

Your Worksite Wellness

News NOV/DEC 2012

Health Fair Was Fall Highlight

Fall was a great time for fitness if you are a Douglas County employee, and the annual Health Fair was a big reason why!

“The Third Annual Health Fair was a tremendous success,” said Kathy Goodman, chairwoman of Healthy Directions. “More than 800 employees attended the Health Fair with 398 employees and/or spouses taking the Health Assessment survey. That is double the numbers from our 2011 Health Fair.”

More than 463 flu shots were provided to employees and employee spouses, while 160 people in those same groups took the Bio-Metric testing.

“It was a great job by everyone, and I really want to thank the vendors who took part and donated the prizes for our drawings,” Kathy said. “I also want to thank all the Healthy Directions Wellness Committee volunteers who worked the tables, helped with the setup and the cleanup after the events.”

There also are 152 prize winners, who need to be recognized - see list on next page.

Douglas County Benefits and Human Resource Department can boast of another big success during the fall with the on-line Self-Service Open Enrollment for benefits. The preparation for self-service on-line enrollment has been in the making for more than two years and was rolled out to all employees and retirees during the first two weeks of November.

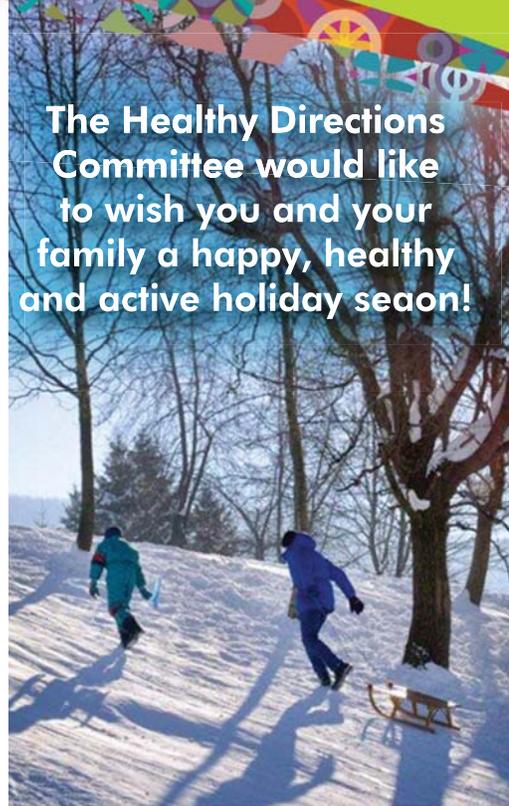
“There were a few log-on kinks but with the help of the DOT.Comm staff it was successful,” Kathy said. “We appreciate the staff at DOT.Comm, all the Human Resource staff, benefit staff and everyone who helped us with the roll out of this project for our employees.”



As the holiday season approaches, Kathy encourages everyone to keep moving and beware of all the treats that can set you back from your Healthy Directions.

“Watch for upcoming events during the winter season,” she said. “Merry Christmas and a happy and healthy 2013 to everyone.”

Phil Rooney



The Healthy Directions Committee would like to wish you and your family a happy, healthy and active holiday season!

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

Health Fair Raffle Winners!

