



Saline County Employee Newsletter

THANKSGIVING HISTORY

by Wiki Community

Thanksgiving Day is a national holiday celebrated in Canada, the United States, some of the Caribbean islands, and Liberia. It began as a day of giving thanks for the blessing of the harvest and of the preceding year. Similarly named festival holidays occur in Germany and Japan. Thanksgiving is celebrated on the second Monday of October in Canada and on the fourth Thursday of November in the United States, and around the same part of the year in other places. Although Thanksgiving has its true historical roots in religious and cultural traditions, it has long been celebrated as a secular holiday as well. *(Continued next page...)*



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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.” - Saline County Wellness Committee

“THANKSGIVING HISTORY”

CONTINUED FROM FRONT PAGE...

In the United States, the modern Thanksgiving holiday tradition is traced to a sparsely documented 1621 celebration at Plymouth in present day Massachusetts, and also to a well recorded 1619 event in Virginia. The 1621 Plymouth feast and thanksgiving were prompted by a good harvest. Pilgrims and Puritans who began emigrating from England in the 1620s and 1630s carried the tradition of Days of Fasting and Days of Thanksgiving with them to New England. The 1619 arrival of 38 English settlers at Berkeley Hundred in Charles City County, Virginia, concluded with a religious celebration as dictated by the group's charter from the London Company, which specifically required "that the day of our ships arrival at the place assigned ... in the land of Virginia shall be yearly and perpetually kept holy as a day of thanksgiving to Almighty God."

Several days of Thanksgiving were held in early New England history that have been identified as the "First Thanksgiving", including Pilgrim holidays in Plymouth in 1621 and 1623, and a Puritan holiday in Boston in 1631. According to historian Jeremy Bangs, director of the Leiden American Pilgrim Museum, the Pilgrims may have been influenced by watching the annual services of Thanksgiving for the relief of the siege of Leiden in 1574, while they were staying in Leiden. Now called Oktober Feesten, Leiden's autumn thanksgiving celebration in 1617 was the occasion for sectarian disturbance that appears to have accelerated the pilgrims' plans to emigrate to America. Later in Massachusetts, religious thanksgiving services were declared by civil leaders such as Governor Bradford, who planned the colony's thanksgiving celebration and fast in 1623. The practice of holding an annual harvest festival did not become a regular affair in New England until the late 1660s.

Thanksgiving proclamations were made mostly by church leaders in New England up until 1682, and then by both state and church leaders until after the American Revolution. During the revolutionary period, political influences affected the issuance of Thanksgiving proclamations. Various proclamations were made by royal governors, John Hancock, General George Washington, and the Continental Congress, each giving thanks to God for events favorable to their causes. As President of the United States, George Washington proclaimed the first nationwide thanksgiving celebration in America marking November 26, 1789, "as a day of public thanksgiving and prayer to be observed by acknowledging with grateful hearts the many and signal favours of Almighty God." *-end*

HAPPY THANKSGIVING

B	I	N	G	O
Replied with the correct answer to the November "Question of the Month"	Relax and do something you enjoy for an hour 3 times each November week	Eat fresh fruit for a mid-day snack at least one day every week in November	Do strength training for at least 15-minutes 6 times in November	Count your total calorie intake on three consecutive days in November
Incorporate 20 squats or 20 push-ups into your routine for 5 days in November	Avoid tobacco every day in November	Stretch for 5 minutes after waking up 3 consecutive November days each week	Drink at least eight 8oz glasses of water 3 days each week in November	No carbonated beverages for seven consecutive days in November
Do cardio for at least 30 minutes 6 times this November	Perform a kind deed for someone in need this Thanksgiving Holiday		Avoid alcohol five consecutive days each week in November	Find a healthy recipe that you've yet to try and prepare it for dinner this month
Only say "yes" once to a helping of pie during November	Avoid sugary sweets for three consecutive days at least twice during the month of November	Volunteer your time with a church, civic organization or fundraiser in November	Maintain your weight (or lose weight) during the month of November	Walk, Run, or Bike 30 minutes on 3 days each week during the month of November
Avoid fast food for one full week in November	Avoid sitting between each quarter & during the entire half of at least one football game	Try a form of exercise you have never done before 3 times in November	Eat 4 cups of fruits and/or veggies for five consecutive days in November	Get at least 7 or more hours of sleep 5 days each week in November

Name: _____



COURTHOUSE PARKING LOT



As the Court-
house
Addition
nears completion, all employees should make reasonable attempts to use the new northside parking lot. This will help provide the best access to visitors entering/exiting the building throughout the day. *“Restore your human legs as a means of travel. All of us rely on food for fuel while the majority need no special parking spaces.”* -Lewis Mumford

OCTOBER WELLNESS QUESTION OF THE MONTH

“Which 100 grams of the following consumed can reduce the ability of white blood cells to kill germs by 40%?”

