



Saline County Employee Newsletter

HOW TO BE A “QUITTER”, AND BETTER FOR IT!

by Seraine Page (edited)

More than 34 million people smoke cigarettes and roughly 8 million more use smokeless tobacco. Of those 34 million smokers, over 16 million live with a smoking-related disease. Cigarette smoking causes almost one-third (or 32%) of all cancer deaths in the U.S.

Missed the Great American Smokeout?

In November of every year, smokers are invited to unite in kicking their habit for good. While quitting tobacco isn't easy, the immediate and long-term health benefits are worth the quitting struggle. While you may have missed that special, annual date to begin thinking about quitting, now is the time to start!

A few reasons to quit:

- Lower health and life insurance costs
- Can improve taste and sense of smell
- No smoky residue on clothing
- Immediately improves health
- Save money on nicotine products

(Continued on Page #2...)



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BE A QUITTER!—CONTINUED FROM PAGE #1...

Best of all, the physical benefits of quitting smoking start right away. Within 20 minutes, a person's heart rate returns to normal. In 2-3 weeks, the odds of having a heart attack lower. It also reduces the chance of developing lung cancer later in life.

Need Some Help?

The Wellness Committee wishes to encourage employees who want to quit to create a plan to quit tobacco. The following are resources available in which to create your own support network:

- **Your Doctor** – Make an appointment with your primary physician to discuss the facts and expectations when choosing to quit or not to quit.
- **Buddy System** – Team up with someone else wanting to quit with a buddy system, or find another that has earlier quit so you can gain encouragement.
- **Cessation Program** – Paid Cessation Plan via Madonna Fit for Work (See additional information about this program later in this newsletter).
- **Quitters Hotline** – 1-800-QUIT NOW (784-8669). Smokers can talk to an expert on how to develop their quitting plan. Best of all, it too is free.

Find Your Big “WHY”

This addictive habit is hard to break, so reflecting on your “why” is important. It should be specific — more than “because I should” — to feel worth following through on. When your reason to quit is big enough, you have something positive to fall back on when kicking the habit gets tough.

Try Nicotine Replacements

Some state programs offer quit aids to reduce the chances of a smoker going back to the habit. These options can be a successful part of a stop smoking plan if quitting cold turkey doesn't work for you.

- Over-the-counter options include:
- Nicotine gum
- Nicotine patches
- Nicotine lozenges

If over-the-counter nicotine replacements don't work

for you, a prescription inhaler or nasal spray might be worth considering. Again, talk to your doctor to help make the best choice for you.

Ask Your Doctor

If you're planning on quitting tobacco, it might be helpful to have backup support from a medical professional. Your doctor can present a variety of methods and help you choose which would be best for you. Additionally, there are alternatives to medication or nicotine patches, too.

Here are a few alternative options:

- Hypnosis
- Acupuncture
- Magnet therapy
- Cold laser therapy
- Quit smoking apps
- Behavior modification therapy

Ask your doctor how to minimize withdrawal symptoms, especially if your attempts to quit have been unsuccessful before.

Avoid Your Smoking Triggers

Identify what encourages your smoking habit. It's different for everyone, but if you plan in advance to have another activity to minimize the temptation, it can deviate your behavior in the right direction. Some of those triggers may include:

- Stress
- Drinking
- Certain friends
- Cigarette smoke

If possible, try to avoid or mitigate being around those triggers the first few weeks after you quit. It's always hardest during the first few weeks as your body is processing the nicotine out of your system.

Use Your Support System

Tobacco users who quit the habit are generally on edge the first few weeks. It's a difficult transition to stop smoking or other forms of tobacco, so be sure to tell your family and friends. Ask for their support and patience.

(Continue on page #3...)

“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

BE A QUITTER!—CONTINUED FROM PAGE #2

Not sure where to find support? Try these resources:

- SmokefreeTXT - Receive supportive texts during your quitting journey for 6-8 weeks. You'll get between 3-5 messages daily.
- Smokefree Apps - Two apps called QuitGuide and quitSTART are available to offer 24/7 support. Both are available for Android and iOS phones.
- Chat with an expert - Have questions about quitting smoking? Call and speak to the National Cancer Institute's trained counselors at 877-448-7848.

You don't need to feel alone in your journey to quit. Partner up with another smoker to hold each other accountable. Tell a friend or family member and ask for their daily encouragement.

