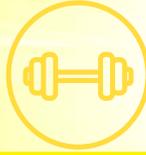




Healthy Directions News

Worksite Wellness Newsletter for Douglas County Employees



Happy Spring to all....

The wellness arena has been pretty busy in 2016.

Bio-metric screening started in March at Corrections, the Sheriff's office and the Health Center location, then in April at the Civic Center with 10 days and times. Three more bio-metric screenings were added this spring to accommodate the overwhelming response. Thank you for supporting this effort.

Over 400 employees and/or spouses took advantage of the free bio-metric screening during the two month period. If you missed out on an appointment to get your bio-metric screening done you can go to your personal physician's office during your preventive care appointment and have it done. Simply take the physician form with you and the doctor will fax the results directly to Viverae and you will earn 50 points toward a reward.

Healthy Directions is also looking at bringing the health nurses back in the fall for another session of bio-metrics for those who missed out this spring.

The wellness committee also sponsored the MammoVan at both the Health Center and the Civic Center during the same time period.

Healthy Directions brought you the 6th Annual Health Fair in March at the Health Center and April at the Civic Center. All our vendors were there to answer questions, hand out treats and trinkets, and they even donated a prize for the employee drawings. Nearly 400 employees and spouses participated in the two-day event.

Eighty different prizes donated by our vendors were awarded to employees or spouses who attended the event from gym memberships, gym bags, hoodies, t-shirts, Fitbit, and many different gift cards. A special thanks is due

our vendors for their continued support in our wellness efforts.

I am also excited to report that 237 employees/ spouses have been awarded their first \$100 wellness incentive gift card. The first incentive gift card will be distributed on a monthly basis once the goal has been confirmed by Viverae around the first of each month. There are also 140 employees/spouses who have reached the annual 200 point goal to date. The second \$100 incentive gift card will be distributed twice this year in July and again in December once the 200 point goal has been confirmed. The word is out and so far more than 630 employees/ spouses have logged into the Viverae portal. That tops by more than 100 the total for all of 2015.

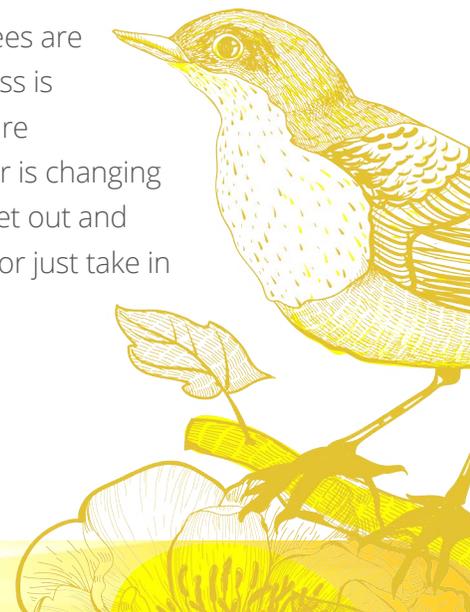
People are starting to realize that caring for your health will pay cash. We regret that the IRS considers any type of gift card taxable income as most of you are now aware. Once the gift card is distributed to you it will be reported to payroll and added to a future payroll for taxation purposes.

The second Employer Challenge "Step Ahead," is coming soon. Sign-ups begin June 6th - watch for flyer details around the middle of May.

The sun is shining, the trees are beginning to bud, the grass is turning green, the birds are tweeting, and the weather is changing which is a great time to get out and enjoy a walk, to bike, run or just take in the fresh air!

Until the next time ~
just commit to be fit!

Kathy Adair



Health Fair Highlights



Health Fair Prize Winners

To all our supportive vendors - Healthy Directions and Douglas County wish to thank each one of you for your continued support at our health fair and our wellness efforts - truly without you it wouldn't be as successful - thank you!

