

DOUGLAS COUNTY Healthy Directions Wellness Newsletter



What's Inside: SEPTEMBER, 2010

- Share Your Bounty
- Flu Shot: Your Best Bet for Avoiding Influenza
- Fruit and Veggies! September is More Matters Month
- The County Wellness Bicycling Corner
- and more!

SUMMER WELLNESS PROGRAM ENDS

Douglas County has nearly 90 employees entered in this year's Corporate Cup. That's a big number, but Healthy Directions Chairwoman Kathy Goodman is taking that bit of information in stride.

"Every month brings a new surprise and it's a good one," Kathy said. "Our employees are seeing what a wellness program can do for them and they still want more."

One example of employee participation was the Summer Wellness Challenge. The final numbers are in and the winners are:

Vanessa Nash who works in the Health Department's clinic at the Douglas County Health Center totaled 1891 points to win the Beginner's Level competition and claim a \$25 Scheels gift card.

"It was really great to have the encouragement and know other people were trying to make healthy choices," Vanessa said of her Summer Challenge experience.

Second place went to Janet Nichols from the Clerk of the District Court's office. She totaled 1873 points and received a \$15 gift card from Scheels.

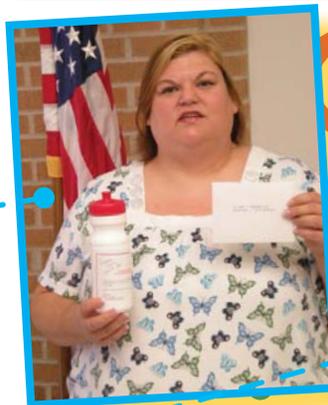
First place in the Intermediate Level competition went to Karen Bierterman from the Department of Corrections with 1,842 points. Karen also received a \$25 gift card from Scheels. Second place in the Intermediate Level went to Lori Ludeking with the Building Commission. Her 1,602 points were good for a \$15 Scheels gift card.

The August Scorecard winner was Kori Moran from the Juvenile Assessment Center. She takes home a T-shirt donated by Mutual of Omaha and a pedometer from ING.

Kathy Goodman is promising more good stuff for county employees hoping to become more fit. United Health Care's Lose to Win program will be coming to the Douglas County Health Center. A staff member will be selected for training to run the eight-week program, Kathy said.

The winter will bring more opportunities to improve your health. Not everything has been determined, but another Winter Walking Challenge is almost certain.

Photos and story by Phil Rooney



Challenge Stats:

Total # of participants	281
June	34658 total points
July	31606 total points
August	22217 total points
Grand total points	85,183
Total pounds lost	475



COMMIT TO BE FIT



CORPORATE CUP 2010 AMERICAN LUNG ASSOCIATION of Nebraska

Douglas County enrolled 88 participants in this year's Corporate Cup, and most of them made it to the run on Sunday morning, Sept. 19, despite cool and drizzly weather.

The Douglas County team helped raise nearly \$1,300 for the American Lung Association. Dennis Rookstool from the Treasurer's Office merits a special "thank you" for serving as team captain, coordinating our involvement and making sure the snacks got to the table.

Let's do it again, bigger and better, next year!

"Every month brings a new surprise and it's a good one," Kathy said. "Our employees are seeing what a wellness program can do for them and they still want more."

Photos and story by Phil Rooney

According to the *Omaha World Herald*, this year's Corporate Cup Run/Walk had 12,000 participants which generated more than \$400,000 for the American Lung Association.

Corporate Cup Walk/Run results are available online - <http://www.omahacorporatecuprun.org index.html>

FLU SHOT: YOUR BEST BET FOR AVOIDING INFLUENZA

Getting a flu shot often protects you from coming down with the flu. And while the flu shot doesn't always provide total protection, it's worth getting.

This year's annual flu shot will offer protection against the pandemic H1N1 (swine flu) virus, in addition to two other influenza viruses that are expected to be in circulation this fall and winter. Last year people had to receive a separate flu shot to obtain protection against pandemic H1N1 influenza.



Influenza is a respiratory infection that can cause serious complications, particularly to young children and older adults. Flu shots are the most effective way to prevent influenza and its complications. The Centers for Disease Control and Prevention (CDC) now recommends that everyone 6 months of age or older be vaccinated annually against influenza.

