

Your Worksite Wellness

News

JULY/AUG 2012

Healthy Directions Announces

“Spring into Motion” Winners, Corporate Cup Events

As we sweat our way through the summer, let's take time to celebrate the winners in our Spring into Motion competition. You may remember, this contest had participants keeping track of physical activity, fruits and vegetables, water, and providing a safety record.

“We assigned points for a number of activities, and our 28 participants did an amazing job,” said Kathy Goodman, chairwoman of Healthy Directions. “We had two winners who received \$50 gift certificates to Scheels.”

Those winners were **Leeann Derry** from the Mail Room who totaled 1,250 physical activity points, and **Cheri Albin** from County Administration who had the highest overall total with 2,010 points in the competition, which ran from May into July.

Barb White from the Register of Deeds office won a \$30 Scheels gift certificate for the second highest overall point total.

Spring into Motion also generated three monthly winners, who took home prizes in a drawing just for documenting their participation by turning in their activity record. They were: **Heather Thompson** from the Treasurer's office who won a T-Shirt and water bottle; **Rebecca Swierczek** from the Public Defender's office who received a two-week pass to the Alegent Lakeside Wellness Center; and **Melissa Langana** who won an \$8 Applebee's gift card for a free lunch.

“Spring into Motion was another tremendous success,” Kathy said. “Healthy Directions will have something for you in the fall, but right now we have a pair of tremendous opportunities in the next few weeks.”

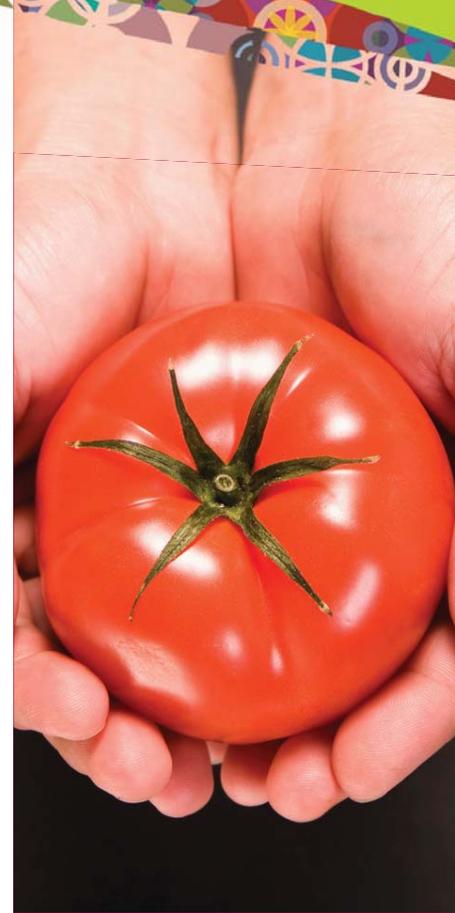
The Corporate Cup Cycling competition is coming soon, and participants will have a choice of three routes over different types of terrain. You can choose from a short, flat stretch to a longer hilly ride with a mix of rural and urban challenges. Look for an email with details on how to join “Team Douglas County Healthy Directions” or contact Lee Lazure in Human Resources today at 402-444-6123. The deadline to register is July 27.

“We will have more opportunities for you in the fall, but mark your calendar now for the Corporate Cup Run on Sept. 16,” Kathy said. “You will get more information soon on how to take part in that, and there will be another Corporate Cup T-shirt contest starting soon.”

Healthy Directions rolls along, helping Douglas County employees live healthier lives, Kathy says that won't change, and hopes you will offer your ideas for future challenges and events.

Also please note, the Healthy Directions newsletter will now be produced bi-monthly. You are looking at the July-August edition. Our next publication will be the September-October edition.

Phil Rooney



The *Healthy Directions Wellness Newsletter* is brought to you by the Douglas County Healthy Directions worksite wellness committee.

Contributing editor and photographer: Phil Rooney; layout and design: Connie Lehman; distribution: Kathy Goodman.

We'd like to hear from you!

