

Employee Newsletter



Special points of interest:

- **Annual Flu Shot Clinic— Wednesday, October 14: Deadline to Signup within days!**
- **New Quarterly, Online Class/Webinar: "Letting Your Emotions Interfere with Eating"**
- **Happy All Hallows' Eve!**

October, 2020

Volume 7, Issue 10

Take Control of Cholesterol - *Madonna Fit-for-Work*

DO IT NOW, BEFORE THE HOLIDAYS!

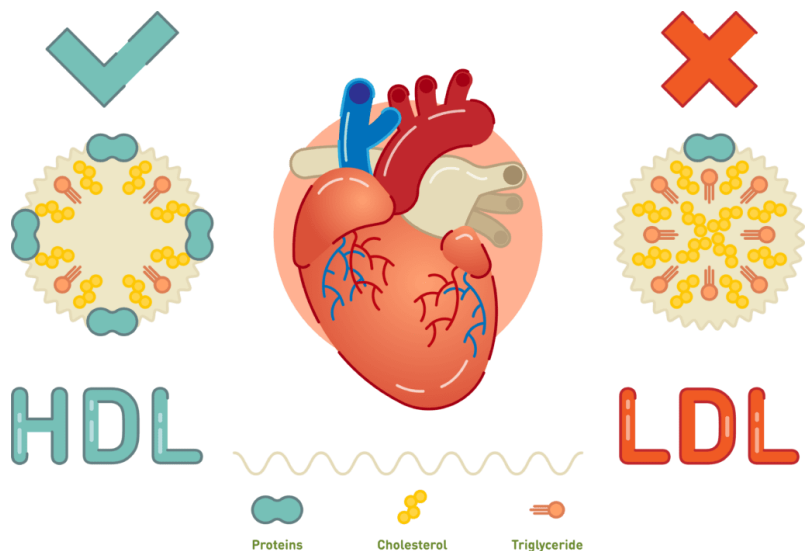
Cholesterol is a waxy, fat-like substance found in every cell of our bodies and is needed for important functions such as vitamin D and hormone production. The body naturally produces all of the cholesterol needed for these tasks. Cholesterol is also found in foods from animal sources such as; egg yolks, meat and cheese.

Having too much cholesterol can combine with other substances in the blood to form plaque. This plaque can stick to the walls of our arteries and can build up over time. This buildup is called atherosclerosis. It can lead to coronary artery disease meaning the arteries become narrow or even blocked.

There are different types of cholesterol: very low-density lipoprotein (VLDL), low-density lipoprotein (LDL) and high-density lipoprotein (HDL). LDL is the "bad" cholesterol deposited along artery walls and can increase the risk of heart problems. HDL is the "good" cholesterol: it protects against heart disease by carrying the cholesterol to the liver where it is excreted by the body. Unlike other types of cholesterol, with HDL, the higher it is, the better. Many consider VLDL as another "bad" because it can also contribute to the buildup of plaque. VLDL and LDL are different. VLDL mainly carries triglycerides and LDL carries cholesterol. *(Continued on page #2...)*

Inside this issue:

Take Control of Your Cholesterol	1,2
Best & Worst Candies for Your Health	2,6
"Distancing" - Calm Under Pressure	3
Newest Continuum EAP Webinar	3
October Question of the Month	3
When Tragedy Strikes	3
Where you Gain Weight	4
Saline County Flu Shot Information	5
Plan Now for Your Annual Flu Shot	6





Cholesterol Control— cont. from page #1

High cholesterol is mostly caused by having an unhealthy lifestyle. This can include; unhealthy eating habits, lack of physical activity and smoking. Eating unhealthy foods includes eating foods high in saturated fat found in meats, dairy products, chocolate, baked goods, deep-fried foods and processed foods. Trans fats in fried and processed foods can contribute to raising our LDL cholesterol. HDL is affected by an excessive amount of sitting and little exercise. This can lower HDL levels. Smoking lowers HDL cholesterol, especially in women. It also raises your LDL cholesterol. Our genetics can play a role as well but mainly our choices control our cholesterol profile.

