



# SALINE COUNTY WELLNESS NEWSLETTER

## Love Yourself Enough to Work Harder in 2014

Mission Statement of the Saline County Wellness Committee

*The Mission of the Saline County Wellness Committee is to provide opportunities for employees to develop healthier lifestyles by supporting the adoption of habits and attitudes that contribute to their positive well-being.*

### MONTHLY EDUCATIONAL CLASS

Our Monthly Education Class featuring Bradley Kalkwarf will be

### Information about Taxes

**5:30 pm, Thursday, January 16th at the Extension Office**

Presentation will be taped so you can watch the video if you miss the class

**25 Wellness Points for Class Attendance or 15 points for watching the video**

### CHAIR MASSAGES ARE BACK

Stephanie Krivohlavek will be back at the courthouse from 11:00 - 2:00 to do chair massages. Contact Sharon Jelinek at 402-821-2588 to schedule a 15 or 30 minute private massage. Stephanie will be at the courthouse on:

Friday, January 10th

Friday, January 24th

15 minute massages are \$15, 30 minute massages \$30.

Massages are a great way to relax, alleviate stress and rejuvenate your body!!!

### SALINE COUNTY 3RD ANNUAL HEALTH FAIR

### COMING SOON!!!

Saline County will once again be offering **FREE** Health Screenings to all employees and their spouses.

**Plan your annual physical or doctor visits around this annual event so that you can take advantage of this FREE Opportunity!!!**

**Look for notices on when the Health Fair will be offered**

**Receive Wellness Points for participating in the 2014 Health Fair**

500 Wellness Points

**FITNESS IS NOT A DESTINATION, IT'S A WAY OF LIFE**





# 2014 WELLNESS POINTS

The Wellness Committee has been working on a long-term wellness challenge. Starting on January 1, 2014, you will be allowed to start accumulating points all year round. Contact Sharon Jelinek or Kerry Hagemeier to pick up your 2014 Healthy Living Calendar and start recording the points you earn each day. At the end of 2014, you will need to turn in your 2014 Healthy Living Calendar and pick up your 2015 Calendar. Depending on the number of points you have accumulated over the year, you will be eligible for prizes (if you have accumulated at least 3,000 points during the year.) We encourage employees and their families to participate, but **ONLY** Saline County Employees can be awarded prizes.

## The following is a list of ways to earn points:

Sign Commitment Sheet (1)	50 wellness points
Blood Test at Saline County Health Fair* (1)	500 wellness points
Doctor's Physical (1)	500 wellness points
Eye Exam (1)	250 wellness points
Dental Exam (2) (100 points each)	200 wellness points
Flu Shot or Flu Mist (1)	200 wellness points

\*You will earn 500 wellness points if you have complete blood work performed by your own doctor instead of the Saline County Health Fair. If you wish to use this option, please contact Sharon or Kerry for more information.

Exercise--5 wellness points for every 15 minutes of continued exercise--(max 1 hour/per day)  
 \*No exercise points during PAID working hours

Monthly County-Sponsored Educational Classes	25 wellness points per class attended*
NIRMA Class	25 wellness points for each one completed**

\*Or you can earn 15 wellness points for watching the DVD of the taped class  
 \*\*Eligible classes will be listed in the monthly newsletters

Tobacco/Nicotine/Illegal Substances\* 1,000 wellness points  
 \*You will be awarded wellness points if you have never used tobacco/nicotine/illegal substances or have not used them for at least 6 months or more. You must sign a waiver attesting to this fact.

If your BMI is 18.0-25.0	1,000 wellness points
If your BMI is 25.1-29.9	500 wellness points
If your BMI is 30.0 or above	0 wellness points

\*\*You can earn 25 wellness points for each BMI point dropped over the year plus earn the wellness points for that category. \*\*You will earn wellness points based on the 2015 Saline County Health Fair figures. These points will be awarded after the 2015 Saline County Health Fair.