United Healthcare (Fitbit) - Steve Cacippo - Susan Meisenbag

Delta Dental (electric toothbrush) - Yvonne Aguero - Marin Broucek

Minnesota Life (portfolio binders) - Sue Berscheid - Deanne Jones

AFLAC (ducks) - Eric Carlson - Rosa Soto - Stephanie Vytas - Michaela Murphy - Alyssa Caldwell - Melissa Marchello - Lindsey DeBerry - Kina DeBerry - Colleen Brudny - Mary Leemarts - Bobi Eriksen-Witherspoon - Sheila Harrington - Socorro Lopez - Charlette Hudson

Metlife (snoopy dogs) - Marsha Dorris - Traci Hillestad - Twilla Hancock - Connie Lehman - Freddie Brown - Sharon Medina - Carol Jennings - Mary Smith - Don Svajgl - Nataliya Lys

Omaha-Douglas Credit Union (Thermal glasses/gym bags/grocery bags) - Tim Alexander - Tina Curry - Teresa Walsh - Lori Lanoutte - Leann Srb - Symidah Gates-Colbert - Jim Vandenberg - Tom Sonczyk - Teri Malfait - Melissa JacksonMike Rezac - Stephanie Beck - Deb Mann

First Educators Credit Union (\$25 Visa gift cards) - Rosanne Holmes - Ravin Henry

Voya (Hoodies) - Mary Hudson - Patricia Carter - Jackie Callhan - Tracy Colledge

American Funds (Scooters gift cards) - Linda Vlcek - Marlene Biocourt - Tracy Bishop - Kim Kracher

Nationwide (NASCAR jacket) - Leroy Price - Erika Buenrostro

YMCA (goody bag/3-mo membership) - Ann Borer

Anytime Fitness (3 mo membership) - DeNora Rife - Constance Mierendorf

Excel - Bobbi Alm - Shemika Williams

Cigna (picnic basket) - Judy Jarecki

Viverae (Starbucks gift cards) - Ronda Strimple - Keith Nielsen - Barbara Rimel - Deb Rezac

Dr. Jason Wiese (Vitamin D tablets/ free exam and appointment) - Suzette Moorman - Randy Poppino

Healthy Directions (\$10 Subway gift cards) - Mike Oldham - Pat Pedersen - Heather Carson - Pat Donahue - Stacey Zimmerman - Jane Faust - Matt Oberle - Cathy Longstreth - Michael Hatfield - Ronda Petersen

Preparing Fruit and Veggies:

Make sure they're safe.

(HealthDay News) – Preparing fresh fruit and vegetables isn't always as simple as peeling and eating. Many require preparation to get rid of harmful bacteria and pesticides. The Home Food Safety website offers this advice:

- Just before eating any fresh vegetable or fruit, rinse with cool tap water. Do this even with fruit that must be peeled.
- Peel and discard the outer leaves of a head of lettuce.
- Inspect produce for any bruises and remove any bad areas.
- Use a clean cloth to dry produce before eating or cooking.
- Use a separate cutting board than is used for meat.
- Cook raw sprouts before eating.

2015 HealthDay. (Viverae Healthy News)

Eat Veggies at Breakfast: Suggestions for a healthier meal

Make the first meal of the day healthier by adding veggies to your breakfast fare. The Academy of Nutrition and Dietetics suggests:

- Bulk up scrambled eggs or an omelet with any veggie, including spinach, mushrooms or tomatoes.
- Making muffins or pancakes? Grate zucchini or carrots and include them in the mix.
- Take orange juice and carrots for a spin in the blender.
- Build a breakfast burrito to include bell peppers and other veggies.

2015 HealthDay. (Viverae Healthy News)

Get More Nutrients From Veggies. Choose them wisely

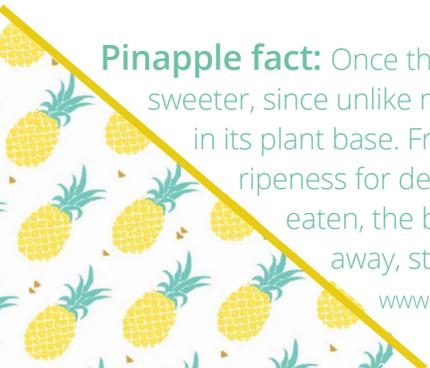
Vegetables can be excellent sources of nutrients, but some veggies are better than others. The ChooseMyPlate.gov website suggests:

- Choosing potassium-rich vegetables such as sweet potatoes, white potatoes, tomato products, kidney beans, lima beans, spinach, soybeans and lentils.
- Using sauces and seasonings sparingly, because they can quickly add fat and calories. Read nutrition labels and stick to plain vegetables.
- Cutting down on sodium by preparing fresh vegetables instead of packaged or processed meals.
- Looking for canned vegetables marked low-sodium or no-sodium.