Send questions/comments to the committee by e-mailing chairwoman Kathy Goodman at kathy.goodman@douglascounty-ne.gov, drop her a note to Human Resources, Room 505, or call her at 402-444-6099.

Commit to be Fit



Bike Sharing in Omaha • B Cycle!

Imagine a bike that is always ready to ride, where and when you want to ride it. The tires are always inflated and the chain is never rusty. A bike with a basket to carry your knapsack. A bike with front and rear lights and a bell that fits people tall and short. A bike that's there whenever you need it, and gone when you don't. That's a B-cycle. And it's powered by the ultimate alternative fuel: you.

Why it's called the magic bike

Omaha B-cycle is the first large-scale municipal bike sharing system in Omaha. B-cycle stations are located in Aksarben Village and UNO and will soon be growing into other areas as well. Omaha B-cycle members will be able to pick up one of the blue bikes at any B-station and drop it off at any B-station.

That's why we say it's magic: a bike that's there when you need it and gone when you don't.

Bike sharing makes it economical and convenient to use bikes for trips that are too far to walk but too short to drive. As a member, you can use a B-cycle to run an errand, grab lunch, travel from the bus stop to shop, or just get some fresh air. There are as many reasons to use a B-cycle as there are members!

With your magic blue bike, you don't have to look for a parking space or bring your own bike with you everywhere you go. Plus, riding a B-cycle is good for you and good for the environment. It's the newest and best way to get around town.

The B-cycles are specially designed for both you and the city: B-cycles fit people short and tall, thanks to an easy-to-use adjustable seat post. Short or tall, you've got stuff, and that's why there's a great basket to stow your things while riding. Fenders, skirt guards and chainguards keep your clothes clean. Automatic lights help keep you safe. Three speeds are perfect for Omaha's gentle grades. You'll love the magic blue bike!

Omaha B-cycle is designed to encourage you to use a B-cycle for all your short trips. Once you've paid your modest membership fee, you can take an unlimited number of rides, and there is no charge for the first hour of every ride. See you on a blue bike!

To learn more about routes, rates, and other fun facts, log on to <http://omaha.bcycle.com>

Love to dance? Check out these free summer concerts!

Shadow lake Towne Center, 72nd Street and Highway 370, Papillion. Concerts every Friday night during the summer, 6:30 - 8:30 p.m. Visit www.shadowlakeshopping.com.

Stinson Park, Aksarben Village, 67th and Center. Many but not all Saturdays during the summer. Visit www.aksarbenvillage.com/calendar for details.

Midtown Crossing, 3000 Farnam Street. A variety of concerts throughout the summer, both during the week and on weekends including Thursday night Jazz on the Green! Visit www.midtowncrossing.com

Rockbrook Village, 108th and Center. Friday nights throughout the summer, 7:00 - 8:00 p.m. Visit <http://rockbrookvillage.com>



Yoga With A Twist! Yoga Rocks The Park

Sundays:

4 PM

Turner Park

3000 Farnam Street

**Free And
Open To The Public**

Omaha yoga lovers are kicking off their shoes for the second-season of the weekly wellness, yoga and live music festival! The popular event kicks off each Sunday 4 p.m. at Midtown Crossing's Turner Park, a lush expansive green space with dates spanning all summer long.

Now in its second season the gathering has blossomed into a full-blown wellness festival attracting hundreds each week complete with massage, integrative therapy exhibitions, vendor booths, organic food and drink vendors, and even more live music, along with National and local yoga teacher-lead classes for adults and children.

Visit <http://midtowncrossing.com/events/summer-2012> for more details including a list of musicians who'll be supplying the music. See you there!

Commit to be Fit

Plan in Advance for Safe Cookouts

A Nebraska summer means outdoor cooking, and Douglas County Health Director Dr. Adi Pour said a little planning will help to make sure your food is safe.

“The fun is over quickly if someone gets sick from your food,” Dr. Pour said. “But that is something you can prevent.”

