



# Saline County Employee Newsletter

## HERE'S HOW TO ENJOY CAFFEINE THE HEALTHY WAY!

by Robyn Whalen—Total Wellness Health

If a hot cup of coffee is the first thing you think about after waking up in the morning, you're not alone! According to research from Villanova University, about 90% of Americans consume caffeine in one form or another every single day. With more than half of American adults consuming more than 300 milligrams of caffeine each day, caffeine consumption isn't dying down anytime soon.

For many full-time employees, consuming caffeine is an easy way to get a quick jolt of energy and feel more productive in the office. However, choosing unhealthy caffeinated beverages or going overboard with caffeine can lead to some negative health consequences – which is why it's important to make healthy choices when getting your caffeine fix. Below are five tips to help you enjoy caffeine without it disrupting your health:

**Watch out for sugary drinks.** Many specialty coffee shops or restaurants offer a wide selection of coffee and other caffeinated beverages. And although these drinks might be delicious, many of them are loaded with added sugars and contain more calories than you might think. *(Continue on page #2...)*

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FLOWERS



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## ENJOY CAFFEINE THE HEALTHY WAY—CONT. FROM PG #1

For example, the Cinnamon Roll Frappuccino Blended Coffee from Starbucks contains a whopping 85 grams of sugar, along with 510 calories. Keep in mind that the AHA says the daily sugar recommendations is twenty-five grams for women and thirty-seven and a half grams for men. Other caffeinated beverages like energy drinks and sodas are also loaded with sugars and contain added chemicals. These sugary beverages cause your blood sugar levels to spike and drop rapidly, which can lead to a sugar crash and cause you to crave even more sugar. Ordering tea or a regular coffee with milk and creamer is a much healthier option that contains little to no sugar.

### **Make your coffee healthier.**

According to the National Coffee Association, 64% of U.S. consumers drink coffee on a daily basis. It's one of America's most popular beverages! And while studies have shown that one to two cups of coffee a day can have some awesome health benefits – like increased metabolic rate and a big dose of antioxidants – adding loads of sugar, syrup, and heavy creamers transforms coffee from a healthy choice into a very unhealthy choice. To keep your daily coffee as healthy as possible, try to avoid adding large amounts of artificial sweeteners, refined sugar, and artificial creamers. Brewing your coffee at home is an easy way to make sure you know exactly what's in your coffee!

### **Know the guidelines.**

Going overboard with caffeine can lead to some health consequences, like jitteriness, anxiety, heart palpitations, insomnia, nausea, and dizziness. To be safe, it's best to stick with the recommended guidelines for caffeine consumption to avoid the risk of a caffeine overdose. According to Mayo Clinic, up to 400 milligrams of caffeine a day appears to

be safe for most healthy adults. This is equivalent to about four cups of brewed coffee. It's also important to know that caffeine can sometimes interact with certain medications, including thyroid medication and antidepressants. Always check with your doctor to determine a safe amount of caffeine intake and be sure to check the labels on any caffeinated beverages to determine how much caffeine they contain.

### **Drink caffeine after a meal.**

While it's tempting to start off the day with a cup of coffee, it's better to wait until you have some food in your stomach. Drinking caffeine on an empty stomach can potentially cause damage to your stomach lining and lead to indigestion and heartburn. This is because coffee jumpstarts your stomach's acid production. Caffeine on an empty stomach can also suppress your appetite, causing low blood sugar and caffeine cravings. Be sure to eat a nutritious breakfast or snack before your morning cup of coffee.

### **Set a cut-off time for the day.**

It's no secret that caffeine can disrupt your sleep cycle. Although a late afternoon latte might sound tempting after work, it's best to set a cut-off time for caffeine. Most experts suggest not consuming any caffeine for at least four to six hours prior to bedtime. If you really need a late afternoon energy boost, try exercising, meditating, or snacking on some fruit.

Sipping on some coffee is a delicious way to feel more productive (and a lot less grumpy!) at work. By making some healthy choices, caffeine can be a safe and healthy way to get the energy you need to get started in the morning. So, go ahead and sip on that coffee – and get ready to rule the day! *-end*

## ONLINE LEGAL RESOURCES

Continuum EAP's online resources includes a library of 100+ free fillable legal forms, including:

- Wills/Living Trusts
- Bill of Sale
- Rental Agreements
- Promissory Note

To get started, visit [4continuum.com](http://4continuum.com) and click "MEMBER LOGIN" at the top of the page. Not sure of your company's unique username and password? Contact HR or give Continuum a call.