2015 HealthDay. (Viverae Healthy News)

Pinapple fact: Once the pineapple is picked, it won't ripen any further or get any sweeter, since unlike most fruits, a pineapple draws its sweetness from starches in its plant base. Fresh pineapples from Hawaii are picked at maximum ripeness for delivery to U.S. and Canadian markets: the sooner they are eaten, the better. If you don't plan to use your fresh pineapple right away, store it in your refrigerator, where it will keep longer.

www.doleplantation.com/resources





6 ways to break free from worry

Try these tips to stay calm and present

We all worry from time to time. And sometimes it can serve a purpose. It can inspire us to take action or solve a problem.

But here's what's not healthy:

Your mind in a constant tangle of troubling what-ifs and worst-case scenarios. If you tend to do this, you can make yourself miserable — raising your anxiety, draining your energy and disrupting your life.

Learning to let go

Now consider this: Worrying all the time is a habit. That means it can be changed. You can train your brain to stay calm and look at things more positively.

Give these tips to try — to find what helps you let go of worry:

- 1. Practice mindfulness.** When worries arise, bring your attention back to the present moment. It's not an easy skill. But it does get easier with practice.
- 2. Create a "worry zone."** Set a daily time and place — well before bedtime — where you can think about your concerns. When you find yourself fretting during the day, try to save those thoughts for your "worry zone." Like mindfulness, setting worries aside takes practice. And it can help you stay in the present moment.
- 3. Ask yourself: Does this problem have a solution?** Write down what you're worried about. Then make a list of possible answers. Focus on the things you can change. What's a first step you might take? When you make a plan, it can help you feel less stressed.
- 4. Accept what you don't know.** It's easy to think about what may go wrong. And sometimes this might help you prepare for problems. But spinning through endless bad scenarios will not make life easier.
- 5. Test your thoughts.** They're often just ideas — not facts. So before you react to a negative thought, try testing it. Is it a fact? As you test your worries, you'll build a more calm and collected outlook.
- 6. Be aware of how others affect you.** Are there people in your life who feed your worries, doubts or fears? Limit your time with them, if possible. Or try to direct conversations away from those topics that make you anxious.

Unitedhealthcare.com

Need help quitting smoking?

Visit www.epa.gov/smokefree

Stop Domestic Violence

If you or someone you know is experiencing domestic violence, **contact the Women's Center for Advancement's 24-hour hotline: 402-345-7273 or office: 402-345-6555.**

The Employee Assistance Program

(EAP) is available to all Douglas County employees through Alegent-Creighton Health. EAP's trained staff can help with problems that affect your personal or professional life. Services are provided to employees in a confidential manner and there is no charge to the employee for up to five counseling sessions. **Call 402-398-5566 or 1-888-847-4975 or visit Alegenteap.com. PLEASE NOTE: They have relocated to different building on the Creighton/Bergan Mercy Hospital Campus: 7710 Mercy Road, Building ONE, Suite #332.**

24-Hour Nurse from UnitedHealthcare

Connect with a registered nurse who'll take the time to understand what is going on with your health and provide personalized information just for you, 24 hours a day, seven days a week. To talk with a nurse, call 888-332-8885, or visit myuhc.com.

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; proofreading: Tina Curry; distribution: Kathy Adair. We'd like to hear from you! Send questions or comments to the committee by e-mailing chairwoman Kathy Adair at kathy.adair@douglascounty-ne.gov, drop her a note to Human Resources, Room 505, or call her at 402-444-6099.

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