



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

FEBRUARY/2016

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

2016 ANNUAL HEALTH SCREENING

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

Wednesday February 17, 2016: the screening will be held at the **Saline County Extension Office.**

Thursday February 18, 2016: the screening will be held at the **Law Enforcement Center.**

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

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

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

2016 ANNUAL HEALTH SCREENING

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

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

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

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

NIRMA ONLINE UNIVERSITY CLASSES

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

"Sleep and Your Health"

MONTHLY EDUCATIONAL CLASS

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

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

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

BONUS: 25 WELLNESS POINTS

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

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

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

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

WELLNESS PROGRAM POINTS

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

SUPER BOWL: GAME DAY FOOD

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

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

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

[Grilled Shrimp and Pineapple Salsa](#)

[Grilled Garlic Lime Pita Chips](#)

[Cucumber Roll Ups](#)

FEBRUARY HEALTHY EATS CHALLENGE

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

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

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

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

[Lower Carb Meals](#)

[Salads](#)

[Clean Eating Recipes](#)

FEBRUARY MINI CHALLENGE DETAILS

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

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

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

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



FEBRUARY HEALTHY EATS MINI CHALLENGE!

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

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

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

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

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

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

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

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

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

WEEKLY INGREDIENT REQUIREMENTS AND WHAT QUALIFIES TO RECEIVE WELLNESS POINTS:

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

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

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

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

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

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