



DOUGLAS COUNTY Healthy Directions Wellness Newsletter

HEALTH FAIRS A SUCCESS!

What a week it was from Nov. 2 through Nov. 8 as Douglas County Employee Benefits hosted Health Fairs for employees at five sites during four days to start the month. Healthy Directions Chairwoman Kathy Goodman says it was another home run for the county's wellness program.

"It was a great success," she said. "We had more than 700 people attend the health fairs to start November. Who would have believed that just a year ago?"

Employees were able to review insurance options and many took advantage of the opportunity for back checks and blood pressure checks. Dr. Jason Wiese of Life Source Chiropractic continued his extraordinary support of Healthy Directions with a \$500 donation to the program, based on the number of employees who stopped by his booth at the health fair.

"This is just the start," Kathy said. "The Healthy Directions committee is looking at ways to improve what we have to offer and come up with some new ideas." *Story and photos by Phil Rooney*



Here are the Douglas County Health Fair Prize Winners and the vendors who donated the prizes. If you are a winner, you can pick up your prize at the Human Resources/Employee Benefits office or call to make arrangements to have them forwarded to your work.

Kerri Straub - 22' Flat Screen TV - ING; Gary Olson - IPOD Touch - AFLAC; Sanaa Iskander, Jillian McCall, Steve Dickey, Bonnie Madison and Judy Jarecki all won small ducks from AFLAC. Don Fricke and Ann Tripp won recyclable grocery bags from AFLAC; Al Pakulat and Nancy Humbert took home a golf ball/tee set from AFLAC; AFLAC koozies went to Mary Brown, Debbie Freeman, Bernice Devol, Carmelita Rogers, Robert Steinbock, Jeremy Ruhland, Dorothy Cooper, Tasha Drake, Jeff Beasley and Lorena Marion; Michelle Hatcher won a gift basket from Healthy Directions Wellness; water bottles from Health Directions Wellness went to Patty Kennedy, Richard Kroh, Michael Perl, Michaela Taylor, Roy Wilson, Robert Natal, Carmen Harmon, Alan Agosta, Beth Stiles and Barb Rivard; Michelle Perales won a Healthy Directions sweatshirt; a large Snoopy Dog with dog house from MetLife went to Denise Rieder, J. Pam Murphy - Juvenile Court, Jim Barna and Mary Smith; Floyd Stenneche and Sheri Nared each won a small Snoopy Dog from MetLife; \$25 Target Gift Cards courtesy of Edward Jones were won by Donna Johnson, Julie Talty, Cathy Longstreth and Diana Acero; Edward Jones water bottles went to Teresa Orent, Dave Wintle, Susan Kuhl, Jim Bojanski, Anne O'Keefe and Doug Clark; Scott

Stevens/NP Dodge provided \$25 Best Buy gift cards to Rebecca Swierczek, Jim Wells, Joe Martinez, Ronda Strimple; the winners of the 25 Whole Foods gift cards from United Healthcare were Michelle Leu and Eugene Meinders; Mark Conrey won a book bag from United Healthcare; the YMCA gave one-month memberships to Ronda Petersen and Dena Kowal; George Waterson won a certificate good for four single tickets to Rose Performing Arts; Karin Caldwell won a family day pass to the Durham Museum; Yvonne Surber won a free consultation worth \$200 from Dr. Jason Wiese with Life Source Chiropractic; Deb Benitez, Michelle Cedillo and Barb Carpenter won a Maximized Living Nutritional Book worth \$25 from Dr. Jason Wiese; Phyllis Whitsel won two private lessons for piano, Kristopher Peterson won two private lessons for drums and Amanda McConnell won two private lessons for guitar, all from Ann's Music World; Mutual of Omaha duffel bags were won by Justin Frederick and Todd Thomas; Mutual of Omaha T-shirts were won by Stacey Zimmerman, Theresa Wilburn, Sara Austin and Kathleen Cue; Linda Lind, Michelle Burtley and Steve Reynolds won Mutual of Omaha water bottles; emergency car kits from Minnesota Life were claimed by Linda Wilson and Cindy Fife; the Omaha On Board game from Union Pacific was won by Rob Sofie; Pat Nadrchal, Marv Stopak and Clyde Newsome won \$25 gift cards from Cabela's provided by Nationwide Retirement Solutions; Chris Salisbury won a fall painted pumpkin donated by Kathy Goodman in Employee Benefits and Christina Avant won a Menards hat, key ring and collector car.

WINTER FITNESS OPPORTUNITIES

CIVIC CENTER AND COURT HOUSE

DEC. 1 - MARCH 1
Join the Group at Any Time!