Your Health Risk Categories (HRC) will be calculated at the annual Saline County Health Fair:

Participants with 0 High Risk Categories	1,000 wellness points
Participants with 1-3 High Risk Categories	500 wellness points
Participants with 4 or more High Risk Categories	0 wellness points

\*\*You can earn 50 wellness points each time you move to a lower/healthier level in each category.  
 \*\*Your HRC will be calculated from the data derived from the 2015 Saline County Health Fair or matching data received from your own doctor provided blood work.

Participate in a Wellness Challenge 25 wellness points

### Prizes:

3,000 Points	Wellness Prize or Free Subway 6 in Sandwich	5,500 Points	\$50 Gift Card
4,000 Points	\$15 Gift Card	6,000 Points	\$75 Gift Card or ½ Paid Day Off
5,000 Points	\$25 Gift Card	7,000 Points	\$100 Gift Card
8,000 Points	\$150 Gift Card or 1 Paid Day Off		



# The Best Essential Oils For Stress, Cold and Flu Season, Achy Muscles and For Fuller Tresses

By [Tieraona Low Dog, MD](#)



## ***Soak Away Your Stress***

Over the centuries, many cultures have turned to purifying baths to cleanse both body and spirit. Ritual bathing was an integral part of Roman, Greek, Middle Eastern, and Japanese societies, and people washed themselves before entering a temple or undertaking spiritual activities.

Things aren't so different today: Washing before prayer is common among Muslims, Catholics dip their hands in holy water upon entering a church, and Native Americans take vapor baths to purify and pray. More secular people, too, link physical and moral cleansing, believing that we can "wash away" doubts, fears, and regrets and start over "clean," research finds.

The ancient physicians also spoke of bathing's healing properties, and many modern doctors agree. Hot baths initially raise heart rate and temperature, so to dispel the heat, you perspire—which lets your body rid itself of toxins. Then your blood vessels dilate and increase circulation, removing lactic acid from muscles, lowering blood pressure, and easing pain.

Ready to do some soaking? Here's my recipe for a detox bath: While running hot water into the tub, add 2 Tbsp sea salt and 10 drops of an essential oil. Here are a few I like—choose whichever suits your needs.

### **Clary Sage**

The wonderful floral aroma relaxes you, eases your tension, and lifts your spirits.

### **Lavender**

This lovely floral fragrance helps ground and center you—it's perfect for those days when you're feeling anxious or frazzled.

### **Sandalwood**

Its warm, woody scent has been used for centuries to calm and prepare the mind for meditation.

Check the water temperature for comfort, and then soak in the tub for 20 to 30 minutes.

Note: If you're pregnant or have heart problems, talk to your doctor before taking a detox bath.



## ***Cold & Flu***

Cool weather makes you more vulnerable to viruses. To fight back, pump moisture into your airspace.

The reason: Viruses that spark colds and flu thrive when it's cool and dry. Low humidity dries out nasal passages, making it harder to trap and eliminate the microbugs. Help moisten passages by running a humidifier 24/7—but keep it clean per the manufacturer's instructions. I add five drops of oregano, eucalyptus, or peppermint oil to my humidifier's reservoir to reduce germs and freshen the air. (A whiff of peppermint can also soothe stress.)

A steamy 15-minute bath or shower helps, too. Drip 10 drops of essential oil into the tub or onto a washcloth placed on the shower floor. Breathe in deeply.

The best essential oils for easy colds:

**Peppermint:** Relieves headaches caused by congestion

**Eucalyptus:** Decongestant; soothes respiratory problems

**Oregano:** Proven antibacterial; fights sinus infections

## ***Sore and Achy Muscles***

You know that essential oils can help reduce stress, fight cold and flu, and even help with thinning hair. But they also help relieve sore muscles and joint aches. Try this warming, fragrant massage oil—it's perfect for soothing the pain. Do not apply it to broken skin or near your eyes, and keep your fingers away from the eye area after touching the oil. Before using the preparation, dab a few drops on the inside of your arm to test for sensitivities.