<u>Employee Name</u>	<u>Office</u>	<u>Prize</u>	<u>Donated by:</u>
Roger Morrissey	Assessor	Stadium blanket	Silverstone
Sadie B	Assessor	T-shirt	Mutual of Omaha
Tim Tran	Assessor	lunch bag and water bottle	DC Wellness Committee
Tom Wade	Assessor	lunch bag	DC Wellness Committee
Ben Ludeking	Bldg Comm	lunch bag and water bottle	DC Wellness Committee
Don Svatgl	Bldg Comm	Gift Basket	Excel Therapy
Mary Svajgl	Bldg Comm	\$25.00 Visa Gift Card	1st Nebraska Educator Credit Union
George Watterson	CDC	Subway Gift Card	Healthy Directions
Isella Herrera	CDC	Maximized Living - Nutrition Plans book	Dr. Weise
Kristine McLaughlin	CDC	\$25 gift certificate	Upstream Brewing Company
Lois Brom	CDC	MP3 Duffle Cooler	Minnesota Life
Matt Warta	CDC	lunch bag and water bottle	DC Wellness Committee
Rhonda Strimple	CDC	lunch bag	DC Wellness Committee
Connie	Clerk	MetLife Snoopy	MetLife
Dawn H	Clerk	gym bag	Curves
Deb Benitez	Clerk	T-shirt	Mutual of Omaha
Jim Vandenberg	Clerk	gym bag	Curves
Kathy Kovac	Clerk	Dinner for Two	Upstream Brewing Company
Tom Sobczyk	Clerk	lunch bag and water bottle	DC Wellness Committee
Evan Carter	Corrections	\$50.00 Dicks Sporting Goods Gift Card	United Health Care
Justine Wall	Corrections	Family Pass	Durham Museum
Ruth Heitman	Corrections	lunch bag and water bottle	DC Wellness Committee
Scott Ristow	Corrections	T-shirt	Mutual of Omaha
Amy Jacobsen	County Attorney	gym bag	Mutual of Omaha
Angie R	County Attorney	lunch bag	DC Wellness Committee
Bill Ouren	County Attorney	One Month of Kosama Classes	Kosama
Cody Miltenberger	County Attorney	Golf Towel/Golfballs	Union Pacific
Denise Jaksich	County Attorney	2 Month Membership and Tote Bag	Curves
Diane Borsh	County Attorney	T-shirt	Mutual of Omaha
Ellen Duman	County Attorney	lunch bag and water bottle	DC Wellness Committee
Maureen Skradis	County Attorney	lunch bag	DC Wellness Committee
Nicole Goaley	County Attorney	\$50 Dicks Sporting Goods Gift Card	NE Orthopedic Hospital
Pat Adams	County Attorney	\$25.00 Target Gift Certificate	Edward Jones
Bob Radcliffe	DCHC	Corporate Cup T-Shirt	Healthy Directions
Cathy Lindmier	DCHC	\$20 Gift Certificate	Millard Roadhouse
Chameilia Kizsee	DCHC	lunch bag	DC Wellness Committee
Deb Dyer	DCHC	T-shirt	Mutual of Omaha
Donna Warneke	DCHC	lunch bag	DC Wellness Committee
Ioka Brannan	DCHC	2 Month Membership and Tote Bag	Curves
Jana Andrews	DCHC	6 month membership/Jones St location	Anytime Fitness
Janet Benkis	DCHC	Subway Gift Card	Healthy Directions
Jen Pedersen	DCHC	lunch bag	DC Wellness Committee
Leslie Schram	DCHC	lunch bag and water bottle	DC Wellness Committee
Linda Willson	DCHC	lunch bag and water bottle	DC Wellness Committee
Lorna McAlister	DCHC	2 Month Membership and Tote Bag	Curves
Shelette Hankins	DCHC	\$10 Gift Certificate	Jason's Deli
Steve Alvey	DCHC	lunch bag and water bottle	DC Wellness Committee
Tony Hernandez	DCHC	Electric Toothbrush	Delta Dental
Twilla Hancock	DCHC	lunch bag	DC Wellness Committee

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Health Fair Raffle Winners! (continued)

