will generally always be less expensive than going out to eat at a restaurant. Not to mention, many healthy foods can be more filling and less expensive than junk food. Start using some of these tricks to keep yourself physically and financially healthy.

SALINE COUNTY NUTRITION CLASS

Date: May 10, 2017

Time: 5:30 p.m.

Place: Saline County Extension Room

Topic: Operating with Peak Energy

Presenter: Karen Rehm of Madonna Fit For Work

What's keeping you awake at night? Can't turn off the To-Do list? You are not alone! Thankfully, help is on the way. Stop by for this presentation class and learn how to become more efficient and productive at home and at work. Identify your stumbling blocks and time wasters. Soon you will feel energized and more efficient.

WELLNESS QUESTION OF THE MONTH

Recent studies are suggesting that intense workouts increase levels of...?

- A) ADHD
- B) BDNF
- C) CPHD
- D) DOPA

BONUS: 25 WELLNESS POINTS for correct answer

**Answer to the April Question: "Chocolate Easter Bunny"*

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

**All answers submitted for the Question of the Month must be received prior to the subsequent month's newsletter distribution.*

DEVELOP A STRESS MANAGEMENT PLAN

Develop a personal stress management plan by monitoring what causes you stress for a week and record it. Then experiment with stress management techniques. A jog around the block may offer relief from the aftermath of a distasteful conflict at work today, but would a discussion with a good friend be better? There are many techniques for managing stress — physical exercise, leisure pursuits, creative writing, a massage, or even new beliefs

about the nature of a problem that give you a more resilient attitude about it. Find a practical list of strategies online or reach out to Continuum for assistance.



Find your best relief for managing stress!

UP YOUR SELF-DISCIPLINE

Improve self-discipline by practicing empowering behaviors that become reflexes to drive you in a more rapid pursuit of your goals.

1. Start with avoiding criticism for falling short of your ideal self.
2. Recognize self-discipline is a learned skill, not a personality trait.
3. Practice improving self-discipline at multiple points during the day, from completing a chore to starting a new large project you have postponed.
4. Find the big "why" to stir your motivation.

HOW TO INSPIRE OTHERS

Inspiration is a tool for motivating others to accept and act on shared goals. To become inspirational, think consciously in conversations with others about how you are making a positive impact on them. This doesn't mean agreeing with everything they say, but instead means practicing genuine praise for their accomplishments, listening, caring, recognizing their value, encouraging them, and asking for their contribution to projects and ideas. Numerous positive interactions are what build inspirational capacity. Be passionate and practice what you preach, and you have the right formula for inspiring others when you present your ideas.

OVERCOMING A TOXIC WORK ENVIRONMENT

Take steps to avoid contributing to a toxic workplace. A toxic workplace typically has informal or unspoken rules or practices that inhibit communication, build distrustful relationships, and provoke unhealthy competition. They also undermine or inhibit attempts to practice healthier forms of communication or cooperation between employees, and they perpetuate primarily through fear.

Employees struggle to be happy, healthy and productive in toxic work environments, but developing a personal strategy can help.

- **Detach:** Identify facets of toxicity and ways to detach. Is gossip common? Stop participating, and discourage others from doing so.
- **Build community:** If your work unit is part of the whole, build a micro work culture with traditions that reduce toxicity regarding communication, information sharing and mutual support.
- **Seek healthy inputs:** Make friends with coworkers who seek supportive relationships. Talk with Continuum EAP to help manage stress.
- **Lead:** If you have a leadership position, advocate for performance reviews that measure both performance and treatment of others.



FIG 1.A

“Employees struggle to be happy, healthy and productive in toxic work environments, but developing a personal strategy can help.”

WHY YOU SHOULD NEVER DIET AGAIN

By Robert Ulrich—inShare

There are a lot of diet trends that promise to slim you down, give you energy, and positively change your life forever. Unfortunately, that’s usually just not the case. Whether it’s juicing or eliminating carbs, a diet simply will not yield long-term, healthy results. They are unsuccessful for many reasons, and they’re not beneficial for someone who is looking to lead a healthy lifestyle.

Dieting is a craze that doesn’t seem to be going away anytime soon. In fact, more and more fad diets and “weight-loss” supplements pop up every year. For someone who is trying to lose some weight or just get in better shape, it can be hard to know what really is healthy and how to safely achieve nutritional goals.

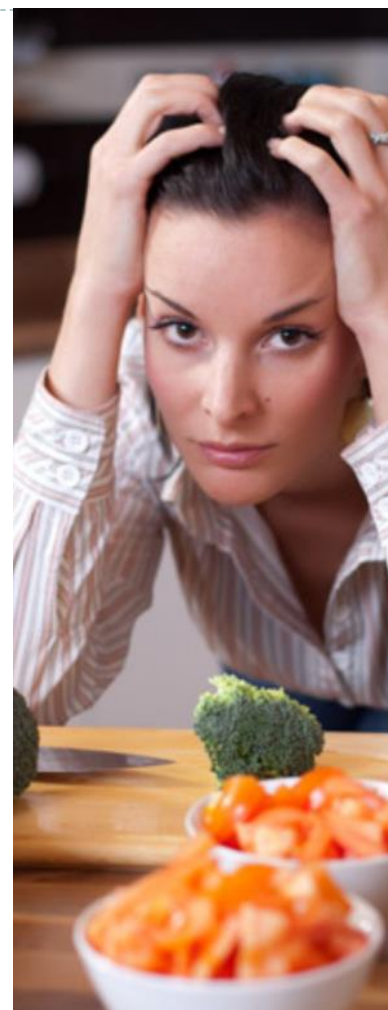
We want to help you understand why dieting isn’t the best answer to your health goals. Here are four main reasons why you should never diet again:

Diets are stressful – for both the body and mind.

Many different diets recommend eating as little as 1,000 - 1,200 calories per day. While this will lead to initial weight loss, it’s not healthy weight loss – and it won’t last. Abruptly cutting back a significant amount of calories will leave you with an energy deficit, which causes your body to release stress hormones to cope with the energy shortage. Not to mention, diets can also wreak havoc on your metabolism. You can read more about the physical stressors of dieting here.

Dieting not only induces biological stress on your body but psychological stress as well. Dieting can lead to obsessive behaviors and feelings of guilt if you “cheat” on the rules of your diet. Diets can also cause you to lose self-confidence if you feel as though you’re not strong enough to follow through with the diet plan. Keeping strict tabs on what you’re eating and what you can’t eat all day long can cause you to feel anxious and mentally drain you.

Continued on last page...



Exercise for Better Mental Health

by Robyn Whalen

We all know that exercise can transform your body and physical appearance. It lowers blood pressure, melts off excessive pounds, and builds muscle. But did you know that regular exercise also improves your brain function and mental health?

As we get older, our brains begin losing neurons and eventually our brain tissue starts shrinking. Physical activity can help combat the effects of an aging brain and keep it sharper longer. As for mental and emotional health, exercise releases certain chemicals in your brain that help boost feelings of happiness and wellbeing.

While there are many reasons to regularly exercise and live an active lifestyle, the positive effects that exercise has on the brain and mental health might just be enough reason to get up and get moving today. Read on to learn just how beneficial exercise is to your brain and mental health:

Exercise and Brain Function

Regular exercise improves brain function in a variety of ways:

- *Promotes brain cell growth.* Exercise creates new brain cells in the hippocampus (the part of your brain that's responsible for memory and learning) which helps improve overall cognitive function and keep your brain healthier for longer.
- *Maintains coordination.* Exercise helps to improve and maintain your coordination because it forms neuromuscular pathways to allow your muscular system to coordinate with joint movements more smoothly and efficiently.
- *Helps prevent dementia and Alzheimer's.* Because exercise prevents cognitive decline and degeneration of the brain, a person who exercises regularly can lower their risk of dementia and Alzheimer's. Exercise is also sometimes used in dementia and Alzheimer's patients as a treatment to help ease some of its symptoms.
- *Improves learning.* Studies suggest that an intense workout increases levels of BDNF (brain-derived protein) that is deemed to aid with higher thinking and learning capabilities.
- *Sharpen memory.* Because exercise increases production of brain cells in your hippocampus, you can expect better retention skills. This study showed that adults had better vocabulary retention after running sprints.
- *Lengthens attention span.* Physical activity is tied to longer attention spans. It has also been considered as an "ADHD medication" because of its abilities to rebuild attention spans through improved cognitive function.
- *Improves executive function.* This includes decision-making, multitasking, planning, and organizing skills. Because exercise provides more blood flow to your brain, you can expect your productivity to soar, along with improved thinking capabilities.

Exercise and Mental Health

Regular exercise has been shown to be one of the most effective preventative measures you can take for your mental health:

- *Depression.* Research shows that regular physical activity can help prevent and even treat mild to moderate depression. It is said to be as effective as an antidepressant medication – without the harsh side effects! Another great perk of exercise is that it can serve as a distraction or an outlet for release of emotional distress. It lifts your spirits and promotes feelings of calm and wellbeing by producing mood-boosting chemicals like serotonin, dopamine, and endorphins.
- *Anxiety.* Regular exercise naturally treats anxiety. It relieves tension and stress in your body while also boosting energy. Physical activity promotes wellbeing by releasing endorphins, which make you feel good all over. One session of vigorous exercise can help alleviate symptoms of anxiety for hours.
- *Stress.* Exercise acts as a form of stress relief. It lowers cortisol levels – your body's stress hormone. Lowering your cortisol levels will help you think more clearly and rationally. Exercise also relieves tension and relaxes muscles, which helps to fight the negative effects that stress has on your body. Additionally, regular physical activity will also help improve your sleep, which naturally reduces stress and its side effects.
- If you're feeling a bit down or feel like you need a brain boost, try going for a jog, taking a trip to the gym, or walking your dog. Get your mental muscles flexing with exercise – it's one of the best ways to improve cognitive, mental, and emotional health!

**NIRMA ONLINE
UNIVERSITY -
"UNDERSTANDING
BEHAVIOR, BURNOUT
AND DEPRESSION"**

Mental Health wellness is essential to ensuring stability of body and mind, so individuals can enjoy sustainable health and wellness free from disease and disorders.

We all face challenges and complexities that adversely impact our health and wellness levels each day.

In this course, you learned about:

- Behavior
- Defense mechanisms
- Neurotic and Psychotic behavior
- Schizophrenia

Next Wellness Committee
Meeting: Thursday, June 8,
2017 at the Law Enforcement
Center Courtroom at 8:00
a.m.

WELLNESS COMMITTEE

215 S Court Wilber, NE 68465
Phone: 402-821-2588
Fax: 402-821-3319 E-mail:
salinewellness@gmail.com

[co.saline.ne.us/webpages/
committees/wellness.html](http://co.saline.ne.us/webpages/committees/wellness.html)

Log onto the Wellness webpage
online to review meeting minutes,
Wellness newsletters, annual
Program document and Fitness
Center information.



WHY YOU SHOULD NEVER DIET AGAIN

...continued from page 6

Diets don't create lasting habits.

There's really no diet trend that you can stick with for the rest of your life without any health consequences. They don't create healthy habits. Instead, they create a short-term fix to drop weight that usually comes back after the diet has ended. This creates a vicious cycle of dieting, sliding back into old, unhealthy eating habits, and then trying a new diet. These diets don't teach you how to form healthy eating habits that are practical in the long-term.

Diets deprive you.

An important factor to a nutritious, balanced diet is moderation. Completely depriving yourself of your favorite foods can lead to binge eating, stress, strong cravings, and irritability. It can actually be beneficial to treat yourself to your favorite foods in healthy moderation. While this doesn't mean you should be treating yourself to a donut every day for breakfast, it means that eating a donut on a special occasion is perfectly fine and will help you feel satisfied, rather than deprived.

Diets only focus on weight-loss.

Your health is more than a number on the scale. When it comes getting healthier, nutrition is a more important factor than how quickly you can shed some pounds. There are many crash diets out there that are terrible for your nutrition and overall wellness. Some restrict solid foods, while others cut out healthy fats and calories that your body needs to function properly. When your diet is severely restrictive, you may lose weight from the calorie deprivation, but you'll be dealing with many unpleasant side effects from not providing your body the nourishment it needs.

What should you be doing instead?

Eat a nutritious, balanced diet, and learn to eat mindfully. Forming healthy eating habits will create lasting change on how and what you eat. Concentrate on protein, whole grains, healthy fats, fruits and veggies. When you focus on making healthy choices throughout the day and maintaining a balanced diet, you will discover that you don't need to let a trendy diet tell you what you can and cannot eat.

Instead of letting a crash diet ruin how you feel about yourself and eating, focus on creating a positive relationship with food. Do some research and educate yourself on what your body actually needs to maintain a healthy weight and feel good – physically and mentally.

FOR SALE

Employee Classified Ads

Employees may submit classified ads to

tim.mcdermott@saline.nacone.org



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 or legal professional.

Saline County, Nebraska



June, 2017
Volume 4, Issue 6

Saline County Employee Newsletter

SEDENTARY LIFESTYLE VS. ACTIVE LIFESTYLE

Source: TotalWellness.com

Although more and more research has been showcasing the detrimental effects of a sedentary lifestyle, people still aren't budging. In fact, a sedentary lifestyle (also known as the "sitting disease") has been said to be worse than smoking cigarettes. An article by The Active Times states that "sitting is more dangerous than smoking, kills more people than HIV, and is more treacherous than parachuting."

To summarize, a sedentary lifestyle is lethal. It substantially increases the risk of many diseases, is strongly linked to obesity, and shortens lifespans. Despite this, many adults are still leading sedentary lifestyles. According to Mayo Clinic, 50-70% of people sit at least six hours per day, and 20-35% of people spend over four hours every day watching TV.

Even more frightening, statistics gathered by the U.S. Department of Health & Human Services reveal that only one in three adults achieve the recommended amount of physical activity each week, and more than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities.

With more than one-third of U.S. adults living with obesity, it's more important now than ever to educate yourself on the effects of sitting too much and start working towards an active lifestyle. Check out this following infographic to learn a bit more about how a sedentary lifestyle affects your health and quality of life: (*cont. page 3...*)



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STUDY LINKS PARTICIPATION IN WEIGHT-LOSS PROGRAMS TO REDUCED ABSENTEEISM—*Safety & health Magazine*

Orlando, FL – Obese workers who took part in a structured weight-loss program reported fewer hours missed on the job after six months, a recent University of Michigan study shows.

Researchers surveyed 92 people who had an average body mass index of 40 and worked in various occupations. Before entering the program, participants stated in a self-evaluation that they worked an average of 5.2 fewer hours a month than their employers expected.

After six months and an average of 41 pounds shed, participants

reported working 6.4 more hours a month than expected.

“Our findings suggest that, through favorable effects on work attendance, participation in a weight-management program may be mutually beneficial for workers and their employers,” Dr. Jennifer Iyengar, the study’s lead author and an endocrinology fellow at the University of Michigan, said in a press release.

The results of the study were presented April 2 at the Endocrine Society’s 99th annual meeting in Florida. –end

“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.” - Saline County Wellness Committee

A GARDEN OF HEALTH

Get your hands dirty! Gardening isn’t just a hobby – it’s a workout. In fact, according to MindBodyGreen.com, gardening for about 30-45 minutes a day can burn anywhere from 150 to 300 calories. A 2011 Netherlands study shows that gardening leads to a positive mood and promotes relief from acute stress. It was also said to combat stress better than other relaxing leisure activities.

ATTITUDE OF GRATITUDE

by Taylor & Francis Online

Thanks to research, the practice of having an attitude of gratitude is beginning to take its place alongside meditation, yoga and mindfulness as a health practice with demonstrated value. Magazine articles, books, websites, diaries, greeting cards, and calendars all promote the attitude of gratitude.

More than 20 gratitude-focused research studies have cataloged the health benefits of gratitude, including improved life satisfaction, vitality, hope, optimism, and reduced levels of depression and anxiety. Practicing gratitude is a conscious process that includes the intention of regular thankfulness (i.e., “Today, I am thankful for...” or “My favorite part of today was...”) and training one’s mind to see the good in any situation. Will it work for you? -end

SEDENTARY VS. ACTIVE LIFESTYLE

SEDENTARY LIFESTYLE

20%

of all deaths of people 35+ are attributed to a lack of physical activity.
www.LifespanFitness.com

Adults who are inactive pay \$1,437 more per year in healthcare costs than physically active adults.
www.StateOfObesity.org



Sedentary lifestyles account for about 2.4% of U.S. direct medical spending or approximately \$24 billion a year.
Study by Florida Atlantic University

LACK OF PHYSICAL ACTIVITY ACCOUNTS FOR...