### **Ginger-Eucalyptus Massage Oil**

2 c almond or olive oil

2 Tbsp dried coarsely ground ginger

24 drops eucalyptus essential oil

**1. PLACE** almond oil and ginger in slow cooker and cook 6 to 8 hours on low, stirring and checking hourly to make sure oil is not burning. Turn off heat and let cool.

**2. STRAIN** through cheesecloth, and then pour into glass jar with lid. Add essential oil and cover. Apply to skin as desired.

## ***Fuller Tresses***

We joke that stress makes us want to pull our hair out—but new research suggests it may prompt hair to fall out on its own. A Case Western Reserve University study comparing identical twins found that when one twin endured more upsetting experiences, such as divorce, she was three times more likely to lose her hair than her less-stressed sibling was. "Stress releases cortisol, which produces waste products around hair follicles, making them deteriorate," says study author Bahman Guyuron, MD, a professor at Case Western Reserve.

Essential oils could help on two fronts: The potent plant oils promote relaxation and may treat hair loss. A study published in the *Archives of Dermatology* found that a daily scalp massage using the oils boosted hair growth in 44% of patients. Try Avalon Organics Rosemary Volumizing Shampoo (\$10.50; [avalonorganics.com](http://avalonorganics.com)), which has rosemary essential oil. And stock up on oils at [auracacia.com](http://auracacia.com) to mix your own blend based on the study's recipe (below).

### **Your Fix for Full Hair**

1. Place 1/2 tsp jojoba oil and 4 tsp grapeseed oil (known as carrier oils) in a small bowl.

2. Mix in 2 drops of thyme oil, 3 drops of lavender, 3 drops of rosemary, and 2 drops of cedarwood.

3. Massage into scalp for 2 minutes every night; rinse in the morning.

# Cinnamon Swirl Yogurt French Toast



 This Recipe Is:



CONTAINS DAIRY,  
CONTAINS EGGS,  
CONTAINS GLUTEN,  
CONTAINS WHEAT,  
CONTAINS GRAIN,  
CONTAINS YEAST,

\* Nutritional Guidelines based on the [USDA's MyPlate Standards](#).

 Ingredients

Total Time: 10 Minutes

- 2 medium eggs
- 1 cup fat-free milk
- 8 pieces cinnamon swirl bread
- 2 cups coarsely chopped fresh fruit
- 5 tablespoons maple syrup (for fewer calories, use Walden Farms 0 Calorie Syrup)
- 4 egg whites
- 1/2 teaspoon cinnamon
- 16 ounces fat-free plain yogurt

 Instructions

1. Combine the yogurt and syrup in small mixing bowl. Refrigerate.
2. In a medium bowl, beat together eggs, milk, and cinnamon.
3. Preheat a nonstick skillet over medium heat and lightly coat with nonstick cooking spray.
4. Dip each piece of bread into the egg mixture and coat thoroughly.
5. Place in skillet and cook for about 2 minutes on each side.
6. To serve, cut warm French toast on the diagonal. Arrange on plate. Top with fruit, then the yogurt mixture.

VEGETARIAN

 Nutritional Information

Makes: 4 servings

•	<b>Calories 400</b>
•	<b>Protein 21 g</b>
•	<b>Fat 8 g</b>
○	Saturated fat 2 g
•	<b>Cholesterol 90 mg</b>
•	<b>Sodium 440 mg</b>
•	<b>Calcium 35% Daily Value</b>

# Ham and Sweet Potato Soup

Makes: 6 servings

Serving size: 1 1/2 cups Yield: 9 cups

Prep 20 mins Slow Cook 5 hrs to 6 hrs (low) or 2 1/2 to 3 hours (high)



## Ingredients

- **1 1/2** pounds sweet potatoes, peeled and cubed
- **1** 15- or 19-ounce can cannellini (white kidney) beans, rinsed and drained
- **1 1/2** cups cubed leftover cooked ham
- **1/2** cup chopped onion (1 medium)
- **1/2** teaspoon dried thyme, crushed
- **1/4** teaspoon ground black pepper
- **1** 32 ounce carton reduced-sodium chicken broth
- **1/2** cup half-and-half or light cream
- Creme fraiche (optional)
- Paprika (optional)

## Directions

- 1.** In a 3 1/2- or 4-quart slow cooker combine sweet potatoes, beans, ham, onion, thyme, and pepper. Pour broth over mixture in cooker.
- 2.** Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2 1/2 to 3 hours. Stir in half-and-half.
- 3.** Mash potato mixture slightly with a potato masher to reach desired consistency. If desired, top each serving with creme fraiche and/or paprika.