Eating a diet full of fiber, unsaturated fats, fruits, vegetables and whole grains may improve our cholesterol profile along with regular exercise. Losing weight and stopping smoking can play a large role as well. Consult your physician on how best to improve your cholesterol levels. Poor cholesterol control can lead to detrimental health issues. Luckily, controlling your cholesterol is mostly in your hands! -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 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 is yet TBD.

*Next Safety Committee

Meeting: Wednesday, November 11, 2020 in the Courthouse Conference or Assembly Room, 8:30 a.m.

The 6 Best, and 5 Worst Candies — Jessica Migala

In the midst of the COVID-19 pandemic, you may find that your cravings for sweet foods are going haywire, and scientifically speaking, it makes sense. Sweet foods activate the reward centers of the brain and lessen the body's stress response, according to an article published in April 2016 in *Stress*.

When the holidays roll around, starting with Halloween, these temptations can become nearly ubiquitous. Amy Gorin, RDN, owner of Amy Gorin Nutrition in Jersey City, New Jersey, admits that given this reality, indulging can be difficult to resist. "That's why it's best to have an action plan in place to enjoy the candy in moderation," Gorin adds.

Plus, there's the fact that reaching for candy to satiate a sweet tooth may be in your genes anyway, according to a study published in May 2017 in the journal *Cell Metabolism*. Another review, published in January 2016 in the *Journal of Consumer Psychology*, suggested that planning for these indulgences may help you stick to healthy eating habits. So go ahead and embrace the sweet season — just do it in a smart way.

First, put candy out of sight, like in the back of your pantry, or in the freezer, says Gorin. When it's not staring you in the face, "you're not constantly tempted by it," she says. Eating it as a planned part of dessert rather than when you're running around or doing other things — like working, or driving in the car — will help you truly enjoy it. Of course, you can and should enjoy festive candy, but there comes a point where it loses its luster and you may be eating it out of habit, so get rid of it after a week, Gorin advises.

Above all else, choose what you like best. (Yes, even regardless of the best and worst choices below!) If you truly enjoy what you're eating, you'll be satisfied by it. That means don't let "fat-free" labels or calorie counts sway you from what you truly know you want. Mia Syn, RDN, who's in private practice in Charleston, South Carolina, puts it simply: The best candy choice is the one you can eat and enjoy in moderation.

Now onto the sweet stuff. Here are the healthiest (and least healthy) candies, per Gorin and Syn:

The 6 Healthiest Candy Options

1. UnReal Milk Chocolate Gems—"I'm really impressed with these," says Gorin. "The candy contains no artificial flavor or color, and the coloring comes from natural sources, like hibiscus and turmeric." Because these contain a fair amount of sugar, though, you'll want to stick with the mini 0.42-ounce (oz) bags, which are available on Amazon and make the perfect single serving. (What's Inside 140 calories per oz, 7g fat, 4.5g saturated fat, 18g carbohydrate, 15g sugar, 3g protein)

2. Endangered Species Dark Chocolate Bites—These chocolates are low on the sugar scale, and two squares contain 3 grams (g) of fiber, too. That's because the high level of cocoa (88 percent) means the the sugar content is lower. What's more: "Research shows regularly eating a small amount of dark chocolate may help heart health by lowering risk of heart disease and stroke," says Gorin. But again, be sure to enjoy in moderation, as these treats also contain saturated fat, which can instead be harmful to your heart if eaten in excess, according to the American Heart Association. The organization recommends taking in no more than 13 g of saturated fat per day. (What's Inside 120 calories for two pieces, 9g fat, 6g saturated fat, 8g carbohydrate, 2g sugar, 2g protein)



**October-December, 2020
Continuum EAP Online
Webinar Class**

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

"Letting Your Emotions Interfere with Eating"
(Return Certificate by 1/8/21)

**October, 2020 Question
of the Month**

Whether your eating "Peanut M&M's" or "Candy Corn", what within your body decides the form in which all that sugar is stored?