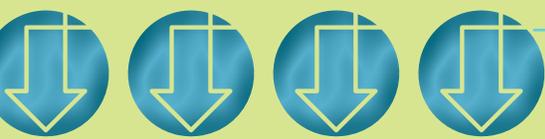
<u>Employee Name</u>	<u>Office</u>	<u>Prize</u>	<u>Donated by:</u>
Vicki Harker	DCHC	lunch bag	DC Wellness Committee
Ann Borer	District Court	Stocking cap (black)	ActivateOmaha.org
Catherine Hall	District Court	\$10 Gift Certificate	Jason's Deli
Janelle Ruyf	District Court	lunch bag	DC Wellness Committee
Regina F	Election Comm	Sweatshirt	Healthy Directions
Bobbie Holm	EM	T-shirt	Excel
Deb Johnson	EM	gym bag	Curves
Paul Johnson	EM	Corporate Cup T-Shirt	Healthy Directions
Bob Buglewicz	Engineer/Roads	T-shirt	Mutual of Omaha
George Bergstrom	Engineer/Roads	\$10 Gift Certificate	Lansky's
Jeff Scherzberg	Engineer/Roads	lunch bag	DC Wellness Committee
Mark Helmberger	Env Services	\$25 Gift Certificate	Ashley Lynn
Matthew Torrison	Env Services	lunch bag	DC Wellness Committee
Maryanna Anderson	Extension	lunch bag	DC Wellness Committee
Connie Miller	General Assistance	\$25.00 Target Gift Certificate	Edward Jones
Kim Poth	General Assistance	lunch bag	DC Wellness Committee
Melissa S	General Assistance	Corporate Cup T-Shirt	Healthy Directions
Tracy Colledge	General Assistance	lunch bag	DC Wellness Committee
Alma DiMinico	Health Dept	lunch bag and water bottle	DC Wellness Committee
Dawn Redlin	Health Dept	\$10 Gift Certificate	Lansky's
Diana Gross	Health Dept	lunch bag and water bottle	DC Wellness Committee
Huynh	Health Dept	Cooler	Minnesota Life
Kay Jessen	Health Dept	Smashburger - \$5 certificate	Applebee's/Smashburger
Kina DeBerry	Health Dept	gym bag	Curves
Leann Crosby	health Dept	lunch bag	DC Wellness Committee
Marsha Dorris	Health Dept	Dual-Use Heart Rate Monitor	United Healthcare
Nicole Kaye-Skinner	Health Dept	lunch bag	DC Wellness Committee
Phil Rooney	Health Dept	lunch bag	DC Wellness Committee
Richard Schultz	Health Dept	lunch bag	DC Wellness Committee
Russ Hadden	Health Dept	\$25.00 Dicks Sporting Goods Gift Card	United Health Care
Tina Curry	Health Dept	T-shirt	Mutual of Omaha
Vanessa Wagner	Health Dept	2 Free Drum Set Lessons	Ann's Music World
Carol Donnelly	HR	Road Atlas	Omaha Douglas Credit Union
Debbie Otwell	HR	lunch bag and water bottle	DC Wellness Committee
Linda Wolfe	HR	Lunch for two (\$25 maximum value)	Upstream Brewing Company
Lori Wright	HR	Tennis balls	Aflac
Mark Williams	HR	lunch bag and water bottle	DC Wellness Committee
Brenda Robinson	Juv Assmt	T-shirt	Mutual of Omaha
George Lampkins	Juv Assmt	lunch bag and water bottle	DC Wellness Committee
Jessica Elzinado	Juv Assmt	lunch bag	DC Wellness Committee
Shawne Coonfare	Juv Assmt	lunch bag and water bottle	DC Wellness Committee
Shirley Nelson	Juv Assmt	\$20 Amazing Pizza Machine	Amazing Pizza Machine
Carol Ladd	Juv Crt	\$25 QuikTrip Gift Card	Omaha Douglas Federal Credit
Union			
Dawn DeMarr	Juv Crt	T-shirt	Mutual of Omaha
Matthew Ajuoga	Juv Crt	2 Free Band Instrument Lessons	Ann's Music World
Beth Hansen	Microfilm	\$25.00 Target Gift Certificate	Edward Jones
Allison Mendoza	Public Defender	lunch bag	DC Wellness Committee
Cheryl Kessell	Public Defender	Ipad	ING

Continued on next page

Health Fair Raffle Winners! (continued)