## WELLNESS QUESTION OF THE MONTH

*"Which of the following most accurately represents the recommended daily sugar intake in ounces for both women and men respectively?"*

- A. .52 oz and 1.0 oz
- B. .88 oz and 1.32 oz
- C. 1.25 oz and 1.77 oz
- D. 2.20 oz and 3.55 oz

BONUS: 25 WELLNESS POINTS for correct answer

*\*Answer to the April Question: "D. 60%"*

Email your name and correct answer to: [salinewellness@gmail.com](mailto:salinewellness@gmail.com)

*\*Answers must be received prior to the subsequent month's newsletter distribution.*

## THE ART OF ASKING FOR FEEDBACK

CONTINUUM EAP



Don't wait for feedback from your supervisor. Instead, ask for an "assessment" regarding projects and assignments. Preface the request with your goal.

*E.g., "I want my monthly presentations to department heads to be engaging and effective. Can you assess this*

*morning's presentation?"*

This approach is more likely to produce the feedback you want. A less specific request such as, "Can you give me feedback?" risks a more general response like, "You're doing fine. If there is a problem, I will let you know." —end

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## PREVENTING FALLS—ON THE JOB & AT HOME

As you start tackling those spring projects, e.g., washing windows, fixing leaks, cleaning gutters, and trimming trees, be sure to protect yourself against falls. Falls are the third-leading cause of accidental death and the most common cause on construction sites; about 350 U.S. employees die each year because of falls on construction sites.

Here are some important tips to help prevent falls:

**Plan the work** — Know the tools/assistive devices you need. Failure to do so will have you "taking chances" by performing the task improperly rather than going to get needed safety equipment.

**Knowledge is key** — Don't try, or allow co-workers or those you supervise, to perform tasks without proper training on safety equipment. —end

## EAT SLOWER FOR A SMALLER WAISTLINE—

SAFETYANDHEALTHMAGAZINE.COM

Fukuoka, Japan — Does your busy schedule mean you often grab a quick meal before heading off to the next meeting or activity? New research shows that eating more slowly – and not snacking after dinner – may help you lose weight.

To determine the effects of lifestyle habits on body mass index and obesity, researchers at the Kyushu University Graduate School of Medical Sciences analyzed data from health checkups and insurance claims of nearly 60,000 Japanese people with Type 2 diabetes. During the checkups, patients answered questions about the speed at which they eat, and when.

At the start of the study, 22,070 participants reported eating quickly, 33,455 described their eating speed as normal and 4,192 said they took their time. Of these groups, slower eaters had a lower BMI, smaller waist circumference, and the lowest percentage of people who were obese. Faster eaters recorded the highest numbers in all those categories.

The researchers concluded that eating more slowly, not eating dinner within two hours before sleeping and not snacking after dinner are linked to reductions in BMI.

The researchers also noted that people who eat quickly may keep eating until they feel full despite reaching an adequate amount of calories. This combination of eating quickly and overeating could contribute to weight gain. Excess weight and obesity can trigger diseases such as diabetes, cardiovascular disease and some forms of cancer, studies have shown, while regulating body weight can help lower the risks. –end



## FEELING THE STRAIN?

- SAFETYANDHEALTHMAGAZINE.COM

Eyestrain is a common condition that can develop from reading for long periods without taking breaks to rest your eyes, exposure to bright lights or glare, straining to see when it's too dim, having an underlying eye condition, or being overly stressed or fatigued. According to the Mayo Clinic, symptoms include tired, burning, itchy, watery or dry eyes; double vision; sensitivity to light; and difficulty concentrating. Eyestrain also can cause headaches as well as back, shoulder and neck pain.

### Steps to take

Employees who have jobs that require them to work on computers for two or more hours in a row every day are at the highest risk of eyestrain. If job tasks entail heavy computer use, the Mayo Clinic recommends the following tips to help prevent eyestrain:

- **Don't forget to blink.** Blinking produces tears that will moisten and refresh your eyes.
- **Give your eyes a break.** Regularly look away from your monitor by following the "20-20-20 rule": Every 20 minutes, look at an object about 20 feet away for a minimum of 20 seconds.
- **Be mindful of lighting and glare.** Lights that are too bright or create too much glare can strain your eyes and make it difficult to see your monitor, the Mayo Clinic states. The worst offenders are light sources above or behind you, as well as fluorescent lighting and sunlight. To avoid these issues, try using an adjustable desk lamp, close the blinds or shades to prevent glare, and avoid putting your monitor directly in front of a window or white wall. Consider using an anti-glare cover for your computer screen.
- **Ensure your monitor is adjusted properly.** It should be directly in front of you, about an arm's length away, with the top of the screen at or just below eye level.
- **Make it easy on yourself.** Are you struggling to read small fonts? Adjust your computer's type size so it's easier to read. –end

## WORK STRESS IS KEEPING PEOPLE UP AT NIGHT



*Menlo Park, CA* — Does worry about work keep you from getting a good night’s rest? Forty-four percent of respondents to a recent survey said work-related stress causes them to lose sleep.