Answer:

Email your answer to:
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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Use "distancing" To Think Calmly Under Pressure—*Continuum EAP*

There is another kind of distancing worth knowing about: "distancing" as a job skill, and a means of functioning well under pressure. Distancing is the mental task of separating oneself emotionally from severe interactional stress (e.g., a verbally irate customer) so you maintain focus on a task. Navy Seals learn this skill.

To develop the distancing skill, take a deep breath when under pressure; acknowledge the situation ("OK, the pressure is on. I can do this."); challenge yourself to be calm and visualize calmness; and focus on positives and the temporary nature of the event. Employers value workers who can perform well under pressure. And now, YOU know how to do it. —end

Find the answer with this **BRAINSTORMING TOOL**

Brainstorming is powerful stuff. A group of people gather to find a solution by generating ideas without filtering, qualifying, judging or feeling embarrassed about wild ideas. Now there is an online resource that can help do the same thing, and you don't need others to use it.

The "fast idea generator" tool can be found at www.nesta.org.uk/toolkit/fast-idea-generator. The worksheet prompts you to think differently in order to help you create ideas to solve problems.



**"I've seen enough horror movies to know that any
weirdo wearing a mask is never friendly."**

— Elizabeth, *Friday the 13th Part VI: Jason Lives (1986)*

When Tragedy Strikes—*Continuum EAP*

There are best practices for coping with tragedy, in your personal life and in the workplace; communication and understanding are crucial for all of them.

1. Healing and recovering from the emotional effects of the event can take time. Proactively talk with others about your experiences and how you are feeling. Don't let yourself become isolated, maintain connections with your friends, family and co-workers.
 2. We all react differently to stress and grief. Do not judge others' reactions. There is no "correct" way of reacting to tragedy. Each person is unique, and the reasons why are complex.
 3. Take care of yourself. Healthy practices such as eating well and getting enough sleep are especially important in times of high stress.
 4. Maintain your normal routine as much as possible. These will help you to feel as though your life has some sense of order
 5. Be patient with yourself and others. Tragic events can adversely affect focus and performance.
 6. Use Continuum EAP resources to help you bounce back and address the impacts of the tragedy.
- end

Where You Gain Weight...—*Sidney Fry, MS, RD*

...Depends on Several (Uncontrollable) Factors

Our bodies tend to favor storing fat in certain places over others. How and where we store fat depends on many different factors including gender, height and weight, as well genetics and how many adipocytes (fat cells) we have in certain areas of the body.

Men and women store fat differently; it's likely why we gain or lose pounds or inches differently, too. Age, stress, hormone balance, genetics and lifestyle all play a role as well. To better understand why some of us have a tendency to gain weight in our bellies while others tend to store more fat in their thighs, let's take a deeper look into how, where and why our bodies store fat in the way they do.

GENDER AND ACTIVITY

Our sex hormones — estrogen and testosterone — play a big part in fat storage and are the reason men and women have such different body shapes. Overall, women tend to have a higher percentage of total body fat — on average about 7–10% more than men. Women also tend to store more fat in their “gluteal-femoral” region (aka hips and thighs), whereas men tend to have more visceral fat (aka belly fat) and are more likely to store fat in their abdomen.

Testosterone has a large influence on body fat composition and muscle mass. As men age, their testosterone levels begin to decrease. It's no coincidence that around the same time testosterone levels decrease, those beer bellies are more likely to emerge. The same is true for estrogen in women. Estrogen helps regulate metabolism and body weight. As women age and go through menopause, estrogen levels decrease; metabolism subsequently slows down and it's harder to maintain weight.

Both men and women also generally become less active and able to do certain high-intensity workouts as they get older. Not getting enough regular exercise and losing muscle mass can translate to weight gain.

INSULIN

Insulin is another fat-regulating hormone released into the bloodstream after we eat to help lower blood sugar. It works by transporting glucose out of the blood and into our body's muscle, fat and liver cells to be stored as glycogen and used as energy. However, the body has a maximum capacity on glycogen storage and once that capacity has been reached, it shifts into fat storage. In other words, insulin decides whether or not extra glucose gets stored as fat. If we lower the amount of sugar and refined carbohydrates in our diet, we lower our chances of maxing out our glycogen stores and needing to stockpile our fat stores, leading to less fat storage overall.

