

Your worksite wellness newsletter

News

SEPT/OCT 2014

Fall has definitely arrived. Cool mornings and evenings and warm afternoons all conducive to walking, running or some outdoor activity to enjoy the changing of the seasons as well as the beautiful colors of fall. Speaking of outdoor activities the 2014 Corporate Cup Run/Walk was another success for the Healthy Directions team. First of all, we need to congratulate Tony Schommer from the Election Commission Office for his CCR winning t-shirt design. Tony was awarded a \$50 Visa gift card, free registration as well as one of the outstanding designed t-shirts. Thanks also goes to all 14 participants who submitted a t-shirt design entry. Each participant was awarded a \$10 Subway gift card for their submission. The Healthy Directions Corporate Cup team had a total of 108 participants with 81 employees and 27 family and friends joining the race the biggest team yet. The Public Defender's Office and the Register of Deeds had the most employee participation - great job to all.

Hopefully by now everyone has had a chance to enroll in the new wellness program through the Viverae website and earn points toward the 2015 \$75 Visa gift card just for participating and earning the required 150 points by December 1, 2014. Our first employer challenge is going on as I write which is the Hydr8te challenge. There is still time to signup at www.myviverae.com and participate until October 12th and all you have to do is log the number of 8 ounces glasses of water you drink each day. The second challenge for 2014 will begining October 27th which will be "Maintain for Life". Watch for the flyer coming soon or check-out your Viverae website for signup and details on this challenge. You still have time to earn your points and participate in the Health Directions/Viverae Worksite Wellness Program.

Until next time enjoy the fall colors and as always COMMIT TO BE FIT

Kathy Adair & the Healthy Directions Wellness Committee



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 Adair. **We'd like to hear from you!** Send questions/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.



Tony Schommer, T-Shirt Design winner & Regina & Justine Election Commission



Son and Mom: Mary & Scott Barnes



Islea, Rocio & daughter & Diane Battiato



Tim & Loretta McNally

Way to go!

Breast Cancer: Know the Risks

Many things can increase the chance that you'll get breast cancer. They're called **risk factors**. Some things you can change. Others you can't.

Lifestyle



Get at least 4 hours of exercise each week.



Keep a healthy weight, especially after menopause.



Limit alcoholic drinks to one per day.

Menstruation



Starting your period before age 12.



Starting menopause (the "change of life") after age 55.

Motherhood

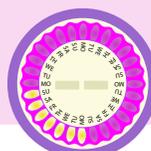


Having children after age 35 or never having children.



Not breastfeeding your babies.

Hormones



If you're taking hormone replacement therapy (HRT), ask your doctor if you need it.

Some types of HRT increase your risk for breast cancer and can cause "dense breasts" (more breast tissue than fat tissue). Dense breasts increase your risk for breast cancer and make it harder for a mammogram to find cancer.

Family History & Genetics



Relatives with breast cancer or ovarian cancer at a young age.



Changes in the BRCA1 or BRCA2 genes related to breast cancer.

Other Risk Factors



Getting older.



Radiation treatment to the chest area.



Breast cancer or certain other breast problems in the past.



Having one or more of these risks doesn't mean you'll get breast cancer. Also, some women have breast cancer even when they don't have any of these risks. So, talk to your doctor about what you can do to lower your risk, and the right screening for you.



No insurance? You may be able to get free or low-cost screening through CDC's National Breast and Cervical Cancer Early Detection Program. Call (800) CDC-INFO or scan this QR code.

National Center for Chronic Disease Prevention and Health Promotion
Division of Cancer Prevention and Control



More information about breast cancer: www.cdc.gov/cancer/breast/

How do I protect myself against Ebola?

The Douglas County Health Department recommends if you are in or traveling to an area affected by the Ebola outbreak, protect yourself by doing the following:

- Wash hands frequently.
- Avoid contact with blood and body fluids of any person, particularly someone who is sick.
- Do not handle items that may have come in contact with an infected person's blood or body fluids.
- Do not touch the body of someone who has died from Ebola.
- Do not touch bats and nonhuman primates or their blood and fluids and do not touch or eat raw meat prepared from these animals.
- Avoid hospitals where Ebola patients are being treated. The U.S. Embassy or consulate is often able to provide advice on medical facilities.
- Seek medical care immediately if you develop fever (temperature of 101.5oF/ 38.6oC) and any of the other following symptoms: headache, muscle pain, diarrhea, vomiting, stomach pain, or unexplained bruising or bleeding.
 - Limit your contact with other people until and when you go to the doctor. Do not travel anywhere else besides a healthcare facility.

