

# Employee Newsletter



May, 2020

Volume 7, Issue 5

## Special points of interest:

- 100 Miles—100 Days Begins!
- 2019 Wellness Incentives are processed and now delivered.
- Quarterly Online Class/ Webinar: "Mindful Meal Planning".
- Crazy 8 Challenge Tally Sheets due by Friday, May 8th Deadline!

## Inside this issue:

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## The 'Silent Killer' - *by Seraine Page*

High blood pressure is known as the "silent killer." Often high blood pressure has no symptoms, which is why you should be screened regularly. Nearly two-thirds of people over 60 have high blood pressure. And one out of three Americans has high blood pressure.

Factors that contribute to high blood pressure:

- Stress
- Smoking
- Older age
- Genetics
- Being overweight
- Lack of physical activity
- Too much salt in the diet

### Reasons to Tackle This Health Concern Now

Preliminary studies are showing that people with high blood pressure have an increased risk of getting COVID-19. Most people with high blood pressure also have other health concerns, though.

But if blood pressure is under control without other risk factors, individuals probably are not at any greater danger, experts say. While pneumonia is the most common complication of Coronavirus, it can also damage the cardiovascular system.

Additionally, unmanaged high blood pressure can lead to heart disease, heart attack, heart failure, kidney disease, vision loss, stroke, and sexual dysfunction.

### Ways to reduce high blood pressure risk:

- Quit smoking
- Lose weight
- Limit alcohol intake
- Reduce stress
- Exercise daily
- Manage blood pressure

Lifestyle changes can help, but all changes should be done while working with a doctor. You may need medication and should be monitored regularly to see how your body is responding to the medication.

*(Continued on next page...)*

# May

*...everyone continue to be Healthy & Happy!*



## Silent Killer—continued from front page...

### Heart Disease

Heart disease encompasses a multitude of conditions that impact heart health. This includes coronary artery disease; heart rhythm problems (arrhythmias); and heart defects you're born with. More people die in the US from heart disease than any other condition — almost 650,000 in the U.S. per year, according to the CDC.

#### Factors that contribute to heart disease:

- Age
- Family history
- Diabetes
- Stress
- Physical inactivity
- Uncontrolled blood pressure
- High cholesterol levels

#### Reasons to Tackle This Health Concern Now

A third of the patients who died of Coronavirus in Italy had heart disease.

Any kind of cardiovascular condition can weaken the immune system, leaving a patient more susceptible to complications from viruses such as the flu or Coronavirus.

Adults with heart disease were among the most common individuals hospitalized during the 2018-19 flu season. Nearly half of the hospitalized adults had heart disease.

During the Coronavirus, the CDC recommends people with heart conditions stay home, wash hands often, and practice social distancing of 6-feet, clean and disinfect surfaces often, and avoid travel.

#### Ways to reduce heart disease risk:

- Get flu shots (CDC recommendation)
- Quit smoking
- Control other health conditions
- Exercise at least 30 minutes daily
- Eat a healthy diet
- Maintain a healthy weight
- Reduce and manage stress
- Practice good hygiene

Certain types of heart diseases and defects can't be prevented. But you can help prevent other types by making lifestyle changes. —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. Use Saline County username and password. Contact HR for login information or give Continuum a call if experiencing difficulty.

#### **\*Next Wellness Committee Meeting:**

The next Wellness Committee meeting will be situationally dependent—but most likely via teleconference.

**\*Next Safety Committee Meeting:** Wednesday, May 20, 2020 in the Courthouse Conference Room, 8:30 a.m.—most likely via teleconference.

## COVID-19 & Underlying Health Conditions

We all know that COVID-19 is taking center stage at the moment.

But underlying health issues are a big part of the concern for those who contract the sometimes deadly virus. People with health concerns like heart disease, high blood pressure, and diabetes are more susceptible than ever to getting ill.