TYPES OF FAT

There are two types of fat — subcutaneous (more obvious to the naked eye, located directly under the skin) and visceral fat (located in the abdomen that surrounds and pads the spaces between our vital organs). You can grab subcutaneous between two fingers (under the arm, between the thighs, etc); visceral fat, however, is much more difficult to detect and see with the naked eye and is more dangerous; it's linked to increased risk for heart disease, Type 2 diabetes and even certain cancers.

People with “pear” body shapes tend to store subcutaneous fat in the lower extremities (hips, thighs, buttocks). Those with “apple” body shapes tend to store visceral fat in the upper region (belly and chest). Even if you're thin you can still have visceral fat around the belly region.

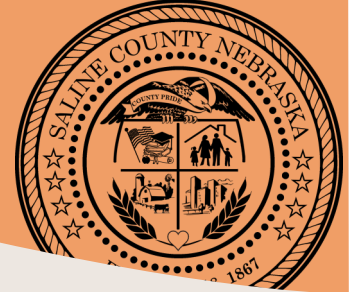
WHY YOU CAN'T SPOT REDUCE FAT

You have likely realized you can't pick and choose where you lose fat first since genetics, along with the factors mentioned above, determine those locations. While you can try to “target” subcutaneous fat by doing more pushups, core exercises and squats, you can't directly target visceral fat, which is the one you technically need to try to lose first. The good news is visceral fat is often the easiest to lose and there are several strategies you can employ to lose weight and improve your health overall.

HOW TO LOSE WEIGHT AND KEEP IT OFF

Rather than focusing on losing weight in one specific region, create healthy habits that allow your body to reach a weight and shape that's healthy and sustainable for you individually:

- Eat a varied diet.
- Emphasize whole foods, fresh veggies, fruits, lean proteins, healthy fats and complex carbs.
- Move your body regularly (150 minutes per week is recommended for weight loss).
- Keep stress levels low (stress has been linked to weight gain).
- Get quality sleep (a lack of sleep can harm blood sugar levels and create cravings for high-sugar foods). —end



Saline County 2020 Flu Shot Clinic

It's that time of year in which the Wellness Committee will host the annual "Flu Shot Clinic" for employees and family members wishing to participate. Please again be reminded that this year is a bit different as Madonna Fit-for-Work will be delivering the vaccine. Given our single location during the pandemic, extra precautions will be taken.

Date: Wednesday, October 14, 2020

Location: Saline County Courthouse—Assembly Room

Time: 10:00 a.m. to 1:00 p.m. and 2:00 p.m. to 4:00 p.m.

Last month, all staff members were provided associated documents for the flu shot clinic. Please READ them CAREFULLY. Depending on involvement in the County Group Health Plan, participants were asked to pay special attention to each of them, as they are important. As a reminder, the following were to be observed in connection to each document:

#1: **All participants** must complete their line of information on Form #1 as indicated. **Return this to Tim McDermott by close of business, 10/2/20.** In addition, please chose an available time slot at <https://doodle.com/poll/94fd5c2nph82ewer>.

#2: Form #2 is for participants NOT associated with the County Group Plan. This is needed to insure that your vaccine can be covered by your insurance carrier. Otherwise, there is a cost of \$30.00. **Bring this to the clinic.**

#3: Form #3 is for ALL participants authorizing Madonna to file insurance paperwork on your behalf. **Bring this to the clinic.**

#4: Form #4 is for ALL participants and is a typical Patient Consent Form. **Bring this to the clinic.**

NOTE: Medicare Participants—\$30.00. A COVID health questionnaire will be performed along with a temperature check prior to entry.

If late doing so, remember to reserve your time-slot at:

<https://doodle.com/poll/94fd5c2nph82ewer>

QUESTIONS: Call Tim at 402.821.3900 or tim.mcdermott@salinecountyne.us



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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.*

October Flu Shots!