PHIL'S Winter Walking Challenge!

Back by popular demand! Once again Phil Rooney from the Douglas County Health Department invites you to join him for indoor walks. This year the group will walk five days a week. Just meet by the lunch room in the Civic Center. You'll cross the street to walk inside! Laura Marcell from the Register of Deeds will also lead a daily group. Each group walks for 30 minutes. Log your minutes and win prizes!

Phil's group: Walk begins at Noon

Laura's group: Walk begins at 12:30 PM

For more information, contact
Kathy Goodman at 444-6099.

HEALTH CENTER: LOSE AND WIN PROGRAM

UnitedHealthcare invites you to partner with us to help your employees achieve and maintain a healthy weight.

Lose and Win provides you with the information and resources you need to facilitate an eight week weight loss program at your worksite. This program is designed to help you provide your employees with the information and skills they need to make healthy lifestyle changes such as:

- ▶ Estimate appropriate portion sizes
- ▶ Incorporate physical activity into everyday life
- ▶ Plan healthy meals
- ▶ Recognize the signs of emotional eating
- ▶ Overcome common exercise barriers
- ▶ Chose healthier options when dining out
- ▶ Manage stress
- ▶ Use positive self-talk to reach their goals



By offering this program onsite, you give your employees convenient access to information to help them improve their health. The sessions demonstrate to your employees they work in a supportive environment, one of the keys to successful weight loss.

In addition to the Lose and Win participant manual, UnitedHealthcare provides you with access to the facilitator toolkit, "train-the-trainer" sessions for your designated onsite facilitator, and ongoing support calls throughout the duration of the program.



To find out how to sign up for the Lose and Win program or for more information, contact
Jennifer Beisheim: 444-7324

HEALTH CENTER: WALK TO WASHINGTON DC!

Everyone is welcome to join in!!

Let's see who gets to the healthiest city in America first!

The DCHD Wellness Committee is sponsoring Walk to Washington, DC. Everyone is welcome to join in the walk. Tally your minutes walked on the DCHD wellness bulletin board on the main floor close to the front entrance. Each box represents 10 minutes of walking; your first 80 minutes of walking will get you to Adair, IA. Color in the boxes as you go and before long you will be on your way to a healthier new you.

Starts Friday, November 5th!

For more information, call Jennifer Beisheim:

444-7324



County Employees: Basketball League

4 on 4 full court County Basketball league on Sunday evenings at 4, 5, and 6 o'clock at the Douglas County Youth Center Starting January 9, 2011 and ending on March 6, 2011. League fee will be \$175.00.

For more information, contact Dan Archie, 444-7492



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Help create a world with less cancer and more birthdays.

AMERICAN CANCER SOCIETY MARKS 35TH GREAT AMERICAN SMOKEOUT

In preparation for the Great American Smokeout on Thursday, November 18, the American Cancer Society encourages smokers to put their health first by making a commitment to quit smoking for good. At www.cancer.org/Smokeout, the American Cancer Society helps with that commitment by providing smokers online resources and tools such as a guide to quitting smoking; desktop helpers such as the quit-clock and crave button, and support from trained counselors through the American Cancer Society Quit For Life® program operated and managed by Free & Clear® at 1-800-227-2345.

According to an American Cancer Society report, smokers who quit can expect to live as many as ten years longer than those who continue to smoke; and smokers who quit, regardless of age, live longer than people who continue to smoke. Research shows that much of the risk of premature death from smoking could be prevented by quitting. Smokers who quit reduce their risk of lung cancer – ten years after quitting, the lung cancer death rate is about half that of a continuing smoker’s – and lower their risk for other major diseases including heart disease and stroke.

“Quitting smoking is a very important step in reducing cancer risk, as tobacco use remains the single largest preventable cause of disease and death in the U.S.,” said Edward Partridge, M.D., national volunteer president for the American Cancer Society. “The American Cancer Society Great American Smokeout is a great first step for smokers to take charge of their health by quitting or making a plan to quit, and the Society can help smokers through a variety of resources including personalized telephone coaching by trained specialists.”

The American Cancer Society created the trademarked concept for and held its first Great American Smokeout in 1976 as a way to inspire and encourage smokers to quit for a day. One million people quit smoking for a day at the 1976 event in California. The Great American Smokeout encourages smokers to commit to making a long-term plan to quit smoking for good.