Starting with the 2010-11 influenza season, the CDC now recommends annual influenza vaccinations for everyone age 6 months or older. Vaccination is especially important for people at high risk of influenza complications, including:

- Pregnant women
- Older adults
- Young children

Chronic medical conditions can also increase your risk of influenza complications. Examples include:

- Asthma
- Cerebral palsy
- Chronic obstructive pulmonary disease (COPD)
- Cystic fibrosis
- Epilepsy
- HIV-AIDS
- Kidney or liver disease
- Muscular dystrophy
- Obesity
- Sickle cell disease

www.mayoclinic.com

Douglas County Employees!

Flu Shots

Friday, October 22, 2010

8:00 AM to 10:00 AM

Extension Center · 8015 West Center Road

12:30 PM to 3:00 PM

Civic Center · 1819 Farnam Street · Room 702

\$15

All Douglas County employees are eligible.

Questions? Call **444-6118**

Please wear short/loose sleeves

Sponsored by





STOP WATCHING AND START MOVING

Love *Dancing With the Stars*? Then get motivated to find your groove. You don't need a pro to show you how to dance off up to 500 calories an hour, whether you're a natural born boogier or a shy, hug-the-sidelines type. Regardless of the dancing style you choose, shaking your booty to the beat lifts your spirits even more than other forms of exercise do. And it's easy to get started, no rhythm required.

Prevention magazine

STAY COOL!

Most people don't know their fridge temperature. The USDA recommends 40°F or below; if your fridge doesn't have a built-in thermometer, use an appliance thermometer (helpful in a power outage).

Prevention magazine



FRUIT AND VEGGIES! SEPTEMBER IS MORE MATTERS MONTH

Almost Everyone Needs to Eat More Fruits and Vegetables A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat every day.

Fruits and Vegetables Can Protect Your Health

Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.

Whole Foods or Supplements? Nutrients should come primarily from foods. Foods such as fruits and vegetables contain not only the vitamins and minerals that are often found in supplements, but also other naturally occurring substances that may help protect you from chronic diseases.

For some people, fortified foods or supplements can be helpful in getting the nutrients their bodies need. A fortified food contains a nutrient in an amount greater than what is typically found in that food.

Fruits and Vegetables and Weight Management Substituting fruits and vegetables for higher-calorie foods can be part of a weight loss strategy.

Fruits and Vegetables on the Go! Busy lives can benefit from food that's nutritious, yet easy to eat on-the-go, like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.

The Colors of Health Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.

Read more about More Matters at: www.fruitsandveggiesmorematters and check out the Douglas County Health Department's Local Food web site to discover information on community gardens, farmer's markets, gardening activities for kids, information on produce, free local produce and more: www.douglascounty-ne.gov/gardens.



Don't forget to Buckle Up!

COMMIT TO BE FIT



THE COUNTY WELLNESS BICYCLING CORNER

We had our first County Wellness Bicycling Ride on August 25th and what a great turnout, over 23 employees and family members did the ride on the Keystone Trail from Ak-Sar-Ben Village down to Culver's Restaurant.

At the restaurant, I passed out a survey regarding everyone's interest in bicycling and found a number of people wanting to continue doing some group rides. The survey results were:

Question #1. How often do you ride?

Fourteen people said – 2 to 4 times per week, 3 said once per week, one person said 5 times per week and one person said once per month.

Question #2. When you ride, what distance do you usually ride?

Two people said up to 5 miles, 4 people said 5 to 10 miles, 7 people said 10-20 miles and 6 people said 20-30 miles.

Question #3. As a bike rider, do you consider yourself as a:

Casual rider – 6 responses,
Medium rider – 3,
Experienced rider (done long rides, participated in bike rides/events) - 10.

Question #4. How many years have you been riding?

Seven people responded that they were just beginning, 1 person responded – 2-3 years and 11 responded they have been riding for 3+ years.

Question #5. What days and times of the week would fit you best for team bike rides?

In the category of after work beginning at 5:30; there were 13 responses for Monday, 14 responses for Tuesday, 16 responses for Wednesday, 12 responses for Thursday and 9 responses for Friday.

On weekends; there were 14 responses for Saturday mornings @ 9:00, 10 responses for Saturday afternoon @ 1:00, 12 responses for Sunday mornings @ 9:00, 9 responses for Sunday afternoon @ 1:00.

Question #6. List trails or locations for bike rides.

Comments were Wabash Trace and Omaha trails, trails around lakes, Taco Ride, West Papio Trail to Walnut Creek Lake, Council Bluffs and Omaha Trails.