- A) Potassium
- B) Sodium Benzoate
- C) Monosodium Glutamate
- D) Sugar

BONUS: 25 WELLNESS
POINTS for correct answer

**Answer to the October
Question: “C: 4:00 a.m.”*

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

**All answers submitted for
the Question of the Month
must be received prior to
the subsequent month’s
newsletter distribution.*

HOLIDAY BINGO—THANKSGIVING EDITION

Join your pie-eating cohorts for this year’s Thanksgiving Bingo Challenge! The rules are stuffed with simplicity. Using the provided game card in this newsletter, note the tasks needing completion in order to place your mark onto that square. For each “Bingo” you gobble up, (across, down, diagonal) your defeathered turkey will be worth five (5) Well-



ness Points. There are no additional incentives for dumping each turkey into a vat of oil! “Blackouts” of this sort are dangerous and can set your deck on fire. Yet, there IS the potential to harvest up to 60 Wellness Points otherwise.

Remember: the Challenge is on the honor system. No pilgrim will want to add tar to their feathers! *—end*

HELPING SOMEONE ADDICTED TO OPIOIDS... OR OTHER DRUGS

An opiate addiction health emergency exists nationwide. Here’s how to help someone addicted to these or other substances:

1. Accept that enabling is initially part of any close relationship with an addict.
2. Learn how enabling helps addicts avoid seeking help or admitting they need it.
3. Stopping enabling is a learned skill with a shift in mindset. Discover how 12-step groups like Al-Anon help members make the switch.
4. Encourage the addict to get treatment. Coordinate your attempts with a proper treatment program.

Continuum EAP can help you find one. *(Note that motivation to accept help will at first be low.)*

5. Expect crises, drug incidents and legal problems to continue or increase because addiction is a chronic illness. The good news is that each event is a “go-opportunity” to offer help. Make it easy to accept and with simple steps for doing so.
6. Make treatment non-negotiable in your relationship — anything less requires enabling.
7. Prepare for #5 to repeat until help is accepted.

—end

NATURAL WAYS TO BOOST YOUR IMMUNE SYSTEM—ROBYN WHALEN



There's a reason why you hear more sneezing around the office once the temperature drops. Research shows that you are more likely to get sick during the colder seasons, and illnesses tend to last longer and

have more severe symptoms as well.

One main reason for the spike in illnesses during the fall and winter is weaker immune systems. Researchers from Yale University found that immune systems slow down during the colder seasons – decreasing your body's ability to attack and fight off harmful germs, viruses, and bacteria.

The good news is there are many ways to promote a healthy, powerful immune system. So, if you don't feel like sniffing and coughing all season, here are nine easy, natural ways to boost your immune system:

Limit alcohol. Excessive consumption of alcohol can harm the immune system and increase your susceptibility of catching illnesses. Studies have shown that one drink doesn't have any harmful effects on the immune system. Three or more drinks, however, will suppress your white blood cells' ability to fight off germs.

Add mushrooms to your diet. Certain mushrooms – such as enoki, maitake, and shiitake – have significant anticancer and immune-boosting effects on the body. Mushrooms contain compounds that can help fight inflammation, prevent premature aging, and help regenerate nerve cells. Check out this ultimate immune-boosting mushroom soup!

Stop smoking. Tobacco products damage every part of your body, including your immune system. Smoking cigarettes weakens your body's defense against germs, infections, and illnesses. Smokers have a higher risk of respiratory infections, more frequent and prolonged illnesses, and fewer antioxidants in their body.

Drink more water. We all know how important it is to stay adequately hydrated, yet

many of us still aren't drinking enough water throughout the day.

Drinking enough water helps all of your body's systems function properly, including your immune system. Talk to a health professional to determine how much water you should be consuming in a day (as it varies individually) and start tracking your water intake!