Make Other Healthy Changes

Feeling fidgety because you don't have that fix in hand? It may be time to find new hobbies and implementing changes to keep your mind occupied. Here are a few ideas:

- **Try moving** - Exercise can help improve your mood and take your mind off smoking.
- **Fix your diet** - Since you won't be putting a cigarette in your mouth, it can be tempting to fill that void with food. If you do, try to make it a point to eat healthy snacks and foods.
- **Do a good deed** - Non-profit organizations always need hard workers to help out. You'll be too busy helping others that you will forget all about your desire to fill your need for tobacco.
- **Watch your savings grow** - Any time you feel like you want to run out to buy tobacco, put the cash into a clear jar instead. Once it's full, empty it and treat yourself with the savings.

If stress always has you turning to a can of chew or pack of cigarettes, look at other positive ways to relieve stress naturally. Your health — and your wallet — will thank you.

Finally, Don't Give Up

This physical addiction is a tough one to give up. For many people, the quitting process can come with unpleasant side effects — including moodiness. If your plan wasn't working, switch it up and try again. Positively confirm your quit status, too. Instead of saying, "I'm quitting," you can say: "I don't smoke" or "I'm not a tobacco user." It confirms in your mind that you've already stopped the habit. *-end*

MADONNA FIT FOR WORK TOBACCO CESSATION PROGRAM

For County employees who wish to support their decision to “kick-the-habit”, yet feel additional support would be helpful in the form of a tobacco cessation program, the **Wellness Committee is offering, through June 30, 2020, to fund the \$150 cost of this** program offered through Madonna Fit for Work. The Madonna “Fit to Quit” program is effective with all forms of tobacco use—from cigarettes to smokeless varieties. *(See flyer on page #4...)*

If interested, please contact Caitlin Orth at Madonna and let her know of your interest as a Saline County employee to participate. Phone: 402.413.3937, or via email at corth@madonna.org. *-end*



TOBACCO CESSATION

Fit to Quit: Individual or Group Tobacco Cessation Program

Fit to Quit offers a tobacco cessation program designed to help individuals be successful in stopping tobacco use. Participants enrolled in the Fit to Quit program will:

- ➊ Better understand the reason they smoke.
- ➋ Understand benefits of stopping tobacco use.
- ➌ Select a quit date.
- ➍ Create a plan for action.
- ➎ Identify the individual barriers and create solutions to cope and prevent relapse.

The focus is not only on short-term strategies for success, but also on the importance of long-term self care. Participants will have a greater understanding of the emotional, physical, psychological and situational factors that sustain tobacco use. The Fit to Quit program is effective with all forms of tobacco use - from cigarettes to smokeless varieties.

TOPICS COVERED IN THE FIT TO QUIT PROGRAM

Becoming Tobacco Free

- Understanding current tobacco habits
- Assess behavior change
- Understand chemical and physical addictions
- Benefits of quitting for you and those around you

Preparing for Quit Day

- Set a quit day
- Establish an action plan
- Identify your support network
- Understanding triggers/urges

Motivational Strategies

- Staying motivated
- Barriers and solutions
- Evaluate your action plan

Living Healthier

- Eating healthy
- Physical activity
- Establish personal wellness goals

Stress Management

- Coping methods
- Keeping perspective

Quitting for Good

- Tips for success
- Dealing with "falling off the wagon"



**MADONNA
FIT FOR WORK**
Occupational Health and Wellness
5633 NW 1st St, Lincoln, NE 68521 | 402-420-0002

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 and click "MEMBER LOGIN" at the top of the page. Use Saline County username and password. Contact HR for login information or give Continuum a call if experiencing difficulty.

***Next Wellness Committee Meeting:** Monday, December 16, 2019 in the Courthouse Conference Room, 8:30 a.m.

***Next Safety Committee Meeting:** Wednesday, February 19, 2020 in the Courthouse Conference Room, 8:30 a.m.



WHAT'S BETTER: ELIPTICAL OR WALKING?

BY EMILLY ABBATE

You don't have to hammer through a high-intensity interval training (HIIT) session or go out and crush a 10-mile run to get in a good workout. There are plenty of activities that offer a low-impact form of cardio, including both walking and the elliptical machine. Both activities can potentially strengthen your heart and reduce the risk of heart disease. Regardless of your method, you should be aiming for 2 1/2 hours of moderate-intensity cardio every week.

