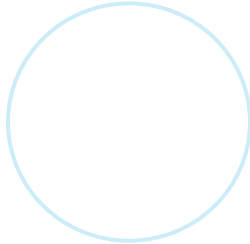


# Employee Newsletter



March, 2021

Volume 8, Issue 3

**Special points of interest:**

- **Wellness Committee Meeting:** Monday, March 8, 2021 at 8:30 a.m.
- **'Know Your Numbers'** March 10, 2021 at 10:00 a.m. (Courthouse Assembly Room)
- **Daylight Savings Time** Sunday, March 14th

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## 7 Foods Dietitians Say "Eat More" *by Jessica Migala*

When you're losing weight, it's helpful to focus on the things you can add to your life instead of what you need to subtract. Rather than cutting out entire food groups (which can lead to cravings and yo-yo dieting), focus on enjoying more of the foods that make you feel great and deliver the nutrients your body needs to function at its best. Here, registered dietitians share what underrated or overlooked foods they'd like to see more of on people's plates and how to make it happen.

**#1 BARLEY** – When it comes to whole grains, "barley doesn't get as much attention as oats, but it's an affordable, filling and nutrient-dense grain choice," says Desiree Nielsen, RD, author of "Eat More Plants." Like oats, barley contains soluble beta-glucan fiber that is fantastic for regulating digestion and supporting a healthy gut microbiota. The potassium, sterols and beta-glucan also make barley a heart-healthy pick.

Barley is great in grain bowls and for healthier risotto. "I recommend substituting couscous or rice with barley for a more filling meal," adds Nielsen.



**#2 BASIL SEEDS** – You probably know basil as a flavorful herb you can add to pizza, pasta or soup. But its relatively flavorless seeds "are the new super seeds," says Lisa Moskovitz, RD, CEO at New York Nutrition Group. "With twice as much digestion-regulating fiber as chia seeds, basil seeds are nutrient-packed. They offer bone-building calcium and magnesium, as well as iron and plenty of inflammation-fighting antioxidant properties."

Like chia seeds, you can blend them in a smoothie, mix into baked goods or pancakes, and even soak them in water or milk for a smoother basil seed pudding, says Moskovitz.

"Eating about 2 tablespoons of basil seeds per day will help you reach more than half your fiber quota for the day."

**#3 BLACK BEANS** – "Black beans are a gut superfood because they are incredibly high in fiber (15 grams per cup)," says Nielsen. In particular, they contain fermentable resistant starch that helps foster a healthy gut microbiota, she notes. "The combination of fiber, protein and slow-digesting carbohydrates keeps blood sugar stable for longer-lasting energy. Black beans also contain a host of critical minerals such as zinc, iron and energizing copper."

Continued on page #2...



## “Eat More...” —continued from page #1

“If you’re new to beans, start with a smaller serving, perhaps 1/4 cup, and slowly work up to a full serving to let your digestive system adjust,” recommends Nielsen. Start with these 5 creative ways to use beans (no recipes required) and work your way up to savory bean-packed chilis and even baked goods like brownies.

**#4 BONE BROTH** – “Bone broth is great for gut health and high in protein,” says Amy Shapiro, MS, RD. “One cup contains 41 calories and 9 grams of protein, making it an easy snack.” It’s also rich in antioxidants and some research suggests it could help with inflammation related to respiratory tract symptoms — making it great for cold and flu season.

When purchasing bone broth at the store, pay attention to sodium levels. You can also make your own at home by simmering leftover chicken bones in water with aromatics like onion and celery. This bone broth egg drop soup serves one, but it can easily be doubled or tripled.

**#5 EGGPLANT** – “Eggplant is an under-utilized veggie, and it’s rich in potassium, fiber and vitamins, A, C and K,” says Beth Warren, MS, RDN, author of “Secrets of a Kosher Girl.” Including it in sides and mains “helps keep you full and enhance flavor and texture.”

Get creative with eggplant, says Warren, who recommends making eggplant “boats” by scooping out the inside and refilling it with sautéed veggies and whole grains. You can also slice it thinly and top it with sauce and cheese for a pizza-like preparation. Or make this lighter, quicker eggplant Parmesan or this hearty stir-fry.