While not everyone completed the survey, we definitely have a lot of interest in having a bike club and there was a great deal of interest in having future rides.

Below is a listing of upcoming rides - note, at this point I am trying to set up one ride per month.

Join us for a bike ride!

SEPTEMBER: TACO RIDE

Thursday, September 23rd, 5:30

Starting at the Wabash Trace Trail Head, 9 miles one-way, must have a light for your bike since it gets dark early.

OCTOBER: COLUMBUS DAY HOLIDAY RIDE

Monday, October 11th, 9:00 a.m.

Starting at the Bob Kerry Bridge and do the River Front Trail along the Council Bluffs side of the river and over to Lake Manawa and for those interested on over to the Wabash Trace Trail Head.

(More info to come in next month's Newsletter.)

NOVEMBER: VETERANS DAY HOLIDAY RIDE

Thursday, November 11th

(Time and location to be determined, more info in upcoming Wellness Newsletters.)



A good time was had by all at the first County Wellness Bicycling Ride August 25th.

If you are interested in being a part of a Douglas County Bike Club and would like to be on our e-mail distribution list, please send me an e-mail: lee.lazure@douglascounty-ne.gov or give me a call at 444-6123.

The Fall of the year with cooler temperatures and the changing scenery is the best time of the year to ride.

Lee Lazure
Human Resources
Douglas County Civil Service Commission

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.

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.

COMMIT TO BE FIT



Team F.O.P.: Stacy Cihak; Melvin Washington, Jr.; Catherine Mosley; Steven Dickey; Mark Suoboda; and Jorge Maldonado

TEAM F.O.P. MEETS CORPORATE CYCLING CHALLENGE

Got wheels?

Team F.O.P., a group of bicycling officers from the Douglas County Department of Corrections, has wheels and they're putting them to good use, improving their fitness with regular rides and participating in the Corporate Cycling Challenge on Aug. 15.

Sgt. Stacy Cihak says the day was perfect for a bike ride. Clear skies, low humidity and no wind had Team F.O.P. ready to roll across the countryside.

It was a slow and steady ride getting out of downtown Omaha from the start at the Heartland of America Park, and with more than 4,000 bikers safety was a major concern. The pack had thinned considerably by the time they reached the 10-mile mark, and Cihak, Steve Dickey, Mel Washington Jr., Mark Suoboda and Harvey Burtley were hitting their stride.

The first big challenge came with the hill at 48th Street as they headed north, but the group stayed tight and supported each other.

"The rest of the way to Fort Calhoun was a walk in the park," Stacy said. "This is what we had been training for."

The stop in Fort Calhoun provided a much-needed break at the midway point. Team F.O.P. used the time to prepare for the next big challenge, a long, steep hill on the way out of town.

"Some riders just like to sit and spin/slow and easy and others like to hammer down/big gear and pump hard," Stacy said. "Team F.O.P. hammered down and up the hill we went."

The team enjoyed its ride through the north Omaha back roads, finding extra pleasure in some views that not everyone gets to see. As they left the hills of north Omaha and rolled onto 48th Street, one final climb provided a fitting end to their journey.

"We banded together and took on the last challenge," Stacy said. "Some of the riders said it was nothing, but they were breathing heavy."

After that it was back to downtown Omaha for the finish and the festivities. Stacy calls the ride "a super success." It was free of breakdowns and crashes, and full of fun.

The next challenge is yours.

"See you next year and we will have even more riders," Stacy said.

Story and photo by Phil Rooney



WEIGHT WATCHERS CLAIMING SUCCESS

The pounds are falling and Register of Deeds Diane Battiato couldn't be happier about it.

After all, it was her efforts and inspiration to bring Weight Watchers to the City-County Building. Now, every Thursday nearly 30 participants make their way up to the Ninth Floor to weigh in and receive a dose of inspiration.

"They're very pleased with the program," Diane said of her fellow participants. "The best thing is you eat regular food."



The weekly lunch-hour meetings begin with a confidential weigh-in. That is followed by a speaker whose job is to help people stay on track with the program.

"The focus is on staying positive," Diane said. "We also get advice on how to dine out and stay with the program, and how to improve your results by working out."

Then new informational brochures and other handouts are distributed, including recipes. Participants in the 17-week program are provided 19 weeks of access to online E-Tools. That's a bonus to county employees.

The first seven weeks of the program have seen our Weight Watchers drop nearly 200 pounds. Diane said it's still not too late to join, and membership costs will be pro-rated.