22% of Coronary Heart Disease
22% of Colon Cancer
18% of Osteoporotic Fractures
12% of Diabetes and Hypertension
5% of Breast Cancer
Study by Florida Atlantic University



80% of U.S. adults do not meet the government's national physical activity recommendations.
www.StateOfObesity.org

45% of U.S. adults are not sufficiently active to achieve health benefits.
www.StateOfObesity.org

A sedentary lifestyle has been found to increase the risks of depression and anxiety.



ACTIVE LIFESTYLE

Adults who regularly exercise (even walking 30 minutes a day, 5 days a week) save \$2,500 a year in reduced medical costs.
Journal of the American Heart Association 2016



AN ACTIVE LIFESTYLE SIGNIFICANTLY REDUCES YOUR RISK OF...

- Heart Disease
 - Diabetes
 - Asthma
 - Back pain
 - Arthritis
 - Certain types of cancer
- www.MayoClinic.org



LIVE LONGER!



People who are physically active for about 7 hours a week have a 40% lower risk of dying early than those who are active for less than 30 minutes a week.
www.CDC.gov

Helps prevent and treat mild to moderate depression and anxiety.

An active lifestyle supports both cognitive and mental health by increasing blood flow to the brain and producing mood-boosting chemicals to keep you happy.



Continued from page 1

Sedentary Lifestyle VS. Active Lifestyle

Do you know if you're sitting too much? Chances are, yes – you're most likely sitting too much. Even if you hit the gym for 30 minutes after work each day, your lifestyle can still be classified as "sedentary" if you spend the rest of your day on your bum.

The good news is that an active lifestyle is more achievable than you might think. All it takes is some effort to move more and sit less, while getting in your 150 minutes of exercise each week. Follow a few of these tips to live a more active lifestyle:

- Use a standing desk at work
- Deskercise while you work
- Get up and walk for five minutes each hour of the work-day
- Limit time spent watching TV and on the computer
- Go outside more
- Walk around while talking on the phone
- Start a walking club at your office
- Stand while eating lunch
- Take the stairs
- Start an outdoor hobby (gardening, photography, fishing)
- Get up and move during commercial breaks
- Do light stretches for a few minutes every hour of the work-day

Don't pay the hefty price of sitting too much. Start educating yourself and others on the health benefits of regular exercise and start moving more today! -end

HOW TO PREVENT SORE MUSCLES AFTER A WORKOUT

Finishing that last rep and walking out of the gym is truly the best feeling. You're buzzing with endorphins, feeling energized, and ready to take on the world! But, about 12 to 24 hours later, sore and stiff muscles begin to put a damper on your day.

If you're like most people, getting sore is the worst part about exercise. It causes pain and discomfort that can distract you throughout the day. It might also make your next gym visit sound a bit too unpleasant to follow through with. Luckily, soreness from working out can be prevented. It just takes a little bit of knowledge and a few extra steps in your workout routine to keep your muscles feeling good and ready for your next gym session.

What causes soreness?

Soreness is most common for anyone who has just started weight training, intensified their exercise routine, or performed a strenuous cardio activity. Exercise can cause microtrauma (micro-tears) to the muscle fibers, which causes them to become swollen and sore after about 12 – 24 hours post workout. More swelling can also occur from the increased blood flow muscles receive during physical activity.

Remember that mild soreness from the exercise is completely normal and a natural outcome of physical activity. However, regular, intense pain after working out is not normal. This could be a sign of injury, so check with your doc if your soreness is frequent and painful.

Prevent Sore Muscles

Wanting to prevent sore muscles? Add these extra steps into your exercise routine to prevent or reduce the pain associated with sore muscles:

- **Hydrate.** Make sure you're properly hydrated before and during your workout. Muscle cells need water to recover, so always drink enough water throughout the day and keep yourself hydrated while exercising. Keep a water bottle with you at all times, even if you're running or biking.
- **Warm-up.** Never forget to warm-up before your workout! Warming up is essential to a great workout and muscle recovery because it improves blood circulation. One of the worst things you can do for your body is jumping straight into a workout without helping your body transition into exercise-mode. Check out some warm-up routines here.
- **Use proper form.** Be sure that you're using proper form while lifting weights, using equipment, and performing any other exercises. If you're not sure how to use certain equipment or perform a certain exercise, don't be afraid to ask a personal trainer at the gym. There are also a lot of helpful demonstration videos on YouTube you can watch to make sure you're using proper form.
- **Ice bath.** If you're prone to muscle soreness and tenderness after a good workout, try taking an ice bath when you get home. Ice baths can help prevent inflammation before it starts.
- **Eat.** Make sure you are getting the nutrients your body needs for muscle recovery. You need healthy proteins, carbs, and fats to help repair and maintain muscles. You can also try eating some healthy foods that naturally reduce inflammation, like tomatoes, olive oil, leafy greens, and cherries.

Treat Sore Muscles

Sometimes soreness can't be entirely avoided after an intense workout. Here are some ways to help reduce that stiff, achy feeling if your muscles are already sore:

- **Keep moving.** Use those muscles! Soreness actually increases when you don't use the muscles that have been exercised. While you should avoid any vigorous activities that cause pain, sitting on the couch all day with little movement can actually increase the swelling and cause the soreness to last even longer. Try doing some light stretches to help your muscles recover faster.
- **Massage.** Gently massage your sore spots. Massaging provides a feeling of instant relief and helps ease pain and tenderness. You can also try using a foam roller to massage any sore areas. Both techniques are known to enhance muscle recovery after physical activity.
- **Ice.** Use an ice pack wrapped in a towel and apply to your sore spots. Be sure not to apply ice directly to your skin as this can cause irritation and damage to your skin tissue. Use an ice pack for short periods of time, several times a day. This should temporarily numb some of the pain and reduce swelling.

Don't let sore muscles hold you back from exercising! With proper preparation and recovery techniques, you can significantly reduce or even prevent soreness from ruining your day.

COURTHOUSE PARKING LOT



In anticipation and preparation of addition-

al County Offices soon to relocate to the Courthouse, employees assigned to the Courthouse during the workday should begin to consider using the new, north parking lot for their vehicles parking. This will allow better parking access for community members in convenient proximity to the main entrance into the building.

JUNE WELLNESS QUESTION OF THE MONTH

According to mindbody-green.com, gardening can burn up to how many calories in 30-45 minutes?

- A) 50-150
- B) 150-300
- C) 250-500
- D) over 500

BONUS: 25 WELLNESS POINTS for correct answer

**Answer to the May Question: "B: BDNF—brain-derived protein"*

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

**All answers submitted for the Question of the Month must be received prior to the subsequent month's newsletter distribution.*

CONTINUUM LEADERSHIP ACADEMY "THE PURSUIT OF PROFESSIONALISM"

DATE: June 20, 2017

TIME: 9-11 a.m.

LOCATION: 1135 M ST—3rd floor in Lincoln, Neb.

PRESENTER: Monica Miles-Steffens

REGISTER BY: June 16
Limit of 5 Saline County Supervisors

ABOUT THE TRAINING: Often when we hear the word "professional" we think of the professional athlete who has risen to stardom for being the best in their game.

While most of us never made it to the major leagues, we do

strive to be the best we can be at our chosen profession. As supervisors, we are expected to be professional and foster the same in our work environment.

This can be difficult in our fast-paced world of technology, changing social attitudes and depleting resources. This session will assist supervisors in enhancing their role as professionals, provide strategies for creating and maintaining a professional working environment and presenting a professional image to the public.

REDUCING FALLS WITH PROPER EQUIPMENT—CHAD ENGLE, NIRMA

Back in September of 2016, I wrote about the dangers of falling while getting in or out of equipment, specifically motor graders. The topic for this article came to mind after reading the current Workers Compensation new claim report. Two new injury claims were the result of using something other than a ladder or rolling platform ladder to access parts of the vehicle or equipment that cannot be reached from the ground. In both of the incidents I'm referencing to, the employee was standing on a tire while performing maintenance. Oh, and don't stop reading here because you don't work in the road department, I've seen similar incidents involving courthouse employees attempting to reach upper shelves.

Performing a Job Safety Analysis on the task of equipment maintenance could have helped us determine that a rolling staircase would reduce the risk of falling while performing the task. Now that we have two actual injuries, it is pretty obvious that employees are exposed to the hazard of falling while performing this type of work. Once we have reviewed the incident investigation provided by the injured employee's supervisor, the next step is to determine how we are going to protect our employees from this hazard. In both cases, the employee was attempting to stand on the tire to reach their task. Tires do not provide a stable work platform.

Again, I'd recommend a rolling platform ladder to perform this type of work. Rolling platform ladders are very useful in the courthouse, or other office environments, as well. Employees are often required to retrieve records or boxes that are stored above their heads. It is impossible to carry anything while ascending or descending a ladder and maintain three points of contact.

Any elevated task that requires the employee to manipulate or carry something should be performed on an elevated platform that will provide a stable place to stand and a safe manner in which to ascend and descend. The rolling platform ladder is just the ticket.

Take a look at the everyday tasks you perform. Are you providing them a safe manner in which to do so? If not, look into safer alternatives. If you are having trouble coming up with a solution, please don't hesitate to mention this to your supervisor or give NIRMA a call at 1.800.642.6671. —Chad

TAKING STAIRS BEATS CAFFEINE AS ENERGY BOOSTER

Athens, GA – Need to shake off some afternoon sluggishness? Skip the coffee or soda and head for the stairs, new research from the University of Georgia suggests.

For the study, participants were given caffeine or a placebo, or they spent 10 minutes walking up and down stairs at a low-intensity pace. After, they took verbal and computer tests to gauge cognitive function.

Researchers found that 10 minutes of going up and down steps resulted in participants feeling more energized than 50 milligrams of caffeine – about the same amount contained in a can of soda. Although participants did not show significant boosts in memory or attention, walking the stairs did result in a “small increase in motivation for work.”

“Office workers can go outside and walk, but weather can be less than ideal,” Patrick J. O’Connor, study co-author and professor of kinesiology at UGA, said in a press release. “And a lot of people working in office buildings have access to stairs, so it’s an option to keep some fitness while taking a short break from work. You may not have time to go for a swim, but you might have 10 minutes to walk up and down stairs.”



“...a lot of people working in office buildings have access to stairs, so it’s an option to keep some fitness while taking a short break from work.”

STAY ACTIVE WHILE ENJOYING VACATION

TotalWellnessHealth.com

Ah, summer vacation. We fantasize about it all winter long, and we count down the days until we pack up and finally hit the road. Sitting on a beach with a drink in your hand is a great way to pamper yourself, unwind, and re-charge. Whether you’re traveling abroad to sightsee or relaxing on a tropical island, one thing about vacations is certain: routines get thrown out the window – especially fitness routines!

While we’re all for an enjoyable, relaxing break from the real world, we believe a fun vacation doesn’t have to ruin your health and fitness progress you’ve worked so hard for. Try out some of these ideas to keep yourself active while vacationing or traveling:

Stay at a fitness-friendly hotel

Choose a hotel or resort that has amenities like a gym and pool. Having access to a workout facility and lap pool takes away a lot of common excuses to skip working out while on vacation. Many modern hotels and resorts offer free

yoga and fitness classes, so be sure to add those to your itinerary! If working out indoors isn’t really your thing, do some research to choose a hotel that has nearby parks or jogging trails.

Pack for fitness

If you’re checking a bag, you should have plenty of room to pack a few workout necessities like a jump rope, travel exercise mat, or resistance bands. These pieces are light enough and small enough that you could even pack them in your carry-on bag if necessary! Besides a few pieces of equipment, be sure to pack items such as sunscreen, proper workout shoes, athletic gear, and a raincoat. Pack whatever you will need to be active both outdoors and indoors on your vacation – you’ll be more likely to exercise if you have everything you need readily available.

Be adventurous

Vacation time is the perfect time to branch out of your comfort zone and be more adventurous!

(Continued on last page...)



How to Receive Criticism Well

Handling criticism well is a workplace skill you may never quite perfect, but there are ways to build emotional resilience to it.

- A. Criticism doesn't mean you're wrong, but some truth probably exists. Search for it.
- B. One complaint does not mean everyone feels the same way.
- C. Criticism may originate from a reaction to only a small part of your work, not the entire effort. Don't discard what is working well.
- D. Like the ring of a bell, the sting of criticism dissipates. Don't risk an improper reaction to it by responding immediately. Instead, wait for a few hours—or, even better, overnight—before reacting.
- E. See criticism as a gift to improve your productivity and increase the value of what you do.
- F. Label criticism as feedback, and thank those who offer it.

Find Work & Family Activity Balance

If you struggle to find balance between work and family, try “shared activity” as a strategy to help you feel less guilty and score some wins. While working in your office at home or doing chores (with the few precious hours you possess on the weekend), consider engaging your child in a way that combines the activity with one he or she can also do that allows them to be present with you.

It's a myth that your child watching you work is a “negative” or that “finding balance” means it must always be play. Witnessing your work ethic can be powerfully influential. Many parents with demanding work schedules have mastered the art of exposing their children to their work by creatively allowing them to be close observers or even participate in some manner.

Work and family balance is about testing and experimentation. Find fascinating strategies at pinterest.com by logging in free and searching “work family balance.”

Health Insurance “Opt-Out” NOTICE

In regards to the health insurance benefits offered by the County to its employees, the County has been advised that those currently maintaining essential health insurance coverage from an alternate source (via coverage through a spouse, etc.), other than the individual marketplace, will need to provide on an annual basis such substantiation in order to qualify for this benefit to receive this partial payment when opting out of the County provided insurance pool. Opt-out employees should provide to the Clerk's office this needed documentation prior to July 1. See the Clerk's office for a needed document. More to follow in the upcoming paycheck stuffer.

**NIRMA ONLINE
UNIVERSITY -
“UNDERSTANDING
BEHAVIOR, BURNOUT
AND DEPRESSION”**

Mental Health wellness is essential to ensuring stability of body and mind, so individuals can enjoy sustainable health and wellness free from disease and disorders.

We all face challenges and complexities that adversely impact our health and wellness levels each day.

In this course, you learned about:

- Behavior
- Defense mechanisms
- Neurotic and Psychotic behavior
- Schizophrenia

Next Wellness Committee Meeting: Thursday, June 8, 2017 at the Law Enforcement Center Courtroom at 8:00 a.m.

WELLNESS COMMITTEE

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

Log onto the Wellness webpage online to review meeting minutes, Wellness newsletters, annual Program document and Fitness Center information.



CONT... STAY ACTIVE WHILE ENJOYING VACATION

Many destinations offer great hiking trails, kayaking, surfing, or white water rafting. Rent a bike at a nearby shop or try rock climbing. No matter your vacation destination, there will always be outdoor or recreational activities to keep you active and fuel your wild side!

Walk, walk, walk

Get in as many steps as possible! Skip using the elevator and escalators at hotels and airports. Walk to a restaurant instead of calling a taxi. Take laps around your resort or walk around the city to take in all of the beautiful views. Wear your fitness tracker or download an app to keep track of how many steps you take each day of your trip. Walking burns more calories than you'd think!

Stay hydrated

Always be sure you are adequately hydrated throughout your trip. Drinking enough water will help you stay energized and support your active adventures. If you're consuming alcohol while on vacation, it's even more important to make sure you're sipping on H₂O. Alcohol dehydrates your body, causing hangovers that will definitely make being active the next day a lot more difficult and a lot less enjoyable.

Make healthy nutritional choices

What you eat has a huge impact on your fitness progress and routine. It's absolutely fine to splurge a little while on vacation, but try to incorporate some healthy meals throughout your trip. A healthy breakfast, for example, will give your body the energy it needs for a nice morning workout before hitting the beach. Snack on fruits and veggies as much as possible, and try not to completely change up your regular diet.

Traveling doesn't have to set you back on your health goals and ruin your fitness routine. With a few tricks up your sleeve and a bit of preparation, you can keep yourself on track while enjoying your much-needed vacation.

FITNESS CENTER NOTICE

On or around the 1st of July, the entry code to the Fitness Center will undergo its annual change. Please stop by the HR or Assessor's office in order to re-sign an updated waiver form and receive the updated passcode to the lock. Family members wishing to use the Fitness Center must also supply a waiver. If you have any questions or concerns relative to the Fitness Center and/or this procedure, please call 821.2374 or 821.2588.

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 or legal professional.

