



# THE DOUGLAS COUNTY HEALTHY DIRECTIONS WELLNESS NEWSLETTER



**Join the Walking & Health Challenge!** This exciting 10 week and life changing challenge was created by Omahan Dr. Jason Wiese from Life Source Chiropractic. Create a happier and healthier you by learning about nutrition, exercise for the mind and body, whole health basics, and more! The challenge includes five Lunch & Learn sessions, both at the Health Center and the Civic Center including a session featuring Amy and Mary Wolf from TV's The Biggest Loser!

## Health Center Lunch & Learn Schedule:

2 sessions each class

1:30 AM to 12:15 PM & 12:30 PM to 1:15 PM, TOWN HALL

(Bring your own sack lunch)

**July 16th - Kick Off Workshop** – Dr. Wiese

**July 30th - Nutrition** – Hy-vee Dietician Amanda Jochum

**August 13th - Whole Body Health** – “Look Good and Feel Good” – Dr. Wiese

**August 27th - Biggest Loser Workshop** – Amy and Marty Wolff from the “Biggest Loser”

**September 10th - Mind Body Health** – Urban Active Trainers/Associates

## Civic Center Lunch & Learn Schedule

2 sessions each class

11:30 AM to 12:15 PM & 12:30 PM to 1:15 PM, ROOM 702

(Bring your own sack lunch)

**July 15th - Kick Off Workshop** – Dr. Wiese

**July 29th - Nutrition** – Hy-vee Dietician Amanda Jochum

**August 12th - Whole Body Health** – “Look Good and Feel Good” – Dr. Wiese

**August 26th - Biggest Loser Workshop** – Amy and Marty Wolff from the “Biggest Loser”

**September 9th - Mind Body Health** – Urban Active Trainers/Associates

## GOALS FOR YOU! GOOD FOR YOU!

Sign up sheets will be available for both locations.

July, 2009

## What's Inside:

- Protect Your Skin from the Powerful Sun
- Destress at Work!
- 6 Ways to Motivate Yourself to Exercise
- Fireworks Safety Tips
- Meet the Defenders of Fitness!
- and more!

## WHY PREVENTIVE CARE IS IMPORTANT

Preventing disease, and detecting disease early if it occurs, are important to living a healthy life.

And, the better your health, the lower your health care costs are likely to be. Did you know that your insurance coverage under United Healthcare covers the first \$250 of preventive health care for you and your covered family members for just a \$20 copayment to your doctor each calendar year.

### Benefits for Preventive/Wellness Checkups:

**Well Child Exam & Immunizations (under age 6)** - \$20 copay per visit with no calendar year maximum

**Well Child Exam & Immunizations (6 and over)** - \$20 copay per visit with \$250 calendar maximum \*\*

**Well Woman Exam & Immunizations** - \$20 copay per visit with \$250 calendar maximum \*\*

**Mammography** – no copay, no deductible and calendar maximum does not apply

**Well Man Exam & Immunizations** - \$20 copay per visit with \$250 calendar maximum \*\*

For the small fee of \$20 doctor copayment, everyone should be getting preventive health checkups each calendar year. Watch for the Preventive Health Care Flyer guidelines to assist you along with the advice of your doctor, to help you stay healthy. Talk to your doctor about your specific health questions and concerns, and follow his or her recommendations. For more information on preventive care, visit [www.preventiveservices.ahrq.gov](http://www.preventiveservices.ahrq.gov).

Let's all try to stay healthy for our health!!



## COMMIT TO BE FIT



## PROTECT YOUR SKIN FROM OUR POWERFUL SUN

Sunburn is caused from over-exposure to the harmful ultra-violet rays of the sun. While the symptoms (such as red skin that is painful to the touch) are usually temporary, the skin damage is often permanent and can cause serious long-term health effects, including skin cancer, pigmentation and premature aging. In addition to the skin, eyes can get burned from sun exposure; sunburned eyes turn red, dry, and painful, and can feel gritty.

Sunburn results when the amount of exposure to the sun or other ultraviolet light source exceeds the ability of the body's protective pigment, melanin, to protect the skin. Sunburn in a very light-skinned person may occur in less than 15 minutes of midday sun exposure, while a dark skinned person may tolerate the same exposure for hours.

Sunlight contains an invisible form of radiation called ultraviolet (UV) rays. UV A and possibly UV B can harm skin, connective tissue and increase risk for developing skin cancer. Certain drugs such as some blood pressure medication, antibiotics and nonsteroidal anti-inflammatory drugs increase sensitivity to sunlight and the risk of getting sunburn.

