



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 Greg Hasenohr, First State Bank Nebraska:

"Home Financing"

5:30 pm, Thursday, October 23rd, at the Extension Office

Presentation will be taped. 25 Wellness Points for Class Attendance or Watching Video

FOOD CRAVINGS

stepintomygreenworld.com

YOUR CRAVING	WHAT YOU NEED	WHAT TO EAT INSTEAD
CHOCOLATE →	MAGNESIUM →	Nuts, seeds, veggies & fruits
SUGARY FOODS →	CHROMIUM →	Broccoli, grapes, cheese, chicken
	CARBON →	Fresh fruits
	PHOSPHORUS →	Chicken, beef, fatty fish, eggs, dairy, nuts, veggies, grains
	SULPHUR →	Cranberries, horseradish, cabbage, cauliflower
	TRYPTOPHAN →	Cheese, raisins, sweet potatoes, spinach
BREAD, PASTA & OTHER CARBS →	NITROGEN →	High protein foods: meat, fatty fish, nuts, beans, chia seeds
OILY FOODS →	CALCIUM →	Organic milk, cheese, green leafy vegetables
SALTY FOODS →	CHLORIDE →	Fatty fish, goat milk
	SILICON →	Cashews, nuts, seeds

Source: Coaching & Weight Management

NIRMA ONLINE CLASSES

The following classes are offered FREE from Oct 1 - December 31: (25 WELLNESS POINTS EACH)

Sleep and Your Health

Smoking Cessation

Understanding Nutritional Information & Labels

100 Miles in 100 Days Winners

Congratulations to the following people for walking, running or biking 100 Miles in 100 Days. Each participant received a \$10 gift certificate from Subway AND 25 Challenge points!!!

*Sharon Jelinek
*Kathy Nienaber
*Marvin Kohout

*Judy Florian
*Tim McDermott
*Kerry Hagemeyer

*Daryl Fikar
*Lyle Weber
*Cindy Wollenburg

*Bruce Filipi
*Diane Krupicka
*Kara Burda

Flu Vaccination Clinic

Friday, October 17

Public Health Solutions will be offering flu shot or flu mist vaccinations to all county employees and their family members. All participants are required to bring their insurance cards. PHS will bill any health insurance carrier. You do not need to be covered by the county's insurance in order to participate. However, if the flu shot or flu mist is not covered by your insurance provider, you are responsible for the \$30.00 fee per person. For all county employees/families covered by the county's insured (BCBS of NE), there is no charge for the flu shot or flu mist.

Public Health Solutions will be at the following locations on Friday, October 17:

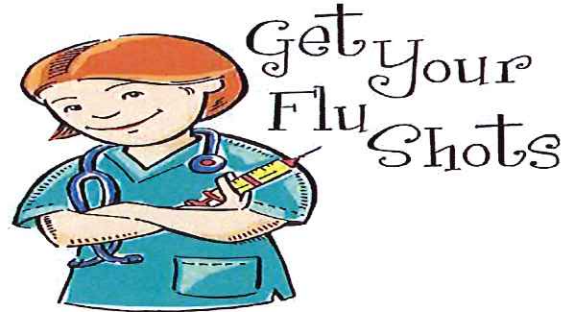
Courthouse Assembly Room 7:30 am - 10 am

Law Enforcement Center 3:00 pm - 5:30 pm

If you have any questions, please contact Kerry or Kory or contact PHS directly at 402-826-6689 swilliamson@phsneb.org and ask for Sonya.

Public Health Solutions will be offering the flu mist at the following schools on the following days:

Crete	Thursday/Friday	October 9 & 10
Meridian	Tuesday	October 14
Dorchester	Tuesday	October 14
Friend	Wednesday	October 22
Wilber-Clatonia	Friday	October 24
Tri County	Wednesday	October 29



Upcoming Fun Run/Walks

Fall is a great time to get out and walk or run a 5K. Here is a list of Fun Runs/Walks in the area:










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- ✦ Crete Back Pack Program, Saturday, September 27, 2014
Fun Run & Pancake Feed, \$25.00 Registration Fee
Reg at 7:30 am/Run at 8:00 am at United Church of Christ
- ✦ Capital City Step Up for Down Syndrome Walk
Saturday, Oct 4, 2014 9:30 am at Antelope Park
- ✦ Glow Doane Homecoming 5K, Saturday, October 4, 2014
6:30pm Reg/Run at 7:30 pm at Stadium Drive
\$30.00 entry fee (included Tshirt & glow gear)
- ✦ 4th Annual Pumpkin Run, Saturday, October 11 @ 9:00 am, Beatrice Family Chiropractic
Benefits go to Make-A-Wish Foundation
- ✦ 9th Annual Monster Dash Fun Run, Saturday, October 18 at Roca Berry Farm, Roca, NE
Reg 7:30 am/Run at 9:30 am, Benefits go to Child Advocacy Center
\$25.00 for 5K, \$15.00 for 1 Mile
- ✦ Making Strides Against Breast Cancer, Sunday, October 26 Holmes Lake Park, 1:00 pm
Benefits go to American Cancer Society