Outdoor dining safety rules:

- Clean your grill between each use.
- Use a meat thermometer to ensure that you thoroughly cook meat and poultry.
- Beef and pork should be “rested” for 3 minutes to allow the heat to spread and kill more contaminants.
- Always make sure you keep the cold foods cold, 41 degrees or below, and the hot foods hot, above 135 degrees.
- Promptly refrigerate any leftovers.



Dr. Pour pointed out that grilled meat needs special attention. You can avoid cross-contamination by putting cooked meat on a clean platter and not reusing a plate that earlier was used for raw meat. Also, avoid using the sauce you

used to marinate meat on cooked food. Remember to wash your hands, utensils, and cutting boards if they have been in contact with raw meat or poultry.

The internal temperature of cooked meats should be:

- Beef and pork, steaks, roasts and chops – 145 degrees
 - Hamburger and other ground meats – 155 degrees
 - Poultry – 165 degrees
 - If you are reheating any precooked foods, they should be warmed to 165 degrees
- “You cannot tell by looking at meat if it is safe to eat,” Dr. Pour said. “The only way to know for sure is to use a food thermometer to check if the meat has reached a high enough temperature to destroy pathogens of public health concern.”

Nothing says summer is here like fresh-grilled meats, but nothing ruins a summer outing faster than a food-borne illness. “Please remember these few simple ideas for your health and safety,” Dr. Pour said.

Phil Rooney

Hydration Reminder: Be smart about staying hydrated when temperatures are on the rise! If you exercise or work outdoors in hot weather, it’s important to stay hydrated. Cool water between 40° and 50° F is best. Don’t wait for thirst to indicate dehydration; drink ahead of your thirst. Adults should get up to 6 or 8 cups of fluid daily. Infrequent urination or dark yellow urine may indicate you need more fluids. *Lisa Franzen-Castle, UNL Panhandle Research and Extension Center*

Happy Summer Feet: Don’t go barefoot...and other feats of footcare

Summer is the time to enjoy sandals or putting your toes in the water. But hot weather can also be a menace to your feet. The American Podiatric Medical Association suggests how to keep your feet healthy during the summer months:

- To reduce the risk of infection, plantar warts and injury, avoid walking barefoot.
- If you visit the beach, pool or locker room, wear flip flops to reduce your risk of foot infection.
- Generously lather your tootsies with sunscreen, making sure to include the ankles.
- Drink plenty of water each day.
- Stretch your calves, flex your ankles and wiggle your toes to promote circulation to the feet.

www.healthfinder.gov



Commit to be Fit



The County Wellness Bicycling Corner

Hopefully at this point in the year you have been out on your bike for a few rides and worked on that New Year's resolution (seems like a long time ago) to "commit to be fit".

If not, there is no time like now to get out on that bike and go for a ride. Yes, it's been hot and windy, but it appears for the next week or so that temperatures will range from the mid-60s at night and to the 80s. Also have you ever ridden the Wabash Trace Nature Trail? The crushed limestone trail is mostly covered by a tree-lined canopy that protects riders from the wind, making it an excellent place for either a short or a long ride.

A number of County employees have been participating in a lot of rides so far this year, including Connie Lehman of the Health Department who did the five-day Tour de Nebraska Ride of 300 miles; Jared Jensen of the Health Department and Lee Lazure of Human Resources who completed the week long Bike Ride Across Nebraska (BRAN) over 455 miles; and Corrections Officer Mark Swoboda who recently completed Century Rides of 115 miles and 125 miles.

Here are a couple tips for riding in hot weather:

- Constantly drink water or other beverages - you can dehydrate before you know it.
- Eat something before you ride, during your ride and after you ride to avoid "bonking".
- Ride earlier in the day or later in the evening - start at 7:00, 7:30 or 8:00 a.m. to get going before temperatures heat up and avoid the 9:30 to 10:00 timeframe where the winds tend to kick-in as the atmosphere heats up.
- Consider riding the Wabash Trace. This trail goes all the way to the Iowa-Missouri border and provides riders a variety of opportunities to stop at small towns. The trail, as mentioned above, above provides excellent shelter from the heat and wind.
- If you decide to go for a ride after 5:30 p.m., you will be starting when the heat and wind are beginning to subside, yet you still have several hours of daylight.