### Symptoms

The first signs of a sunburn may not appear for a few hours. The full effect to your skin may not appear for 24 hours or longer. Possible symptoms include:

- Red, tender skin that is warm to touch. (1st degree burn)
- Blisters that develop hours to days later. (2nd degree burn)
- Severe reactions (sometimes called "sun poisoning"), including fever, chills, nausea, or rash.
- Skin peeling on sunburned areas several days after the sunburn.

### First aid

- Try taking a cool bath or shower. Or place wet, cold wash cloths on the burn for 10 to 15 minutes, several times a day. You can mix baking soda in the water to help relieve the pain. Small children may become easily chilled, so keep the water tepid.
- Apply a soothing lotion to the skin.
- Aloe gel is a common household remedy for sunburns. Aloe contains active compounds that help stop pain and inflammation of the skin.
- Over-the-steroid cream can also be applied several times a day.
- Over-the-counter pain anti-inflammatory drugs, or NSAIDs, including aspirin, may be helpful, and are excellent for reducing burn inflammation whereas Tylenol only reduces pain, not the burn itself.

*Concentra.com*

## What about tanning beds and sunlamps?

The Centers for Disease Control and Prevention advises to avoid tanning beds and sunlamps in an effort to prevent skin cancer. The UV rays from them are as dangerous as the UV rays from the sun.

## GET ACTIVE!

[WWW.ACTIVATEOMAHA.ORG!](http://WWW.ACTIVATEOMAHA.ORG)

Activate Omaha's website is a terrific resource for starting an active life! Click on Calendar to see what's going on right here in our area. Here are a few events from the July calendar:



**July 4th - Hike at Zorinsky Lake** - 156th and West Center Road, 9:30 - 11:00 AM. Adults only.  
<http://members.cox.net/omahahikingclub/index.htm>

**Each Saturday in July - Bancroft Bayliss Loop** - 2702 South 10th Street, Omaha, 10:00 AM. Join artists on a fun bike ride from 10th and Bancroft in Omaha to Bayliss Park in Council Bluffs and back.  
[www.bancroftbaylissloop.com](http://www.bancroftbaylissloop.com)

**Activate Omaha invites you to join their free Walk. Zip. Win. program!** Challenge yourself, your friends and neighbors to walking toward a healthier life while seeing which zip codes in Omaha log the most activity! Get active! Win prizes! Have fun! Visit [www.activateomaha.org](http://www.activateomaha.org) to learn more.



AMERICANS WHO DON'T WEAR SAFETY BELTS  
COST THE COUNTRY ABOUT  
**\$14.3 BILLION**  
EACH YEAR.



**CLICK IT...DON'T RISK IT!**  
BUCKLE UP EACH TIME YOU'RE A  
PASSENGER OR DRIVING A VEHICLE.

**COMMIT TO BE FIT**



## DE-STRESS AT WORK!

Instead of scarfing a scalding cup of coffee and choking down a bagel in the car, get up early enough so you can have a leisurely breakfast before beginning your day. Once you arrive at work, take another few minutes to sip a cup of tea or coffee before diving into your work. On the way home, stop by the coffee room before you get into your car and just sit quietly with a drink for five minutes before heading home.

**Plan Ahead** Leave home 30 minutes earlier than normal. Studies find that the less sense of urgency or worry about being late, you have, the less stressed out you'll feel.

**Equip Yourself** Make sure you have the following with you: A spill-proof coffee cup filled with your favorite brew. A bag of nonperishable snacks (try protein bars, dried fruit, juice boxes or bottled water, pretzels) in case you get caught working

through your breaks. Remember, not eating affects your blood sugar.

**Stay Hydrated** Keep a 500 ml water bottle with you. Use it to keep water on your desk all day long. This ensures you stay hydrated with a healthy, noncalorie liquid vs. sugar-filled sodas, juices or sports drinks.

**Stretch** This is especially important if you have a sedentary job. Lift your legs up and stretch them for 30 seconds. This movement reduces the risk of blood clots from sitting too long in one position. Also put one arm behind your neck and stretch it by holding on to the elbow with the opposite arm. Switch sides.

**Remind Yourself Why** Keep a family photo, a favorite motivational passage or something to remind you of your next vacation on your desk. Look at it when you need a boost of motivation or a smile.