<u>Employee Name</u>	<u>Office</u>	<u>Prize</u>	<u>Donated by:</u>
Jackie Callahan	Public Defender	lunch bag	DC Wellness Committee
John Murphy	Public Defender	lunch bag	DC Wellness Committee
Maria (John) Murphy	Public Defender	\$10 Gift Certificate	Jason's Deli
Melissa Driscoll	Public Defender	\$25 QuikTrip Gift Card	Omaha Douglas Federal Credit Union
Mindy Currans	Public Defender	\$15 gift card	Scheels
Rebecca Swierczek	Public Defender	\$25.00 Target Gift Certificate	Edward Jones
Rob Marcuzzo	Public Defender	lunch bag and water bottle	DC Wellness Committee
Zoe Wade	Public Defender	2 Free Piano Lessons	Ann's Music World
Eric Carlson	Purchasing	2 Free Guitar Lessons	Ann's Music World
Leann Derry	Purchasing	\$25.00 Target Gift Certificate	Edward Jones
Melissa Marchello	Purchasing	lunch bag	DC Wellness Committee
Bob Swatek	Retiree	gym bag	Omaha Douglas Credit Union
Janet Elffner	Retiree	lunch bag	DC Wellness Committee
Jim Westcott	Retiree	lunch bag and water bottle	DC Wellness Committee
Joyce Clark	Retiree	T-shirt	Mutual of Omaha
Linda Whitfield	Retiree	lunch bag	DC Wellness Committee
Mary Brown	Retiree	gym bag	Curves
Sherri Freese	Retiree	lunch bag	DC Wellness Committee
Susan Vencalek	Retiree	Cookbook/Grilling Spice	Omaha Steaks
Barb White	ROD	lunch bag	DC Wellness Committee
Denise Leikie	ROD	Xbox 360	Aflac/Wageworks
Kathy Camden	ROD	Aflac duck	Aflac
Alice Meyer	Sheriff	\$25.00 Visa Gift Card	1st Nebraska Educator Credit Union
Annette Johnson	Sheriff	100 Smart Choices book	UHC
Carissa Roberts	Sheriff	4 Tickets	The Rose
Carol Safley	Sheriff	2 Month Membership and Tote Bag	Curves
Cathy Chamberlain	Sheriff	lunch bag	DC Wellness Committee
Denise Rieder	Sheriff	Yoga Ball	Minnesota Life
Matt Martin	Sheriff	\$10 Gift Certificate	Jason's Deli
Patty Stokes	Sheriff	gym bag	Mutual of Omaha
Sara Austin	Sheriff	Sweatshirt	Healthy Directions
Terry Hobelman	Sheriff	Family Pass	Durham Museum
Judi Jarecki	Tourism	T-shirt	Mutual of Omaha
David Lanphier	Treasurer	lunch bag and water bottle	DC Wellness Committee
Deb Nelsen	Treasurer	lunch bag and water bottle	DC Wellness Committee
Gwen Kugler	Treasurer	\$25 gift certificate	Dundee Dell
Heather Thompson	Treasurer	lunch bag	DC Wellness Committee
Patricia Carter	Treasurer	T-shirt	Excel
Shar Davenport	Treasurer	One Free Night Stay	Settle Inn
Sue Birscheid	Treasurer	Cooler	Minnesota Life
Marlene Rollins	Youth Center	2 Month Membership and Tote Bag	Curves





Lower Your Risk for Diabetes

Diabetes Risk Factors

Weight Being overweight is a primary risk factor for type 2 diabetes. The more fatty tissue you have, the more resistant your cells become to insulin.

Fat distribution If your body stores fat primarily in your abdomen, your risk of type 2 diabetes is greater than if your body stores fat elsewhere, such as your hips and thighs.

Inactivity The less active you are, the greater your risk of type 2 diabetes. Physical activity helps you control your weight, uses up glucose as energy and makes your cells more sensitive to insulin.

Family history The risk of type 2 diabetes increases if your parent or sibling has type 2 diabetes.

Race Although it's unclear why, people of certain races - including blacks, Hispanics, American Indians and Asian-Americans - are more likely to develop type 2 diabetes than whites are.

Age The risk of type 2 diabetes increases as you get older, especially after age 45. That's probably because people tend to exercise less, lose muscle mass and gain weight as they age. But type 2 diabetes is also increasing dramatically among children, adolescents and younger adults.

Prediabetes Prediabetes is a condition in which your blood sugar level is higher than normal, but not high enough to be classified as type 2 diabetes. Left untreated, prediabetes often progresses to type 2 diabetes.

Gestational diabetes If you developed gestational diabetes when you were pregnant, your risk of developing type 2 diabetes later increases. If you gave birth to a baby weighing more than 9 pounds, you're also at risk of type 2 diabetes.

If you have any of the items above, be sure to talk with your health care team about your risk for diabetes and whether you should be tested. www.ndep.hih.gov

Diabetes Prevention:

It's especially important to make diabetes prevention a priority if you're at increased risk of diabetes, for example, if you're overweight or have a family history of the disease.

Diabetes prevention is as basic as eating more healthfully, becoming more physically active and losing a few extra pounds. It's never too late to start. Making a few simple changes now may help you avoid the serious health complications of diabetes down the road, such as nerve, kidney and heart damage. Consider these diabetes prevention from the American Diabetes Association.

Tip 1: Get more physical activity Exercise can help you:

- Lose weight
- Lower your blood sugar
- Boosts your sensitivity to insulin - which helps keep your blood sugar within a normal range

Research shows that both aerobic exercise and resistance training can help control diabetes, but the greatest benefit comes from a fitness program that includes both.

Tip 2: Get plenty of fiber It's rough, it's tough - and it may help:

- Reduce your risk of diabetes by improving your blood sugar control
- Lower your risk of heart disease
- Promote weight loss by helping you feel full

Foods high in fiber include fruits, vegetables, beans, whole grains, nuts and seeds.

