



# DOUGLAS COUNTY

## Healthy Directions

### Wellness Newsletter



Healthy Directions committee members Jan Johnson, Jennifer Beisheim, Jane Faust, Kathy Goodman, and Connie Lehman presented Dr. Jason Wiese an honorary membership certificate in thanks for his dedication to the health of Douglas County employees.

## FITNESS CHALLENGE WRAPS UP: 9,197 MILES LOGGED

Douglas County's Healthy Directions completed the first Walking and Health Challenge on Sept. 10 with a final session from two Urban Active Fitness personal trainers.

Participants heard about a variety of programs offered by the Urban Active Fitness at 3506 N. 147th Street, and learned simple exercises they could do at their desks, workstations, or during lunch breaks. A point of emphasis was to be consistent with whatever exercise plan you choose.

During a Q & A session the reps fielded questions regarding exercise, nutrition and how heart rate relates to weight loss. A bonus was the 14-day gym pass handed out to everyone who attended the sessions. For more information on Urban Active Fitness, log onto their website: <http://www.urbanactive.com>

Kathy Goodman, Healthy Directions chair, presented the challenge summary to the County Board members on Sept. 22. The results of your efforts are impressive.

## What's Inside:

October, 2009

- Jim Bojanski - Winner of the Walking and Health Challenge!
- Corporate Cup 2009
- Creative Ways to De-Stress
- CPR Quick Reference Guide
- Safety Belt Quiz
- and more!

The 143 employees who enrolled generated 9,197 miles walked or converted from other aerobic activities such as cycling, swimming and playing sports. Five health education sessions were attended by 340 employees who represented 19 different departments (see participation chart on following page).

Participants added positive feedback leading the Board to conclude that Healthy Directions is a valuable tool to enhance the lives and health of Douglas County employees. The Board commended the committee for its hard work and dedication to the wellness of their co-workers.

Kathy and several healthy directions committee members presented an honorary Healthy Directions membership certificate to Dr. Jason Wiese, owner of Life Source Chiropractic. Dr. Wiese has been instrumental in the early success of Healthy Directions for his work in creating the health challenge.

While Dr. Wiese provided more than \$5,000 in free lunch-and-learn sessions and consultation, his most important contribution may well have been to inspire the staff to make life-style changes that will benefit their lives for years to come. The Board then passed a resolution thanking Dr. Wiese for his passion and dedication to healthy living - no doubt a key in creating our many success stories over the 10-week challenge.

To learn more about Life Source Chiropractic, visit [www.life-sourcechiropractic.com](http://www.life-sourcechiropractic.com).



Life isn't about finding yourself.  
Life is about creating yourself.  
*George Bernard Shaw*



Visit the new Healthy Directions website at:  
<http://www.co.douglas.ne.us/county/wellness>  
(or click on the apple logo on the Douglas County intranet home page)  
to access our calendar of events, classes, newsletters, and more!

## COMMIT TO BE FIT

And now....  
The Winners of the

# Walking & Health Challenge!

1st Place  
Top Miles  
Walked



Jim received a  
\$25 Whole  
Foods gift  
certificate,  
shopping bag  
and  
Healthy  
Direction  
t-shirt!

Jim Bojanski  
Sheriff's Office  
893 miles!

Congratulations,  
Jim and Marie!

2nd Place Miles Walked  
Marie Berthelsen  
Assessor's Office  
500 miles!

Marie received a \$25 Whole Foods gift certificate!

## JB TAKES THE LEAD!

Congratulations to Jim Bojanski with Sheriff's Department Security in the Civic Center for leading the way with 893 total miles walked or converted to walking miles during the 2009 Walking and Health Challenge.

An avid bike rider, Jim is averaging about 5 to 6 miles each day. With bike miles counting for only half a mile when converted to miles walked, he traveled more than 1,000 miles on his bike during the challenge.