Important facts about tobacco use:

- Tobacco use remains the world’s most preventable cause of death.
- Cigarette smoking accounts for about 443,000 premature deaths – including 49,400 in nonsmokers.
- Thirty percent of cancer deaths, including 87 percent of lung cancer deaths, can be attributed to smoking.
- Smoking accounts for more than \$193 billion in health care expenditures and productivity losses annually.

To learn more about the American Cancer Society, quitting smoking, or to get help, call any time, day or night, at 1-800-227-2345 or visit cancer.org.

Chantix is a non-nicotine prescription medicine specifically developed to help adults 18 and over quit smoking. Our UnitedHealthcare benefits package helps cover the cost of Chantix. To learn more about the drug, talk to your doctor or pharmacist.

Caaaa-ching!

Sure, there’s health reasons to quit smoking, but there’s a big financial benefit to quitting, too. The average price of a pack of cigarettes is \$5.31. If you smoke 2 packs a day, here’s how much you’ll be saving when you quit:

After	You’ll save
1 day	\$10.62
1 week	\$74.34
1 month	\$318.60
1 year	\$3,876.30
10 years*	\$51,092.72
20 years*	\$142,591.99

* Based on price of cigarettes increasing 6% annually.

www.cancer.org



“Sorry, Boss, but listening to loud music keeps my mind off smoking.”

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THE COUNTY WELLNESS BICYCLING CORNER

Hey, if you missed the Veteran's Day Holiday Ride, it was a great time. We had 10 people do the ride on the Wabash Trace down to the Mineola, IA. Steakhouse and everyone wanted to ride further on over to Silver City, IA. so we rode a total of 27 miles. The weather was perfect, so if you didn't make it --- there will definitely be a next time.

Biking riding in the winter is a challenge but if the trails are dry, the wind is not too strong and the sky is clear where you get the sun --- it is not bad. Riding with a group of people also takes away the weather factor a bit and doubly enjoys the hot cup of chocolate or coffee at a rest stop.

An excellent goal for biking is to ride at least once during each month of the year so if you plan accordingly such as watching the weather forecast, you can do it. There is definitely a "January Thaw" and some 40 degree plus days in November, December, January and February where a little layering of clothes can make for a fun ride.

Some more tips (see the October Wellness Newsletter for previous tips) on riding in the winter:

- The first things that will complain to you when riding are your hands and feet so wear gloves that have some insulating material covered by a wind-blocker and for your feet, wear wool socks and there are booties that you can put over your shoes.
- For your ears and head (most of your heat escapes from the top of your head) wear a cap that will cover your head and ears and fit underneath your helmet. Most helmets are adjustable and you can be comfortably dressed and safe at the same time. Wearing a "gator" or a neck scarf or a "berka" also increases your warmth and a fun ride.
- Wearing sunglasses that have wrap around lenses will protect you from the wind both in the winter and other times during the year.
- Wear bright yellow or orange to be visible to motorists.
- As necessary, consider slightly under-inflating your tires to increase road contact.

A fun thing to do during the winter months is to do some group rides --- check with some of the bike stores around town for flyers about various rides over the next couple of months.

If any one has some ideas about doing a group bike ride, let me know, we can put something together but probably with short notice due to frequently changing weather.

If riding in cold weather is not your cup of tea, no problem, warm weather will come and the snow will melt. Trust me, just look at last winter. Just stay active and fix up your bike and get it ready for Spring and perhaps even test it out on a short ride.

YOU CAN DO IT!!

Lee Lazure
Douglas County Human Resources – Civil Service

HOLIDAY STRESS TIP:

Take care of yourself—Taking care of yourself during the holiday season helps to keep your mind and body primed to deal with stress. Pay attention to your own needs and feelings. Engage in holiday activities that you enjoy and find relaxing. Exercise regularly. Eat healthy. Make sure you get enough rest and sleep.

The American Psychological Association



BEAT A WORKOUT RUT

When you're bored, so is your body - and your fitness level can reflect that mental ennui. To keep things fresh, create a Wildcard Workout jar: Not down 20 different routines on scraps of paper - from skipping rope wity your ikids to a specific interval walk. Pull one ofromt he jar each time your workout starts to feel ho-hum. *Prevention magazine*

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HEALTHY DIRECTIONS SUCCESS STORY

Do You Know Your Numbers? Sgt. Kenneth Matthews Does!

Just more than four years ago, Sgt. Kenneth Mathews of Douglas County Corrections was taking his routine walk around the pond at Benson Park.

But on this September day the walk would prove to be anything but routine.

"I began to feel extremely tired," Ken says. That prompted a visit to the ER at nearby Immanuel Hospital where a doctor ordered several lab tests. They came back normal, but the doctor wanted to hold him overnight for a stress test.