Some optional supplemental food is purchased through the program, but most of the food is "regular" food, Diane said. Another positive aspect of the program is its emphasis on keeping off the weight you lose.

"This is not so much on losing weight as it is on making life-style changes," she said.

This first downtown session runs through December 7, but Diane said plans are already being made for a second session. She'd like to see Weight Watchers become a steady offering at the City-County Building, and there's no reason to wait to lose weight.

"We accept members at any point in time," she said.

If you're interested in joining the county's Weight Watcher's program, call Diane at 444-7457 or send her an e-mail at diane.battiato@douglascounty-ne.gov.

Weight Watchers at the Civic Center Meeting Schedule

Sept. 23, 30	Rm 903
Oct. 7, 14, 21, 28	Rm 903
Nov. 4	Rm 903
Nov. 11	Holiday
Nov. 18	Rm 903
Nov. 25	Holiday
Dec. 2	Rm 903

**TOTAL LBS.
LOST SO FAR:
200!**

10 WAYS TO TAME YOUR TEMPER

Controlling your temper isn't always easy. But these effective anger management tips will help give you the upper hand.

Do you find yourself fuming when someone cuts you off in traffic? Does your blood pressure go through the roof when your child won't cooperate? Anger is a normal and even healthy emotion, but learning how to deal with it in a positive way is important.

Uncontrolled anger can make both you and other people feel lousy. If your outbursts, rages or frustrations are negatively affecting relationships with family, friends, co-workers or even complete strangers, it's time to learn some anger management skills. Anger management techniques are a proven way to help change the way you express your anger.

10 Tips To Help Get Your Anger Under Control

1. Take a 'timeout.' Although it may seem cliché, counting to 10 before reacting really can defuse your temper.
2. Get some space. Take a break from the person you're angry with until your frustrations subside a bit.
3. Once you're calm, express your anger. It's healthy to express your frustration in a nonconfrontational way. Stewing about it can make the situation worse.
4. Get some exercise. Physical activity can provide an outlet for your emotions, especially if you're about to erupt. Go for a brisk walk or a run, swim, lift weights or shoot baskets.
5. Think carefully before you say anything. Otherwise, you're likely to say something you'll regret. It can be helpful to write down what you want to say so that you can stick to the issues. When you're angry, it's easy to get sidetracked.
6. Identify solutions to the situation. Instead of focusing on what made you mad, work with the person who angered you to resolve the issue at hand.
7. Use 'I' statements when describing the problem. This will help you to avoid criticizing or placing blame, which can make the other person angry or resentful - and increase tension. For instance, say, "I'm upset you didn't help with the housework this evening," instead of, "You should have helped with the housework."
8. Don't hold a grudge. If you can forgive the other person, it will help you both. It's unrealistic to expect everyone to behave exactly as you want.
9. Use humor to release tensions. Lightening up can help diffuse tension. Don't use sarcasm, though - it's can hurt feelings and make things worse.
10. Practice relaxation skills. Learning skills to relax and de-stress can also help control your temper when it may flare



up. Practice deep-breathing exercises, visualize a relaxing scene, or repeat a calming word or phrase to yourself, such as "Take it easy." Other proven ways to ease anger include listening to music, writing in a journal and doing yoga.

Getting Anger Management Help

You can practice many of these anger management strategies on your own. But if your anger seems out of control, is hurting your relationships or makes you feel physically violent or destructive, you may benefit from some help. Here are some ways you can get help to keep your frustrations in check:

- See a psychologist or licensed counselor. Seeing a therapist can help you learn to recognize your anger warning signs before you blow up, and how to cope with your anger. Ask your primary care doctor for a referral to a counselor specializing in anger management. Family and friends also may give you recommendations based on their experiences.

Your health insurer, employee assistance program (EAP), clergy, or state or local agencies also may offer recommendations.

- Take an anger management class. An anger management class can teach you what anger is, how to recognize anger triggers and how to keep your anger under control. These courses can be done individually, with spouses or families, or in groups. In addition to the search methods for a psychologist or counselor, you can find organizations offering anger management courses on the Internet and through your district court.
- Read a book. There are a number of helpful books on anger management. A number of them focus on particular situations, such as anger in teens, anger in men or anger in couples. Many of them are workbooks, with exercises that teach concrete skills.
- Anger and irritability can be signs of an underlying mental health condition, such as depression or bipolar disorder. If your symptoms don't improve, or you have signs or symptoms of anxiety or depression, see a mental health provider for help.

www.mayoclinic.com

Need to Relax?

