

Saline County



Health & Wellness Monthly Newsletter

► November, 2016

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"No matter how slow you go, you're still lapping everyone on the couch!"

Quit Smoking Today—American Heart Association

Smoking is the most preventable cause of premature death in the United States. Smokers have a higher risk of developing many chronic disorders, including atherosclerosis — the buildup of fatty substances in the arteries — which can lead to coronary heart disease and stroke. Controlling or reversing atherosclerosis is an important part of preventing future heart attack or stroke.

You can modify or control seven major independent risk factors for coronary heart disease:

1. Cigarette and tobacco smoke
2. High blood cholesterol
3. High blood pressure

4. Physical inactivity
5. Overweight or obesity
6. Diabetes
7. Healthy Diet

Smoking by itself increases the risk of coronary heart disease.

When it acts with the other factors, it greatly increases your risk from those factors, too. Smoking decreases your tolerance for physical activity and increases the tendency for blood to clot. It decreases HDL (good) cholesterol. Your risks increase greatly if you smoke and have a family history of heart disease. Smoking also creates a higher risk for peripheral artery disease and

aortic aneurysm. It increases the risk of recurrent coronary heart disease after bypass surgery, too.

Smoking is also an important risk factor for stroke. Inhaling cigarette smoke produces several effects that damage the cerebrovascular system. Women who take oral contraceptives and smoke increase their risk of stroke many times. Cigars and pipes aren't a "safer" alternative to cigarettes. People who smoke cigars or pipes also have a higher risk of cardiovascular disease and death than non-smokers.

cont page 2—Smoking

Question of the Month

BONUS: 25 WELLNESS POINTS for correct answer

People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to _____ days after becoming sick?

- A. 1-3
- B. 2-5
- C. 5-7
- D. 6-8

**The answer to the October Question of the Month:
B) 1 in 8*

Email your name and correct answer to:
salinewellness@gmail.com

2017 Wellness Program

The Wellness Committee is in the closing stages of finalizing the 2017 calendar year Wellness Program. The committee still wants to hear from all participants within the first part of November regarding our Wellness Program, monthly challenge ideas, or monthly educational classes.

The Committee knows the power of our Wellness Program is fueled by the potential to help improve how employees focus upon healthy lifestyles. But we also need to focus our attention on where we as employees want to go. We ask your help to find the most effective way to get there. Please

email any member of the Wellness Committee with ideas or suggestions on that topic. —end

NIRMA Online University

The following online class will be the dedicated offering to employees from October 1 to December 30. Complete this NIRMA Online University Class to receive 75 Wellness Points:
"Understanding Anxiety Disorder"

Smoking— continued from page 1

Breathe clean air.

It's also important to avoid other people's smoke. The link between secondhand smoke (also called environmental tobacco smoke) and disease is well known, and the connection to cardiovascular-related disability and death is also clear. Each year about 34,000 adults die from heart and blood vessel disease caused by other people's smoke. The risk of stroke for nonsmokers who are exposed to secondhand smoke is increased by an estimated 20–30 percent.

Let healing begin today.

If you already have heart disease, you may think, "What good will it do me to quit smoking now?" But don't be discouraged. Your lungs can begin to heal themselves as soon as you stop harming them with more smoke. Heart disease can be prevented and controlled, but you must follow your treatment plan — and quitting smoking is a big part.—end

Lucky 7 Poker Challenge

♠♥♣♦ The "Lucky 7 Poker Challenge", which began on September 1st and ran through October 19th, has concluded. Winners of this challenge were: Kory Mullen, best hand: Full House-AAAJ; and Tim McDermott with the worst hand.

November Educational Class

Chris Linhart of City Bank and Trust in Crete will be presenting an "Improving One's Credit Score" class. She is scheduled for November 15th at 5:30 at the extension office. In order to obtain a head-count, please contact Brandi Kelly by November 9th if you plan to attend the session.

Those who've signed up for, "Walk Across Nebraska":
The new Challenge begins November 1st. See page #3 for details...