#### What is an Underlying Health Condition?

An underlying health condition is a health issue that may make it more difficult to fight disease or increases the chance of getting sick.

People of various ages can have serious underlying health issues that are generally chronic in nature.

A sampling of underlying health conditions include:

- Asthma
- HIV/AIDS
- Diabetes
- Heart disease
- Liver disease
- Lupus

Based on available information, older adults and those with underlying health concerns may be at higher risk of getting COVID-19, also known as Coronavirus.

#### Health Issues in America: Why Some Employees Need to Closely Monitor Their Health

Due to COVID-19 being a respiratory virus, individuals with chronic health conditions are at a higher risk of developing a severe lower respiratory infection. This means low oxygen levels and potentially pneumonia.

These are the individuals who are currently ending up as hospitalized patients. While it's also true that young, healthy individuals are getting sick from Coronavirus, too, the immune-compromised need to be extra careful. —end



## Know Your Color—"True Color" Class



# True Colors®

Jamie Houser & Anita Novotny continue being unable to orchestrate this meeting given the current social distancing measures taking

place due to COVID-19. It will be rescheduled when appropriate whereby this event will be participatory only; with no video recording capabilities. *-end*

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April—June, 2020  
Continuum EAP Online  
Webinar Class

The upcoming quarter offers the following Continuum EAP Webinar. Successful completion provides 75 Wellness incentive points. This offering for points is limited to:

**"Mindful Meal Planning"**  
(Return Certificate by 7/10)

## Tobacco Cessation Classes Available

For County employees who wish to support a 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.



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](mailto:corth@madonna.org). *-end*

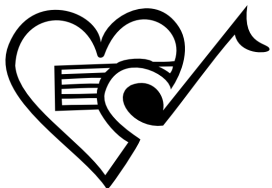
**COURAGE DOESN'T ALWAYS  
ROAR. SOMETIMES IT'S THE QUIET  
VOICE AT THE END OF THE DAY  
SAYING, "I WILL TRY AGAIN  
TOMORROW."** - *Mary Anne Radmacher*

## Crazy 8 Challenge—*Sheets due to be returned by May 8, 2020*

The 2020 "Crazy 8 Challenge" began on April 1st to challenge everyone with the eight elements found within; drinking plenty of water, getting good sleep, exercising regularly, eating nutritious fruits, vegetables and a healthy breakfast, avoiding the dangers of tobacco and carbonated beverages and finding time to enjoy a hobby or similar non-work activity.

The challenge sheet was provided within the previous month's newsletter, whereby its return will be needed in return by Friday, May 8th. *-end*

## MUSIC *can make* MORE OF EXERCISE



New studies show that upbeat, engaging and fast-paced songs can reduce the perceived effort put into workouts with endurance and cardio exercises, like running, but not so much, however, with strength-based workouts like weightlifting.

The reason? Music has been shown to have an impact on our physiological responses. This includes our emotional responses, our coordination, and our automatic and planned movements.

That means the rhythmic patterns of certain songs can empower you to perform better and engage more during low-intensity exercises. So, if you're having trouble making it through your workouts, listening to some of your favorite high-tempo, upbeat music may be just the extra push you need. *-end*

May, 2020 Question  
of the Month

Ted and Jordie will spend an entire day hiking the countryside. Ted weighs 190 lbs and Jordie weighs 130 lbs. At least how much water should the pair bring with them and thus prepared to drink for that day?

- A. 3 Quarts
- B. 4 Quarts
- C. 5 Quarts
- D. 6 Quarts

Email your chosen answer to: [salinewellness@gmail.com](mailto:salinewellness@gmail.com)  
\*25 Wellness Points for a correct answer received prior to the subsequent month's newsletter distribution.