But which of these two modalities is actually better for your body and an overall better workout? Here, the experts weigh in on the pros and cons of using the elliptical versus going for a walk.

For Convenience? The Winner: WALKING

The great thing about walking is you can do it anywhere, anytime. "When it comes to choosing a workout, convenience can sometimes be more significant than anything else," says Caleb Backe, certified personal trainer and health and wellness expert at Maple Holistics. "There's a low barrier to entry, you just need a good pair of walking shoes." Whether you're traveling and don't have access to a gym or are looking to up your step count at the office, walking is the perfect way to fit more movement into your daily routine.

For Calorie Burn? The Winner: ELLIPTICAL

A 150-pound individual will burn 459 calories during 45 minutes on an elliptical versus 145 calories walking 3.5 miles per hour at a brisk pace, according to MyFitnessPal's calorie calculator. It's important to note this calorie burn can vary greatly, depending on the intensity of your effort on the elliptical or on the open road.

Also worth noting: The elliptical can offer a full-body workout if you use it as intended. "When using the handles, the arms are involved through pushing and pulling, which can increase the amount of calories burned," says Joshua Gray, a certified strength and conditioning specialist.

For Spending Time Outdoors? The Winner: WALKING

Spending more time in nature helps decrease stress, boost mood levels and more. A study published in the journal Environmental Science and Technology also found that exercising outside is associated with increased energy and greater feelings of revitalization.

For Impact on Joints/Bones? The Winner: ELLIPTICAL

While walking is nowhere near as high-impact as running, it's still higher compared to the elliptical. On the elliptical, your feet never leave the pedals, which means there's zero impact. "Walking is a weight-bearing exercise, meaning the joints have to absorb and produce force to keep moving forward," explains Gray. If you're recovering from an injury or often experience joint pain, the elliptical might be a better choice.

For Cost? The Winner: WALKING

Whether you buy an elliptical to keep in the comfort of your own home or you use one at the gym, an elliptical usually comes with a price tag. While putting money down may keep you accountable to some sort of fitness routine, that doesn't mean there isn't potential for that piece of equipment to collect dust and go unused over the years. Walking, on the other hand, is free.

The Bottom Line:

Both walking and the elliptical can be great to incorporate into your workout routine, especially if you're looking for low-impact activities. Ultimately, you should choose the type of exercise you enjoy the most, so you're more likely to stick with it. Just make sure to pair exercise with a well-balanced diet to set yourself up for lasting weight loss and overall health. *-end*

Christmas BINGO Challenge



Join us for this year's Christmas Bingo Challenge! The rules are stocked with simplicity. Using the provided game card in this newsletter, mark the tasks completed with a mark of good cheer onto that game card. For each "Bingo" you've wrapped, (across, down, diagonal) you will have gifted yourself five (5) Wellness Points. There are no additional incentives for a night of "Blackness" during this season. Work through each box of goodness with enjoyment and find blessing in overcoming some of these boxed challenges. There is the potential to sleigh up to 60 Wellness Points. *(This Challenge is on the honor system. Christmas is about nice; not naughty!)*

Return your form on or before Friday, January 10, 2020. *-end*

2020 Saline County Health Fair

**2020 Saline County
Employee
Health Fair**



Plan ahead now for the 2020 Saline County Employee Health Fair! This annual health screening provides an opportunity for you to know your personal health numbers, what the healthy ranges are, and ways to maintain or improve your health. You save valuable time and money since the screens are offered in the workplace and paid for by Saline County. AND, you receive 500 Wellness Points!

This screening is currently slated for February 11th and 12th, 2020 from 5:00 a.m. to 8:00 a.m. at both the Law Enforcement Center and Courthouse respectively.

The basic screening options will be FREE for all Saline County employees. The basic health screenings will also be free for spouses on the County BCBS health insurance group plan.

Remember, while there is no better time than now, January 1st may be the perfect time of year in which to RESOLVE to be healthier than you were last year! *-end*

Don't Use the Internet as a Doctor

With internet access at our fingertips, using online resources for answers to your health care concerns seems like a fast, reliable and cheap solution. From the rash on your leg to the swelling in your neck, "answers" to medical questions seem to be only a click away. But are they the right answers right now? If not, a delay in the right treatment could mean tragedy.