Sleep. Getting enough sleep is so important. Without enough quality sleep, your immune system won't function properly. Lack of sleep also makes it difficult to recover from any illness, meaning symptoms will linger and be more severe. Be sure to get at least eight hours of sleep every night.

Limit sugar. According to Ask Dr. Sears, eating or drinking one hundred grams (8 tbsp.) of sugar, the equivalent of about two cans of soda, can reduce the ability of white blood cells to kill germs by forty percent. Try to focus on eating natural foods that don't contain hidden sugars, and reach for one of these snacks when your sugar craving kicks in. Check out this article for some delicious dinner ideas with no added sugar!

Eat more garlic. According to an article by Julie Daniluk, R.H.N., garlic has the ability to boost your immune system by increasing the rate at which your natural killer cells are made. As a bonus, eating more garlic can help regulate blood sugar, reduce cholesterol, and lower your blood pressure. Check out 10 ways to eat garlic every day to sneak some garlic into your diet.

Stay optimistic. Happiness is key! Maintaining a positive mindset and being optimistic has been linked to a stronger immune system. A research study showed that when a group of students became more optimistic, they had stronger cell-mediated immunity – the flood of immune cells that respond to an invasion of foreign viruses or bacteria.

Besides a flu shot, your immune system is your best defense against getting sick during the fall and winter months. Help your body win the fight against germs by practicing a healthy lifestyle. A stronger immune system = a healthier, happier you. *-end*

OCTOBER—DECEMBER
NIRMA ONLINE
UNIVERSITY CLASSES

The upcoming quarter will see three (3) varying opportunities in which to earn 75 Wellness incentive points by successfully completing any one of the following classes during this time period:

1. “Defensive Driving Basics”
2. “Workplace Ergonomics”
3. “Risk Management for Law Enforcement”

***Next Wellness Committee Meeting:** Monday, November 20, 2017 in the Courthouse Assembly Room, 8:30 a.m.

***Next Safety Committee Meeting:** Wednesday, November 8, 2017 in the Courthouse Assembly Room, 8:30 a.m.

WELLNESS COMMITTEE

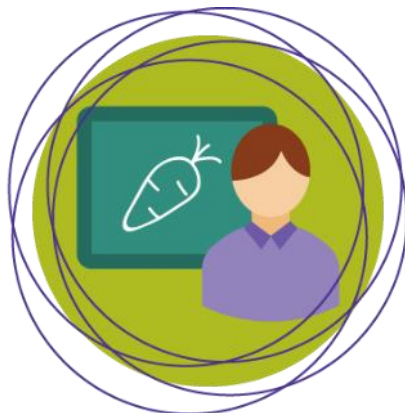
204 S High, Wilber, NE 68465
Phone: 402-821-2588
Fax: 402-821-3319 E-mail:
salinewellness@gmail.com

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

Log onto the Wellness webpage online to review meeting minutes, Wellness newsletters, annual Program document and Fitness Center information.



UPCOMING WELLNESS CLASS



“Sneaky Sodium”

Wednesday, November 8th at 5:30 p.m. in the Extension Room.

The Wellness Committee has arranged for this November Wellness & Nutrition presentation to be held on Wednesday, November 8th at 5:30 p.m. Madonna Fit-for-Work will be presenting. Every effort will be made to record this

class for future use if allowed by the presenter. *-end*

2018 HEALTH FAIR

There is being formulated tentative dates for the 2018 Employee Health fair. We have scheduled these for February 20-21, 2018. Likely locations and times for the Health Fair will be the following:

- February 20, 2018 at the LEC from 5:00 am – 8:00 am
- February 21, 2018 in the Assembly Room at the Courthouse from 5:30 am – 8:00 am. *-end*

2017 FLU SHOT UPDATE

- **UPDATE:** 88 Saline County employees and/or family members participated in the flu shot clinic this year. In 2016, we had 64 take part in the clinic. *-end*

“MEALS FOR ONE”

Are you a frozen dinner or take-out connoisseur? Need some help with healthy work lunches? Join registered dietitians Lisa Graff & Katie Jones of Madonna for a fun evening preparing MEALS FOR ONE on Thursday, November 9th! Bring yourself; leave with FIVE complete meals: Pita Pizza, Burrito Bowl, Cashew Chicken, Beef Stroganoff and Firecracker Salmon! (*See separately attached flyer for more info...*) *-end*

NOTE: Articles found in this newsletter are for informational purposes only and are not intended as medical advice. For further information, please consult a medical or legal professional.