### Wellness Committee

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

# 2020 "100 Miles in 100 Days"

DATE	Total	DATE	Total	DATE	Total	DATE	Total
1-May		27-May		21-Jun		16-Jul	
2-May		28-May		22-Jun		17-Jul	
3-May		29-May		23-Jun		18-Jul	
4-May		30-May		24-Jun		19-Jul	
5-May		31-May		25-Jun		20-Jul	
6-May				26-Jun		21-Jul	
7-May		1-Jun		27-Jun		22-Jul	
8-May		2-Jun		28-Jun		23-Jul	
9-May		3-Jun		29-Jun		24-Jul	
10-May		4-Jun		30-Jun		25-Jul	
11-May		5-Jun				26-Jul	
12-May		6-Jun		1-Jul		27-Jul	
13-May		7-Jun		2-Jul		28-Jul	
14-May		8-Jun		3-Jul		29-Jul	
15-May		9-Jun		4-Jul		30-Jul	
16-May		10-Jun		5-Jul		31-Jul	
17-May		11-Jun		6-Jul			
18-May		12-Jun		7-Jul		1-Aug	
19-May		13-Jun		8-Jul		2-Aug	
20-May		14-Jun		9-Jul		3-Aug	
21-May		15-Jun		10-Jul		4-Aug	
22-May		16-Jun		11-Jul		5-Aug	
23-May		17-Jun		12-Jul		6-Aug	
24-May		18-Jun		13-Jul		7-Aug	
25-May		19-Jun		14-Jul		8-Aug	
26-May		20-Jun		15-Jul			
<b>HOLIDAY X2</b>	<b>100-Day Total Miles Total:</b>						

SALINE COUNTY MILEAGE - TRACKING SHEET  
**100\* MILES in 100 DAYS**

\*Option #1 Users: Miles earned via treadmill, walking and/or running. (Biking/rowing calculated 2:1 against walking/running.)  
 \*Option #2 Fitbit Users: A return of data pulled from your fitbit to include miles traveled **is needed**, rather than using the above.  
**Must travel at least 100 Miles in 100 Days to qualify for points!**

NAME: \_\_\_\_\_

Please return the above Tally Sheet or Fitbit Data Sheets to the Wellness Committee on or before Friday, August 14, 2020.

**Do Nothing and Nothing Will Change!**

With spring finally here, it's time to think about spring cleaning. When most of us think of spring cleaning, we think of the traditional cleaning and organizing, but what about spring cleaning for your health?

Here are a few tips for spring cleaning, the healthy way:

**Change your workout and reduce stress**—All winter long we have been doing the same routine. Enjoy the nice weather and move your routine outside! Take a brisk walk or go for a bike ride. Cool down after the workout by slowing down to listen to the birds and observe plant and wild-life along the way. Look to see what flowers, grasses and other plants are along your route. Use these cool-down times to plan your next workouts, home activities and best of all, relax to help reduce stress.

**In with the new and out with the old**—This is a good time to go through the refrigerator and throw away all the expired foods. Check the expiration dates on jars, cans and staples such as condiments and salad dressings to make sure you are not exceeding the expiration dates. Outdated food items are not always safe to eat even if they do not appear to be spoiled. Spices and other shelf items also expire, due to the natural oils in the products becoming unstable in changing room temperatures from summer to winter and back to summer.

**The truly natural cleansing tool**—Drinking water is absolutely vital to good health. It is important that you drink water before you actually feel thirsty. Try adding fruit or even cucumbers to the water. This will help give it some flavor without a ton of calories. Your goal should be to take half your body weight, and drink that amount in ounces of water per day. Of course, coffee, alcohol and soda pop do not count because they are overall very dehydrating to your body. If you have trouble drinking 8 ounces of water at a time, try drinking water in 4- to 6-ounce quantities more often.

**More matters**—It's not often we say the more the better; however, when it comes to fruit and vegetable intake, more matters. Plus, it's also the perfect time of the year for fresh produce. Keep an open mind and be willing to try new products along with new combinations. —end

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## Intervening WITH A TROUBLED TEEN

“Toughlove” by Phyllis and David York

Most parents do the best job they can raising children, but any expert will tell you that it also takes a bit of luck. If you are slowly adapting to increasing behavioral problems of a teenager, don't dismiss the idea of engaging with a professional to help you identify a path to correct defiant or oppositional behavior.