*Adapted From: Stealth Health, Reader's Digest*

**Get Ready to Cycle! The 2009 Corporate Cycling Challenge** is August 16th, starting at Heartland of America Park, 8th and Farnam. It's Nebraska's largest one day cycling event! Choose from 3 routes which cover 10, 25 or 42 miles. Proceeds from the all Corporate Cycling Challenges are used for trail development in the Omaha Metropolitan area. [www.corporatecycling.com](http://www.corporatecycling.com)



## FIREWORKS SAFETY TIPS

In Nebraska, 305 fireworks-related injuries were reported in 2005-2006, averaging 152 per year. Children and young adults accounted for two-thirds of the injuries, the most common age group being 15-19.

However, children age five and under are at the highest risk for sparkler-related injuries. Many parents and caregivers overestimate their children's ability to handle fireworks, creating a dangerous environment for everyone involved. Fireworks-related injuries usually involve the hands and fingers, eyes or head and can sometimes result in second-degree burns, blinding or even death. Nationally, nearly 4,000 children age 14 and under are treated every year in emergency rooms for fireworks-related injuries. Common causes for fireworks-related injuries include products tipping over after being ignited, picking up or holding lit items, and placing firecrackers inside of a container which then explodes.

### SAFETY TIPS TO REMEMBER:

Never carry fireworks in your pocket.

Purchase only permissible fireworks sold in Nebraska.

Stay away from illegal or homemade fireworks, which can be deadly.

A responsible adult should always supervise young people when purchasing and lighting fireworks. Never allow young children play with or ignite fireworks or sparklers.

Fireworks are not toys. Even sparklers can cause serious burns.

Have a garden hose and bucket filled with water handy in case of malfunction or fire.

Never shoot fireworks off in metal or glass containers.

Only light fireworks on a smooth, flat surface away from the house, dry leaves and flammable materials.

Do not try to relight fireworks that malfunction.

Place all spent fireworks, including sparklers, in a bucket of cool water in order to avoid others from accidentally stepping on/ touching them.

*Lt. Kevin Conlon, Douglas County Sheriff's Office*

**COMMIT TO BE FIT**



## NINE WAYS TO EXERCISE WHEN YOU DON'T HAVE THE TIME

We all know exercise can help us improve our health and lose weight. Yet, 25 percent of adults don't exercise at all, according to the U.S. Surgeon General.

Hectic schedules may be to blame. Who has the time to exercise when juggling work, school, family and more? It's worth squeezing it in, though, because regular exercise can relieve daily stress and lift your mood. At the same time, you can reduce your risks of diabetes, high blood pressure and heart disease.

Aim to be active for at least 30 minutes most days, but it's okay to start slowly. Find activities that you enjoy. You only need to find a few minutes a day to start getting the health benefits.

### Tips for fitting in fitness

**Wake up a little earlier.** Start by setting your alarm clock just 5 minutes earlier. Do stretches and jumping jacks before getting in the shower, or follow a short exercise DVD.

**Find a workout buddy.** Exercising with a friend is more fun than working out alone and a good motivator. Ask a coworker to go for a walk during lunch or see if a neighbor wants to shoot hoops.

**Change into exercise clothes before leaving work.** You'll be ready for a short walk as soon as you get home.

**Schedule your fitness activities.** If you put exercise on your calendar like other appointments, you're more likely to do it.

**Acknowledge your successes.** Keep a log of all the times you make a healthy choice to move more, such as by taking the stairs instead of an elevator. After the first week, reward yourself with a new pair of sneakers or a cool new water bottle.

**Create a home (or desk) gym.** If you have equipment always at the ready, it will be easy to steal five minutes to use it. A jump rope, a stability ball, exercise bands and dumbbells don't cost much or take up much room.

**Move while you watch TV.** Don't sit idly - or worse, get a snack - during commercials. Do sit-ups or jog in place instead.

**Play games with your kids.** Don't just watch while your kids play outside - join in their fun. Play tag or Duck Duck Goose, or just toss a ball back and forth. If your kids love video games, think about swapping their console for the Nintendo Wii®. The whole family will break a sweat using special controllers to compete at boxing, tennis, golf and bowling.

**Exercise while you work.** Raise your activity level and pro-

ductivity with neck rolls or arm raises (push hands out to the side and then up toward the ceiling). Or do a few modified push-ups on the edge of your desk.

### Stepping it up

After you've built short periods of activity into your day, think about times when you could lengthen each burst by a few minutes. The key is to start small and ramp up gradually.