In the survey, conducted by finance staffing firm “Accountemps”, respondents cited overwhelming workloads, lingering business problems and strained relationships with co-workers as the leading reasons for loss of sleep.

Overall, 15 percent of workers said they lost sleep over work “very often,” while 29 percent indicated they lost sleep “somewhat often.”

### **Other findings:**

- 57 percent of respondents ages 18 to 34 reported losing sleep, compared with 45 percent of workers ages 35 to 54 and 29 percent of those 55 and older.
- Half of men and 40 percent of women reported losing sleep.
- Respondents in Miami (65 percent); Nashville, TN (59 percent); and New York (55 percent) had the highest rates of sleeplessness among 28 larger cities surveyed. Professionals in Washington (34 percent), Cleveland (27 percent), and Minneapolis (24 percent) had the lowest rates.

“Work stressors can often follow you home, but try to check them at the door,” Accountemps Executive Director Michael Steinitz said in a March 7 press release. “If you have too much on your plate, schedule time with your manager to discuss possible solutions to alleviate the pressure.” *–end*

### **BUILDING RESILIENCE: Finding time alone**

“Alone time” is time engaged in a solitary, uninterrupted, and satisfying behavior or activity that provides you a psychological boost. The goal is feeling refreshed despite a schedule of tightly woven work and home responsibilities. Single parents, caregivers, or those with busy jobs and chain-linked to-dos can find it difficult to schedule regular alone time. It’s easy to see alone time as only a “nice-to-have” activity or to avoid it altogether out of fear or guilt. However, alone time is a tool — a resiliency strategy — that can help you manage stress better, increase energy, and provide a positive point to focus on while you are under stress in the present. Continuum EAP can help you map an alone time strategy so you can reap all the positives alone time can bring for you and those around you.

APRIL—JUNE, 2018  
- NIRMA ONLINE  
UNIVERSITY CLASS

This quarter offers the following NIRMA Online University course in which to earn 75 Wellness incentive points by successfully completing the following offering:

- ◆ “Smoking Cessa-  
tion”

\*Next Wellness Committee Meeting: Tuesday, June 19, 2018 in the Assembly Room, 8:30 a.m.

\*Next Safety Committee Meeting: Wednesday, May 30, 2018 in the Courthouse Assembly Room, 8:30 a.m.

#### WELLNESS COMMITTEE

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committees/wellness.html](http://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.



## GEAR UP NOW FOR “100 MILES IN 100 DAYS” SUMMER CHALLENGE



It’s time to invest in a new pair of steppers! If you haven’t walked all winter, now might be a good time in preparing to start.

Beginning next month, “Walk, Jog or Run 100 Miles in 100 Days” and you can earn 100 or more Wellness Points!

This annual summer challenge will begin this year on June 8, 2018 and end on August 15, 2018. Be on the lookout in the June employee newsletter for rules, guidelines and a tracking sheet. *-end*

## 2018 WELLNESS PROGRAM REMINDERS

The Wellness Committee would like to remind all employees participating in the annual Wellness Program of the following points that are both helpful to the Committee and would provide situations where submitted values are sure to be accepted; avoiding unreadability or incomplete data entries:

- All exercise points will be entered into the provided calendar in the Wellness booklet. Any documentation outside of this may not be counted by the Committee.
- All exercise points placed in calendar blocks are to have 1) type of exercise, 2) time devoted and 3) points earned for that day; and 4) readable. Use a legend if helpful.
- Keep the booklet in one piece; avoid the reinvention of the booklet by creating another. It will not be reassembled or used.

Thank you for your help. It is much appreciated. *-end*

## WELLNESS INCENTIVES

Congratulations to all those who participated and were successful in their individual goals for 2017. The Wellness Committee has compiled all the information needed to extend all earned incentives, hopefully by the middle of this month.

Regardless of the enticement or points earned by individuals, the truest value is found in the health of ALL employees working together for the betterment of our collective group. Keep up the good work—think healthy, live healthy and extend healthy habits to one another. *-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.*