Saline County, Nebraska



July, 2017
Volume 4, Issue 7



Saline County Employee Newsletter

TIPS FOR YOUR BEST (AND HEALTHIEST!) FOURTH OF JULY YET

Source: Robin Whaylen

Let's be honest here, would the Fourth of July be complete without a grill out, sweets, and adult beverages? This summer holiday is all about food, family, and having a good time. However, we believe that the 4th doesn't have to include sacrificing your healthy habits and push back your fitness progress!

A healthy and happy Fourth of July is achievable with some healthy substitutions and preparations. Here's how to enjoy your holiday festivities without the sugar crash and junk food hangover the next day:

Eat Well

Hot dogs, burgers, and sausages straight from the grill are Fourth of July food staples. However, they're not exactly nutritious or filling – making it easy to overeat and pile up on calories, fat, and sodium. We recommend these healthy eating tips:

Stick with 100% whole-wheat buns. White bread has almost no nutritional value and a lot of added sugars. If you really want a bun for your burger or hot dog, swap it out for a 100% whole-wheat bun. Whole grains will help satisfy your hunger and keep you energized – without all that added sugar! *(continued on page #3)*



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DANGERS OF DRIVING DROWSY

Sleepy drivers with less than four hours of sleep are 11 times more likely to experience a car crash than drivers with 7 hours of sleep the night before. Twenty-one percent of all fatal highway crashes involve drowsy drivers. Drowsy driving reduces alertness and attention the same way as being drunk or texting does. Know the signs of drowsy driving. These include lane swerving, falling asleep while stopped in traf-

fic or at a traffic light, sudden braking (when the driver realizes he/she has fallen asleep and awakens in fright), slow reaction time and poor decision making. There are many ways to increase alertness, but the best way is to pull over and take a nap. -end

Source: www.uab.edu [search "sleepy drivers"].

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

ALCOHOL & CANCER

Drinking just one glass of wine or another alcoholic drink per day increases the risk of breast cancer, the American Institute on Cancer Research found after examining numerous studies. The finding has their highest level of confidence. However, vigorous exercise such as running or fast bicycling decreases the risk of both pre- and postmenopausal breast cancer. Strong evidence confirmed earlier findings that moderate exercise decreases the risk of postmenopausal breast cancer, which is the most common type of breast cancer.

Must read! www.aicr.org [search: "New Report on Breast Cancer."]

MANAGING EMOTIONS

Not all employees remain calm and collected when faced with change, disappointments, loss of resources, serious delays and major



stressors. Managing one's emotions demonstrates maturity, self-control and focus, and it helps prevent negativity from affecting others. For this reason, the ability to manage one's emotions in the workplace is considered a valued soft skill.

To gain better control of your emotions:

- Catch yourself when you experience an emotional response to a difficult workplace incident;
- Focus on the best way to respond to it to remain level-headed.

If you are not familiar with staying focused in this way, just remember that it takes practice, but it works. -end

Learn more at <http://knowledge.wharton.upenn.edu> [search: "emotions workplace"].

Continued from page 1

...Best 4th of July Yet!

Watch the sides. Popular side dishes like potato salad, cheese dip, and potato chips add a sneaky number of calories and fat to your plate. Watch your portions and opt for only one small scoop of your favorite side and savor it. We also recommend swapping out the junk food sides for healthier alternatives. Check out some of these healthy and yummy side recipes.

Skip the ketchup. While ketchup is a low-calorie condiment, it's loaded with sugars (mostly fructose corn syrups) and doesn't provide your body with many nutrients. Ditch the ketchup and season your food with spices for extra flavor. If you can't give up the condiments, check out this list of healthier condiments to top off your burger.

Grill lean meats. Ever thought of serving up some turkey burgers or sausages in place of beef? Sticking with lean meats will help you keep calories under control by limiting your fat intake. Look for the leanest cuts of beef, chicken, and pork to grill.

Add veggies. Make sure veggies are available at all times. If you want to treat yourself with a burger, make up for it by replacing a chips-and-cheese platter with roasted veggies and hummus. You can even make veggies the main dish by grilling kabobs with chicken and a variety of veggies. Check out these delicious kabob recipes.

Use small plates. Always remember portion control! Use small plates to help prevent overserving and overeating. You can also grab sectioned plates and fill the big sections with healthier choices while filling the smaller sections with less-healthy choices.

Stay mindful of your hunger. Eating while socializing can turn eating into a mindless act. It's hard to keep track of how many chips you're chomping on while chatting with your friends and family. Be sure to ask yourself if you're actually hungry before grabbing snacks, and be sure to pay attention to your food while eating.

Keep Moving

Backyard grill outs can make it easy to sit in a comfy spot on the patio all evening. Remaining sedentary for an entire evening (especially while eating a heavy meal) can cause a lot of discomfort. It's important to keep yourself moving to help your digestive system and burn off some calories. We recommend these activities to keep yourself moving:

Play yard games. Set up your favorite yard games like bags, ladder toss, or even a slip and slide. These games add a lot of fun to any celebration, and they'll keep you and your family active!

Dance. Play your favorite party tunes and bust a move! Dancing can burn some major calories and it's an exercise you can do for a while before getting burnt out.

Take a walk. After your dinner, take a walk around the neighborhood to say hello to neighbors and get a better view of the fireworks. If walking around the neighborhood isn't an option, be sure to stand as much as possible throughout the night and avoid sitting all evening. —end

WHY DOES IT MATTER?

Research shows the single most important factor in determining how long employees stay and how productive he/she is...is their immediate supervisor.

7 DAILY HABITS THAT WILL TURN YOU INTO AN OPTIMIST

BY ROBYN WHALEN

Stuck seeing the glass half empty? Truth be told, a lot of us are. Being a pessimist is far too easy because focusing on the negatives seems less difficult than finding the positives. However, being a Negative Nancy can have some serious consequences. Research has found that pessimists are more stressed, less happy, and less healthy than their optimistic counterparts.

A 2015 study found that optimists were more likely to eat healthily, keep a healthy BMI, exercise regularly, and not smoke. It was also found that they had healthier blood pressure, blood sugar, and cholesterol levels. Another article stated that optimists also tend to have more satisfying relationships and are less likely to come down with the flu or catch the common cold.

While some might think optimism is a personality trait that you're either born with or not, in reality, anyone can learn to become an optimist. If you would like to start looking on the bright side and reap the health benefits of positivity, try adapting these 7 daily habits that will help you become an optimist in no time:

1) Notice Negative Thoughts

Becoming aware of your negative thoughts and how often they occur will help you realize when and why you are negative. Maybe you're more negative during stressful situations or when you're feeling emotional. Being mindful of your pessimistic thoughts will help you pinpoint what's causing you to feel negative.

2) Identify the Purpose of Negativity

After realizing your triggers for negativity, determine the purpose of those thoughts. Do they serve as a defense mechanism to keep you from getting your hopes up? Does pessimism help you accept or plan for any possible changes? Next, ask yourself if negative thoughts are actually fulfilling their purpose. You'll likely discover that pessimism doesn't make unwanted changes or disappointments any easier for you to cope with.

3) Practice Gratitude

Being grateful goes a long way. Make a list of the things in your life that you are grateful for each day. You'll realize that the people or things you're grateful for will always outweigh your feelings of negativity. Learn to be grateful for the small things in life,

like a cup of hot coffee in the morning, your favorite song playing on the radio on your way to work, or your co-worker that can always get you to smile. Learn to also be grateful for the obstacles and hardships in your life – after all, these are what make you stronger and wiser.

4) Smile More

Turn that frown upside down! Facial expressions do more than just communicate your mood to others – they influence your mood as well. Smiling can help reduce stress and boost your mood by causing your brain to produce some serotonin. Forcing yourself to smile even when you're feeling pessimistic will help you feel more positive and look on the brighter side of things.

5) Impersonate an Optimist

When you feel like there is no way to find the silver lining in an unfavorable predicament, ask yourself, "What would an optimist say?" Chances are, you know someone in your life that is constantly smiling and staying positive. Imagine how that optimist would handle the situation you're facing, and do what they would do.

6) Give Positive Feedback

Notice a co-worker doing something helpful? Thank them with some positive feedback. Notice that a co-worker messed up? Still give them some positive feedback. Focus on what aspects they did do properly instead of how they messed up. The same should be done for yourself – even when you mess up, give yourself some credit for what you did do right and how you'll use the lessons from your mistakes.

7) Start Your Day Stress-Free

Waking up on the right side of bed will naturally put you in a happier, more optimistic mood. Try getting up a little bit earlier to work-out before heading to the office or read a chapter of an uplifting book. Listen to a motivational podcast on your way to work to help shape a positive mindset. Starting the morning off the right way will help you stay positive all day long.

It's never too late to become an optimist. You'll be less stressed, less grouchy, and a whole lot healthier. Start adapting these daily habits of an optimist for a brighter tomorrow. –end

COURTHOUSE PARKING LOT



In anticipation and preparation of additional

County Offices soon to relocate to the Courthouse, employees assigned to the Courthouse during the workday should now consider using the new, north parking lot for their vehicles. This will allow better parking access for community members in convenient proximity to the main entrance into the building, as well in being good neighbors to adjoining property owners.

JULY WELLNESS QUESTION OF THE MONTH

A 2015 study found that which group of people were more likely to eat healthily, keep a healthy BMI, exercise regularly, and not smoke?

- A) Idealists
- B) Intellectuals
- C) Optimists
- D) Passivists

BONUS: 25 WELLNESS
POINTS for correct answer

**Answer to the June Question: "B: 150-300 calories"*

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

**All answers submitted for the Question of the Month must be received prior to the subsequent month's newsletter distribution.*

CONTINUUM EAP: "A STRATEGY FOR SUCCESS" - ANY WAY YOU SLICE IT



When life hands you lemons... well, you know the rest.

We can't avoid adversity, but we can learn to make the most of it. By becoming more resilient to setbacks, we increase our likelihood of eventual success. To make life's challenges easier to swallow, Continuum EAP is here to help you with:

- Recovering from setbacks.
- Managing stress, anxiety and anger.
- Effective communication.
- Making time for yourself.
- Creating family & workplace harmony.
- Legal and financial concerns.

Consult your Employee handbook for contact information. Continuum EAP services are provided to you FREE and CONFIDENTIALY.

SLIPS, TRIPS & FALLS—NATIONAL SAFETY COUNCIL

In 2015, the U.S. Bureau of Labor Statistics reported over 223,000 non-fatal falls on the job. The majority of those falls—149,180—were not from a height or elevation. These workers fell on the same level due to slipping on a slick surface or from tripping over a hazard in the work area. Many of these incidents resulted in missed work days and injuries including fractures, sprains and strain tears, according to 2016 Injury Facts®, the statistical report on unintentional injuries by the National Safety Council. Due to underreporting, the number could be even higher.

Distractions and hazards

Slips, trips and falls are the No. 2 cause of nonfatal disabling injury in the workplace following overexertion. Fortunately, by being aware of our surroundings, slips, trips and falls are easily preventable. It starts with awareness. We're always on the move so it can become second-nature to go into autopilot when walking, especially in familiar places like the workplace. Take a moment to acknowledge the area you're walking through, even if you walk through it every day. Has anything changed? Is there a new potential hazard, such as a slippery floor or a stack of boxes, that wasn't there yesterday?

Distraction is another factor we don't always recognize. Eating on the go, rushing to a meeting and using the phone—whether it's talking, checking a work email or getting the latest score from the game—are all distractions that increase the risk of a trip or fall. Don't rush and focus on getting to your destination safely.

Other hazards include:

- Wet floors
- Uneven surfaces (tile, carpet, etc.)
- Ice, which can often be difficult to see
- Limited visibility around corners
- Cluttered work areas
- Not using the handrail in stairways
- Cords across pathways
- Carrying a load that's too heavy and/or obstructs vision

SIX UNUSUAL WAYS TO OVERCOME YOUR CRAVINGS—BRITTANY RISHER

1. BREATHE

Hunger can be physiological (your body truly needs energy) or hedonic (you just saw a pizza commercial and now want a slice with pepperoni and mushrooms), Roussell explains. If it's the latter, try breathwork. By changing our breath, we can change how we feel, according to a study in *Cognition and Emotion*. Experts recommend longer exhalations to help ease anxiety, which helps you fight cravings. And a recent (but inconclusive) study found slow breathing — nine breaths per minute — may help reduce food cravings.

2. THINK LOGICALLY

When people “cheat” on their diet, they tend to justify why they “can” have chicken wings, Roussell says. Although it may seem hard in the moment, being logical can help you stop a craving. If you track your calories or macros, you can easily see — as much as you may think you want that ice cream at night — you've hit your goal for the day. This helps you see you don't “need” ice cream — and if you really want it, you can work it into tomorrow's calorie allotment, Roussell says.

3. PLAY A GAME

Procrastinating at work isn't always a good thing, but it may help you with your cravings. *(continued on page #8...)*

“Procrastinating at work isn't always a good thing, but it may help you with your cravings.”

HOW TO BURN MORE CALORIES WALKING

While walking at a relaxed pace has major health benefits — and for sedentary people, it can be a great start to an exercise program — walking isn't necessarily a calorie-torching activity. But if you're looking to burn extra calories on foot, consider amping up your activity with these five tricks:

1. TACKLE THE HILLS

Use your surrounding environment to break a sweat on a walk. Seek out the hills instead of avoiding them. If you don't live in a hilly place, even doing hill repeats on the same hill gets your heart pumping.

2. HIT THE TRAILS

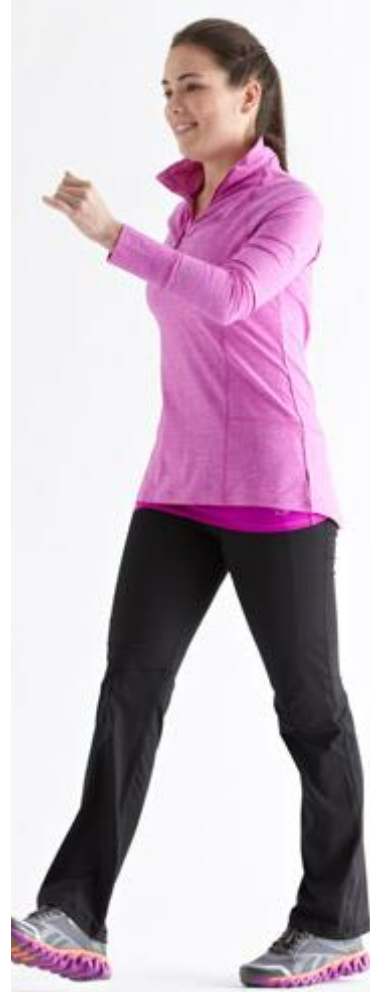
Trails require more coordination and all-body stability to navigate roots and rocks than a plain paved road or sidewalk. Also, according to recent studies, the bonus time spent in nature versus on city streets will make you happier and more energized in the long run.

3. ADD WEIGHT

Whether it's carrying your groceries home from the market or wearing a weighted vest on a power walk, taking on an extra load burns extra calories. Just make sure you're carrying things evenly — switch hands if you're carrying a bag, or invest in a quality backpack.

4. ADD INTERVALS

You don't need to start running all the time — but a few fartlek intervals will boost your heart rate and metabolism. As you walk around the neighborhood, simply pick up the pace and do a jog or hard run for a half block or to the next stop sign. Even 10 seconds of fast-paced running done a few times can have major benefits, and eventually, you might find that you want to add even more running to your routine. —end



Be Perceived as a Potential Leader

Even if you don't supervise others, you can still demonstrate leadership skills by practicing the work habits of good leaders:

- 1) Be genuine and praise others when they deserve it, making sure to articulate what they did well. This is a leadership skill that helps develop talent.
- 2) Have clear goals for what you want to achieve in your position. This demonstrates engagement with the organization.
- 3) Practice empathy to perceive others' needs, not just your own. Empathy shows that you value and invest in relationships.
- 4) Be a great listener and prove it by asking effective questions. Effective questions tend to be thought-provoking, solve problems faster, and show that you can listen, learn and suspend judgment.
- 5) Practice positivity with an attitude that encourages others to also be upbeat and productive.

Fatigue and Productivity



**Frequent fatigue affects
1 out of 3 workers.**

Although work pressures can feel inescapable, the strain you experience from them combined with communication and information-sharing technology makes fatigue a major health issue for the modern workplace.

Work-life boundaries blur, making it seem like work is endless. We are more likely to hear about a major contract closing in the middle of the night by text than at work the next day! Proper management and awareness of fatigue is a personal health responsibility in the modern era.