There are a number of bike rides coming up for you middle and long distance riders, such as the Corporate Cycling Challenge on Sunday, August 19th with 10-, 26- and 45-mile rides; and the Register's Annual Great Bike Ride Across Iowa (RAGBRAI) starting on Sunday, July 21 at Sioux Center, Iowa. You also may want to check out the Omaha Pedlars Bike Club website for weekend and evening rides for all levels of riders.

Also, this is the time of year where many of the bike stores have summer sales and mark down their current bike inventory. That means you can get some great deals on bikes and related gear.

Don't let the weather hold you back. "Commit to Be Fit," and get out on that bike!

You Can Do It! Ride Safely!

Lee Lazure

Douglas County Human Resources
Civil Service, 402/444-6123



Connie Lehman and friend riding Tour de Nebraska



Jared Jensen, BRAN rider

Be a part of Nebraska's largest one day bicycling event!



The 22nd Annual Corporate Cycling Challenge! Choose your route: 10, 26, or 45 miles. Perfect for both newbies and seasoned riders! Sunday August 19, Heartland of America Park. Log on to www.corporatecycling.com for details. Stick around for the post-ride party! **REGISTRATION ENDS JULY 27TH!**

Commit to be Fit

Douglas County's Employee's Assistance Program (EAP) is now provided by Family Enrichment, Inc. We will no longer be utilizing EAP through our previous provider, Omaha Public Schools. Contact information:



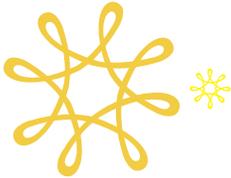
FYI about EAP

FAMILY ENRICHMENT, INC.
820 South 75th Street, Omaha, NE 68114
Phone: 402/391-2477, Fax: 402/397-4268
E-mail: familyenrichmentomaha.com

Family Enrichment, Inc. will provide the same level of EAP services as we had in the past. They provide individual, marriage and family counseling, including psychiatric consultation, psychological testing, Collaborative Divorce Services, early childhood counseling, mediation services and the treatment of the full range of mental health needs.

Family Enrichment has night and weekend coverage through Accurate Communications; thus someone is available 24 hours/7 days a week for emergency contact.

EAP services are provided to Douglas County employees in a confidential manner and there is no charge to the employee for up to three counseling sessions.



**PLEASE BUCKLE UP
AND DON'T TEXT
WHILE DRIVING.**



Take the stress out of saving money. Log on to feedthepig.org to learn simple ways to save money - all presented with humor by "spokespig" Benjamin Banks.

FYI: Mammograms are paid 100% by United Healthcare.



Look for the Healthy Directions food table to grab a healthy snack and water!

SAVE THE DATE!

The 32nd Annual American Lung Association Corporate Cup is September 16th

The Corporate Cup is the largest fundraising event for the American Lung Association in Nebraska and one of the largest corporate runs in the United States! Walk it! Run it! Bring your friends and family!

Ready to Register? Contact Kathy Goodman at kathy.goodman@douglascounty-ne.gov, 402-444-6099 or Dennis Rookstool at Dennis.Rookstool@dctreasurer.org, 402-444-7503.

Want to design the T-shirt and win 50 bucks?
See the last page of this newsletter for details!

If you or someone you know is experiencing domestic violence, please contact the YWCA of Omaha's 24-hour hotline at 402-345-7273 or YWCA Omaha office at 402-345-6555.



Spice Up Your Watermelon!

From www.snack-girl.com:
Here's a way to put some zing into watermelon:

Take a slice of watermelon, squeeze on some lime, dip it in a bit of kosher salt, and sprinkle on some chili powder. The combination of sweet, salty, sour, and spicy is a taste explosion!

Commit to be Fit



**Did you know that
2nd Wind Exercise Equipment
gives a 15% discount to
Douglas County Employees?**

They sell both brand new and gently used exercise equipment. Visit them at their store at 3425 Oakview Drive Suite 50 in Omaha or on line at 222.2ndwindexercise.com or call them at 402-965-9900.