In the 1980s, a worldwide movement of parents helping parents emerged based on a book called Toughlove. Decades later, many of its ideas remain standard fare as tools for helping parents reassert and recapture control over their homes, parenting effectiveness, and a better relationship with their children.

Start by contacting Continuum EAP. Their professional counselors can assess the situation, help you create a plan of action, and connect you to the appropriate services and resources. —end

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## The MECHANICS of Making Deadlines



Don't allow the quality of your work to suffer by missing deadlines. Meeting deadlines is an acquired skill with two influences — motivational and mechanical.

**MOTIVATIONAL** — Agree on the deadline with your partner (recipient of the work). Next, commit to the deadline. Then, acknowledge and empathize with the direct and indirect consequences of not meeting the deadline. Make an accountability pact — allow your partner to contact you at any time about progress.

**MECHANICAL** — Know how much time each part of your project will take. Divide it into mini-deadlines. Adopt an early completion point (your buffer). Success will reinforce your on-time habit, and a positive reputation will follow. —end





**Saline County Nebraska  
Wellness Committee**

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**“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits and attitudes contributing to their positive well-being.” - Saline County Wellness Committee**

*\*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.*

## 2019 Wellness Program Closeout

By now, the Wellness Committee should have nearly concluded the delivery of earned incentive gift-cards, and/or thus provided notification of those incentives and earned leave-time to Department Heads and the Payroll Clerk in association with the 2019 Wellness Program.

Please alert a Wellness Committee member of any outstanding issues relative to the previous year's program, or call 821-3900 to discuss those in detail if a quick comment or email won't suffice. *-end*

## 100 Miles in 100 Days—*Summer Challenge Begins!*

Winter is OVER! But the Pandemic is not. Even still, now will be a good time to get outside and enjoy the weather, while cautiously observing social distancing at the same time. It's doable! The landscape is large enough to accomplish that both tasks.

Beginning May 1st, Walk, Jog, Run, Bike or Row the “100 Miles in 100 Days” Challenge to stay in shape and work off the “Netflix Flab”.

Begin today on your journey through spring and summer using this event to instill motivation, enabling you to earn 100 or more Wellness Points in the process!

This annual summer challenge will begin this year on May 1st, 2020 and end on August 8, 2020.

### Rules/Guidelines:

- You **MUST** complete a minimum of 100 Miles to earn 100 or more Wellness Points.
- **Option #1 Participants:** Daily work related miles walked are not to be included in your mileage tally if you are a Wellness Program Option #1 Participant.
  - If you are biking or rowing, 2 Miles on bike/rowing machine is equal to 1 recorded Mile.
  - Record Double-Miles on holidays that occur during this Challenge.
  - Make sure to record your time devoted to exercise while participating in this challenge in your Wellness Booklet.
- **Option #2 Participants:** Wearable Data will be used instead of the tally sheet within this newsletter.
  - Submit your miles in the form of your printed data sheet or attached via email in CSV or Excel format as provided from your wearable device. These data sheets are to be submitted to the Wellness Committee for recording purposes.
  - No Double-Miles are accepted for holidays that occur during this Challenge.
  - Challenge Data sheets should not be confused with the normal submission of Steps through MyVia at the end of each month.
- Did more than 100 Miles? AWESOME! Earn ONE extra point for EACH additional mile completed over 100!
- Return completed challenge or data sheets before the end of the day, Friday, August 14, 2020.

Questions regarding the challenge can be directed to any wellness committee member.

**Remember:** You do NOT have to walk one mile each day, you just need to complete a total of 100 miles by August 8th to qualify for points earned.

Happy Travels! *-end*



**“When the freedom they wished for most was freedom from responsibility, then they ceased to be free.” – Edward Gibbon**