### Nutrition Facts (Ham and Sweet Potato Soup) Servings Per Recipe 6,

cal. (kcal) 250, Fat, total (g) 6, chol. (mg) 30, sat. fat (g) 3, carb. (g) 36, Monosaturated fat (g) 2, Polyunsaturated fat (g) 1, fiber (g) 7, sugar (g) 6, pro. (g) 17,

# 5 Stretches To Ease Back Pain

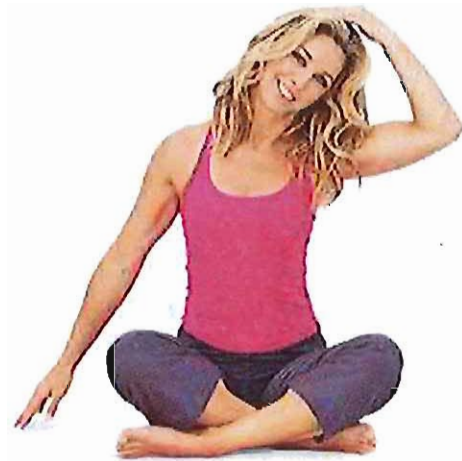
## Feel-good moves to diminish aches and pains

By [Denise Austin](#)

I want nothing to stand in the way of your getting plenty of exercise, so I'm going to give you five great-feeling stretches that can help relax your back, neck, and shoulders. Back strain is one of the most common forms of pain in America. These aren't just harmless little aches, either. The pain can lead to inactivity, weight gain, depression, and sleep loss, all of which could diminish your quality of life.

So try these moves to loosen up a little. All it takes is a few minutes in the morning or right before bed, several times a week.

### Neck Stretch



Sit on floor with legs crossed. Place left hand on right side of head and gently pull head toward left shoulder (keep shoulder down), feeling a stretch on right side of neck. Hold for three deep breaths. Return to start and repeat on right side.

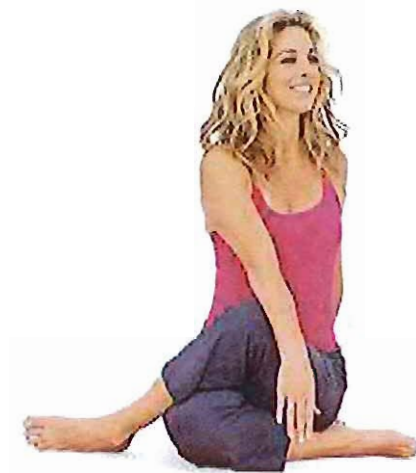
### Hip-Buttock Stretch



Lie on your back with feet off floor and cross right ankle over left knee. Grasp back of left thigh near knee and gently pull legs toward chest, feeling a stretch in right hip and buttock. Hold for three deep breaths. Switch legs and repeat.



## Seated Spinal Twist



Sit with knees bent and left leg stacked on top (or sit cross-legged). Extend right arm, placing it on outside of left knee. Place left hand on floor behind you and twist gently to left, moving head and shoulders with torso. You should feel a stretch up and down spine. Hold for three deep breaths. Return to center, switch legs, and repeat to right side.

## Child's Pose



Lie facedown with knees tucked under you and arms extended in front so you feel a stretch from shoulders to lower back. Take several deep breaths to release all the tension in your back. Now slowly walk arms to the right so that torso extends toward 2 o'clock position (not pictured). You should feel a stretch on left side of torso. Take three deep breaths. Return to center and repeat to left side.

## Back Relaxer



Lie on back and bend knees over chest. Hold backs of thighs and gently pull knees farther in toward chest, feeling a stretch in lower back. Hold for three deep breaths.