That was when the problem was discovered.

"After the procedure the doctor told me I had a 90 percent blockage in my coronary artery," Ken said. "I was extremely afraid, but I knew that I needed to make necessary changes to ensure a long, healthy life."

His medical concerns were not uncommon for an African-American man, and included high blood pressure, high cholesterol and diabetes. They required special attention, but diet, exercise and medication were recommended to start getting them under control.

It wasn't long before some major changes were taking place in Ken's life. Fried foods, fast food and sugar were soon gone from his diet. That started after he talked to his doctor, but someone else was even more important.

"My wife played a major role in my lifestyle change," Ken said. "She began to bake my food instead of frying it." He also joined 24 Hour Fitness and started working out seven days a week with a focus on cardiovascular exercises to ensure his heart's health.

He set an example that had his teenage children starting their own workout routines, while his wife joined him on weekend walks.

Ken learned his numbers as well – the numbers for hemoglobin, cholesterol and his blood pressure. We won't share them, but today they are nothing like what he saw during that first doctor's visit in 1996.

Recently, a trip to the doctor brought him even more good news.

"My doctor decided that I no longer needed to take my diabetes medication and one of my cholesterol meds," Ken said. "After my visit he took me off those meds."

It has been a major transformation in Ken's life, and he admits, it's not something he did by himself.

"I owe my success to many people, most importantly, God," Ken said. "I understand that he gives us the life, but it's up to use to assure that we live as healthy as possible."

Ken's wife and children also earned his thanks.

"They have supported me through this transformation. I am very, very grateful to them."

The experience has left Ken with some thoughts to share with his co-workers.

As Ken points out, your body will let you know when something is going wrong with it, and there can still be a problem even if all of your lab work is normal.

Story by Phil Rooney, photo by Kathy Goodman

I would like to encourage all Douglas County employees to diet and exercise. Also LISTEN TO YOUR BODY.

Sgt. Kenneth Matthews

CONGRATS
ON YOUR
SUCCESS!



Olive
Oil
FYI

The potency of antioxidants in olive oil declined 40% after 6 months, according to a 2009 Italian study of bottled olive oil in the *Journal of Food Science*. Yet in many households, bottle can sit on the shelf for much longer than that. Make it last. Don't store oil near the stove or leave it uncapped for long, as it's sensitive to oxygen, heat, and light, says Doug Balentine, PhD, director of nutrition science at Bertolli, an olive oil producer. If you don't cook with it often, buy smaller bottles.

Prevention magazine

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HEALTHY SUBSTITUTES

You can make many of your favorite recipes healthier by using lower-fat or no-fat ingredients. The American Heart Association offers these healthy substitutions can help you cut down on saturated fats, trans fats and cholesterol, while noticing little, if any, difference in taste.

When recipe calls for ...

Whole milk (1 cup)

Heavy cream (1 cup)
salted cottage cheese

Sour cream

Cream cheese

Butter (1 tablespoon)

Egg (1)

Unsweetened baking chocolate (1 ounce)

Use this instead ...

1 cup fat-free or low-fat milk, plus one tablespoon of liquid vegetable oil

1 cup evaporated skim milk or 1/2 cup low-fat yogurt and 1/2 cup plain low-fat un-

Low-fat unsalted cottage cheese plus low-fat or fat-free yogurt; or just use fat-free sour cream

4 tablespoons soft margarine (low in saturated fat and 0 grams trans fat) blended with 1 cup dry, unsalted low-fat cottage cheese; add a small amount of fat-free milk if needed

1 tablespoon soft margarine (low in saturated fat and 0 grams trans fat) or 3/4 tablespoon liquid vegetable oil

2 egg whites; or choose a commercially made, cholesterol-free egg substitute (1/4 cup)

3 tablespoons unsweetened cocoa powder or carob powder plus 1 tablespoon vegetable oil or soft margarine; since carob is sweeter than cocoa, reduce the sugar in the recipe by 25%

Smart Substitutions for Snacks

Instead of ...

Fried tortilla chips

Regular potato or corn chips

High-fat cookies and crackers

Regular baked goods

Devil's food cake

Ice cream bars

Pudding made with whole milk

Ice cream

Enjoy ...

Baked tortilla chips (reduced sodium version)

Pretzels or low-fat potato chips (reduced sodium version)

Fat-free or low-fat cookies, crackers (such as graham crackers, rice cakes, fig and other fruit bars, ginger snaps and molasses cookies)

Baked goods, such as cookies, cakes and pies, and pie crusts made with unsaturated oil or soft margarines, egg whites or egg substitutes, and fat-free milk

Angel food cake

Frozen fruit bars

Pudding made with fat-free or low-fat milk

Sherbet, ice milk or frozen, fat-free or low-fat yogurt



When dining out

Instead of...

