



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

OCTOBER/2015

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

2015 GOVERNOR'S AWARD

Saline County recently was named a recipient of the 2015 Governor's Wellness Award under the "Grower" Level. The "Grower" level recognizes Saline County as an organization that "grows the seed of wellness" by showing significant health improvements with our employees.

According a recent press release, Governor Pete Ricketts said, "Employers receiving this award are committed to employee health and well-being. Worksite wellness programs positively affect the health and productivity of employees as well as the bottom line. Most importantly, worksite wellness is an opportunity for Nebraskans to live healthy lives, improve quality of life and help grow a healthier Nebraska for the next generation."

This award would not be possible without the effort of EVERYONE that has participated in the various levels of the wellness program over the last five years. The Wellness Committee would like to take this opportunity to say **THANK YOU FOR YOUR PARTICIPATION!!**

If you have any additional ideas for future fitness/wellness challenges or topics for the monthly educational meetings, feel free to contact Elly Reedy at reedy_03@hotmail.com or any of the other Wellness Committee members.

NIRMA FIRST AID CLASS

The First Aid Class for all county employees will be held October 28th and 29th from 8:00am-12:00pm and 1pm-5pm on BOTH days. The class will be held at the Extension Office, and will be recorded. You can receive 25 Wellness Points for attending the class.

WELLNESS PROGRAM CHANGES

The wellness committee has started to discuss the wellness program for 2016 and we are slowly making corrections and making considerations on changes. If you have any thoughts, comments and questions please email one of the members on the wellness committee so we can discuss your input at our upcoming meetings.

We would greatly appreciate any comments and concerns regarding the program, as the program is for YOU, a Saline County Employee and we want to make sure your voices are heard and your comments will be taken seriously. Thank you!

BONUS: 25 WELLNESS POINTS

Answer to Last Months Question: **16 Million**

If an individual is said to have an android obesity body shape, their body shape represents which of the following?

- a) An Apple
- b) A Watermelon
- c) A Pear
- d) A Cherry

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

NIRMA ONLINE UNIVERSITY CLASSES

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

- Drug and Alcohol Awareness

PHS FLU SHOT/MIST CLINIC

Public Health Solutions will be offering flu immunizations for the employees and their families on **Monday, October 26, 2015.**

7:30am to 10:00am – Courthouse

3:00pm to 6:30pm – Law Enforcement Center

When you come to get your immunization, please bring the following:

- Complete and Sign the Permission Form
- Copy of your Health Insurance card

You can pick up a copy of a permission form from the following places:

- Law Enforcement Center Front Office
- Extension Office
- Court House (County Assessor's Office)

There is not out of pocket cost to those who have health insurance. Please bring a copy of your card so PHS can bill your insurance directly. If you have no insurance, the cost is \$30.00 per person (PHS can adjust this through the PHS sliding fee scale).

LUCKY 7 POKER CHALLENGE ENDS OCTOBER 19TH

Don't forget you have to turn in your final numbers by October 23rd at 4pm to a wellness committee member! After all cards have been drawn, the committee will review the "hands" and determine the Best and Worst poker hand for each option! Reminder, if you completed 7/7 Weeks you will receive 70 points, 6/7 Weeks you will receive 60 points and 5/7 Weeks you will receive 50 wellness points! The participants with the best and worst hand will receive an additional 10 Points! Good luck!

SLOW COOK YOUR WAY TO GOOD NUTRITION

Dust off that slow cooker! It can be your trusty assistant to making sure dinner is ready in the midst of homework and sports schedules for you children, and even for your hectic day at work!

Slow-cooked dishes are ideal for making ahead and reheating, and leftovers can be enjoyed for several days. And a slow cooker provides advantages for healthy cooking by stretching small amounts of meat with flavorful sauces and a generous portion of vegetables. While you might use your slow cooker more often in the winter, you can keep your kitchen cool by using your slow cooker in the fall, too.

But keep temperature in mind! A slow cooker is certainly convenient, but if not used correctly there is the potential for food-safety hazards. Temperatures between 40-135 degrees fall into the so-called "Danger Zone" since bacteria thrive in these temperatures. To avoid the "Danger Zone" never add frozen ingredients to your cooker, refrigerate any ingredients you've prepped ahead in separate storage containers and bring liquids to a simmer if you're cooking on low before adding them to your cooker to give the heating process a jump-start.

Having a meal at home ready to go when you're off from work and in a hurry can save you calories too! If you get off work and are in a rush to get to your kid's school event, you might be tempted to go through fast food on your way home to save time, but knowing you have a nutritious meal waiting for you at home can be your go to this fall!

Try some of these recipes from Eating Well and break out that crockpot! ☺

Website Link: <http://bit.ly/1P7h01k>