Tip 3: Go for whole grains Although it's not clear why, whole grains may reduce your risk of diabetes and help maintain blood sugar levels. Try to make at least half your grains whole grains. Many foods made from whole grains come ready to eat, including various breads, pasta products and many cereals. Look for the word "whole" on the package and among the first few items in the ingredient list.

Tip 4: Lose extra weight If you're overweight, diabetes prevention may hinge on weight loss. Every pound you lose can improve your health. And you may be surprised by how much. In one study, overweight adults reduced their diabetes risk by 16 percent for every kilogram (2.2 pounds) of weight lost. Also, those who lost a modest amount of weight - at least 5 to 10 percent of initial body weight - and exercised regularly reduced the risk of developing diabetes by almost 60 percent over three years.

Tip 5: Skip fad diets and make healthier choices Low-carb diets, the glycemic index diet or other fad diets may help you lose weight at first, but their effectiveness at preventing diabetes isn't known nor are their long-term effects. And by excluding or strictly limiting a particular food group, you may be giving up essential nutrients. Instead, think variety and portion control as part of an overall healthy-eating plan. www.mayoclinic.com

Leftovers?

Here's a Quick & Healthy Recipe

Turkey Reuben Sandwich Brenda J. Ponichtera, RD

This is a great recipe for leftover turkey. It is also a low-fat version of a high-fat sandwich. Use of lower-fat ingredients and the elimination of butter makes this tasty and yet low-fat. Rinsing the sauerkraut helps to reduce the sodium.

1 cup sauerkraut
8 slices of whole-grain bread
8 ounces sliced lean turkey
2 ounces (1/2 cup) grated reduced-fat Swiss cheese

Preheat to 400°. Drain and rinse sauerkraut. Rinse and drain again. Squeeze out moisture.

Toast bread. On each of 4 slices, place 2 ounces turkey, 1/4 cup sauerkraut, and 1/4 of the Swiss cheese. Top with remaining slices of bread.

Wrap in aluminum foil and bake for 10 minutes or until thoroughly heated and cheese is melted.

Note: One serving is an excellent source of fiber.

Makes 4 sandwiches
4 servings

Each Serving
1 sandwich

Carb Servings: 2

Exchanges
2 starch
3 lean meat

Nutrient Analysis
calories 272
total fat 6g
saturated fat 2g
cholesterol 56mg
sodium 570mg
total carbohydrate 28g
dietary fiber 5g
sugars 11g
protein 26g

Staying Fit in Cold Weather

Most people can exercise comfortably in cold weather, assuming they bundle up. The prime concern is preventing hypothermia - the loss of too much body heat. The American Council on Exercise offers these suggestions for exercising safely in the cold:

- Wear layers of clothing that you can peel away as you warm up.
- Keep your head, hands and feet warm with a hat, gloves and socks.
- Always check the weather before heading out. Don't exercise outdoors in dangerous conditions.
- Avoid cotton or tightly woven clothing, which may retain moisture next to the skin.
- If it's very cold, wear a scarf or mask to cover your nose and mouth.

www.healthyliving.msn.com



Ready to Quit Smoking?

If you've made a commitment to quit smoking, www.smokefree.gov can help!

Use the Step-by-Step Quit Guide, talk to an expert, find tools to help you quit (free text mobile service that offers 24/7 encouragement, advice, and tips; free mobile app, craving journal and more!)

Dial Down Your Holiday Stress

The experts noted there are several other ways to avoid stress during the holidays, including:

Find support. People facing difficult family situations should set aside time to spend with their friends. Those who feel isolated or alone should take advantage of resources in their community or volunteer their time at a local charity.

Get some alone time. Even a 15-minute break can help you relax and relieve stress. Taking a brisk walk or getting some exercise can significantly improve your mood.

Set limits. You can't do everything, so do only what you enjoy. Allow friends and family members to share their ideas about what they would like to do during the holidays.

Reduce shopping stress. Set a budget and do not spend more than you intend. Don't let guilt, competitiveness or perfectionism send you on more shopping excursions than you would like.

Enlist help. Let your friends and family contribute to the holiday preparations.

Be realistic. Don't set your holiday expectations too high. Allow your loved ones to be themselves and set any conflicts aside for another time.

Reflect on the past. Honor and remember loved ones who have passed away.

Be organized. Plan meals, shopping lists and other activities in advance so you have more time to enjoy the holidays.