Everyday Preventive Actions That Can Help Fight Germs, Like Flu

CDC recommends a three-step approach to fighting the flu.

CDC recommends a three-step approach to fighting influenza (flu). The first and most important step is to get a flu vaccination each year. But if you get the flu, there are prescription antiviral drugs that can treat your illness. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women. Finally, everyday preventive actions may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. This flyer contains information about

everyday preventive actions.

How does the flu spread?

Flu viruses are thought to spread mainly from person to person through the coughing, sneezing, or talking of someone with the flu. Flu viruses also may spread when people touch something with flu virus on it and then touch their mouth, eyes, or nose. Many other viruses spread these ways too. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread the flu to

someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

What are everyday preventive actions?

Everyday preventive actions are steps that people can take to help slow the spread of germs that cause respiratory illness, like flu. These include the following personal and community actions:

See *Flu...*page 4

The Great American Smoke-out



Get ready to lose the habit, and become victorious over tobacco. The American Cancer Society Great American Smokeout event is your chance to triumph over addiction.

Every November, the ACS sets aside the third Thursday to encourage tobacco users to go the distance, and to finally give up the habit.

About 42 million Americans still smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and pre-

mature death in the United States. As of 2013, there were also 12.4 million cigar smokers in the US, and over 2.3 million who smoke tobacco in pipes — other dangerous and addictive forms of tobacco.

By quitting — even for one day — you will be taking an important step toward a healthier life — one that can lead to reducing your cancer risk. It's a race for your health, and it starts today. Today's the day that quitters win.—end

For more information, visit: www.cancer.org/healthy/stayawayfromtobacco/


 BODY FATNESS, POOR NUTRITION, PHYSICAL INACTIVITY,
 AND EXCESS ALCOHOL CONSUMPTION


 1 IN 5 CANCER DEATHS



Deaths: Lung cancer accounts for more deaths than any other cancer in both men and women. An estimated 158,080 deaths are expected

to occur in 2016, accounting for about 1 in 4 cancer deaths.



RULES:

- Those wishing to participate earlier contacted Brandi Kelly of their interested in the challenge before **October 25th**
 - Teams of 4 or 5 were selected by random draw by the Wellness Committee on **October 25th**
 - Teams have been notified by Wellness Committee
 - Teams will need to designate a TEAM CAPTAIN
- **Challenge will begin Tuesday, November 1st and run through Monday, December 5th**
- Each participant will keep track of their personal miles walked/run in the week. By the end of Monday of each week, participants will contact their TEAM CAPTAIN and inform him/her of their miles for the week
- After notification from the participants, TEAM CAPTAINS will submit the TEAM'S COMBINED TOTAL WEEKLY miles to Brandi/Jamie.
- By **December 9th**, ALL participants/captains must have turned in their weekly miles in to Brandi/Jamie
- *NOTE: If you missed the sign-up period to be included on a team, you or any others could participate as individuals, but would not receive the benefit of team earned points, yet reap individual points. All other rules and stipulations apply.*

SEVEN STOPS THROUGHOUT NEBRASKA:

- Stop #1: East border to LINCOLN is the BIG RED NATION (53 miles)
- Stop #2: LINCOLN to GRAND ISLAND is the STATE FAIR BLUE RIBBON (89 miles)
- Stop #3: GRAND ISLAND to KEARNEY is the ARCHWAY to the WEST (40 miles)
- Stop #4: KEARNEY TO NORTH PLATTE is the BUFFALO CHIP (95 miles)
- Stop #5: NORTH PLATTE TO OGALLALA is the LAKE "MAC" ATTACK (51 miles)
- Stop #6: OGALLALA to SIDNEY is the CABELA (67 miles)
- Stop #7: SIDNEY to west STATE BORDER – WY/NE LINE (59 miles)

POINTS ASSOCIATED:

- 10 points for each teammate when their TEAM reaches each stop (possible 60 total points per teammate)
- Any TEAM to reach the WEST state boarder (WY/NE Line) – gets an extra 25 points per teammate
- 25 points for each participant on the team traveling the farthest or reaching the western border first
- Wellness Points are earned per individual = [1 point/mile] + [team stop points] + [winning team bonus points]

ACCEPTED TRAVEL METHOD INCLUDE:

- Walk or Run (1 mile calculates to 1 mile, or 1 point)
 - Bike (Must bike 2 miles to equal the 1 mile walk or run, or 1 point per 2 miles road)
 - Other such exercise equipment equipped with distance measurement functions IE. Nu-step, elliptical, etc.
- **NOTE:** There will be no mileage accepted for Fit-bit distances other than through dedicated times for exercise

THERE WILL BE A MAP LOCATED IN THE ASSESSOR'S OFFICE SHOWING THE PROGRESS OF EACH TEAM. STOP BY AND SEE HOW YOUR TEAM IS DOING THROUGHOUT THE CHALLENGE!



Saline County

Wellness Committee

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

co.saline.ne.us/webpages/committees/wellness.html

Flu—continued from page 2

- Cover your nose and mouth with a tissue when you cough or sneeze. This will block the spread of droplets from your mouth or nose that could contain germs.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you or your child gets sick with a respiratory illness, like flu, limit contact with others as much as possible to help prevent spreading illness. Stay home (or keep your child home) for at least 24 hours after fever is gone except to seek medical care or for other necessities. Fever should be gone without the use of a fever-reducing medicine.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.

What additional steps can I take at work to help stop the spread of germs that can cause respiratory illness, like flu?

- Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are



Judy Florian would like to inform those of you interested in a "ZYTO Compass Scan" that she will be available for doing so on an individual basis. The ZYTO Compass scan basically reads your body and tells you what types of essentials oils/vitamins your body is suggesting it needs.

The scan utilizes proprietary software and galvanic skin response (GSR) technology to provide helpful information when making oil/vitamin purchase decisions. *(Those interested in learning more about this process should contact Judy directly at, 402.821.3221.)*

"Operation Under the Tree" replaces food pantry donations

In the stead of donations given to Aging Services of Saline County, as stated and attributed to the Wellness Program document, a unique replacement in helping our countywide neighbor is being offered. We will join forces with the County Sheriff's department, police & fire departments, Doane University and others in collecting new toys and/or clothing for kids in need for Christmas. The program is called, "Operation Under the Tree". If you would like to participate this year, drop off your donation to the Law Enforcement Center **prior to December 2nd**. Excepted will be new toys, new clothing or cash donations. For simplicity, cash donations should be in the form of a check and made payable to "Crete FOP". *(Keep your canceled check as documentation of that type of donation. Wellness points will be provided in equal proportion to dollars spent for your gift. Drop-off a copy of your receipt with your name so a record of such can be maintained.)* Let us together provide some needed joy!

offered on-site.

- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- If you begin to feel sick while at work, go home as soon as possible.

What additional preventive actions can I take to protect my child from germs that can cause respiratory illness, like flu?

- Find out about plans your child's school, child care program, or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Make sure your child's school, child care program, or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- Ask how sick students and staff are

separated from others and who will care for them until they can go home.

For more information, visit www.cdc.gov, or www.flu.gov, or call 1-800-CDC-INFO. *-end*

Wellness Book Calendars

It has been suggested to the Wellness Committee that a speedier turn-around be given to the receipt of earned gift cards following the Program year ending.

The WC is exploring a couple options: moving the deadline to turn in books in the middle of January instead of the end of the month, moving the Health Fair up in the calendar a few days and offering a Visa Gift card rather than custom, store cards. Each of these combined should move the protest period up & allow for the best possible time table for employees to receive their gift card.

In order to speed the review process up, we ask that you keep your calendar data readable and providing all the mandatory information requested. This will allow this portion of the process to flow much faster. Information should include: Exercise type, time and associated points for each and every day. (Provide a legend if helpful.) *-end*