Fatigue is not just feeling tired. You feel exhausted, slow and lethargic. Fatigue can lead to

cognitive errors, safety infractions and injury, co-worker conflicts, a higher risk of depression, health problems, and negative effects on children and families. Ironically, it is not work per se that creates fatigue; rather, it is how you work that creates fatigue.

Fatigue builds with effort and decreases with rest. You can combat fatigue by working intensely in the morning, much more slowly in the middle of the day, and then intensely at the end of the day. Or simply plan breaks — go for a walk for a change of scenery or spend time in a quiet room. Don't just rest when you feel tired. Make rest a part of a healthier day. —end

For more info, visit <https://ideas.darden.virginia.edu> [search: give it a rest"].

**JULY—SEPTEMBER
NIRMA ONLINE
UNIVERSITY
“DEALING WITH HEAT
STRESS”**

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

Learn the precautions that can be taken any time temperatures are high and the job involves physical work.

Next Wellness Committee Meeting: Thursday, July 27, 2017 at the Law Enforcement Center Courtroom at 8:00 a.m.

WELLNESS COMMITTEE

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Phone: 402-821-2588
Fax: 402-821-3319 E-mail:
salinewellness@gmail.com

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

Log onto the Wellness webpage online to review meeting minutes, Wellness newsletters, annual Program document and Fitness Center information.



CONT... OVERCOME YOUR CRAVINGS

A 2015 study published in the journal Addictive Behaviors found that subjects who played Tetris for three minutes had a decrease in food cravings. In another study, British scientists asked 48 participants to use a mobile app they built called iCrave whenever they, yes, had a craving. The app then prompted the subjects to visualize a specific scene, such as a lion in a zoo or a forest. That act helped reduce overall snacking and unhealthy snacking, compared with a group that tracked snacks with a different app. Try using an app like Stop, Breathe & Think or Headspace and doing a short meditation. Or play a game ... but maybe not Candy Crush.

4. TIME YOUR MEALS STRATEGICALLY

The debate over “three meals versus five meals” per day for better weight loss continues, but if you aren’t hungry for snacks, there’s no reason to eat them. And there’s no reason to follow some prescribed schedule, either. Maybe you sail through from lunch to dinner but always want a little something before bed. So eat then and not in the afternoon, says Roussell, so you’re not adding extra calories. Instead, those calories are accounted for.

5. CREATE NUTRITION AUDIBLES

In football, quarterbacks call an audible when they get to the line and decide their planned play isn’t going to work with the way the opposing team’s defense is setting up. Roussell recommends the same thing with nutrition: Have a back-up plan when your own plans go awry. For instance, if mornings get crazed and you don’t have time to make breakfast, keep five ingredients on hand that you can toss in the blender to have a quick, healthy smoothie. Or know exactly where to go for a healthy lunch when you forget yours at home. Having that plan in place makes you less likely to eat just anything.

6. EAT THE CRAVING DAILY

Scratchfield suggests a slightly unorthodox method to take on your cravings: Embrace them, don’t fight them. If you can establish a solid system to manage them, that is. Her simple suggestion that works for her clients? Give yourself permission to have that food every day, once a day, and schedule when you will have it. So keep your meals balanced, but have that handful of fries at lunch or dinner. Really enjoy them, rather than stuffing them down your throat. This helps reduce guilt, stress and anxiety, she says, and “by Day 3 or 4, you’ll be over it.” Rather than fries being a “bad” food, they’ll just be a food — one you can choose to have anytime you want them. But you’ll crave them less. —end

FITNESS CENTER NOTICE

On or around the 1st of July, the entry code to the Fitness Center will undergo its annual change. Please stop by the HR or Assessor’s office in order to re-sign your updated waiver form and receive the updated passcode. Family members wishing to use the Fitness Center must also supply a separate waiver. If you have any questions or concerns relative to the Fitness Center and/or this procedure, please call 821.2374 or 821.2588.

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Saline County, Nebraska



August, 2017
Volume 4, Issue 8

SALINE SOLAR SHADOW

Saline County Employee Newsletter

Eclipse Watch: Saline County plans many ways to observe and otherwise enjoy the events of the upcoming Eclipse on August 21st.

What is a total Eclipse of the Sun?

On Monday, August 21st, 2017, the communities of Crete, Wilber and Friend will experience a solar phenomenon that will occur for the first time in the continental United States since 1979. A total eclipse of the sun, also known as “totality,” occurs when the Moon lines up perfectly in front of the Sun completely blocking the Sun from our view. The American Eclipse on August 21st, 2017 may be a once in a lifetime opportunity to see a total solar eclipse. Both Wilber and Crete are in direct line of the eclipse with Wilber with 2 minutes and 36 seconds and Crete with 2 minutes and 26 seconds of totality.

The communities of Crete, Wilber & Friend are providing details, either on their perspective websites or described herein, in helping residents better enable planning for you and your family members. *(continued page #2)*



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SALINE COUNTY ECLIPSE WATCH

CONTINUED FROM FRONT PAGE...

Crete:
www.cretechamber.org

Wilber:
www.wilberchamberofcommerce.com

Friend:
Join friends in Friend to view the total solar eclipse at 511 Second Street, site of the Historic Warren Opera House and event center. This Eclipse Party features: viewing from Second Street activities provided in air-conditioned comfort at

the San Carlo Room, lunch--hot dogs and champagne or non-alcoholic drink with sides and cupcakes for \$10 per plate, special informational sessions, astronomer present with solar telescopes, protective glasses and commemorative t-shirts for sale, and free tours of historic opera house. Doors open at 10 am with partial eclipse beginning 11:36:10 a.m., total eclipse 1:00:52 pm, and partial eclipse ending 2:28:53 pm.
--end

“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.” - Saline County Wellness Committee

UPCOMING CHALLENGE

The current “**100 miles in 100 Days**” Challenge will conclude on August 15th. The final date of submission to earn points for this challenge is August 21st.

Given the popularity of counting steps throughout the day using fitness trackers, the Wellness Committee is currently devising an upcoming “**One Step at a Time**” mini-Challenge that encompasses their use. This new challenge is expected to begin on or around September 1st and last 30-days. A total of 300,000 steps is expected as a mark of success in achieving these Challenge points. Alternatives for those without step devices are being explored also.

HOW EMOTIONALLY INTELLIGENT ARE YOU?

Emotional intelligence (EI) is your ability to be aware of your emotions, accurately perceive emotions in others, decide how to use this information, and act in ways that produce successful workplace relationships. Good emotional intelligence helps you navigate conflicts, engage with others, and experience more job satisfaction.

A few examples of emotional intelligence in practice include:

- 1) Knowing that a missed deadline will create hardship for others, you decide to finish early, creating goodwill.
- 2) Sensing a co-worker’s frustration, you inquire about it rather than ignore it.
- 3) Knowing that your attitude affects others, you choose to project a pleasant demeanor despite how you actually feel.
- 4) Sensing a need to resolve tension between yourself and a co-worker, you make the first move to resolve it. Learn more from The Emotional Intelligence Quick Book, a primer of exercises for improving your emotional intelligence.

What's the Healthiest Thing to Eat at McDonald's?

BY ELLE PENNER, MPH, RD



With 14,155 restaurants in the United States alone, and 22,744 additional locations outside of the U.S., McDonald's is arguably the most well-known fast-food chain in the world. And, if you're taking a road trip, this summer it can be difficult to resist the siren call of fast-food convenience.

While known for its burgers, fries and shakes, you don't need to blow your calorie budget on a Big Mac Extra Value Meal. These five options, at 420 calories or less, complete with ordering tips from a dietitian, can help you eat healthier the next time you find yourself under those golden arches.

HEALTHIEST BREAKFASTS

- **EGG MCMUFFIN**

Nutrition stats: 300 calories, 12g fat, 30g carbohydrate, 2g fiber, 3g sugar, 18g protein

Why it made the cut: Coming in right at 300 calories, this breakfast sandwich contains 18 grams of satiating protein and 2 grams of fiber.

- **FRUIT AND MAPLE OATMEAL, HOLD THE BROWN SUGAR & DRIED FRUIT**

Nutrition stats: 190 calories, 4g fat, 33g carbs, 4g fiber, 3g sugar, 6g protein

Why it made the cut: Topped with fresh apples and a splash of cream, this unsweetened oatmeal provides 4 grams of fiber and only 3 grams of sugar. At 190 calories it makes a great light breakfast or snack option.

HEALTHIEST LUNCHES & DINNERS

- **BACON RANCH GRILLED CHICKEN SALAD WITH 1/2 PACKET RANCH DRESSING**

Nutrition stats: 420 calories, 22g fat, 14g carbs, 4g fiber, 6g sugar, 43g protein

Why it made the cut: At just over 400 calories, this salad offers 4 grams fiber and 43 grams of protein, not to mention a whole lot of nutrient-rich veggies.

- **SOUTHWEST GRILLED CHICKEN SALAD WITH 1/2 PACKET SOUTHWEST DRESSING, HOLD THE CILANTRO-LIME GLAZE**

Nutrition stats: 360 calories, 13g fat, 24g carbs, 5g fiber, 7g sugar, 38g protein

Why it made the cut: With 25% of your daily intake for fiber, this veggie-filled salad is the highest in fiber of all McDonald's salads and provides plenty of satiating protein, too.

- **PICO GUACAMOLE GRILLED CHICKEN SANDWICH ON A SESAME SEED BUN, HOLD THE CHEESE**

Nutrition Stats: 420 calories, 14g fat, 38g carbs, 3g fiber, 7g sugar, 36g protein

Why it made the cut: At 420 calories this is a hearty, protein-packed sandwich that also brings some healthy fats to the table thanks to the guacamole topping. The lettuce and pico de gallo add a few extra veggies.

Of course, it's not the healthiest thing to eat at McDonalds but, if a burger and fries is really what you're craving, you can always get the cheeseburger kids meal with fries and apple slices for just 430 calories instead of the 1,000 calorie Big Mac Extra Value Meal.

Nutrition note: Most fast foods, even the healthier options, are very high in sodium. To balance things out, try choosing lower-sodium foods at other meals and snacks throughout the rest of the day. –end

Updated Nutrition Facts Label

The Food and Drug Administration has voted to make changes to the current nutrition facts label that is printed on most packaged foods. This is good news! The current nutrition facts label is more than 20 years old, making it completely out of date with today's nutrition recommendations. The new recommendations are based on updated scientific research and trends, recent dietary recommendations from expert groups such as the Academy of Nutrition and Dietetics, as well as public input. A few companies have already implemented the new label and others have yet to do so. Continue reading to find out what's changing!

Old Label

Nutrition Facts		
Serving Size 2/3 cup (55g)		
Servings Per Container About 8		
Amount Per Serving		
Calories 230	Calories from Fat 72	
% Daily Value*		
Total Fat 8g		12%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 160mg		7%
Total Carbohydrate 37g		12%
Dietary Fiber 4g		16%
Sugars 1g		
Protein 3g		
Vitamin A		10%
Vitamin C		8%
Calcium		20%
Iron		45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

New Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

- Serving size of the product will be updated based upon what people actually eat, not what they "should" be eating.

- The type size for the words "calories" and "serving size" will be enlarged and bolded.

- Calories from fat is being removed from the food label.

- There will be a new Added Sugars section listed under Total Sugars.
- Added Sugars will be presented in grams as well as % daily value.

- % Daily Values will be updated to contain: Vitamin D, Calcium, Iron, Potassium.
- Vitamin A & Vitamin C will no longer be required to be listed on the food label.

- New footnote explaining % Daily Value.

Picture & Information provided by: FDA.gov

New Nutrition Label Facts:

- Added sugars is defined as sugars added during processing of food.
- Vitamins A & C are no longer required to be on the food label because Vitamin A & Vitamin C deficiencies amongst the population are rare.
- BUT, Vitamin D & Potassium are being added to the food label because most American's do not get enough Vitamin D or Potassium.

COURTHOUSE PARKING LOT



In anticipation and preparation of additional

County Offices soon to relocate to the Courthouse, employees assigned to the Courthouse during the workday should begin using the new, north parking lot for their vehicles. This will allow better parking access for community members in convenient proximity to the main entrance into the building, as well in being good neighbors to adjoining property owners.

AUGUST WELLNESS QUESTION OF THE MONTH

How many McDonald's Egg McMuffins would generally be consumed in Crete, NE if using a consumption rate of one-calorie-per-second during this community's time of "eclipse totality"?

- A) one-half
- B) one
- C) one & one-half
- D) two

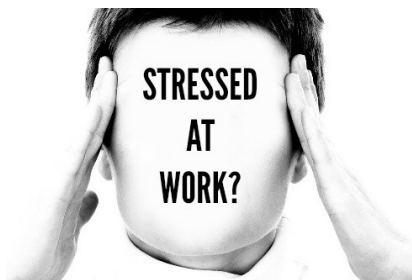
BONUS: 25 WELLNESS
POINTS for correct answer

**Answer to the July Question:
"C: Optimists"*

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

**All answers submitted for the Question of the Month must be received prior to the subsequent month's newsletter distribution.*

SIMPLE TRICKS TO COPE WITH WORK RELATED STRESS—BY JAMIE BELL



Everyone knows the telltale signs of work-related stress: rushing to meet deadlines, answering emails at midnight, taking phone calls at all hours of the day, and/or snapping at your colleagues. When you're under that kind of pressure, it can negatively affect your physical and mental health, relationships with coworkers, and diminish your work-life balance.

The next time you find yourself stressing over a demanding deadline, overwhelming presentation, or difficult manager, here are a few easy ways you can learn to cope:

BREATHE

Sure, it's a bit cliché, and doesn't typically solve the source of your stress, but breathing techniques can help to biologically calm you down and give your brain the oxygen it needs to come up with solutions. With each breath, you'll truly be able to feel some of the tension leaving your body, and you can return to the problem with a fresh perspective. Check out this example of a stress-relieving breathing technique:

PICK A SHUTDOWN TIME

Regardless of the projects or presentations you have to deal with, maintain a strict schedule of when to turn off your cell phone and sign out of your email. Doing so will allow you to maintain a healthy work-life balance and

spend more time with family and friends.

USE YOUR VACATION DAYS

Vacation days are essential for employees to take a much-needed break to clear their heads and relieve some stress. Don't just wait for them to be paid out on a paycheck. After you've gotten past the extremely hectic days at work, wrap up your major projects and take a personal day. Even if you're spending the day resting up and bingeing Netflix instead of taking a tropical vacation, you'll return to the office with renewed energy, creative ideas, and a much more pleasant attitude!

KNOW WHEN TO ASK FOR HELP

One of the most common causes of work-related stress is taking on more work than you can handle. If your projects are piling up and you just can't get to them in a reasonable amount of time, don't be afraid to delegate them to an assistant or ask for an extension on the due date. Manage the expectations of your co-workers, and ask for help when it's needed. Your managers should understand that you won't produce quality work when you're under too much pressure.

TAKE CARE OF YOURSELF

If you're shoveling down fast food and sitting at a desk all day, it's going to be hard for your body to perform at its best and handle the physical, mental, and emotional signs of stress. Focus on keeping yourself healthy by making time to exercise each day, eat nutritious foods, and get enough sleep. *(continued on page #8...)*



DAY
1



Choose a comfortable pace. Notice your breath and heart rate. If it feels like you're working too hard, slow down.

DAY
2



Break your walks into two 20-minute blocks. Consider doing a morning and evening walk.

DAY
3



This time, if possible, do all 40 minutes in one go.

DAY
4



Try a short 15-minute walk before work and save the 30 minutes for later in the day or vice versa.

DAY
5



Start your walk with a slightly more brisk pace for the first 10 minutes, then settle into a good pace for the rest.

DAY
6



Break your walks into two 25-minute blocks.

DAY
7



Find the route you most enjoyed this week and tackle it. Congrats! You did it!

THE 7-DAY WALKING PLAN—

BY GALINA AND ROLAND DENZEL

With the mercury rising, it's easy to make excuses and miss a workout, which is where a 7-day walking pledge comes in handy. The next seven days will set you on a path to consistent, enjoyable and beneficial walking. Enjoy!

GETTING STARTED

Plan to walk during the time of day when you know you can be consistent — maybe before or after work or on your lunch break. Look at your calendar for the next seven days, then schedule your walks like you would a meeting.

We are asking you to slowly build from 30 minutes a day on Day 1 to an hour on Day 7. It's great to start on a Monday, but any day you want to start is the right day. —end

Ability

...is what you are capable of doing.

Motivation

...determines what you do.

Attitude

determines how well you do it.