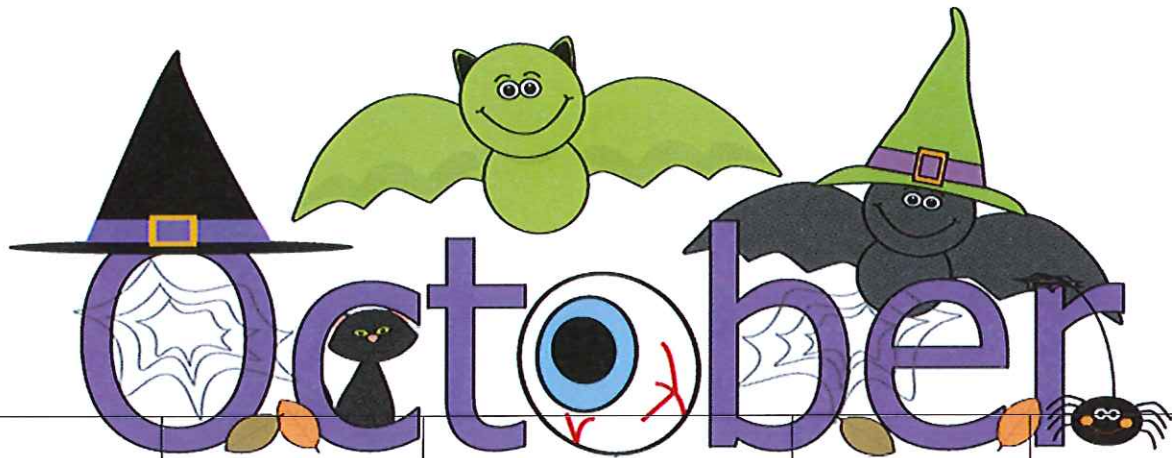


BINGO Instructions

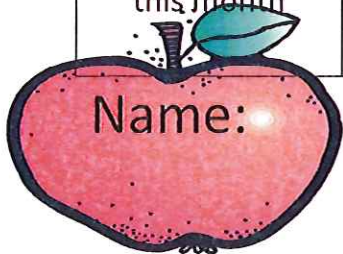
-  Mark each BINGO square that you complete in October
-  Turn in your October BINGO Sheet by Friday, November 7, 2014.
-  For each "BINGO" you receive (across, down, diagonal) your name will be entered in a drawing for **PRIZES**. (Your name will be entered into the drawing one time just for participating, even if you don't get a BINGO.) Therefore, your name can be entered up to thirteen times each month.
-  We will offer BINGO in October, November and December. Your name will go in to the drawing at the end of each month.
-  You must earn at least 1 "BINGO" each month in order to earn your 25 Challenge Points.
-  In January, two prizes will be awarded. One prize for the name that is drawn and one prize for the person who marked off the most squares over the 3 month period.
-  **PRIZES** are choice of: *Massage *Dinner & A Movie for 2 *Hunting And/Or Fishing License



This Challenge is on the Honor System. If you cheat, you are only cheating yourself!!!



B	I	N	G	O
Take 1 hour for yourself once a week this month	Keep a food journal for three consecutive days	Choose lean meat whenever you can. Its lower in saturated fat, cholesterol and calories	Drink 64 ounces of water 10 days this month	6 exercise sessions of 30 minutes or more this month
Eat the daily recommended amount of fruits and veggies daily 3 times each week.	Eat 2 whole grains at least 1 day this month	Get outside and do some fall yard work at least once this month. Protect yourself by using proper lifting techniques	Wear your pedometer and track your steps 8 times this month	Do not add extra salt to your food 4 times this month.
Walk up and down the stairs 5 times (at least 8 steps) 2 times this month	Call a friend/family you haven't talked to for a while at least once	FREE	Run or walk for 40 minutes 5 times this month	Weigh yourself one day this month
Workout in the Saline County Fitness Center once a week this month	Try and Share a new healthy "tailgate" recipe this month	Try out www.mapmywalk.com or www.myfitnesspal.com	Eat 3 different colored vegetables twice this month	Get your flu shot or flu mist this month
Do not use tobacco 5 days this month	Stretch for 5 minutes at your desk 10 times this month	Enjoy an apple while they're in season. There are more than 7,500 varieties to choose from!	Make or buy some healthy treats for your Trick or Treaters	Drink 2 glasses of milk 4 times this month