Even if you're worn out from a busy day, try to make time for fitness. Regular exercise actually boosts your energy level. Exercise, along with restricting calories, is also important for weight loss and maintaining a healthy weight.

Next time you look for an excuse to skip exercise, remind yourself of the benefits. You're helping yourself feel good, look better and live longer. Who wouldn't want that?

*Amanda Genge, Health A to Z Writer  
myuhc.com*

## 6 Ways To Motivate Yourself To Exercise

Change your attitude from a "maybe to a must". Exercise should be a MUST in your day!

Surround yourself with fitness oriented people.

Exercise makes you feel better about yourself. Take pictures of yourself weekly to see the progress!

Think of the long term health benefits - what you do today will reflect how you feel and look tomorrow!

Work toward a goal - Class reunion coming up? Big vacation? Each time you reach your goal, create a new one .

**Simply start** - Things get better as you keep going. The steepest hill to climb over is to start. Once you start, you have conquered the biggest obstacle. Chose to start today and you'll never look back. You'll be glad you did.

[www.ineedmotivation.com](http://www.ineedmotivation.com)

## Fight Germs - Wash Your Hands!



What is the cheapest, easiest, single best way to prevent the spread of bad germs?

**Wash your hands.**

Hand washing is the first line of defense against the spread of infectious diseases for adults as well as for children, according to the Centers for Disease Control and Prevention (CDC).

**Did You Know...** If you walk one time around the Heartland of America Park, you've walked one mile! And if walking to the park from the Civic Center building, you've added approximately an additional mile.

## THE DEFENDERS OF FITNESS

If you see a parade of healthy ladies heading west from 19th and Harney about the time most of you are thinking about lunch, don't worry. It's only the Defenders of Fitness reporting for duty at the Downtown YMCA.

A change has taken place during the past four to six weeks in the lives of Douglas County Public Defender's office employees Rebecca Swierczek, Suzette Moorman, Rocio Hernandez and Nancy Humbert. Lunchtime now means gym time and they love it.

On select days the YMCA can mean Pilates. Other days it's Spin Class (not their favorite), or Yoga, HIT class (high intensity training) or even Express Abs.

Nancy started going to the gym instead of taking that hour off from activity. Soon Suzette was joining her and the other office mates quickly followed suit.

"It's grueling," Nancy said. "Our goal is to continue to do it for a long, long time."

Suzette, who has found the exercise sessions are helping her tone up, agrees.

"It motivates me more to take care of myself," she says.

Developing an exercise routine is paying other benefits. Rocio, who loves the HIT class, said she has started looking at food labels and that helps the whole family. She eats before her workouts.

"I work off what I ate," she says.

Rebecca, a Yoga fan, said the workouts have improved her diet. "I think when I work out I crave healthier foods more."

Suzette says her children now see that exercise and healthy

eating is a normal part of life. And, she's found another benefit: "I'm less stressed."

The Defenders are now so committed, some say they look for ways to add a little exercise to their household routine. Other benefits include losing baby weight, having more energy for housework and just generally feeling better.

There are even compliments that come from unexpected places, like Nancy's son who tells her: "You look good, Mom."

And they're seeing results, which has them looking to motivate other office mates to join their band of exercisers. The Defenders of Fitness vow they're in it for the long run.

"I don't see us stopping," Suzette says. "We're too much into it now."



Rebecca Swierczek, Suzette Moorman, Rocio Hernandez, and Nancy Humbert "commit to be fit" each day at the YMCA downtown.

Story and photo by Phil Rooney

## Chicken Curry in a Hurry

- 2 tablespoons olive or vegetable oil
- 1 pound boneless, skinless chicken breast halves, cut into 1" pieces
- 1 onion, cut into wedges
- 1 red bell pepper, chopped
- 1 1/2 teaspoons curry powder
- 1/4 teaspoon ground allspice
- 1 can (14 1/2 ounces) diced tomatoes
- 1/4 cup raisins

Heat 1 tablespoon of the oil in a large skillet over medium high heat. Add the chicken and cook, stirring occasionally, for 5 minutes, or until browned. Remove to a plate and keep warm. Heat the remaining 1 tablespoon of oil in the same skillet over medium-high heat. Add the onion, pepper, curry powder, and allspice and cook, stirring occasionally, for 5 minutes, or until the vegetables are tender. Stir in the tomatoes (with juice), raisins, and chicken. Bring to a boil. Reduce the heat to low, cover, and **simmer for 5 minutes, or until chicken is no longer pink.**

Calories: 255.3; fat: 8.4 g;  
saturated fat: 1.4 g; cholesterol: 65.8 mg; sodium: 317.9 mg;  
carbohydrates: 15.4 g; total sugars: 10.3 g; dietary fiber: 2.5 g; protein: 28 g

## 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 to make an appointment.

**Gardening** is great exercise and a great way to relieve stress. Log on to [www.omahagardenclubs.com](http://www.omahagardenclubs.com) to find a garden club near you!