5 Things You Should Do After Every Workout

by ALEISHA FETTERS

You crossed the finish line, crushed your circuit routine or cranked out your last set at the squat rack — but you're not done yet. For optimal health and exercise results, you need to cap off every sweat session with these five post-workout tasks.

1. STRETCH ANY MUSCLES YOU WORKED

Static stretching (Think: bend and hold) is best reserved for after your workouts. A comprehensive review published in *The Scandinavian Journal of Medicine and Science in Sports* concluded that pre-exercise static stretching can reduce levels of strength, power and explosive performance during the subsequent workout. When performed immediately after your workouts, however, static stretching can help you cool down, increase muscle relaxation and potentially get tight muscles back to their resting length.

2. WASH UP

One study, by FitRated.com, found that free weights are covered in 362 times more bacteria than a toilet and a treadmill in 74 times more bacteria than a water faucet. Once trapped on your skin and in your workout clothes, those germs thrive in hot and sweaty environments.

3. WEIGH YOURSELF

Ideally, you shouldn't have lost any more than 2% of your body weight between the beginning and end of your workout. (So, if you weighed 150 pounds at the start, you shouldn't weigh any less than 147 pounds at the end.) Weight losses greater than that point to significant dehydration, Sontag explains. Apart from decreasing your exercise performance and putting you at risk of heat stroke, getting dehydrated during your workouts can significantly exacerbate symptoms of delayed onset muscle soreness, per the *Journal of Athletic Training*.

4. EAT SOME PROTEIN

"Skeletal muscle is a highly plastic tissue that can undergo rapid remodeling, particularly during the periods following an intense workout," says Neerav Padliya, PhD, vice president of Research Alliances at Qurr. "In order to push the muscle protein balance in the net positive direction so that muscle growth and recovery can take place, it is important to consume adequate protein, including branched-chain amino acids, after a strenuous workout."

5. DON'T FORGET CARBS

Following workouts, you may actually need more carbs than protein, with most studies showing that post-workout foods and drinks with a 3:1-to-4:1 ratio of carbs-to-protein are ideal for exercise recovery. That means, for every gram of protein you consume following a workout, you likely need three to four times as many grams of carbs. —end

JULY—SEPTEMBER
NIRMA ONLINE
UNIVERSITY
“DEALING WITH HEAT
STRESS”

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

Learn the precautions that can be taken any time temperatures are high and the job involves physical work.

Next Wellness Committee Meeting: Thursday, August 24, 2017 at the Law Enforcement Center Courtroom at 8:00 a.m.

WELLNESS COMMITTEE

215 S Court Wilber, NE 68465
Phone: 402-821-2588
Fax: 402-821-3319 E-mail:
salinewellness@gmail.com

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

Log onto the Wellness webpage online to review meeting minutes, Wellness newsletters, annual Program document and Fitness Center information.



...SIMPLE TRICKS— CONTINUED FROM PAGE #5

Make sure to also participate in your company's wellness program to help reduce daily stress.

TALK TO SOMEONE

If coping with work-related stress is a day-to-day battle for you, a good talk with a close friend is a great way to blow off some steam. If the problems stem from coworkers, talk to your manager/superior about the issues – they have a responsibility to hear what you have to say and help you resolve the problem. If you're dealing with harassment or bullying, talk to your company's human resources professional.

SPRUCE UP YOUR WORKSPACE

It might sound silly, but making your workspace a personalized area is an excellent way to create a comforting, stress-free zone. Decorating it with pictures of family and friends, inspirational quotes, or your favorite memes is an easy way to remind yourself of the important things in life and keep you on track. Even if it's just a little cubicle, make it a place where you feel comfortable.

Sometimes work-related stress is inevitable, and all you can really do is cope with it as best you can. Instead of letting the stress harm your health, try to keep yourself calm and focus on your wellbeing. Remember that stressing out never solves anything. Instead of getting upset and anxious, use the tricks above to help yourself cope. -end

2017 FLU SHOT CLINIC

Plan ahead now for the Saline County employee flu-shot clinic currently slated for October 23, 2017. As in the past, Public Health Solutions will be on-site at two locations in Wilber to offer this important preventative health service. Protect yourself and each other!

FITNESS CENTER NOTICE

As of the 1st of July, the entry code to the Fitness Center had undergone its annual change. Please stop by the HR or Assessor's office in order to re-sign your updated waiver form and receive the updated passcode. Family members residing with you in your home wishing to use the Fitness Center must also supply a separate waiver. If you have any questions or concerns relative to the Fitness Center and/or this procedure, please call 821.2374 or 821.2588.

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 or legal professional.

Saline County, Nebraska



September, 2017
Volume 4, Issue 9



Saline County Employee Newsletter

DAILY ACTIVITIES GUARANTEED TO BOOST YOUR BRAINPOWER

by Robyn Whalen

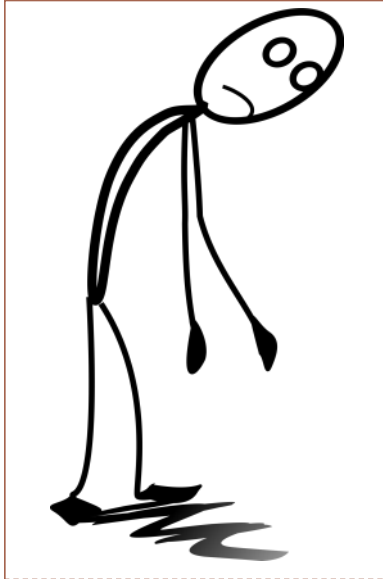
A mind really is a terrible thing to waste. As we get older, our brains begin to age and lose neurons, and, eventually, our brain tissue starts to shrink. Cognitive decline can lead to an increased risk for illnesses such as Alzheimer's and dementia.

While this might sound scary, rest assured that there are plenty of things you can do to keep your mind healthy and sharp for as long as possible. And, as it turns out, this doesn't mean you have to play tedious memory games every day to do so! With some healthy habits and hobbies, you can easily flex your brain muscles and help combat the effects of an aging brain to keep it sharper longer. *(continued page #3)*



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4 REASONS YOU'RE SO DARN TIRED

REASON #1—YOU'RE NOT EXERCISING ENOUGH

Talk about a vicious cycle: When you feel exhausted, you tend to skip working out, or at least don't exercise at the intensity you could. That can make you feel, well, even more tired.

A study by the University of Georgia found regular, low-intensity exercise can help boost energy levels, even when people think it won't.

Lead researcher Tim Puetz says, "Too often we believe that a quick workout will leave us worn out, especially when we're already feeling fatigued. However, we have shown that regular exercise can actually go a long way in increasing feelings of energy, particularly in sedentary individuals. (See Reason #2 below...)

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

FALL SAFETY TRAINING EVENT

The Safety Committee has scheduled the Fall Training session to be focused upon **two (2) separate topics:** "Workplace Civility" and "Snacking/Carbinated Beverages". David Kimbrough of Continuum EAP in Lincoln will present the "Workplace Civility" topic, while Vicki Rethmeier will present a nutritional topic covering Soda's and mid-day snacking. Both topics should be highly educational and worth your attendance.

Both of these 85-minute sessions will be held at the Extension Building on Wednesday, September 20th. There will be two (2) opportunities in which to opt attendance as noted on your department's sign-up sheet.

4 REASONS YOU'RE SO DARN TIRED

REASON #2—YOU'RE EXERCISING TOO MUCH

If you exercise regularly, there may be a point of diminishing returns — simply exercising more and more doesn't mean you act like Red Bull is coursing through your veins. In fact, it actually *causes* fatigue.



"Certain styles of exercise take the participant to a state of physical exhaustion on a regular basis, which may do more harm than good," notes functional and integrative medicine practitioner Chris Kesser.

He adds that there's a fine line between training hard and over-training, and when that line is crossed, it pushes the body's stress response too far. That can result in a number of biochemical responses as the body tries to protect itself. One of those is to slow down several processes — creating fatigue as a result.

One solution is to make sure you're building rest days into your mix, so that you can fully recover from your workouts, mentally and physically. (See Reason #3 on page #4...)

Boost Your Brainpower *continued from page #1*

Try out some of these daily brain-boosting activities to keep your brain healthy and strong:

Read a challenging book.

Reading is one of the best things you can do for your brain. Reading literature that challenges you is even better. You're guaranteed to strengthen your brain by learning new words and building reading comprehension skills. Try joining a book club to get some motivation to start a challenging book. You'll gain a lot of insight from the members of the club and meet some new friends, too!

Take a Streaming break.

The average American adult watches nearly 35 hours of TV a week. That's bad news for your brain since binge watching your favorite TV series requires minimal brain activity. A study found that adults who watched more than three hours of TV per day on average over the next 25 years were more likely to perform poorly on certain cognitive tests, compared to adults who watched little TV each day. Try replacing the time spent watching TV on brain-boosting activities to lower the risk of early cognitive decline.

Exercise.

Regular exercise improves brain function in a variety of ways. It promotes brain cell growth, improves learning ability, and helps sharpen your memory. Basically, the more you move, the better protected you are from early cognitive decline. A person who exercises regularly can lower their risk of dementia and Alzheimer's. Engage in physical activity for at least 30 minutes a day, five days a week to help combat the effects of an aging brain.

Eat well.

Eating a variety of nutritious foods will boost your memory, concentration, and overall brain function. The foods that you eat have a direct effect on your mood, attitude, and memory. To support brain health, increase your intake of fruits and veggies and keep a balanced diet. Check out this [article](#) for some of the best brain-boosting foods!

Branch out.

Spend more time with people who challenge you or think differently than you do. Those who challenge you will help you understand different perspectives or cause you to think critically about certain topics – and these are both great things for your mind! Don't be afraid to branch out from your usual friend group and talk to someone with different hobbies or interests as you. You're never too old to develop a new perspective!

Get enough sleep.

While you're snoozing, your brain is hard at work. Your brain needs enough time to recharge and process information from the day. Without enough sleep, your brain will become over-stimulated, leading to a significant decline in concentration, problem-solving skills, and overall cognitive function. Get at least 7-8 hours of quality sleep each night, and don't forget about the power of a quick catnap when you're feeling drowsy.

Reduce stress.

Chronic stress wreaks havoc on your cognitive and mental health. If you want a healthy brain, you'll want to reduce any high levels of stress in your life. Try meditating once a day or do some stress-relieving exercises. Taking time to de-stress each day will boost your concentration and attentiveness and increase overall mental clarity.

Learn something new.

According to Einstein, if a person spends 15 minutes a day learning something new, in a year he or she will be an expert. Make it a goal to learn something new every day – whether it's a fun fact or a new recipe. Take non-credit courses at a local community college, pick up a new hobby, or learn a new language. Continued adult learning helps slow the brain's aging process and will keep your mind sharper for longer.

Mental exercise is as just as important as a healthy diet and physical activity. Remember that your brain is a muscle – it needs to be exercised to stay strong and powerful. Incorporate some of these brain-boosting activities each day to keep your brain sharp and healthy. *—end*

4 REASONS YOU'RE SO DARN TIRED

REASON #3—YOUR GUT HEALTH IS OUT OF WHACK

There's been a significant amount of research in the past few years about the role of your gastrointestinal system in regulating emotions, energy, immunity and even skin health and chronic disease. All that good and bad bacteria in your digestive tract is central to your health, according to Jo Ann Hattner, RD, and co-author of "Gut Insight: Probiotics and Prebiotics for Health and Well-Being."

When it's out of balance, it can lead to allergies, lowered immune response, poor sleep and other factors that might contribute to exhaustion. Hattner suggests stocking your plate with gut-happy choices like fermented foods and all types of vegetables — and dialing down the processed stuff, especially sugar and refined carbs. (See Reason #4 on page #5...)



BLUEHEALTH ADVANTAGE PREMIUM WELLNESS PROGRAM



It's time again for the 2017 NACO and Blue Cross BlueHealth Advantage Premium Wellness Program. The program begins September 1st and runs until October 31st. This program is designed to help your employees achieve their health goals, live life to the fullest, and earn a special reward for participating.

Better health and well-being can start at www.nebraskablue.com/fitness. The website offers an easy, intuitive experience that launches you on a personal, fun wellness journey. This online tool offers an easy way for your employees to improve their health through nutrition, exercise, and weight management.

The health assessment evaluates various aspects of your current lifestyle and the impact it can have on your health and well-being. Best of all, by participating and completing the health assessment each employee will receive a **\$25.00 Visa gift card!**

Information with specific details of the program and instructions on how to participate were sent electronically along with this September newsletter. If you don't receive the monthly newsletter via email, please ask your department supervisor to supply you with this program information. This voluntary NACO/BCBS program is strictly confidential and there's no cost to participate. -end

COURTHOUSE PARKING LOT



In anticipation and preparation of additional

County Offices soon to relocate to the Courthouse, employees assigned to the Courthouse during the workday should avoid using residential, curb-side parking. Instead, use the new, north parking lot for their vehicles. This will allow better parking access for community members, as well as being a good neighbor to adjoining property owners.

SEPTEMBER WELLNESS QUESTION OF THE MONTH

How many hours of television does the average American adult watch per week?”

- A) 25
- B) 35
- C) 45
- D) 50 or more

BONUS: 25 WELLNESS
POINTS for correct answer

**Answer to the July Question: “A: one-half”*

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

**All answers submitted for the Question of the Month must be received prior to the subsequent month’s newsletter distribution.*

4 REASONS YOU’RE SO DARN TIRED REASON #4—YOU’RE NOT SLEEPING AS WELL AS YOU THINK



Although you might wake up refreshed, that doesn’t mean you’ve gotten a solid night’s sleep.

Even a mild case of sleep apnea can keep you from getting the deep sleep necessary to maintain energy throughout the day, according to Abbas Mansour, MD, director of the Sleep Lab at Baptist Easley Hospital in South Carolina.

“If sleep is fragmented, what you’ll see is daytime sleepiness and trouble maintaining your energy,” he says. “That affects alertness and concentration.

Sleep apnea is very common, and underdiagnosed, so it’s worth talking to your doctor about it.”

If you’ve tried other strategies to tackle your energy crisis, a sleep study may be helpful to see if that’s an issue.

In general, feeling exhausted all the time isn’t a normal part of aging or living in a go-go-go society. Addressing stress, getting the right amount of exercise, improving your nutrition and practicing good sleep habits can go a long way toward kicking that caffeine habit to the curb. —end

Crazy 8 Challenge

This is 8-category, 8-week challenge, starting Monday, September 4, 2017 through Sunday, October 29, 2017. (*See page #6...)

There are 8 categories in which you can receive points:

1. Water-1 Point for every 8oz of water drank during that particular day
2. Exercise-5 Points for every 15 Minutes of continual exercise per day (30 min = 10 pts, 45 min = 15pts, 60 min = 20 pts (MAX 20 Points/Day)
3. Sleep-1 Point for every night you sleep 7 or more hours (Max 1 Point/Day)
4. Fruit/Vegetable-1 Point for every serving of Fruits or Vegetables you eat each day
5. Pop-1 Point for every day you do not consume soda-pop, 0 Points if you have one, SUBTRACT 1 point for every pop you have over 1 a Day (MAX 1 Point/Day)
6. Tobacco-1 Point for every day you do not use a tobacco product
7. Healthy Breakfast-1 Point for each day you eat a healthy breakfast
8. Read a Book--1 Point for each day you read a book for at least 1/2 hour a day.

Crazy 8 Challenge

Day	Date	Water	Exercise	Sleep	Fruits OR Vegetables	Soda Pop	Tobacco	Healthy Breakfast	Read a Book	TOTAL POINTS
Mon	September 4									
Tues	September 5									
Wed	September 6									
Thurs	September 7									
Fri	September 8									
Sat	September 9									
Sun	September 10									
TOTAL WEEK 1										
Mon	September 11									
Tues	September 12									
Wed	September 13									
Thurs	September 14									
Fri	September 15									
Sat	September 16									
Sun	September 17									
TOTAL WEEK 2										
Mon	September 18									
Tues	September 19									
Wed	September 20									
Thurs	September 21									
Fri	September 22									
Sat	September 23									
Sun	September 24									
TOTAL WEEK 3										
Mon	September 25									
Tues	September 26									
Wed	September 27									
Thurs	September 28									
Fri	September 29									
Sat	September 30									
Sun	October 1									
TOTAL WEEK 4										
Mon	October 2									
Tues	October 3									
Wed	October 4									
Thurs	October 5									
Fri	October 6									
Sat	October 7									
Sun	October 8									
TOTAL WEEK 5										
Mon	October 9									
Tues	October 10									
Wed	October 11									
Thurs	October 12									
Fri	October 13									
Sat	October 14									
Sun	October 15									
TOTAL WEEK 6										
Mon	October 16									
Tues	October 17									
Wed	October 18									
Thurs	October 19									
Fri	October 20									
Sat	October 21									
Sun	October 22									
TOTAL WEEK 7										
Mon	October 23									
Tues	October 24									
Wed	October 25									
Thurs	October 26									
Fri	October 27									
Sat	October 28									
Sun	October 29									
TOTAL WEEK 8										
TOTAL POINTS										

This is 8-category, 8-week challenge, starting Monday, September 4, 2017 through Sunday, October 29, 2017.