**Don't Let Bugs
Bug You**



Spending time together outdoors is good for the whole family. Don't let bug bites ruin your fun.

Most bug bites are harmless, but some mosquitoes and ticks carry diseases.

- You can get serious diseases from mosquitoes, like West Nile virus, Eastern equine encephalitis, and dengue fever.
- Lyme disease and Rocky Mountain spotted fever are 2 of the serious diseases you can get from ticks.

The good news is that you can take easy steps to protect yourself and your family from mosquito and tick bites.

- Get rid of standing (still) water around your home to keep some types of mosquitoes from laying eggs near your house.
- Cut back brush and tall grasses and get rid of fallen leaves to keep ticks away.
- Wear long-sleeved shirts, long pants, and socks.
- Use bug repellent (also called bug spray or insect repellent) on skin and clothing.
- After spending time outside, check everyone for ticks.
- Take a shower after coming inside to help get ticks off of you.
- Use a tick collar or other repellent product on your pets. And remember to check your pets for ticks.

www.healthfinder.gov

Start each Thursday morning with the toning, relaxing power of

Yoga

FREE!

Every Thursday

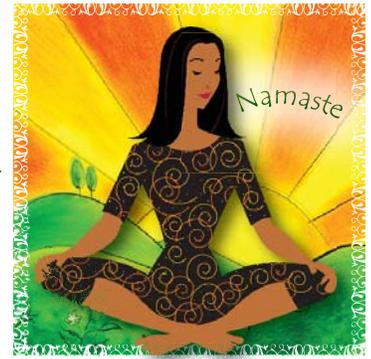
Yoga Instructor • 7:00 a.m. - 7:45 a.m.

Held in the Treasurer space on the Harney Level of the Civic Center

Three easy ways to sign up!

- Call Kathy Goodman at 402-444-6099
- E-mail Kathy at kathy.goodman@douglascounty-ne.gov
- Sign up before one of the regularly scheduled sessions!

Please wear workout clothes and bring a yoga mat/rug or towel.



Rejuvenate and de-stress in the middle of the day!



Join us for the **FREE** Every Tuesday at Noon

PILATES
AT LUNCH CLASS!

Old Harney Street
Treasurer's Office
Questions?
Call Kathy Goodman
at 402-444-6099



**Considering
Weight Watchers?**

Contact Gail Knapp at gknapp@ci.omaha.ne.us
or call Gail at (402)444-5190

DC YOUTH CENTER: P90X CLASSES

Are you up to the challenge?
Call Daniel Archie at 402-444-1892

**QUIT SMOKING TODAY
WE CAN HELP**

www.smokefree.gov

Commit to be Fit

WIN A \$50 VISA GIFT CARD!



Third Annual

Corporate Cup T-shirt Design Contest!

sponsored by



Your worksite wellness committee
Commit to be Fit

- Choose 1-3 colors
- Design format: 8 1/2" x 11"
- Your design can be created for either the front or the back, but the Healthy Directions logo must appear on the upper left pocket area on the front. (It can be outside of the 8 1/2" x 11" design).
- You can choose any color short sleeve shirt.
- No shadows in your design, please.
- If you'd like your design to be submitted to the annual American Lung Association's Corporate Cup T-shirt contest, just add the American Lung Association logo (request a logo from connie.lehman@douglascounty-ne.gov) and we'll forward your design on to them.
- Add a catchy phrase if you like!
- Your design can be submitted on paper or as a pdf file.
- Submit your designs to Kathy Goodman, Room 505 in the Civic Center; kathy.goodman@douglascounty-ne.gov or Jennifer Beisheim, Specialized Services at the Health Center; Jennifer.Beisheim@douglascounty-ne.gov.
- Designs will be accepted July 30th - August 17th. A design will be chosen by the Healthy Directions Committee August 21st.
- Only Douglas County employees are eligible to submit designs.

The run is September 16th!

Register by contacting

Kathy Goodman at kathy.goodman@douglascounty-ne.gov, 402-444-6099
or Dennis Rookstool at Dennis.Rookstool@dctreasurer.org, 402-444-7503