



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

OCTOBER/2016

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

OCTOBER FLU SHOT CLINIC

Mark your calendars! The annual Flu Shot Clinic is right around the corner with Public Health Solutions (PHS). PHS will be in Wilber on **October 24, 2016** at **7:30-10:00am at the Court House** and again in the afternoon at **3:00-6:30pm at the Saline County Law Enforcement Center.**

PHS will NOT be offering the Flu Mist this year, so schedule appointments accordingly. Consent forms and informational fliers are available at the courthouse in the county assessor's office, as well as at the Extension Office and at the Law Enforcement Center as well. Please have the consent form and a copy of your health insurance card with you when you come in to get your immunization.

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, there will be cost associated per person (PHS can adjust this through the PHS sliding fee scale).

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered FREE from October 1 to December 30. Complete the NIRMA Online University Class to receive 75 Wellness Points!

Understanding Anxiety Disorder

2017 WELLNESS PROGRAM CHANGES

The Wellness Committee would appreciate any and all comments as the committee looks forward for the 2017 calendar year and wants to hear from YOU! If you have anything you would like to bring up to the committee regarding the wellness program, monthly challenge ideas, or monthly educational classes please email any member of the wellness committee with your inquiry! The Wellness Committee thanks you in advance for your opinions and ideas, and will gladly take them into consideration at the next wellness meeting!

BONUS: 25 WELLNESS POINTS

Answer to September's Question: C) 30%

According to the American Cancer Society, breast cancer is the most common cancer among American women with about 1 in ___ women in the US will develop invasive breast cancer during their lifetime.

- a) 4 b) 8 c) 20 d) 15

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

OCTOBER AWARENESS MONTH

National Breast Cancer

National Down Syndrome

National Dental Hygiene

LUCKY 7 POKER CHALLENGE

The "Lucky 7 Poker Challenge" will start on **September 1st and run through October 19th**. There are two options for this poker challenge! Once you have chosen either option 1 or option 2; that is the option you must continue to follow for the duration of the challenge.

Option 1:

The participant will walk or run at least **7 Miles Per Week** to obtain a Poker Card.

Option 2:

The participant will have to attain **300 Points Each Week** to obtain a Poker Card. The categories and points associated are listed below:

1. Water: 10 Points for each day you drink a total of 64oz of water (8 cups of water a day)
2. Exercise: 5 Points for each 15 minutes worked out (Maximum of 1 hour per day)
3. Sleep: 1 Point for each night of 7 or more hours of sleep
4. Fruits/Vegetables: 1 Point for each serving of fruits or vegetables
5. Stretching: 5 Points for each day you do 5 minutes of stretching
6. Alcohol: 10 Points per day if you do NOT drink alcohol and 0 points if you do.
7. Tobacco/Nicotine/Illegal Substance: 10 Points per day if you do not use tobacco/nicotine/illegal substance and 0 points if you do

Please see attached sheet in the email attachment for further rules and guidelines.

All final numbers on record must be turned in to a wellness committee member by October 24, 2016 at 4:00pm. All challenge sheets turned in after date stated will not be accepted.

FRUIT & VEGETABLE SERVING SIZES

Remember, for all challenges please following the following guidelines for serving sizes of fruits and/or vegetables.

- **1 serving of vegetables** is equivalent to **1 cup** of raw leafy vegetables, or **½ cup** for other vegetables that are not raw leafy vegetables.
- **1 serving of fruit** is equivalent to **1 medium piece** of fruit; **½ 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.

OCTOBER EDUCATIONAL CLASS

For the month of September, we will have NO monthly educational class. Enjoy the fall weather, school activities and time with family! Get outside and get active before that Nebraska Winter strikes!

100 MILES IN 100 DAYS RESULTS

GREAT JOB to all those that participated in the 100 Miles in 100 Days wellness challenge over the summer! Saline County employees covered a total distance of 4,734 miles in 100 days! To put that into perspective that's the distance from Lincoln, Nebraska to Frankfurt, Germany! Keep up the good work, and stay active! If you enjoyed the 100 Miles in 100 Days Challenge, but you're looking to challenge yourself a little more and covering some more distance, stay tuned for the next upcoming Wellness Challenge that will be starting in November!

SAYING GOODBYE TO THE WELLNESS COMMITTEE – ELLY REEDY IS LEAVING

Thank you to everyone for the opportunity to work with Saline County, and the wellness committee assisting the committee and helping the employees get on the right track to a healthier lifestyle! I sadly must say goodbye, as I will be completing my Masters this December, and I have been promoted to Group Fitness Director at Prairie Life here in Lincoln and I can't do everything at once! ☺

For all future questions, answers to the wellness bonus question, and all inquiries please email Brandi Kelly bkelly@diodecom.com or any other member of the wellness committee!

WALK ACROSS NEBRASKA CHALLENGE

The Wellness committee is working to develop a walk across Nebraska challenge!! This challenge will involve teams of 5 employees either from the Law Enforcement Center, Extension Office and the Court House. Each team will have a team captain that is in charge of sending the teams weekly mileage totals to Brandi Kelly or another member of the wellness committee so the committee can track your total miles for the duration of the challenge! You collect miles from biking, walking, jogging, running, and cardio equipment such as the NuStep, Elliptical and Treadmill! (Biking will double miles, 2 bike miles will equal to 1 walking mile). If YOU are interested in this challenge you MUST email Brandi Kelly so we can get a head count of employees interested, and the wellness committee will be picking the teams of 5 from those interested!

AFTER SCHOOL SNACKS

With the school year in full swing and fall activities kicked in high gear, families are busier than ever! The first thing many kids want to do when they get home from school, and sometimes adults from work too ☺ but it's to eat a SNACK! It's the parents and guardians job to provide foods available for snack that are nutritious, satisfying, and of course fun to eat! Check out some snack ideas below, and some can even be prepared in advance so you don't have to worry about making snacks during the week!

Chocolate Covered Frozen Bananas

Slice bananas, melt some dark chocolate chips on the stove on low heat or in the microwave. Dip banana slices into the melted chocolate and sprinkle with chopped nuts or shredded coconut and freeze for 4 hours! When chocolate is frozen they are ready to eat!

Sliced Apples and Peanut Butter

Whole Wheat Bagel Thin with Peanut Butter or Light Cream Cheese

Fruit Kabobs

Grab a kabob stick and chop up a variety of different types of fruit, then thread the fruit onto kabob stick! Common fruits: blueberries, bananas, watermelon, strawberries, mango, pineapple, apples, etc.!

Homemade Trail Mix

Mix your favorite nuts, dried fruit, popcorn; crackers, and chocolate chips together for a fun trail mix!

Yogurt Parfait

Layer yogurt, granola, and fruit of your choice in a plastic cup!

Hard Boiled Egg