All entries must be returned by 5:00 p.m., Friday, November 3, 2017 to qualify for Wellness Points!

Sneaky Ways to Feel Energized All Day Long

by Robyn Whaylen



Imagine feeling energized all day long: no afternoon slump, no heavy eyelids, and no nodding off at your desk. Sounds like a fantasy, right? Well, we believe that feeling energized and productive all day long is totally achievable when you practice healthy habits.

When that feeling of afternoon fatigue settles in, many of us reach for another cup of coffee or hit the vending machine for a sugary, caffeinated beverage. However, sugar and caffeine are only a temporary fix that can lead to a nasty crash later.

If you are looking for some natural ways to feel energized all day long, here are some tricks that will keep you from ordering that extra shot of espresso:

Get your heart pumping. A morning workout is a fantastic way to start your day. You'll receive an instant energy boost and increased mental clarity that will lead to a productive day at the office. If a morning workout isn't possible to fit into your daily schedule, sneaking in a workout over your lunch break is also a great way to beat your afternoon slump.

Grab a piece of dark chocolate. Feeling drowsy? Nibble on a small piece of dark chocolate. Dark chocolate contains theobromine, a natural stimulant similar to caffeine. This delicious treat will help you feel more alert and serve as an instant pick-me-up when you're feeling sluggish.

Get some fresh air. Spending time outdoors is the ultimate energy-booster. Since your workday most likely entails staying indoors most of the day, it's important to set aside some time each day to go outside. Research has shown that spending time outdoors can reduce stress hormones and lower blood pressure. Even a five-minute walk around the office parking lot will give you an instant jolt of energy.

Eat for energy. When you eat healthily, food becomes fuel for your body. Be sure to eat a nutritious breakfast and pack a lunch and snack that will increase your energy levels. A lunch packed with whole grains, fresh fruit, veggies, and healthy protein will prevent heavy eyelids after your lunch hour.

Add some plants. Adding some lovely plants to your desk area does more than just spruce up your work environment. Studies have shown that plants can boost creativity, increase productivity, and contribute to improved feelings of overall wellbeing. Check out this list of easy-to-care-for and energy-boosting plants to add to your desk.

Laugh more. There's a reason for the expression "laughter is the best medicine." Laughing has many proven health benefits including stress relief and an improved immune system. Laughter releases our body's happy chemicals – triggering a natural energy boost as well as an improved mood. Find as many reasons to laugh throughout the day as possible!

Meditate. Practicing certain breathing techniques will increase both energy and productivity, while also boosting mental clarity. Take a 5-10 minute break during your workday to practice an energy-boosting meditation session. Not only will you feel refreshed, but you'll also feel less stressed and ready to tackle the rest of the workday. (*Continued next page...*)

JULY—SEPTEMBER
NIRMA ONLINE
UNIVERSITY
“DEALING WITH HEAT
STRESS”

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

Learn the precautions that can be taken any time temperatures are high and the job involves physical work.

Next Wellness Committee
Meeting: Monday, September
25, 2017 in the Assembly
Room at the Courthouse, 8:30
a.m.

WELLNESS COMMITTEE

215 S Court Wilber, NE 68465
Phone: 402-821-2588
Fax: 402-821-3319 E-mail:
salinewellness@gmail.com

[co.saline.ne.us/webpages/
committees/wellness.html](http://co.saline.ne.us/webpages/committees/wellness.html)

Log onto the Wellness webpage
online to review meeting
minutes, Wellness newsletters,
annual Program document and
Fitness Center information.



FEEL ENERGIZED *CONTINUED FROM PG #7*

Stay hydrated. Start hydrating first thing in the morning and continue to drink enough water throughout the day. Even mild dehydration can lead to fatigue and headaches. Keep an insulated water bottle at your desk so that you have easy access to fresh, cold water all day long.

Go crazy with lemon. Aromatherapy can do more than just calm you – it can perk you up as well! Lemon oil is considered to be a stimulating scent that increases concentration and alertness. Keep a lemon air freshener at your desk to help combat any sleepiness throughout the day.

Get enough sleep! Obviously, we have to remind you just how important your 7-8 hours of beauty rest is each night. Sleep deprivation will leave you feeling drowsy all day no matter how much coffee you drink or how many energizing tricks you try. The best way to ensure you have steady energy all day long is to get enough quality sleep.

The bottom line is that taking care of your body will keep you feeling energized all day long. The proper amount of quality sleep along with some of the tricks listed above will help prevent that dreaded afternoon slump, and keep you alert all day long. Feeling energized will help you stay productive, happy, and positive throughout the workday. Not to mention, you'll save some cash when you no longer need to buy that afternoon latte! -end

2017 FLU SHOT CLINIC

Plan ahead now for the Saline County employee flu-shot clinic currently scheduled for October 23rd. The clinic will be held from 7 a.m. – 9:30 a.m. at the courthouse, and 3 p.m. – 6:30 p.m. at the law enforcement center. Public Health Solutions will be on-site at both locations to offer this important preventative health service. Protect yourself and each other! -end

FITNESS CENTER NOTICE

As of the 1st of July, the entry code to the Fitness Center had undergone its annual change. Please stop by the HR or Assessor's office in order to re-sign your updated waiver form and receive the updated passcode. Family members residing with you in your home wishing to use the Fitness Center must also supply a separate waiver. If you have any questions or concerns relative to the Fitness Center and/or this procedure, please call 821.2374 or 821.2588. -end

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 or legal professional.



Saline County Employee Newsletter

HOW TO GET A PERFECT NIGHTS SLEEP

by Robyn Whalen

There's really nothing better than crawling into your warm bed after a long day. However, for many people, bedtime means tossing and turning until the alarm clock goes off. Lack of quality sleep leads to many mental and physical health problems. Not to mention, you certainly will be able to perform your best at work.

Believe it or not, sleep is just as important to your health as nutrition and exercise. Your body simply cannot function without enough ZZZs. So, if you find yourself counting sheep trying to fall asleep, or waking up multiple times throughout the night feeling restless, it's time to change the way you sleep. Use these tips to start promoting good sleep habits throughout your day and create the perfect sleeping environment: *(See tips on page #3...)*



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Blue Cross Blue Shield Summary of Benefits and Coverage Document for 2017:

<https://coc.nebraskablue.com/CCW3I4X5>

“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.” - Saline County Wellness Committee

SHOULD YOU FORCE YOURSELF TO DO A WORKOUT YOU HATE?

BY BRITTANY RISHER

We often hear we should have a well-rounded fitness program. But it's confusing what exactly that means. It seems like a different celebrity is endorsing a new workout every day on Instagram. Boutique fitness studios continue to pop up offering unique classes everyone says you *must* try. You feel like you 'should' do yoga, but all you really want to do is run. Do you need to do it all?

The answer probably won't surprise you: Yes and no.

There are some elements of fitness everyone should do to be their healthiest. However, that doesn't mean you need to do everything, and it also doesn't mean you need to give up what you love. Here's how you can do it all — on your terms.

THE BENEFITS OF CROSS-TRAINING

Just as balance is important when it comes to eating, it's also important when it comes to exercise.

“A well-rounded fitness routine is one that focuses on the various health-related components of fitness: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition,” explains Jessica Matthews, senior adviser for health and fitness education for the American Council on Exercise. “Research shows that when you do this, you experience health improvements.”

For example, cross-training has been shown to be more efficient than only resistance or aerobic training at reducing body weight, waist circumference and fat mass in overweight and obese adults, according to a study in PLOS One.

And, in a 2015 study, researchers compared 620 women who followed one of four training programs: cross-training, only running, only weight training or no training. They discovered that those who did more than one modality of fitness had greater muscular endurance. The study authors concluded that, “cross-training may be the best option for improving physical fitness when compared to just one mode of fitness training.”

Mixing it up also keeps you mentally engaged and helps prevent injuries. “It keeps you excited about fitness and prevents boredom, plus a well-balanced program keeps you from experiencing overuse injuries and repetitive motion injuries,” says celebrity trainer Kira Stokes, creator of the Stoked Method and Stoked Series workout classes.

FINDING A BALANCE

Balance is obviously healthy. But just as you won't stick to a diet if you don't like the food, you also won't stick to your workouts if you don't like them. “Doing activities you enjoy is central to promote lasting behavior change so you do it consistently and long term,” Matthews says. Luckily, there is a way to be balanced and do what you love. “How a well-rounded routine can be applied can vary so vastly,” Matthews says. “Everything doesn't have to fit into nice, neat boxes.” (*continued page #4*)

A PERFECT NIGHT'S SLEEP... *CONTINUED FROM PAGE #1*

Pre-Bedtime Habits

Unhealthy daytime habits will lead to tossing and turning throughout the night. It's important to consider the many factors that contribute to a quality night of sleep. Here's how to promote a good night of sleep during the day:

Eat for sleep. Sneak in some sleep-promoting foods – like kale, hummus, or honey – into your dinner, or eat them as a light bedtime snack. Be sure that you're neither too full nor too hungry before bed. Digestive troubles, as well as hunger pains, will keep you up.

Exercise. Regular physical activity is great for sleep. According to Sleep.org, as little as 10 minutes of aerobic exercise, such as walking or cycling, can dramatically improve the quality of your nighttime sleep. Keep in mind that when you exercise does matter. Exercising an hour or two before bedtime will give your body energy and make it difficult to fall asleep. Stick to morning, afternoon, and early evening workouts.

Watch what you drink. This means no caffeine or alcohol before bedtime. To be safe, try to limit caffeinated beverages to only your mornings. A good rule of thumb is to not ingest any caffeine for at least four to six hours before bedtime. As for alcohol, a nightcap might help put you to sleep faster, but it disrupts your quality of sleep throughout the night. Too much alcohol before bed shortens the amount of time your body spends in deep sleep.

Avoid bright screens. Stay away from late night TV, laptop use, and cell phone use for about 1-2 hours prior to your bedtime. Exposure to the blue light emitted from these digital screens is distributive to sleep and messes with your circadian rhythm (your body's internal clock) – making it difficult to fall asleep.

Sleep Environment

If you wake up tired in the morning even after sleeping for 7-8 hours, you might be experiencing sleep disruption from your environment. Creating the perfect sleep environment will help you fall asleep faster and stay asleep. Here are some tips to help you design your room for better sleep:

Temperature. According to the National Sleep Foundation, research has shown that sleeping in a cool room – around 65 degrees (or between 60-67 degrees) – makes for the best sleep. This is because your body temperature will naturally peak and decline throughout the day, and this temperature pattern is tied to your sleep cycle. Your body's temperature will naturally drop during bedtime, so a warm room temperature will disrupt your sleep cycle.

As an added bonus, science says that sleeping in a cool room is better for your health. Research has shown that sleeping in a cool room allows your body to release melatonin, which helps keep you looking youthful. A 4-month study also found that sleeping in a cool room helps your body burn calories, which could help lower your risks for developing metabolic diseases.

Lighting. Our bodies are very sensitive to light. Any type of artificial or natural lighting in your room will disrupt quality sleep. If you have windows in your room that leak in light throughout the night, invest in darkening curtains or shades.

Noise control. This one is a bit obvious! Any outside noises or annoying, repetitive sounds will certainly disrupt your sleep. If your room is anything but quiet during the night, try keeping a small fan in your room to drown out some noise. If you deal with sleep disruptions from a snoring bed partner, sleep with soft earplugs.

Bedding. Comfort plays a big role in catching quality ZZZs. Invest in a comfortable and durable mattress that supports your back and neck. Swap out cheap pillows for quality pillows. Spend a few extra dollars on quality sheets and bedding that will keep you cool and comfortable throughout the night. Do some research and find quality bedding that will support sleep and reduce morning aches and pains.

Quality of sleep is just as important as quantity. Aim for your 7-8 hours of sleep each night and use some of these tips to ensure a peaceful night of quality ZZZs. You'll wake up feeling alert, energized, and ready to tackle the day. –end

WORKOUT YOU HATE ...CONTINUED FROM PG. #2

She gives yoga as an example. Yes, it improves flexibility. But it's also been shown to increase muscular strength and endurance, and depending on the class you take, you may even get cardiorespiratory benefits. Or consider Stoke's Stoked360 class, which includes strength, plyometrics, cardio and core work. These are just two of many modes of fitness with multiple benefits.

Remember fitness isn't black and white. Cardio isn't only running — it's also walking and swimming and hiking and so much more. Strength isn't only using barbells — you can use your bodyweight, kettlebells, a TRX ... you get it.

Lastly, don't forget to challenge yourself.

"The thing you love is like a cozy blanket," Stokes says. "You shouldn't stop what truly makes you happy, but you need to step outside your comfort zone and work your body in all planes of motion. Find new activities and new ways to see changes in your physique."

So look at your program and see if it needs a little more balance and diversity. You may discover your favorite fitness classes are giving you more benefits than you thought. If not, figure out what would round things out, but also challenge and excite you. It's natural to feel less motivated to work out some days than others, but you should never force yourself to do something you hate.

BLUEHEALTH ADVANTAGE PREMIUM WELLNESS PROGRAM



BlueHealth Advantage

This is a second reminder on the 2017 NACO and Blue Cross Blue-Health Advantage Premium Wellness Program. The program began September 1st and runs until October

31st. This program is designed to help your employees achieve their health goals, live life to the fullest, and earn a special reward for participating.

Better health and well-being can start at www.nebraskablue.com/fitness. The website offers an easy, intuitive experience that launches you on a personal, fun wellness journey. This online tool offers an easy way for your employees to improve their health through nutrition, exercise, and weight management.

The health assessment evaluates various aspects of your current lifestyle and the impact it can have on your health and well-being. Best of all, by participating and completing the health assessment each employee will receive a **\$25.00 Visa gift card!**

Information with specific details of the program and instructions on how to participate were sent electronically along with this September newsletter. If you don't receive the monthly newsletter via email, please ask your department supervisor to supply you with this program information.

Please contact Judd Allen at NACO know if you have any questions or log on issues. Office: 402-434-5660 X231 or Cell: 402-650-7700, or Judd.Allen@nacone.org.

This voluntary NACO/BCBS program is strictly confidential and there's no cost to participate. -end

COURTHOUSE PARKING LOT



In anticipation and preparation of additional

County Offices soon to relocate to the Courthouse, employees assigned to the Courthouse during the workday should avoid using residential, curb-side parking. Instead, use the new, north parking lot for their vehicles. This will allow better parking access for community members, as well being a good neighbors to adjoining property owners.

OCTOBER WELLNESS QUESTION OF THE MONTH

“At what time during your night of sleep does your body reach its lowest temperature?”

- A) 2:00 a.m.
- B) 3:00 a.m.
- C) 4:00 a.m.
- D) 5:00 a.m.

BONUS: 25 WELLNESS POINTS for correct answer

**Answer to the September Question: “B: 35”*

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

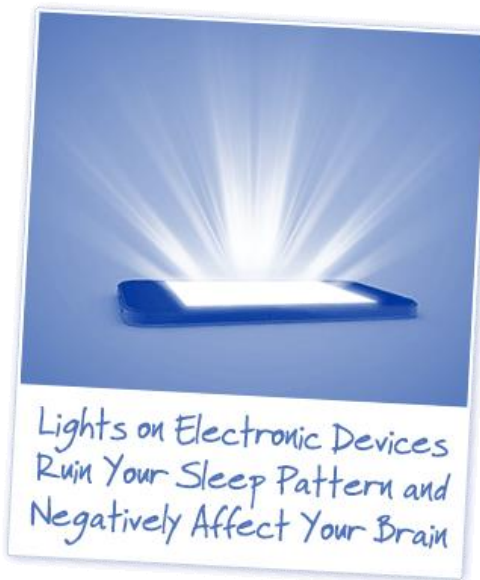
**All answers submitted for the Question of the Month must be received prior to the subsequent month’s newsletter distribution.*

MINDFUL COMMUNICATION: SHOULD YOU TEXT OR CALL?