The scheduled date of the 2020 Flu Shot Clinic for County employees is **Wednesday, October 14th** at the **Courthouse Assembly Room** from 10:00 a.m. to 1:00 p.m. and 2:00 p.m. to 4:00 p.m. Register within the next few days!

Madonna ‘Fit-for-Work’ is the conduit providing this service. Social Distancing efforts will not change over the next couple of weeks regarding standard social distancing guidelines, and/or other Directive Health Measures. As such, a Generalized appointment schedule is to be used. Partici-

pants were earlier asked to use <https://doodle.com/poll/94fd5c2nph82ewer> to reserve a time-slot, in addition to supplying Demographic information ahead of time. Madonna will only provide the single-dose inoculation. Those opting for the high-dose version should contact their own physician to schedule an appointment. ***See page #5 for further details on this year’s flu shot clinic.** -end*

Best & Worst Candies for Health—cont. from page #2

3. Peanut M&M’s—It’s got peanuts, which means you’ll get protein and fiber, which help prevent blood sugar spikes and overindulging, says Syn. (What’s Inside 90 calories per “fun-size” pack, 5g fat, 2g saturated fat, 10.5g carbohydrate, 9g sugar, 1.5g protein)

4. Snickers—Surprised? Although Snickers is relatively higher in calories than other candy, Gorin recommends a “fun-size” bar because it’s more likely to leave you satisfied, thanks to its filling protein. “It also has less sugar than some other candies that are almost entirely pure sugar,” she says. (What’s Inside 80 calories per “fun-size” bar, 3.5g fat, 1.5g saturated fat, 11g carbohydrate, 9g sugar, 1g protein)

5. Reese’s Peanut Butter Cups—The satisfying combo of protein and (a small amount of) fiber makes this another good pick, says Gorin. Plus, around Halloween, it’s easy to find single cups (whereas they’re usually packaged as a double). (What’s Inside 110 calories per PB cup, 6.5g fat, 2g saturated fat, 12g carbohydrate, 11g sugar, 2.5g protein)

6. Blow Pop—For the non-chocolate lovers, a Blow Pop can be a practical pick. “It has less sugar than many of the other candies out there, and because of the gum center, you can enjoy it for longer,” says Gorin.

What’s Inside 70 calories per pop, 0g fat, 0g saturated fat, 17g carbohydrate, 13g sugar, 0g protein

The 5 Least Healthy Candy Options

1. Candy Corn—It has a reputation as being one of the most hated candies, and an October 2018 CandyStore.com survey on the best and worst Halloween candy suggested this festive confection is indeed the second-most hated — second to Circus Peanuts. But regardless of whether you agree, candy corn certainly isn’t the most nutritious way to satisfy your sweet tooth. “It contains more than double the sugar of a Snickers or Reese’s,” says Gorin. (What’s Inside 110 calories for 15 pieces, 0g fat, 0g saturated fat, 22g sugar)

2. Smarties—Yes, they’re low in calories, but those are purely empty calories, meaning “it’s devoid of nutrition,” says Syn. “They give your body energy it needs from calories but not the nutrition it needs, like protein and fiber,” she says. (What’s Inside 25 calories for 1 roll, 0g fat, 0g saturated fat, 6g carbohydrates, 6g sugar, 0g protein)

3. Gummy Bears—Again, it’s pure sugar, so it’s unlikely to keep you as satisfied as chocolate, says Gorin. (What’s Inside 140 calories for 17 pieces, 0g fat, 0g saturated fat, 33g carbohydrates, 18g sugar, 2g protein)

4. Jelly Beans—The package may get you because it says it’s fat free, but unless you absolutely love jelly beans — and can keep your portion reasonable — they’re still just sugar, says Gorin. (What’s Inside 100 calories per oz, 0g fat, 0g saturated fat, 25g carbohydrates, 20g sugar, 0g protein)

5. Airheads—Packed with artificial colors and flavors and pure sugar, these may take you back to when you were a kid, but they won’t satisfy. (What’s Inside 60 calories per bar, 0g fat, 0g saturated fat, 15g carbohydrates, 11g sugar, 0g protein) -end