Remember what's important. Spend some time focusing on family, religious beliefs or traditions.

Anyone who still feels depressed during the holidays should consider talking to a mental-health professional, the experts noted.

www.healthyliving.msn.com

Commit to be Fit



The County Wellness Bicycling Corner

At this time of year - with cooler weather, winds, and the end of daylight saving time -ending - it is good to reflect on the past year and the fun you had bicycling. It has been a great year and there are a number of success stories from County employees who really put the foot to the pedal and achieved a great deal of bicycling and fitness success.

Here's a special shout out to the following County employees who put some miles on their bikes and/or rode in such events as the Corporate Bike Challenge, the Bike Ride Across Nebraska (BRAN), the bike ride across Iowa (RAGBRAI), the Great American Pie Ride or just got out and rode their bikes. Our notable and distinguished riders include:

- Mark "Captain America" Swoboda of Corrections who rode more than 3,000 miles to include the entire RAGBRAI trip and several "century rides."
- Kevin "Iron Man" Conlon of the Sheriff's Office with over 2,000 miles and 3 days of RAGBRAI.
- Stacy "The Challenger" Cihak of Corrections who passed the 700-mile mark.
- Connie "Lighting" Lehman of the Health Department who put in more than 700 cycling miles and topped 1,000 running miles.
- Mel "Boomer Sooner" Washington of Corrections with over 1,500 miles including 3 days of RAGBRAI.
- Chris "Super Man" Sweeney of Corrections, who often bikes to work and back, totaled more than 2,000 miles.
- Lee "Lash" Lazure of HR with more than 2,500 miles including all of BRAN and 3 days of RAGBRAI.
- Johnny "The Jet" Blackburn of the County Courts with over 750 miles.
- Jim "The Boss" Bojanski of Civic Center Security who topped 2,000 miles.
- Susan "Biathlon Lady" Wiggins, wife of Stacy Cihak, who ran several marathons and biked more than 2,000 miles.
- Jeri "Speed Lady" Schaben of the Community Mental Health Center who captained "Team Dominatrix" in RAGBRAI with over 700 miles.
- Jared "Jet Speed" Jensen of the Health Department biked more than 1,500 miles and completed BRAN.

Now, I realize there are others out there who rode a great deal, so if I left out any one, please let me know what kind of distances you rode this year or any of the specific rides you completed. I will be sure to put you in our January/February Newsletter to recognize your wellness accomplishments.

Always remember the cold weather does not mean it is the time to hang up your bike and hibernate. Start planning now and set a goal of getting out on your bike at least once during the December through February time frame. You don't want to lose the fitness gains you've made during the past year. Simply layer up for the weather and ride just to keep your legs in shape and to prevent the "lb's" from building up on your body. Start by setting some basic fitness goals for these months.

The holidays are an opportunity to improve your fitness gear. Put some biking items on your Christmas list, such as cold weather gloves, long pants for riding, a balaclava and wool socks. Or just stop by one of the excellent bike stores in town and treat yourself to a "Christmas present" with something for your bike or for riding in the new year.

To start you thinking about 2013 riding, the rumor on the streets is that RAGBRAI will begin in Council Bluffs. With a little training you could do one, two or three days of it along with a number of County employees who most likely will be riding.

Also, BRAN will be held the first week of June. Word has it the ride will start at Kimball, Neb., with the theme of "The Great Lincoln Highway Ride," and the route will follow Highway 30 east to Gretna. That means the ride will be flat, flat, flat! RAGBRAI usually is held the last week of July and BRAN takes place the first week of June.

Bicycling is such a great sport, and it is only matched by the outstanding employees of the County who go out on their bikes and ride for wellness with our Healthy Directions initiatives.

Don't let the weather hold you back, get out and ride!

You Can Do It! HAPPY HOLIDAYS!!

Lee Lazure

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

Responsible Holiday Drinking Tips

You can make your holidays happier and safer by following these five simple tips for consuming alcohol in moderation throughout the season:

Just say no.

Resist the pressure to drink or serve alcohol at every social event. Just because it's there does not require that you drink it. There is no law stating that alcohol is a necessary ingredient for holiday cheer. Don't feel like you have to drink just because your host offers - it's not rude to choose a non-alcoholic beverage instead.

Offer nonalcoholic beverages.