Fast communication is not always meaningful and effective. So, should you pick up the phone or meet in person to discuss that important issue with your co-worker, colleague, boss or customer? It could make a difference in your getting the job, smoothing over a conflict, explaining a mistake, or getting the sale. This is called “mindful communication” — choosing the

right communication method. That might be a text, but be mindful about it. Communication “tools” include voice, tone, appearance and nonverbal behaviors. These resources — and those of your counterpart — may be what deliver your goal. The meaning of your communication is found in the response you get back. If it is not what you want, switch methods. —end

BLUE LIGHT—NOT A DELIGHT



Blue light from technology screens like smart phones is known to interfere with sleep. Suppression of melatonin, a naturally occurring hormone is the reason. It helps us fall asleep and makes sleep restorative. Researchers recently

demonstrated that blue light also interferes with your body’s ability to naturally reduce its temperature at night, which also enhances restorative sleep. During the night, this temperature drop hits its low at about four o’clock in the morning. As body temperature returns to normal, you begin to awaken. Blue light in-

hibits this temperature drop. This in turn, causes your deep sleep period to suffer. Hence, you are tired the next day.

Source: <http://www.haifa.ac.il> [search “blue light”]

—end

OCTOBER—DECEMBER NIRMA ONLINE UNIVERSITY CLASSES

The upcoming quarter will see three (3) varying opportunities in which to earn 75 Wellness incentive points by successfully completing any one of the following classes during this time period:

1. "Defensive Driving Basics"
2. "Workplace Ergonomics"
3. "Risk Management for Law Enforcement"

Next Wellness Committee Meeting: Monday, October 16, 2017 in the Assembly Room at the Courthouse, 8:30 a.m.

WELLNESS COMMITTEE

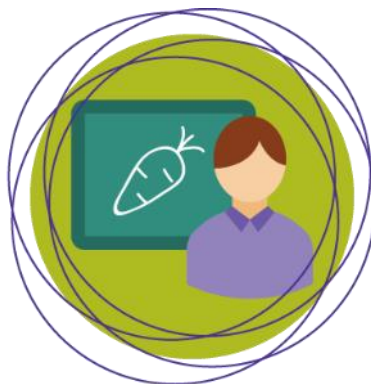
204 S High, Wilber, NE 68465
Phone: 402-821-2588
Fax: 402-821-3319 E-mail:
salinewellness@gmail.com

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

Log onto the Wellness webpage online to review meeting minutes, Wellness newsletters, annual Program document and Fitness Center information.



UPCOMING WELLNESS CLASSES



The Wellness Committee has arranged for two separate Wellness & Nutrition based presentations to be held at the Extension office in Wilber in October & November. We believe that both classes will be presented by Megan Ksionzek of Madonna Fit-for-Work.

The following is the currently known schedule for these classes:

- 1) "**Anywhere Exercise**" - Monday, October 23rd at 5:30 p.m. in the Extension Room.
- 2) "**Sneaky Sodium**" - Wednesday, November 8th at 5:30 p.m. in the Extension Room.

Every effort will be made to record these classes if allowed to do so by the presenter.

2017 FLU SHOT CLINIC

Plan ahead now for the Saline County employee flu-shot clinic currently scheduled for October 23rd. The clinic will be held from 7 a.m. – 9:30 a.m. at the courthouse, and 3 p.m. – 6:30 p.m. at the law enforcement center. Public Health Solutions will be on-site at both locations to offer this important preventative health service. Protect yourself and each other! -end

FITNESS CENTER NOTICE

As of the 1st of July, the entry code to the Fitness Center had undergone its annual change. Please stop by the HR office in order to re-sign your updated waiver form and receive the updated passcode. Family members residing with you in your home wishing to use the Fitness Center must also supply a separate waiver. If you have any questions or concerns relative to the Fitness Center and/or this procedure, please call 821.2374 or 821.2588. -end

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Saline County, Nebraska



November, 2017
Volume 4, Issue 11

Saline County Employee Newsletter

THANKSGIVING HISTORY

by Wiki Community

Thanksgiving Day is a national holiday celebrated in Canada, the United States, some of the Caribbean islands, and Liberia. It began as a day of giving thanks for the blessing of the harvest and of the preceding year. Similarly named festival holidays occur in Germany and Japan. Thanksgiving is celebrated on the second Monday of October in Canada and on the fourth Thursday of November in the United States, and around the same part of the year in other places. Although Thanksgiving has its true historical roots in religious and cultural traditions, it has long been celebrated as a secular holiday as well. *(Continued next page...)*



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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.” - Saline County Wellness Committee

“THANKSGIVING HISTORY”

CONTINUED FROM FRONT PAGE...

In the United States, the modern Thanksgiving holiday tradition is traced to a sparsely documented 1621 celebration at Plymouth in present day Massachusetts, and also to a well recorded 1619 event in Virginia. The 1621 Plymouth feast and thanksgiving were prompted by a good harvest. Pilgrims and Puritans who began emigrating from England in the 1620s and 1630s carried the tradition of Days of Fasting and Days of Thanksgiving with them to New England. The 1619 arrival of 38 English settlers at Berkeley Hundred in Charles City County, Virginia, concluded with a religious celebration as dictated by the group's charter from the London Company, which specifically required "that the day of our ships arrival at the place assigned ... in the land of Virginia shall be yearly and perpetually kept holy as a day of thanksgiving to Almighty God."

Several days of Thanksgiving were held in early New England history that have been identified as the "First Thanksgiving", including Pilgrim holidays in Plymouth in 1621 and 1623, and a Puritan holiday in Boston in 1631. According to historian Jeremy Bangs, director of the Leiden American Pilgrim Museum, the Pilgrims may have been influenced by watching the annual services of Thanksgiving for the relief of the siege of Leiden in 1574, while they were staying in Leiden. Now called Oktober Feesten, Leiden's autumn thanksgiving celebration in 1617 was the occasion for sectarian disturbance that appears to have accelerated the pilgrims' plans to emigrate to America. Later in Massachusetts, religious thanksgiving services were declared by civil leaders such as Governor Bradford, who planned the colony's thanksgiving celebration and fast in 1623. The practice of holding an annual harvest festival did not become a regular affair in New England until the late 1660s.

Thanksgiving proclamations were made mostly by church leaders in New England up until 1682, and then by both state and church leaders until after the American Revolution. During the revolutionary period, political influences affected the issuance of Thanksgiving proclamations. Various proclamations were made by royal governors, John Hancock, General George Washington, and the Continental Congress, each giving thanks to God for events favorable to their causes. As President of the United States, George Washington proclaimed the first nationwide thanksgiving celebration in America marking November 26, 1789, "as a day of public thanksgiving and prayer to be observed by acknowledging with grateful hearts the many and signal favours of Almighty God." -end

HAPPY THANKSGIVING

B	I	N	G	O
Replied with the correct answer to the November "Question of the Month"	Relax and do something you enjoy for an hour 3 times each November week	Eat fresh fruit for a mid-day snack at least one day every week in November	Do strength training for at least 15-minutes 6 times in November	Count your total calorie intake on three consecutive days in November
Incorporate 20 squats or 20 push-ups into your routine for 5 days in November	Avoid tobacco every day in November	Stretch for 5 minutes after waking up 3 consecutive November days each week	Drink at least eight 8oz glasses of water 3 days each week in November	No carbonated beverages for seven consecutive days in November
Do cardio for at least 30 minutes 6 times this November	Perform a kind deed for someone in need this Thanksgiving Holiday		Avoid alcohol five consecutive days each week in November	Find a healthy recipe that you've yet to try and prepare it for dinner this month
Only say "yes" once to a helping of pie during November	Avoid sugary sweets for three consecutive days at least twice during the month of November	Volunteer your time with a church, civic organization or fundraiser in November	Maintain your weight (or lose weight) during the month of November	Walk, Run, or Bike 30 minutes on 3 days each week during the month of November
Avoid fast food for one full week in November	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 3 times in November	Eat 4 cups of fruits and/or veggies for five consecutive days in November	Get at least 7 or more hours of sleep 5 days each week in November

Name: _____



COURTHOUSE PARKING LOT



As the Court-
house
Addition

nears completion, all employees should make reasonable attempts to use the new northside parking lot. This will help provide the best access to visitors entering/exiting the building throughout the day. *“Restore your human legs as a means of travel. All of us rely on food for fuel while the majority need no special parking spaces.”* -Lewis Mumford

OCTOBER WELLNESS QUESTION OF THE MONTH

“Which 100 grams of the following consumed can reduce the ability of white blood cells to kill germs by 40%?”

- A) Potassium
- B) Sodium Benzoate
- C) Monosodium Glutamate
- D) Sugar

BONUS: 25 WELLNESS
POINTS for correct answer

**Answer to the October
Question: “C: 4:00 a.m.”*

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

**All answers submitted for the Question of the Month must be received prior to the subsequent month’s newsletter distribution.*

HOLIDAY BINGO—THANKSGIVING EDITION



Join your pie-eating cohorts for this year’s Thanksgiving Bingo Challenge! The rules are stuffed with simplicity. Using the provided game card in this newsletter, note the tasks needing completion in order to place your mark onto that square. For each “Bingo” you gobble up, (across, down, diagonal) your defeathered turkey will be worth five (5) Well-

ness Points. There are no additional incentives for dumping each turkey into a vat of oil! “Blackouts” of

this sort are dangerous and can set your deck on fire. Yet, there IS the potential to harvest up to 60 Wellness Points otherwise.

Remember: the Challenge is on the honor system. No pilgrim will want to add tar to their feathers! –end

HELPING SOMEONE ADDICTED TO OPIOIDS... OR OTHER DRUGS

An opiate addiction health emergency exists nationwide. Here’s how to help someone addicted to these or other substances:

1. Accept that enabling is initially part of any close relationship with an addict.
2. Learn how enabling helps addicts avoid seeking help or admitting they need it.
3. Stopping enabling is a learned skill with a shift in mindset. Discover how 12-step groups like Al-Anon help members make the switch.
4. Encourage the addict to get treatment. Coordinate your attempts with a proper treatment program.

Continuum EAP can help you find one. *(Note that motivation to accept help will at first be low.)*

5. Expect crises, drug incidents and legal problems to continue or increase because addiction is a chronic illness. The good news is that each event is a “go-opportunity” to offer help. Make it easy to accept and with simple steps for doing so.
6. Make treatment non-negotiable in your relationship — anything less requires enabling.
7. Prepare for #5 to repeat until help is accepted.

–end

NATURAL WAYS TO BOOST YOUR IMMUNE SYSTEM—ROBYN WHALEN



There's a reason why you hear more sneezing around the office once the temperature drops. Research shows that you are more likely to get sick during the colder seasons, and illnesses tend to last longer and

have more severe symptoms as well.

One main reason for the spike in illnesses during the fall and winter is weaker immune systems. Researchers from Yale University found that immune systems slow down during the colder seasons – decreasing your body's ability to attack and fight off harmful germs, viruses, and bacteria.

The good news is there are many ways to promote a healthy, powerful immune system. So, if you don't feel like sniffing and coughing all season, here are nine easy, natural ways to boost your immune system:

Limit alcohol. Excessive consumption of alcohol can harm the immune system and increase your susceptibility of catching illnesses. Studies have shown that one drink doesn't have any harmful effects on the immune system. Three or more drinks, however, will suppress your white blood cells' ability to fight off germs.

Add mushrooms to your diet. Certain mushrooms – such as enoki, maitake, and shiitake – have significant anticancer and immune-boosting effects on the body. Mushrooms contain compounds that can help fight inflammation, prevent premature aging, and help regenerate nerve cells. Check out this ultimate immune-boosting mushroom soup!

Stop smoking. Tobacco products damage every part of your body, including your immune system. Smoking cigarettes weakens your body's defense against germs, infections, and illnesses. Smokers have a higher risk of respiratory infections, more frequent and prolonged illnesses, and fewer antioxidants in their body.

Drink more water. We all know how important it is to stay adequately hydrated, yet

many of us still aren't drinking enough water throughout the day.

Drinking enough water helps all of your body's systems function properly, including your immune system. Talk to a health professional to determine how much water you should be consuming in a day (as it varies individually) and start tracking your water intake!

Sleep. Getting enough sleep is so important. Without enough quality sleep, your immune system won't function properly. Lack of sleep also makes it difficult to recover from any illness, meaning symptoms will linger and be more severe. Be sure to get at least eight hours of sleep every night.

Limit sugar. According to Ask Dr. Sears, eating or drinking one hundred grams (8 tbsp.) of sugar, the equivalent of about two cans of soda, can reduce the ability of white blood cells to kill germs by forty percent. Try to focus on eating natural foods that don't contain hidden sugars, and reach for one of these snacks when your sugar craving kicks in. Check out this article for some delicious dinner ideas with no added sugar!

Eat more garlic. According to an article by Julie Daniluk, R.H.N., garlic has the ability to boost your immune system by increasing the rate at which your natural killer cells are made. As a bonus, eating more garlic can help regulate blood sugar, reduce cholesterol, and lower your blood pressure. Check out 10 ways to eat garlic every day to sneak some garlic into your diet.

Stay optimistic. Happiness is key! Maintaining a positive mindset and being optimistic has been linked to a stronger immune system. A research study showed that when a group of students became more optimistic, they had stronger cell-mediated immunity – the flood of immune cells that respond to an invasion of foreign viruses or bacteria.

Besides a flu shot, your immune system is your best defense against getting sick during the fall and winter months. Help your body win the fight against germs by practicing a healthy lifestyle. A stronger immune system = a healthier, happier you. -end

OCTOBER—DECEMBER NIRMA ONLINE UNIVERSITY CLASSES

The upcoming quarter will see three (3) varying opportunities in which to earn 75 Wellness incentive points by successfully completing any one of the following classes during this time period:

1. "Defensive Driving Basics"
2. "Workplace Ergonomics"
3. "Risk Management for Law Enforcement"

***Next Wellness Committee Meeting:** Monday, November 20, 2017 in the Courthouse Assembly Room, 8:30 a.m.

***Next Safety Committee Meeting:** Wednesday, November 8, 2017 in the Courthouse Assembly Room, 8:30 a.m.

WELLNESS COMMITTEE

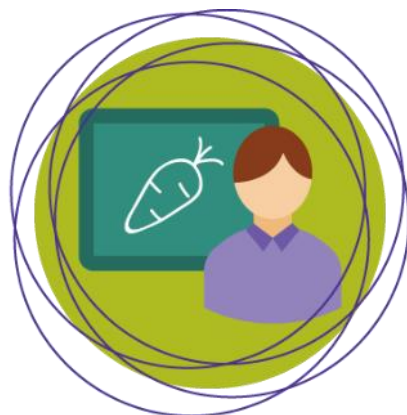
204 S High, Wilber, NE 68465
Phone: 402-821-2588
Fax: 402-821-3319 E-mail:
salinewellness@gmail.com

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

Log onto the Wellness webpage online to review meeting minutes, Wellness newsletters, annual Program document and Fitness Center information.



UPCOMING WELLNESS CLASS



"Sneaky Sodium"

Wednesday, November 8th at 5:30 p.m. in the Extension Room.

The Wellness Committee has arranged for this November Wellness & Nutrition presentation to be held on Wednesday, November 8th at 5:30 p.m. Madonna Fit-for-Work will be presenting. Every effort will be made to record this

class for future use if allowed by the presenter. *-end*

2018 HEALTH FAIR

There is being formulated tentative dates for the 2018 Employee Health fair. We have scheduled these for February 20-21, 2018. Likely locations and times for the Health Fair will be the following:

- February 20, 2018 at the LEC from 5:00 am – 8:00 am
- February 21, 2018 in the Assembly Room at the Courthouse from 5:30 am – 8:00 am. *-end*

2017 FLU SHOT UPDATE

- **UPDATE:** 88 Saline County employees and/or family members participated in the flu shot clinic this year. In 2016, we had 64 take part in the clinic. *-end*

"MEALS FOR ONE"

Are you a frozen dinner or take-out connoisseur? Need some help with healthy work lunches? Join registered dietitians Lisa Graff & Katie Jones of Madonna for a fun evening preparing MEALS FOR ONE on Thursday, November 9th! Bring yourself; leave with FIVE complete meals: Pita Pizza, Burrito Bowl, Cashew Chicken, Beef Stroganoff and Firecracker Salmon! *(See separately attached flyer for more info...)* *-end*

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 or legal professional.

Saline County, Nebraska



December, 2017
Volume 4, Issue 12

Saline County Employee Newsletter

DIGITAL DETOX TO IMPROVE HEALTH

by Robyn Whalen

Many of us have a digital addiction. Nearly half of American smartphone users say they can't live without their phones. In a technology-driven world, it's normal to spend some time online and take advantage of the benefits smartphones and other devices have to offer. However, it's important to realize when your use of technology has started to impact your mental, emotional, and social health.