Name:

SPOOKY FRUIT



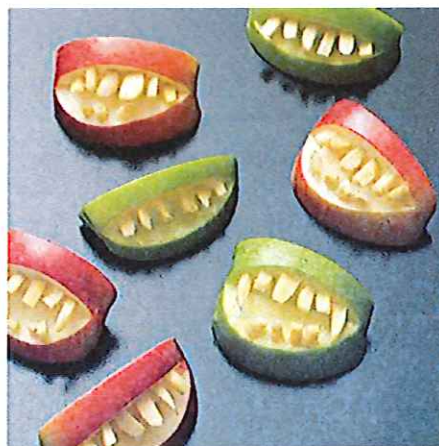
Tangerine Pumpkins + Banana Ghosts

*4 Bananas

*1 Stalk Celery

*24 Chocolate Chips, regular sized and mini

*4 Tangerines or Clementines



Apple Bites

*Apples

*Slivered almonds

If you're not going to serve them right away,
baste the apples with orange juice to keep them from browning.



*Vegetable Dip *4 Long Carrots *1 Medium Carrot

*Softened Cream Cheese *5 Sliced-Almonds *Baby Carrots

With a paring knife, cut a flat, shallow notch in the tip of each carrot. Then use a dab of dip or softened cream cheese to glue a sliced-almond fingernail atop each notch.



Pizza Mummies

*English muffins *Pizza sauce *Black olives *Green Onions *Cheese sticks or slices

Heat the oven to 350° F. Bake for about 10 minutes or until the cheese is melted and the muffin is toasty.



Melon Brain

*1 small seedless watermelon

Use a vegetable peeler to remove the entire green rind, exposing the inner white rind. Slice off the bottom of the melon to create a flat base that will keep it from rolling. With a toothpick, outline squiggly furrows that resemble the folded surface of a brain. Finally, carve narrow channels along the tracings with a sharp paring knife (a parent's job) to expose the pink fruit beneath the rind.



HIGH BLOOD PRESSURE FACT SHEET

The heart pumps blood into the arteries and through the circulatory system. Blood pressure is the force of blood pushing against blood vessel walls. It's measured in the arteries and is recorded as two numbers, such as 122/78.

SYSTOLIC PRESSURE is the top, larger number. It is generated by the pressure in the arteries while the heart is contracting.

DIASTOLIC PRESSURE is the bottom, smaller number. It is pressure in the arteries while the heart is filling and resting between beats.

Medical scientists have determined a normal range for blood pressure. People whose blood pressure is consistently higher than this norm are said to have high blood pressure or have "hypertension".

High blood pressure means the heart is straining to pump blood. It is unhealthy because:

- 1) The heart can become enlarged, resulting in congestive heart failure.
- 2) The arteries can become scarred and less elastic. Hardened, narrowed arteries may be unable to carry the amount of blood the body's organs and tissues need to function.
- 3) Blood clots may form or lodge in a narrowed artery. Blood clots are one of several causes of heart attacks and strokes.

Most cases of high blood pressure (hypertension) have unknown causes. Although there may not be a single known cause for high blood pressure, there are a number of contributing factors we have control of and others we do not.

What is High Blood Pressure?

- A blood pressure level of 140/90 or higher is considered high.
- About two-thirds of people over age 65 have high blood pressure.
- If your blood pressure is between 120/80-139/89, then you may have prehypertension. This means that you don't have high blood pressure now, but you are likely to develop it in the future unless you adopt a healthy lifestyle.

High Blood Pressure Can Cause:



- Heart Attack
- Stroke
- Kidney Damage
- Heart Failure
- Damage to Eyes

Blood Pressure Categories for Adults Age 18 and Older

Category	Systolic Pressure		Diastolic Pressure	How Often to Have Blood Pressure Checked
Healthy	Less than 120	and	Less than 80	Recheck Yearly
Elevated	120-139	or	80-89	Recheck Every 6 Months
High	140-159	or	90-99	Recheck within 1 Month. If still High, Seek Medical Care Within 1 Month.
	160-179	or	100-109	Seek Medical Care Within 1 Month
	180 or Higher	or	110 or higher	Seek Medical Care Immediately. If Immediate Access to Health Care Provider is Not Possible, Call 911

**If Systolic and Diastolic Blood Pressure fall into different categories, the higher category is used to classify Blood Pressure.

If you are taking medicine for high blood pressure, your doctor may recommend a different schedule of visits.