Facts about Ebola

You can't get Ebola through air

You can't get Ebola through water

You can't get Ebola through food

You can only get Ebola from touching bodily fluids of a person who is sick with or has died from Ebola, or from exposure to contaminated objects, such as needles. **Ebola poses no significant risk in the United States.**

CDC has issued a Warning, Level 3 travel notice for three countries. U.S. citizens should avoid all nonessential travel to Guinea, Liberia, and Sierra Leone. CDC has issued an Alert, Level 2 travel notice for Nigeria. Travelers to Nigeria should take enhanced precautions to prevent Ebola. For travel notices and other information for travelers, visit the Travelers' Health Ebola web page. **For more information, visit www.douglascountyhealth.com/disease-a-immunization/ebola.**

The Correct Way to Wash Your Hands According to the Centers for Disease Control:

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

www.cdc.gov/features/handwashing/

Douglas County
Health Department
Ebola Information Line:
402-444-3400

Commit to be Fit

Get Your Game On!!!

Plans are under way to launch the inaugural Douglas County Tennis Open in May 2015. The Douglas County Open will be a nonsanctioned, fun-filled tournament for all levels of players, sponsored by the Douglas County Wellness Committee. **Watch for more details in the coming months. Feel free to call Larry Miller, 402-444-6780 or 402-960-0679, if you have questions.**

In the meantime, do you want to get some “tune-up” play in before May 2015? Join a practice league at Hanscom Park Tennis Pavilion. The cost is approximately \$90 for 10 sessions, beginning in October. League play is from 8:30 p.m. – 10 p.m. For more information, contact Carvie Erwin, 402-415-4438. Tell him “Larry” suggested that you call.

See you in May!!



ABSOLUTELY FREE FLU SHOTS

For All Douglas County Employees
Who Have United Healthcare Insurance
Including Spouses Who Are Also Covered!



Douglas County Health Department and Healthy Direction's Annual Seasonal Flu Clinic

October 21st • Civic Center , Room 702 - 9:00 am - noon

October 24th • Health Department, Central Clinic, Main Floor - 8:30 am to 11:00 am

October 28th • Health Center, Employee Health from 7:00 am to 3:00 pm

\$15.00 for those without United Healthcare insurance (Exact amount GREATLY appreciated!)

NO CHILDREN will be allowed.

Short sleeves strongly recommended. Consent forms sent via email to supervisors.

Why Should You Get A Flu Shot?

From the Centers for Disease Control and Prevention: Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Over a period of 31 seasons between 1976 and 2007, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people. During a regular flu season, about 90 percent of deaths occur in people 65 years and older. “Flu season” in the United States can begin as early as October and last as late as May.

During this time, flu viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

Commit to be Fit



Beginner's guide to riding in traffic

Many people cite safety fears as the reason they wouldn't commute by bike.

Here cycling skills and safety consultant John Franklin goes through the basics of riding in traffic safely.

Anticipation

"Always expect the worst," says Franklin, author of *How to be a Better Cyclist* and *Cyclecraft*. A cyclist's emergency reaction time equates to a distance of 6m at 15mph and up to 10m at 25mph – and then if you have to stop, braking distances will have to be added to this too. To keep your reaction time to the bare minimum, it's a good idea to cover the brakes with one or two fingers on busy roads, in towns and on descents.

Observation

Obviously this is a key component of anticipation, but you shouldn't just be looking up the road; you should be scanning and assessing the road around you. This includes watching the road itself for glass, potholes or slippery drain covers, plus parked cars, side roads and gaps in queuing traffic through which cars or pedestrians might appear.

"Effective observation gives you time to plan ahead," says Franklin.

Checking your blind spot over one shoulder or the other before you move in that direction is known to motorcyclists as a 'life-saver' for obvious reasons. For a longer, more in-depth assessment of the road behind, learn to take your right hand off the bar, sit up and turn to your right at the waist to look backwards. Don't just rely on your sense of hearing before changing road position – some 'eco' buses, for example, hardly make any noise at all at riding pace.

Road position

"Good positioning is about riding where you can best see and be seen and, if necessary, where you can deter or prevent others from putting you at risk," says Franklin. The 'primary' riding position is in the middle of the left-hand lane and should be used to emphasise your presence in the road to drivers behind, or to stop them overtaking where it isn't safe.

Once it is safe, you should move back to the secondary position, about 1m to the left of the moving traffic lane. Don't ride in the gutter, the 'door zone' close to parked cars, or up the inside of heavy goods vehicles or high-sided trucks at junctions.

Negotiation

The Highway Code applies to all road users in the UK, and provides a framework of laws, rules and conventions so that vehicles can safely share the road. Despite this, there still has to be constant non-verbal communication – or negotiation – between users, such as signalling. Don't forget that all road users are also making constant judgements about your and other users' intentions.

"You need to influence the positive actions of others to your best cycling advantage," says Franklin. Road positioning – such as moving to the centre of the road to turn right, and even observation or eye contact – such as looking over your right shoulder before you overtake – are all powerful means of communicating your intentions.

Riding skills

It goes without saying that your attention is best reserved for the road and the other traffic on it, rather than on how to ride your bike. Basic skills such as being able to look over your shoulder without swerving, indicating, steering and braking confidently – and even changing down before stopping at lights – should all be second nature. Above all, you need to be able to ride decisively and predictably so that other traffic knows what you're doing.