**[www.myuch.com](http://www.myuch.com)**

Have you visited UnitedHealthcare's website? Look up your claims, find a doctor, chat with a nurse, search health topics, simplify your life, see your benefits and more!

**COMMIT TO BE FIT**

**“What attracts people most,  
it would appear, is other people.”**

– William H. Whyte

# 10 Great Public Spaces - Omaha

**Omaha by Design knows public spaces. That's why our volunteer Place Game facilitators have compiled the inaugural list of 10 Great Public Spaces in Omaha.**

What is public space? It can be a park or a plaza, a street or a square, a building or an open market. It can be downtown, across town or around the corner from where you live. A great public space is accessible, beautiful, connected, fun, maintained, safe and used. It's a place where people want to be.

Get to know your city.

Visit one of its great public spaces today.



## **11th and Howard**

This intersection is the heart of the Old Market, a historic district of riverfront warehouses given way to shops, eateries and haunts of the artistic variety.



## **Lewis and Clark Landing**

515 N. Riverfront Dr.  
This 23-acre site, the spot where Lewis and Clark landed in 1804, features a boardwalk on the eight-foot-high river wall and a restaurant for indoor/outdoor dining.



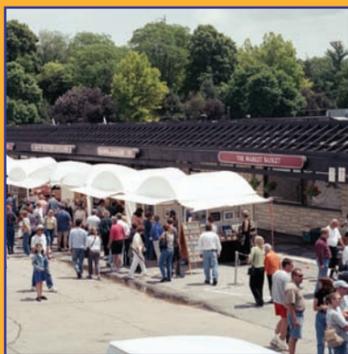
## **Southwest corner of 50th and Underwood**

This corner of the Dundee neighborhood is a great place to sit back and watch the events of the day unfold.



## **Memorial Park**

6005 Underwood  
This 67-acre park, known for its floral displays and historic monuments, is the perfect place to walk your dog, toss a football or take in the occasional free concert.



## **Countryside Village**

87th and Pacific  
One of Omaha's oldest shopping centers, the slogan for this active, pedestrian-friendly complex says it all – a “small town in the city.”



## **S. 24th Street from L to Q**

South Omaha is the city's melting pot, and the City of Omaha – in collaboration with local businesses and residents – is transforming this section of street into a vibrant ethnic townscape.



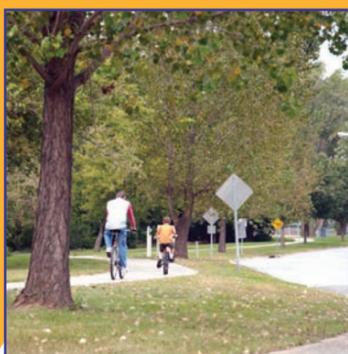
## **Heartland of America Park**

800 Douglas St.  
This 31-acre park, located in downtown Omaha, is a great place to escape the bustle of the urban environment.



## **Pedestrian Mall, University of Nebraska at Omaha**

60th and Dodge  
You don't need to be a student to stroll along the UNO Pedestrian Mall, which bisects the campus and passes underneath the stately Henningson Memorial Campanile.



## **Keystone Trail North**

This serene, serpentine trail winds through neighborhoods and commercial areas along the banks of the Little Papio Creek.



## **Zorinsky Lake Park**

156th and F  
There's something for everyone in this west Omaha spot, including one of the city's most popular lakes for fishing and boating.



**omaha**bydesign

[www.omahabydesign.org](http://www.omahabydesign.org)



**omaha**  
only**better**

Do you know of a great public space in the making? Send your suggestions, along with your reasons for suggesting them, to [teresa@omahabydesign.org](mailto:teresa@omahabydesign.org).

Help improve the public spaces in your neighborhood. Sign up for a free Place Game workshop. For more information, visit [www.omahabydesign.org](http://www.omahabydesign.org) and click on the Place Game link at the top of the page.

Photos by Ken Mayer