Jim says he joined the 2009 Walking & Health Challenge for three reasons:

First, the Sheriff Department has a General Order which states that all members will maintain a level of general health and physical fitness and bike riding is keeping him close to compliance.

Secondly, on his birthday in January 2007 his miss-calibrated scale informed him he was an order of dip-in-dots and gravy away from being embarrassingly over weight.

It was obvious that the: "I think I'm retaining water weight" excuse wasn't working anymore.

Thirdly, he was hounded into joining by Lisa Osborn, the Benefit Specialist in the HR Department who reasoned that since Jim was already riding, he might as well log the miles.

Jim's reason for riding goes back six years when he and his wife, Marjorie, bought each other bikes for Christmas.

At the time Marj was running full and half marathons and thought a bike would be a good cross training tool.

"I was searching for a way to get back into reasonable shape," Jim said. "When we first starting riding Marjorie seemed to make sure every payday my life insurance premiums were paid."

That could be a bit of an ominous omen.

"I believe the first time I rode, the trip total was four painful miles," Jim says. That, however, was only the beginning.

"Over the last six years, gradual gains in miles have occurred," he now modestly says. He's talking about increases like 2,032 miles ridden last year with a goal of 2,200 miles for this year.

Jim will tell you that while there are some costs involved in starting to ride bikes and warns that in the beginning "the bike seat can be as forgiving as an ex-mother-in-law" the benefits can be considerable.

"Bike riding allows you the opportunity to visit with others if you group ride or enjoy the solitude of your I-Pod if you choose to ride alone," he says. "I've noticed improvement in my endurance, muscle tone and flexibility, and to date have lost between 20-25 pounds."

There's no small benefit to that, as Jim says he has now become reacquainted with what his shoes look like, and he no longer makes that embarrassing "UMPH" sound while attempting to tie them. So, maybe it costs the rest of us a few laughs.

He also realizes that for many people, taking the first step is the most difficult in starting an exercise program. But now, you don't have to do it alone.

"I would like to thank the Health Directions Wellness Committee for the 2009 Walking & Health Challenge," he says. "I think future challenges will help inspire others in the County to join in and try to think and act healthier.

"And look! I ended up winning!"

*Jim Bojanski, Phil Rooney*

The Healthy Directions committee would like to thank everyone who participated in the challenge!

**YOU made it a success!**

**COMMIT TO BE FIT**

## Health Challenge Participation

Department	Total Employees Enrolled	Total Enrolled in Health & Walk Challenge	Total Enrolled in Health Challenge Only	Total Enrolled in Walk Challenge Only	Total at Session 1	Total at Session 2	Total at Session 3	Total at Session 4	Total at Session 5	Total Miles Walked
Assessors	5			5						1164
Clk of Dis Crt	7	6	1		7	6	5	6	4	488
Co Attorney	2		2					2		
Co Clerk	11	9		2	7	8	6	5	4	690
Commissioner/Admin	5	1	3	1	2	2	2	4	1	83
Corrections	7	3	1	3	2	3	3	3	1	377
Health Center	45	35	7	3	37	29	19	24	19	1053
Dist Crt	2	1	1		2	1	1	1	1	45
Env Services	2			2						519
Gen Assistance	2	2			2	1	1	1	1	180
Health Dpt-DCHC	7	6	1		7	5	5	3	3	580
Health Dept	10	10			6	2	2	5	2	344
HR	8	7		1	6	5	7	7	6	744
Pub Properties	1	1			1				1	210
Purchasing	2	1		1		1	1	1		121
Reg of Deeds	14	10	2	2	9	5	1	5	9	1192
Sheriff	4	3		1	2	2	2	2		1113
Treasurer	8	5		3	1	1		1	1	93
Youth Center	1			1						201
<b>Grand Total</b>	<b>143</b>	<b>100</b>	<b>18</b>	<b>25</b>	<b>91</b>	<b>71</b>	<b>55</b>	<b>70</b>	<b>53</b>	<b>9197</b>