Cream-based soups

Quiche and salad

Buffalo chicken wings

Bread, muffins, croissants

Fried chicken sandwich

Chicken fried steak

French fries

Potatoes and gravy

Creamy coleslaw

Hot fudge sundae or ice cream

Try ...

Broth-based soups with lots of vegetables

Soup and salad

Peel-and-eat shrimp

Melba toast, pita bread, whole-grain rolls

Grilled chicken sandwich

Veggie burger

Baked potato, brown rice, steamed vegetables

Potatoes without gravy, baked potato

Sautéed vegetables, steamed vegetables or tossed salad

Nonfat yogurt, sherbet or fruit ice





COLD OR ALLERGY: WHICH IS IT?

If you tend to get "colds" that develop suddenly and occur at the same time every year, it's possible that you actually have seasonal allergies.

Although colds and

seasonal allergies may share some of the same symptoms, they are very different diseases.

Common colds are caused by viruses, while seasonal allergies are immune system responses triggered by exposure to an allergen. Treatment of a common cold may include rest, pain relievers and over-the-counter cold remedies, such as decongestants. Treatment of seasonal allergies may include over-the-counter or prescription antihistamines, nasal steroid sprays and decongestants, and avoidance of exposure to allergens where possible.

Symptom checker: Is it a cold or allergy?

Symptom	Cold	Allergy
Cough	Usually	Sometimes
General aches and pains	Sometimes	Never
Fatigue	Sometimes	Sometimes
Itchy eyes	Rarely	Usually
Sneezing	Usually	Usually
Sore throat	Usually	Sometimes
Runny nose	Usually	Usually
Stuffy nose	Usually	Usually
Fever	Rarely	Never

www.mayoclinic.com - adapted from National Institute of Allergy and Infectious Diseases 2008, James M. Steckelberg, M.D.

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.

The Employee Assistance Program (EAP) is available to all Douglas County employees. EAP's trained staff can help you with problems that affect your personal or professional life. Services are free to employees and family members, and records are kept confidential and are not included in the staff member's personnel file. Call 593-1711 for an appointment.

HEAR FROM YOU! We'd like to hear from you! If you have a question or comment for the Healthy Directions committee, e-mail chairwoman Kathy Goodman at kathy.goodman@douglascounty-ne.gov, drop her a note to Human Resources, Rm 505, or call 444-6099.

SAFE THANKSGIVING DINNERS REQUIRE PLANNING

Don't let the featured attraction of your Thanksgiving dinner ruin the holiday. The Douglas County Health Department is encouraging everyone to follow a few basic rules in preparing your holiday meal.

- Wash your hands before and after handling food.
- Don't use plates and utensils that were used earlier for raw meat or poultry.
- Decide in advance if you want a fresh or frozen turkey and how big a bird you need.
- If you buy a frozen turkey, make sure you have the freezer space to store it.
- Buy fresh turkeys only 1-2 days before cooking.
- To thaw a frozen turkey, place the bird in the original wrapper in the refrigerator, at or below 40 degrees F, in a container to hold dripping blood and juices.
- Allow about 24 hours of thawing time for each 4 to 5 pounds of turkey. Thawed turkeys can be kept in the refrigerator for 1-2 days.
- There are some things you can do if you forget to thaw your turkey. Submerge the turkey in cold water and change that water every 30 minutes, allowing about 30 minutes defrosting time per pound of turkey. Then cook it immediately.

Roast the turkey at 325 degrees F until it is cooked to a minimum internal temperature of 165 degrees F in all parts (including stuffing) as measured with a food thermometer. Even turkeys with pop-out thermometers should be tested under the wings and thighs to make sure they are thoroughly cooked. It also is important to remove all the stuffing from the bird.

Remember, your turkey will slice more easily if you let it stand for 20 minutes and the juices are allowed to settle. It also is important that you refrigerate leftovers within the first couple of hours after your dinner. *Douglas County Health Dept.*



Make sure everyone in the family gets home safely this holiday season by buckling their seat belt every trip, day and night.

Weight Watchers at the Civic Center Meeting Schedule

Nov. 25
Dec. 2



Holiday
Rm 903

The group accepts members at any point in time. If you're interested in joining, call Diane at 444-7457 or send her an e-mail at diane.battiato@douglascounty-ne.gov.

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