Kit

Kit and bike choices can help you be a better and safer urban rider. Double-sided pedals for easy re-entry in stop-start traffic are more sensible than single-sided race pedals when you're first starting out, and if you're not that flexible, it's foolish to choose a riding position that makes it difficult to look up or behind you.

Likewise, you should always consider your visibility – or lack of it – when choosing kit, especially for a dark or twilight commute, for example. Bike maintenance is important too: if your chain slips or even snaps in traffic, or if your brakes aren't up to the job, you could put yourself in considerable danger.

www.bikeradar.com



5 Ways to Stay Motivated to Exercise Regularly

1. Change your perspective

Shift your thinking from couch potato mentality to thinking like an athlete. This may sound like a big challenge, but it's not as big a leap as you think.

2. Set a goal

"Set realistic goals that include clear milestones, and as you progress toward your goal, you'll find a ripple effect occurs and things fall into place in your work, home life and health," says Stacy Fowler, a Denver-based personal trainer and life coach.

Maybe it's a mission to fit into that bikini by the annual beach vacation or that old pair of jeans buried in your closet. Whatever it is, define it, write it down and revisit it daily.

Make sure it's realistic and you can actually adapt your life around meeting the goal. Otherwise you're setting yourself up for failure.

3. Schedule a regular workout time

Some of the most committed exercisers do it every day before the sun comes up or late at night when the kids are in bed. Sit down with your weekly schedule and try to build in an hour each day to be good to your body.

4. Think fun and variety

By nature, humans need change and variety to stay motivated. We also need to have fun — even while we're working hard. Do both!

Choose activities you truly enjoy and look forward to doing. Think movement that's more like recreation and makes you forget you're working out — like dancing, hula hooping or playing sports with family and friends. Listen to your inner voice when choosing the best workout for you.

5. Reach out to others for support

In order to stick to a fitness program, we need buy-in and encouragement from other people. Find a friend with a shared zest in an activity and plan scheduled workouts together. It's easy to hit the snooze button when it's just you, but much harder to leave a friend waiting.

Consider joining a social networking site or online community with fitness trainers and nutrition experts — and support from other people trying to lose weight and maintain healthy eating and exercise routines. People who get this kind of online support are proven to lose three times more weight than people going it alone.

So start thinking of yourself as an athlete, and not a spectator. Set a goal, enlist a friend, mark it on your calendar and have some fun. You'll be setting yourself up for a lifetime of better health, more happiness, and more energy for everything else in your life.

adapted from www.lifegaiam.com

Don't expect
To see a
CHANGE
If you don't
MAKE ONE.

STOP
WISHING
START
DOING

A healthy life.
*You're worth it,
Baby!*

NEVER
UNDERESTIMATE
THE POWER OF
I WILL
TRY.

YOUR
STOMACH
SHOULDN'T
BE A
WASTE
BASKET

When you've got one minute: Mini-relaxation exercise

Place your hand just beneath your navel so you can feel the gentle rise and fall of your belly as you breathe. Breathe in. Pause for a count of three. Breathe out. Pause for a count of three. Continue to breathe deeply for one minute, pausing for a count of three after each inhalation and exhalation. Or alternatively, while sitting comfortably, take a few slow deep breaths and quietly repeat to yourself "I am" as you breathe in and "at peace" as you breathe out. Repeat slowly two or three times. Then feel your entire body relax into the support of your chair.

www.health.harvard.edu



Commit to be Fit

Did ya know:



Pumpkin is
fat free,
cholesterol free,
sodium free,
a good source of vitamin C
and an excellent
source of vitamin A!

www.fruitsandveggiesmorematters.org

No Bake Pumpkin, Raisin, Oatmeal Cookies

(makes 12)

- 1 cup quick oats
- ¼ cup raisins
- ¼ teaspoon salt
- ½ teaspoon pumpkin pie spice
- ⅓ cup canned pumpkin
- 1 tablespoon oil (such as canola)
- ½ teaspoon vanilla extract
- 2 tablespoons honey

Combine all the dry ingredients. Mix in the wet ingredients and roll into balls. Serve or refrigerate them for later consumption.

For one ball = 56 calories, 1.6 g fat, 10 g carbohydrates, 4.8g sugar, 1.0 g protein, 0.8 g fiber, 51 mg sodium, 2 Points+

Points+ values are calculated by Snack Girl and are provided for information only.

www.snack-girl.com/snack



Need help quitting smoking?
Visit www.epa.gov/smokefree

FYI: Mammograms are paid 100%
by United Healthcare.

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

Rent Smoke-free!

Would you like to learn more
about **Smoke-free
multi-unit housing?**

Contact: Aja Anderson, BS, Douglas County Health Dept.
at aja.anderson@douglascounty-ne.gov.

The Employee Assistance Program (EAP) is
available to all Douglas County employees through Alegent-
Creighton Health. EAP's trained staff can help with prob-
lems 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 counsel-
ing sessions. Call 402-398-5566 or 1-888-847-4975 or visit
Alegenteap.com.



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



PLEASE BUCKLE UP
AND DON'T TEXT WHILE DRIVING.

Commit to be Fit