**#6 SPAGHETTI SQUASH** – “Spaghetti squash is an easy-to-whip-up, plant-based, low-carb veggie option,” says Warren. “It’s high in vitamins B6 and C and keeps you full with its high-fiber content.” One cup (150g) of spaghetti squash contains just 42 calories and 10 grams of carbs compared to 220 calories and 43 grams of carbs in standard pasta.

Simply use spaghetti squash as a base for any comparable pasta dish or make these 10 simple recipes.

**#7 WILD SALMON** – “Cold-water, oily fish like salmon is one of the leading sources of omega-3 fatty acids, as well as bone-building calcium, vitamin D and potassium,” says Moskovitz. Eating just 8–9 ounces of wild salmon per week gives you all the anti-inflammatory omega-3’s you need for an entire week.

Wild-caught salmon has an advantage over farm-raised due to its higher omega-3 to omega-6 ratio, though it has a stronger taste and tends to be more expensive. As an alternative, farm-raised is still OK, says Moskovitz. In either version, you’re getting a great source of protein, which can help with weight loss.

Bake salmon with veggies for an easy sheet-pan meal, make salmon burgers by combining canned salmon with bread crumbs, eggs and seasoning, or top your avocado toast with a few slices of lox, or smoked salmon, recommends Moskovitz.—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:**  
Monday, March 8, 2021;  
Courthouse Assembly  
Room at 8:30 a.m.

### \*Next Safety

**Committee Meeting:**  
Wednesday, May 5, 2021  
in the Courthouse  
Assembly Room, 8:30 a.m.

## 3 FAT MYTHS, DEBUNKED

The nutrition field has recovered from its fat-phobia of the ‘90s. Just in case any of those old beliefs are lurking in your mind, we want to be extremely clear.

### 1. EATING FAT WILL MAKE YOU FAT

Your body stores fat mainly from excess calories. If a calorie excess is available, even if those calories are from carbs or protein, your body is fully capable of turning them into fat for storage.

### 2. YOUR BODY ONLY USES CARBS DURING EXERCISE

Your body burns a combination of carbs, fat and protein. Fat is the fuel of choice at rest and during low-intensity exercise (e.g. exercising at less than 70% maximal heart rate). Your body’s fuel of choice shifts to carbs when you exercise harder — at a moderately intense pace and beyond.

### 3. EATING LOW-FAT AND NONFAT FOODS SAVES CALORIES

Contrary to what the label might tell you, low-fat and nonfat versions of foods tend to contain more fillers and additives to make up for missing flavor. A common additive is, unsurprisingly, sugar (or any one of its 44 cousins).—end

## National Wear Red Day

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### January-March, 2021 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:

#### "Fixing Your Broken Sleep"

(Return Certificate by 4/9/2021)

On Friday, February 5th, staff members of the Saline County Courthouse supported the fight against cardiovascular disease by participating in...

### "National Wear Red Day."



## Getting out of a COUPLES RUT—*The Couples Activity Book*

You would not overlook changing the oil in a new car — basic preventive maintenance. But what about your love relationship? Do you practice preventive maintenance with it? Many couple therapists say one of the biggest mistakes couples make is not giving as much attention to the relationship as they do their partner. There is a difference.

### Bliss will only take a relationship so far.

A car without proper care will sputter and eventually break down. The normal ups and downs of a healthy relationship can also become mostly sputters without due care.

"Warning lights" of relationship trouble are fighting more often, feeling bored, and losing interest in showing intimacy and affection.

To practice preventive maintenance in your relationship, invest in it by practicing behaviors and engaging in activities that produce the following:



- 1) More positive thoughts about each other.
- 2) More frequent feelings of confidence that "This is the right partner for me."
- 3) A desire to behave more affectionately toward each other.
- 4) Feelings of satisfaction following sharing projects, activities, and challenges with each other.
- 5) General feelings of happiness and life satisfaction about your relationship when you are alone or sharing time together.

Continuum EAP counselors are also available to help you identify strategies to reconnect and/or strengthen your relationship. —end

### March, 2021 Question of the Month

Billy and Bobby are identical twin brothers. They're both watching the same ballgame together for an hour. Billy is standing. Bobby is sitting. On average, what percentage more in calories closely reflects what Billy burns compared to Bobby?