Take a break to meditate!
The Mayo Clinics on line resources include mediation videos.
Log on to:
www.mayoclinic.com/health/meditation/MM00623
Breathe in. Breathe out.
Relax

COMMIT TO BE FIT

HELP MAINTAIN YOUR HEALTH WITH A NEW ONLINE PREVENTIVE CARE TOOL

We understand that maintaining or improving your health is important. And, a focus on regular preventive care, along with following the advice of your doctor, can help you stay healthy. Routine checkups and screenings can:

- Help you avoid serious health problems
- Allow you and your doctor to work as a team to manage your overall health
- Assist you in reaching your personal health and wellness goals



Get your health guidelines

UnitedHealthcare is here to help. With our new online preventive care tool, you can

view the health guidelines and recommendations specific to your age and gender. This new web-based tool will allow you to review the age-specific preventive care recommendations you need to manage your health, prevent and detect health issues in their early stages and live a more healthful life.

Not only will you be able to view your specific preventive health guidelines, but you'll also be able to obtain useful health tips and access related tools, resources and materials to support your overall health. In addition, maintaining your health can help potentially lower your out-of-pocket health care costs.

Work with your doctor

Once you have the preventive recommendations specific to you, you can use them to work with your doctor. Together, you can evaluate your current health status and address any concerns you may have. Your doctor can then advise you on appropriate treatments and help you make informed medical decisions that fit your lifestyle.

Take advantage of this new tool and visit the UnitedHealthcare Preventive Care website at www.uhc.com/source4women. Find the preventive care guideline recommendations that are right for you.



IS IT OK TO MOVE IF MY BACK HURTS?

Exercise isn't just for strengthening and preventing injury. In many cases, it also may help relieve certain types of back pain. Going about your usual activities, as tolerated, may help relieve stiffness and pain.

Moving your body not only keeps blood and nutrients flowing, it helps reduce inflammation and muscle tension. Just be sure to check with your doctor before you start an exercise program for a sore back. He or she can tell you which exercises, and how much, may be helpful.

But, you should seek immediate medical care if your back pain:

- Causes you to faint or feel light-headed
- Triggers severe or intense pain, weakness, numbness or tingling in one or both legs
- Brings on new bowel or bladder problems
- Is associated with fever or abdominal pain or throbbing
- Follows a fall, blow or other injury to your back

Also, see your doctor if you have:

- Persistent back pain despite treatment
- A history of cancer
- Other symptoms along with your back pain

Healthy Mind, Healthy Body, UnitedHealthcare

GET ACTIVE!

WWW.ACTIVATEOMAHA.ORG!



It's a terrific resource for an active life! Click on Calendar to see what's new!

September 26th - The Alzheimer's Association Memory Walk®, Chalco Hills Recreation Area - Join the Omaha Hiking Club Team at Chalco Hills Recreation Area to participate in The Alzheimer's Association Memory Walk® to raise awareness and funds to fight Alzheimer's disease. For more info: omahahikingclub@cox.net.

October, 3 2010 - Community Safety and Wellness Festival, Embassy Suites/LaVista Conference Center - Plan to attend the Community Safety and Wellness Festival at the Embassy Suites, LaVista Conference Center. This event will bring families together to learn about safety. You will have opportunities to interact with local police, fire, and rescue services and to talk with dozens of other community service and health organizations and businesses. www.safenebraska.org for more information.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR OUR COMMUNITY



Special Invitation only: Corporate Family Camp Day

Where: YMCA Camp Pokamoke

When: Sunday October 3, 2010

Time: 1:00pm-4:00pm

RSVP: 402-977-4316

***Hurry space is limited to 5-7 families per organization.*

Camp Pokamoke is situated in the Iowa Bluffs with more than 100 acres of rolling hills and preserved forest to explore. Register today and enjoy a family fall day at Camp Pokamoke!



Activities at Camp Pokamoke

Outdoor Games

Nature Hikes

Hay Rack Rides

Scavenger Hunt

Camp Fire & Smores

Outdoor Education

Family Fun

Arts & Crafts

Zip Line

Camp Songs

Take 680 north over the Mormon Trail Bridge or take I-29 to the Crescent Iowa exit. Before reaching the town of Crescent, you will see on the right side of the road which displays "Camp Pokamoke." Turn right following the gravel road (Pokamoke Lane) for about one mile to camp.