A 2015 study found that people check their smartphones an average of 85 times a day. Feeling the need to check your phone constantly can be a sign that it's time to take a break from the digital world. Your phone obsession can lead to some bad social habits like ignoring your partner during dinner or paying more attention to your notifications instead of your friends.

(Continued page #2...)



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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.” - Saline County Wellness Committee

COULD A DIGITAL DETOX IMPROVE YOUR HEALTH?

CONTINUED FROM FRONT PAGE...

If you’ve noticed a sense of stress associated with your dependency on your smartphone, a digit detox might be just what you need to reduce some stress and improve your overall wellbeing. Check out some of the benefits of a digital detox and some tips to make a digital detox work for you:

HEALTH BENEFITS OF A DIGITAL DETOX

Better relationships. For many of us, the digital world has had a negative impact on our people skills. How many times have you noticed yourself ignoring your friends or loved ones at a social event? A study by Forbes found that three out of five people claimed they spend more time on their digital devices than they do with their partners. Learning to put down your phone in these settings will help you build upon existing relationships and even form some new ones.

Self-confidence boost. Research has found that social media can be damaging to our self-esteems. According to an article by Clarissa Silva, a behavioral scientist, her research found that 60% of people say social media has impacted their self-esteem in a negative way. Another 50% of people reported social media having negative effects on their relationships. Kicking the habit of habitual social media use might help you keep a healthy self-esteem and be great for your emotional wellness.

Mindful behavior. Focusing on the world IRL rather than through a digital screen will help you practice mindfulness on a daily basis. You’ll learn to better appreciate the world around you and focus on the present. Studies

have shown that practicing mindfulness can lead to less stress, lower blood pressure, and enhanced mental health.

More time for yourself. Unplugging from the digital world means more time spent on you. Americans spend an average of 4.7 hours on their phones per day. Imagine how great you could feel if you spent those hours caring for yourself.

Productivity boost. Want to feel more productive at work and at home? Put down your devices! Studies have shown that the presence of digital devices can distract and lower task performance. Keeping your phone on “do not disturb” mode or hiding it away in your desk will help you perform your best and stay productive.

Less stress. In the same study by Forbes previously mentioned, researchers found that 73% of participants believe that their digital devices contribute to stress in their lives. Learning to unplug and spend time away from your phone and social media might help reduce some of the stress in your life.

TIPS FOR TAKING A DIGITAL DETOX

Start small. Like most forms of addiction, going cold turkey isn’t usually the best bet. If it’s your first time taking a digital detox, be sure to start small so that you can form healthier habits over time. Try turning off your phone and other digital devices for one hour per day over the weekend. Work towards gradually powering off for a day.

(Continue on page #4...)

MERRY CHRISTMAS

B	I	N	G	O
Relax and do something you enjoy for an hour 3 times each December week	Eat fresh fruit for a mid-day snack at least one day every week in December	Maintain your weight (or lose weight) during the month of December	Do strength training for at least 15-minutes 6 times in December	Try a form of exercise you have never done before 3 times in December
Incorporate 20 squats or 20 push-ups into your routine for 5 days in December	Avoid tobacco every day in December	Volunteer your time with a church, civic organization or fundraiser in December	Drink at least eight 8oz glasses of water 3 days each week in December	No carbonated beverages for seven consecutive days in December
Do cardio for at least 30 minutes 6 times this December	Perform a kind deed for someone in need this Thanksgiving Holiday		Exercise 30 minutes on 3 days each week during the month of December	Avoid sugary sweets for three consecutive days at least twice during the month of December
Replied with the correct answer to the December "Question of the Month"	Avoid placing a candy cane in your mouth 30 out of 31 days in December	Count each and every one of your blessings during the month of December	Avoid alcohol five consecutive days each week in December	Find a healthy recipe that you've yet to try and prepare it for dinner this month
Avoid fast food for one full week in December	Avoid sitting between each quarter & during the entire half of at least one Bowl Game	Stretch for 5 minutes after waking up 3 consecutive December days each week	Eat 4 cups of fruits and/or veggies for five consecutive days in December	Get at least 7 or more hours of sleep 5 days each week in December

Name: _____

COURTHOUSE PARKING LOT



As the
Court-
house
Addition

nears completion, all employees should make reasonable attempts to use the new northside parking lot. This will help provide the best access to visitors entering/exiting the building throughout the day. *“Restore your human legs as a means of travel. All of us rely on food for fuel while the majority need no special parking spaces.”* -Lewis Mumford

DECEMBER WELLNESS QUESTION OF THE MONTH

“Code Search”

Search through this edition of the newsletter to find all **nine emboldened letters**. Unscramble those letters to find the hidden word:

“ _ _ _ _ _ ”

HINT: “A small place.”

BONUS: 25 WELLNESS
POINTS for correct answer

*Answer to the November
Question: “D: Sugar”

Email your name and correct
answer to: [salinewell-
ness@gmail.com](mailto:salinewellness@gmail.com)

**All answers submitted for
the Question of the Month
must be received prior to the
subsequent month’s newslet-
ter distribution.*

HOLIDAY BINGO—CHRISTMAS EDITION

Join us for this year’s Christmas Bingo Challenge! The rules are socked with simplicity. Using the provided game card in this newsletter, note the tasks needing completion in order to place good cheer onto that game card. For each “Bingo” you wrap up, (across, down, diagonal) you will have gifted yourself five (5) Wellness Points. There are



no additional incentives for “Blacking Out” the night sky. Work through each box of goodness with enjoyment and find blessing in overcoming even the least of these challenges. There is potential to sleigh up to 60 Wellness Points in total.

Remember: This Challenge is on the honor system. Christmas is about nice; not naughty! –end

COULD A DIGITAL DETOX IMPROVE YOUR HEALTH? *CONTINUED FROM FRONT PAGE #2*

Turn off social media notifications. Disabling push notifications from your social media apps will make it easier to stop checking your accounts every few minutes. If your goal is to limit your social media use, pick two to three designated times a day to check in on social media for just ten minutes.

Workout on airplane mode. Many of us are guilty of staying glued to our smartphones, even during a workout! Turn your phone on airplane mode or “do not disturb” mode during before you start your workout. You’ll feel less stressed and be able to get a better workout in!

Put your phone down before bed. Using any type of digital

device before bed is a recipe for bad sleeping habits and mindless

scrolling. To get a good night’s rest, put your phone down and turn off all devices an hour prior to your bedtime.

Stay mindful of your check-ins. Do you really need to check your phone right now? Ask yourself this question whenever you feel the urge to reach for your phone – especially when you’re out with friends or family. If it can wait, put down your phone!

–end



LEARNING SOMETHING NEW COULD HELP LOWER ON-THE-JOB STRESS —SAFETY & HEALTH MAGAZINE

“You learn something new every day,” an old adage suggests. And people who apply that saying at work may be more effective at dealing with stress than their co-workers who take coffee breaks, walk or listen to music to relax on the job, according to researchers at the University of Michigan.

The researchers conducted separate, complementary studies of workers in various industries, including finance, health care and education.

For the first study, 103 participants completed two daily surveys on job stressors, learning and relaxation at work, and negative behaviors. The second study involved 221 worker-supervisor pairs filling out surveys. Workers filled out a main survey on workplace behaviors, while their supervisors completed a sur-

vey on individual workers’ negative behaviors.

Results showed that workers who sought on-the-job learning opportunities combated stress more effectively than workers who participated in relaxing activities.

“When an individual comes out of relaxation activities at work and realizes the stressful situation hasn’t changed, it may generate frustration and reverse the benefits of relaxation,” Chen Zhang, report co-author and U-M doctoral student, said in a Sept. 27 press release. “When it comes to addressing negative emotions and actions in stressful work environments, building positive resources by learning something new at work could be more useful than relaxing.” -end

WHAT TO DO WITH LEFTOVER TURKEY —WORKWELL DIGEST

Turkey Pot Pie

Use leftover turkey and frozen vegetables for this lightened treat!

- 2 cups frozen (thawed) mixed vegetables
- 1/2 cup diced onion 2 cups chopped cooked turkey meat
- 1 tsp canola oil 1/4 cup cornstarch
- 1/4 cup low-fat sour cream
- 1/4 tsp salt 1/4 tsp pepper
- 1 2/3 cups low sodium chicken broth
- 3/4 cup low-fat milk
- 6 phyllo sheets



Preheat oven to 425°F. Heat the oil in a pan over medium heat. Add the onion and cook until tender, then add the thawed vegetables. In a measuring cup, mix the low-fat milk with cornstarch. Pour the chicken broth into the pan, then stir in the cornstarch/milk mixture. Cook until sauce thickens (about 2 minutes). Take the pan off the heat and stir in sour cream and turkey pieces, salt and pepper to taste. Transfer the filling to a baking dish. Arrange phyllo sheets on top of filling and lightly brush with oil. Bake for 30 minutes or until top is golden brown and filling is bubbling. -end

HERE'S HOW TO SPOT BURNOUT IN THE WORKPLACE

—ROBYN WHALEN

Americans work a lot. In fact, full-time U.S. employees report working an average of 47 hours per week, which is about an hour and a half more than they reported a decade ago. Research also found that nearly four in 10 full-time employees report logging 50+ hours a week.

Crazy hours at the office often lead to busy, overly stressed employees who don't have time to care for their health and wellness. These employees are susceptible to workplace burnout. Burnout in the workplace not only has detrimental effects on employees but damaging effects on the company itself.

Some of the negative effects of employee burnout can have on a company include:

- Decreased productivity
- Increased PTO/sick leave
- More errors and workplace accidents
- Higher turnover rates

Even more shocking is the high-cost employers pay for employee burnout. According to Harvard Business Review, the psychological and physical problems of burned-out employees cost an estimated \$125 billion to \$190 billion a year in healthcare spending in the U.S.

It's important for employers to understand that employee burnout is more than just workplace stress. So, what exactly is burnout? According to Mayo Clinic, job burnout is a special type of stress. It's a state of physical, emotional, or mental exhaustion combined with doubts about the competence and the value of one's work.

While stress and burnout are a bit different, stress is still a strong contributor of burnout. Most employees are usually under a lot of stress for a period of time before becoming burnt out. To put it simply, stress is often short-term, while burnout takes place over an extended period of time. This means that factors such as too much workplace stress, long hours, and overwhelming projects can lead to burnout.

Every employer and manager should be

aware of the signs of employee burnout so that they can take actionable steps to help employees before it's too late. Look for some of these common signs to spot employee burnout:

- Working more overtime hours than usual
- Working on the weekends
- Mood swings
- Irritability
- Decrease in quality of work
- Less socializing and more isolation than usual
- Fatigue
- Increase in sick/personal days
- Disengagement
- Unusual sensitivity

When it comes to employee burnout, prevention is key. It's much easier to take steps to prevent burnout from occurring than it is to try to "cure" employee burnout. Luckily, there are a lot of easy steps employers can take to both help prevent burnout and help employees who are feeling the effects of burnout:

Talk about stress. Addressing stress is crucial in promoting a stable workforce. Add stress education to your existing wellness program. Use this education to teach employees effective stress management techniques and coping skills. Consider bringing in healthcare professionals to guide "lunch and learn" sessions regarding stress.

Offer flexibility. A flexible workplace limits the chances of employee burnout. Flexible hours, schedules, and the ability to work from home eliminate a lot of the challenges that full-time employees (especially working parents) struggle with. As an added benefit, studies have shown that flexibility in the workplace often leads to more productive, loyal, and happier employees.

Encourage time off. Time off from work is crucial for employees' mental health and well-being. Employers should encourage employees to take a step away from their work when they need a break. *(Continue page #7...)*

SPOT BURNOUT IN WORKPLAGE —*CONTINUED FROM PAGE #6*

This includes encouraging employees to take regular breaks from their desk throughout the workday, supporting employees who use their PTO and vacation days, and promoting mental health days.

Check in. Always keep open communication with employees. Ask them how they are doing on a regular basis, and check to see if they are stressed. Ask them if they have any concerns about their workload and if there is anything you can do to help. Discuss realistic workloads, deadlines, and overall expectations. Employers should strive to stay open-minded and receptive to employee feedback.

Cross-train employees. Depending on your company, it might be beneficial to cross-train a few employees on the same team. This way, tasks can be shared when an employee is overwhelmed or needs to take a day off. Cross-training employees can help reduce stress when colleagues can work together and fill-in for one another.

Prioritize wellness. Promoting employee wellness will help reduce burnout levels by keeping employees physically and mentally healthy. Provide nutritious snacks, **h**ost a walking club, and start off important meetings with some breathing techniques.

Don't let job pressures affect the health of your employees. Learn how to spot signs of employee burnout and take action to help prevent burnout from spreading. Remember that crazy hours, overwhelming deadlines, and strict schedules will only harm work performance.

-end

‘TIS THE SEASON TO EAT GREEN—*WORKWELL DIGEST*

December is not the month to count calories, but we all need a way to eat the things we enjoy without over indulging. Why not try thinking about the foods we eat the same as the colors of a traffic light? A traffic light-based food system simplifies making healthier eating choices with nothing off limits.



RED FOODS are LOW in Nutrients and HIGH in calories, fat, sugar and salt. Examples are cookies, cakes, stuffing and gravy. Eat red foods as a treat on special occasions. Strive for moderation rather than perfection.



YELLOW FOODS have nutritional value, but have some added sugar, salt or fat. Examples include vegetables with added fat and sauces, like green bean casserole, low-fat milk and cheese or turkey with the skin. Pay attention to serving and portion sizes of yellow foods.



GREEN FOODS are your GO foods. These are nutrient rich and low in saturated fat and salt. Green food examples are fresh, frozen and canned vegetables and fruits, whole grains, fat-free milk or cheese and extra-lean meats like skinless poultry and fish. Eat all the green foods you need.

Remember that green foods can easily be transformed into yellow or red foods based on how they are cooked or prepared. Whatever you eat this holiday, savor the flavor and take the time to enjoy your food. -end

OCTOBER—DECEMBER
NIRMA ONLINE
UNIVERSITY CLASSES

The upcoming quarter will see three (3) varying opportunities in which to earn 75 Wellness incentive points by successfully completing any one of the following classes during this time period:

1. "Defensive Driving Basics"
2. "Workplace Ergonomics"
3. "Risk Management for Law Enforcement"

***Next Wellness Committee Meeting:** Monday, December 11, 2017 in the Courthouse Assembly Room, 8:30 a.m.

***Next Safety Committee Meeting:** Wednesday, February 7, 2018 in the Courthouse Assembly Room, 8:30 a.m.

WELLNESS COMMITTEE

204 S High, Wilber, NE 68465
Phone: 402-821-2588
Fax: 402-821-3319 E-mail:
salinewellness@gmail.com

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

Log onto the Wellness webpage online to review meeting minutes, Wellness newsletters, annual Program document and Fitness Center information.



2018 HEALTH FAIR

The tentative dates for the 2018 Employee Health fair. We have scheduled these for February 20-21, 2018 from 5:00 a.m. to 8:00 a.m. at both the Courthouse and the LEC respectively;

- February 20, 2018 at the Courthouse from 5:00 am – 8:00 am
- February 21, 2018 in the Law Enforcement Center from 5:00 am – 8:00 am.

There will be a new registration process that will allow employees to choose their available time and location to participate via an "online portal". Employees needing access to a computer in which to log on and sign-up, should consult their supervisors for available resources in which to do so. -end

2017 WELLNESS PROGRAM ENDS

NOTICE:

1. After the close of this year, in order to claim your Wellness incentives earned in 2017, employees will need to return their program booklets, and sealed medical verification forms in the envelop provided, to the Wellness Committee via Jamie Houser at the Assessor's office by January 5, 2018.
 - Please ensure that all medical and tobacco affidavit forms are placed in your medical envelop ONLY
1. Write down the anticipated benefit you're anticipating with the points calculated and earned. The Committee will review and tabulate final points after the 2018 Health Fair.
2. You will be provided notification of the total incentive points earned by the Wellness Committee after they are tabulated.
3. An announced 'protest period' will be opened in order to insure proper calculation of points—*Protests are intended to report miscalculations of points –end*

2018 WELLNESS PROGRAM BEGINS

NOTICE:

2018 Wellness Program packets will be available by way of delivery to your department during the last week of December. Speak to your supervisor if you have not received yours by the first of the year. -end

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 or legal professional.