#### Answer:

- A. 40%
- B. 60%
- C. 80%
- D. 100%

Email your 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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68465

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[co.saline.ne.us/webpages/  
committees/wellness.html](http://co.saline.ne.us/webpages/committees/wellness.html)

# Be a Healthy Role Model for Children—USDA



You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more

foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

## **SHOW BY EXAMPLE.**

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

## **GO FOOD SHOPPING TOGETHER.**

Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

## **GET CREATIVE IN THE KITCHEN.**

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve “Janie’s Salad” or “Jackie’s Sweet Potatoes” for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

## **OFFER THE SAME FOODS FOR EVERYONE.**

Stop being a “short-order cook” by making different dishes to please children. It’s easier to plan family meals when everyone eats the same foods.

## **REWARD WITH ATTENTION, NOT FOOD.**

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras”—such as candy or cookies—as replacement foods.

## **FOCUS ON EACH OTHER AT THE TABLE.**

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.

## **LISTEN TO YOUR CHILD.**

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”

## **LIMIT SCREEN TIME.**

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

## **ENCOURAGE PHYSICAL ACTIVITY.**

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.

## **BE A GOOD FOOD ROLE MODEL.**

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat. —end

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## Take a Stand! *Burning More Calories*

When you stand, you burn anywhere from 100 to 200 calories an hour. It all depends on your sex, age, height, and weight. Sitting, by comparison, only burns 60 to 130 calories an hour.

Think about how fast that adds up! You could burn anywhere from 120 to 210 more calories just by swapping three hours of sitting for standing.

While this may not help you lose a significant amount of weight, it can certainly help you maintain your current weight and reduce certain health risks. Read on to learn more.

Your body burns more calories when you’re moving. Sitting or lying down burns the fewest number of calories. When you’re on your feet, you activate your muscle mass. This muscle mass helps you burn more calories. Plus, when you stand, you’re moving your body more. All of those foot taps and stretches can add up over time.

Use your best judgment when deciding how long and how often to stand. If you’re unsure of how long to stand or experience discomfort, see a doctor or other healthcare provider. They can help you set a goal tailored to your individual needs. —end



# 3rd Annual Shamrock Shuffle



## 5K (3.1 miles) or 1 Mile FUN RUN/WALK on

- Saturday, March 27, 2021
- Day of Race Registration from 9:15 AM - 9:45 AM
- Start time: 10:00AM SHARP
- Location: Legion Park, Wilber, NE
- Post Celebration and Door Prizes Wil Bol

### Pre-Register NOW at:

Saline County Aging Services or Sponsors' Business Locations  
 Or: Mail registration with check to SCAS, P.O. Box 812, Wilber, NE 68465  
 Pre-registration DUE by Wednesday, March 17, 2021 to guarantee T-Shirt

Gratefully Sponsored by: First State Bank Nebraska, Heath Sports, Wil Bol, Rose Refinery, Wilber Heating & Plumbing, Karpisek's Market, Wilber Physical Therapy, Wilber Chiropractic, Downtown Family Vision, Farmers & Merchants Bank, Fox Hole Tavern, Food Mesto, Madison+Barrett, 202 Hairdo, K & G Body Shop, and ShopQwik

### Entry Fees: 1 Mile Fun Run or 5K:

- \$15 adult
  - 12 & under \$10 (Strollers Welcomed!)
- (Pre-Entry Fee Includes: T-Shirt, Water, After Race Snack, One Free Beer or Soft Drink at the Wil Bol)

\*ONLY PRE-REGISTRANTS ARE GUARANTEED A T-SHIRT

### All Proceeds will benefit Saline County Aging Services and W-C Schools TCBY Program!

Early Packet Pick-Up at Saline County Aging Services: Thursday, March 25th or Friday, March 26th; or on Race Day