If you want to serve alcohol to your guests, offer nonalcoholic beverages as well. Make your guest feel as comfortable choosing a nonalcoholic beverage as he would choosing alcohol. You can do this by putting nonalcoholic drinks in a prominent, easily accessible place and by asking guests what they would like to drink, instead of pointing them to the bar or handing them an alcoholic drink when they arrive.

Designate a driver before the party begins.

If you or your friends are going to a party and plan to use alcohol, decide in advance who will be the designated driver. Decide that drinking and driving is not an option.

Choose your number ahead of time.

If you are going to drink, do what responsible drinkers do. Decide ahead of time how many drinks you will have and stick to it. A blood

alcohol content chart can help you understand the relationship between the amount of drinks, blood alcohol content and level of impairment.

Visit www.bloodalcoholcalculator.org/bac-charts/ to view a blood alcohol content chart.

Remember that alcohol is a complement, not the purpose.

Sometimes we lose sight of a holiday celebration or party and see it as a chance or opportunity to drink socially. While it is such an opportunity, the main purpose of a party is to have fun with people you know. Drinking is always an option and optional, and it is as much a choice as it is a responsibility. Keep this in mind throughout the night. If you find yourself going overboard, find a friend or loved one, and explain you'd like to go home. You can stop yourself before you go too far, you just need to choose to do so.



You can ensure your holiday season is a relaxing, enjoyable and peaceful one as long as you remember to drink in moderation, and encourage your loved ones to do the same. Don't become another drunk driving statistic, and try to remember the reasons people celebrate at this time of the year.

www.psychcentral.com

Signs and symptoms of frostbite include:

- A slightly painful, prickly or itching sensation
- Red, white, pale or grayish-yellow skin
- Hard or waxy-looking skin
- A cold or burning feeling
- Numbness
- Clumsiness due to joint and muscle stiffness
- Blistering, in severe cases

Frostbite typically affects smaller, more exposed areas of the body, such as your fingers, toes, nose, ears, cheeks and chin. Because of area numbness, you may not realize you have frostbite until someone else points it out.

PREVENTING FROSTBITE

When to see a doctor

Seek medical attention for frostbite if you experience:

- Signs and symptoms of superficial or severe frostbite - such as white or pale skin, loss of all sensation in the affected area, or blisters
- Increased pain, swelling, redness or discharge in the area that was frostbitten
- Fever of more than 100.4 degrees
- Dizziness, aching or feeling generally ill
- New, unexplained symptoms

www.mayoclinic.com

Commit to be Fit



Civic Center Welcomes the Alegent Health Clinic

Alegent Creighton Clinic is where the people are – at work in the Omaha City Hall building. In an effort to make health care more accessible, a clinic location has opened on the seventh floor to offer patients a convenient place to address their health care needs.

“Making health care convenient to patients is important because we all have busy lives,” said Rick Rolston, M.D., president and chief executive officer of Alegent Creighton Clinic. “When we start to feel sick, we all just want to be cared for as soon as possible – we hope this new Clinic location will provide that opportunity to the City of Omaha and City Hall employees.”

The Clinic was built with cooperation from the City of Omaha, to provide a practical access point for their employees and those employees of Douglas County, who also work in City Hall – saving the city, and their employees, time and money.

A full-time nurse practitioner and licensed practical nurse are staffing the facility during the weekdays. The facility will handle a range of health care needs, including vaccinations and minor health care treatments.

We know that people are busy and one size does not fit all – and that includes health care,” said Dr. Rolston. “So when the opportunity presented itself to work with the City of Omaha, we were excited to build this facility to be able to provide care to their employees - when and where they need it most.” www.alegentcreighton.com

Clinic telephone: 402-717-0710

Clinic hours: Monday - Thursday, 7:00 a.m. - 4:00 p.m.

Coming in 2013: The clinic plans to host monthly Lunch N Learn sessions. The Healthy Directions Newsletter will keep you posted with dates and times.

Live Smoke-free!

Would you like to learn more about **Smoke-free mulit-unit housing?** Contact: **Aja Anderson, BS, Douglas County Health Department** at aja.anderson@douglascounty-ne.gov.

Start each Thursday morning with the toning, relaxing power of

Yoga

Every Thursday • FREE!



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

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

3 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!

PILATES

AT LUNCH CLASS!

Join us for the FREE

Every Tuesday at Noon
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

The Employee Assistance Program (EAP)

is available to all Douglas County employees. 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 three counseling sessions. Call 402-391-2477 for an appointment or e-mail familyenrichmentomaha.com.

Commit to be Fit