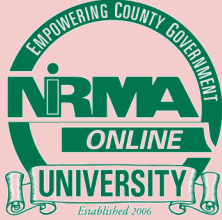
With online self-diagnosis and treatment recommendations comes big risk. Does that odd-looking red spot really match the image on Google? Talk to your doctor, and don't let fear be a roadblock to making the call. Doctors are trained in more than just examinations; they are trained in medical history, decision-making, pharmacology, psychology, prognostic indicators, and dozens of other factors. Many or all may be necessary to help you. *-end*

Merry Christmas BINGO

B	I	N	G	O
Relax and do something you enjoy for an hour 3 times each December week	Eat fresh fruit for a mid-day snack at least one day every week in December	Maintain your weight (or lose weight) during the month of December	Do strength training for at least 15-minutes 6 times in December	Avoid tobacco every day in December
Perform 20 squats or 20 push-ups into your routine for 5 days in December	Try a form of exercise you have never done before at least once in December	Volunteer your time with a church, civic organization or fundraiser in December	Drink at least eight 8oz glasses of water 3 days each week in December	Get at least 7 or more hours of sleep 5 days each week in December
Do cardio for at least 30 minutes 6 times this December	Perform a kind deed for someone in need this Thanksgiving Holiday		Exercise 30 minutes on 3 days each week during the month of December	Avoid sugary sweets for three consecutive days at least twice during the month of December
Reply with the correct answer to the December "Question of the Month"	Avoid placing a candy cane in your mouth 30 out of 31 days in December	Count each and every one of your blessings during the month of December	Avoid alcohol for five consecutive days in December	Find a healthy recipe that you've yet to try and prepare it for dinner this month
Avoid fast food for one full week in December	Avoid sitting between each quarter & during the entire half of at least one Bowl Game	Stretch for 5 minutes after waking up on 3 consecutive days every week in December	Eat 4 cups of fruits and/or veggies for five consecutive days in December	Avoid carbonated beverages for seven consecutive days in December

Name: _____

(To be returned on or before Friday, January 10, 2020)



OCTOBER - DECEMBER, 2019 —NIRMA ONLINE UNIVERSITY CLASS

The upcoming quarter offers the following NIRMA Online University course. Successful completion provides 75 Wellness incentive points by completing the following offering:

- ◆ "Eating Right for Health & Fitness"

DECEMBER QUESTION OF THE MONTH

The following amount represents the estimated number of Americans smoking cigarettes and/or using smokeless tobacco products:

- A. 8,000,000
- B. 16,000,000
- C. 34,000,000
- D. 42,000,000

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

**Accepted answers must be received prior to the subsequent month's newsletter distribution.*

WELLNESS COMMITTEE

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



2019 WELLNESS PROGRAM ENDS

NOTICE: After the close of this year, in order to claim your Wellness incentives earned in 2019, all staff members will need to returned their program booklets, and sealed medical verification forms in the envelope provided, to the Wellness Committee via Jamie Houser in the Assessor's office by end of day, **Friday, January 10, 2020.**

1. Please ensure that all **medical forms** are placed inside the smaller, **medical envelope ONLY.**
2. Please ensure that your **tobacco affidavit form** is provided in the **main document envelope ONLY.**
3. Denote the anticipated choice of incentive requested (*as found on page #26*) with the points calculated as earned. The Committee will review and tabulate final points after the 2020 Health Fair to take place in February.

You will be provided notification of the total incentive points earned by the Wellness Committee once they are tabulated.

An announced 'protest period' will be opened in order to insure proper calculation of points—Protests are intended to correct miscalculations of points. *-end*

2020 WELLNESS PROGRAM BEGINS

The 2020 year will become the testing ground for the future of the Wellness Program. The twenty-eight (28) staff members who gave indication of a commitment to use their own "Fitbit" device, or those offered/loaned by Saline County, will use the new Workwell Portal in 2020. This will allow ongoing tracking of information, activity, medical visits and other such wellness incentive items, and be easily updated on the portal by the participant or the WC; activity dependent. Communication will be extended to those individuals soon.

Yet, there remains **extra wearable Fitbit devices to be loaned to users if they are still interested in using Option #2 and the new portal** designed by Workwell. To update that change, please contact the Wellness Committee at salinewellness@gmail.com for a new application form.

Delivery of 2020 Wellness packets will be provided in late December. *-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.