### Prizes will be awarded to 1st & 2nd places in the age categories of:

- 4-11,
- 12-18,
- 19-30,
- 31-50,
- 51 & up

**Wellness Program Participants will receive fifty (50) wellness points for involvement in either of the following:**

1. Participation in the event; or
2. Assisting in preparation or on-day volunteering with the event

## 2021 Registration Form

Name \_\_\_\_\_ Phone# \_\_\_\_\_

Age: \_\_\_\_\_ Circle one: Male or Female Circle one: 5K or 1 Mile

YOUTH T-Shirt Size: S M L Female/Male ADULT T-Shirt Size: S M L XL XXL XXXL

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release Saline County Aging Services, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the person's name in the waiver. Further, I grant to all the foregoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature \_\_\_\_\_ (if under 18-parent/guardian) Date \_\_\_\_\_



**Saline County Nebraska  
Wellness Committee**

204 S. High

PO Box 865

Wilber, NE 68465

Email:

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<https://co.saline.ne.us/>

**“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.*

**“It is health which is real wealth and not pieces of gold and silver.” – Mahatma Gandhi**

## The Great American Spit Out—USD Veteran Affairs-edited

As noted during the month of February, and easily observed at most any time of the year, there continue to be those to be reminded of the opportunity to, “Kick the Can During The Great American Spit Out”!

Each year, we recognize and celebrate those quitting tobacco during the “Great American Smoke Out”, but have you ever heard of the Great American Spit Out? Probably not, but using smokeless tobacco is a habit that also needs to be kicked.

Chew, dip, snuff, and snus are common smokeless tobacco products, but there are also growing trends in the use of nicotine pouches that pose similar harms. Recognizing misconceptions about these products can be a first step in making the choice to quit.

### Smokeless Tobacco Common Myths

**MYTH** Smokeless tobacco is safer than smoking.

Smokeless tobacco contains 2,000 chemicals, with 30 linked to causing cancers like cancer of the mouth, esophagus, and pancreas. Tobacco-specific nitrosamines are one of the most harmful chemicals and can be found in quantities as much as 100 times higher in smokeless tobacco compared to other tobacco products.

**MYTH** Smokeless tobacco is less addictive than cigarettes.

Actually, smokeless tobacco may be more addictive than cigarettes. Smokeless tobacco contains nicotine, the addictive chemical found in tobacco products, often at a higher content than cigarettes. Exact amounts of nicotine absorption vary based on brand and usage patterns and is absorbed quickly through the bloodstream. An average-sized dip held for 30 minutes delivers as much nicotine as chain-smoking 3-4 cigarettes.

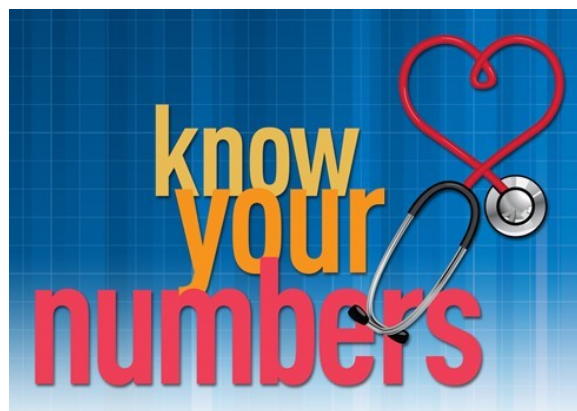
**MYTH** I don't use any tobacco products; this doesn't matter to me.

No matter what, you are affected by tobacco use. Tobacco-related illness costs Nebraska \$795 million in health care costs each year and 2,500 Nebraskans die each year from tobacco-related illness. One of the best things you can do to help is support those you know in their tobacco quit journey.

Ready to quit? Call the Nebraska Tobacco Quitline for FREE assistance at 1-800-QUIT-NOW. There may also be help available by contacting Caitlin Orth at Madonna Fit-for-Work regarding their tobacco Cessation program. —end

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## Know Your Numbers—March 10th at 10:00 a.m.



The February 23rd and 24th Health Screening event succeeded with good success—with minor adjustments soon to be resolved for some. In total, seventy-five (75) staff members participated this year. We thank Madonna for a job well presented and concluded.

In connection to the Health Fair, the test results from lab work performed on blood draws, along with individual and aggregate data for the Wellness Committee (WC), will be delivered and made available to all on **Wednesday morning, March 10th at 10:00 a.m. in the Court-**

**house Assembly Room.** There is to be an advisor from Madonna present to answer any questions attendees may have regarding the return of their health data. Those unable to attend will have packets delivered by members of the WC soon after. —end