### Prize Drawings

Amanda Jochum Dietician \$60 gift certificate  
 Jan Johnson/ Administration  
 Urban Active Gym – 1-month membership  
 Pat Gehringer/Health Center  
 \$25 gift certificate Whole Foods  
 Linda Wolfe/Human Resources  
 \$25 gift certificate Whole Foods  
 Carmen Harmon/County Clerk  
 \$20 gift certificate China Buffet  
 Melody Tuthill, Health Center  
 Inspirational CD  
 Karin Caldwell/Environmental Services  
 Inspirational CD – Alana Lee/Health Center  
 Inspirational CD – Julie Vesper/Health Center  
 Inspirational CD – Judy Cormaci/County Attorney

Omaha Steaks Cookbook & seasoning  
 Phyllis Mitchell-Butler/Clerk District Court  
 T-Shirt, Excel Therapy  
 Mary Higgins/Health Center  
 T-Shirt, Excel Therapy  
 Maria Perales/Health Center  
 T-Shirt, Excel Therapy  
 Kevin Conlon/Sheriff  
 Handheld Weight Set  
 Lateika Davis/Health Center  
 Exercise Ball – Jeanie Larson/Treasurer  
 Coffee Mug from Minnesota Life  
 Tim Alexander/County Clerk  
 Back Support from Colonial Life  
 Karen Stillmock/Register Deeds

Special  
 thanks  
 to all the  
 vendors  
 who  
 donated  
 prizes!

### FREE Blood Pressure and Blood Sugar Screenings

The Nebraska Methodist College Nursing Students will be offering **free** blood pressure and blood sugar checks on October 22nd from 2-4 p.m. at the Law Enforcement Center's Conference Room (3601 N. 156th Street). No eating for at least 2 hours prior to the checks for the most accurate results.

The students held screenings at Corrections on October 2nd and were pleased with the turn out:

Blood Pressure:	Sheriff's – 10	Correction's – 75
Glucose:	Sheriff's – 16	Correction's – 70

Special thanks to the students for providing this valuable service!

### Free Online Healthy Living Tools at

**Sparkpeople.com** - Personalized diet and fitness plans, calorie counter and exercise tracker, fitness demonstrations and videos, over 100,000 articles, recipes and tips plus common sense advice from dietitians, trainers and a space for you to connect with others who are working toward healthier lives!

**www.myuch.com** Have you visited United-Healthcare's website? Look up your claims, find a doctor, chat with a nurse, search health topics, simplify your life, see your benefits and more!

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## CORPORATE CUP 2009 MORE THAN JUST A RACE

Running races with smiling faces – a group of 43 Healthy Directions participants joined about 10,000 other health enthusiasts to take part in the annual Corporate Cup on September 26. The race through downtown Omaha benefits the American Lung Association.

The Corporate Cup was highlighted by a 10-K run, but also offers a two-mile run/walk, perfect for the developing Healthy Directions crew.

Connie Lehman from the Douglas County Health Department, who runs regularly, was among those who enjoyed the workout in the near-60-degree weather.

“It was a perfect day to hang out with 10,000 people,” she said. “Great weather, great cause, great crowd support.”

Lee Lazure, Director of Human Resources for Douglas County, expressed his appreciation for all the work done by those who put the pre- and post-race events together. He recommends planning to take part in the Corporate Cup as a great way to get in shape.

The morning was a family affair for Jennifer Beisheim, Manager of Specialized Services at the Health Center. Both her husband and daughter participated together.

“As a parent the health and wellness of my children is very important and the Corporate Cup Run was a great opportunity to expose Lauren, my daughter, to hundreds of people committed to not only their own health but also their desire to help others in the process. This was a first for all of us and definitely not the last.”

A big thanks to Lisa Osborn, Human Resources Benefit Specialist and her daughters Emily (6 ½) and Alyssa (1 ½) for managing the team table for the walkers and runners.

Healthy Directions and the Corporate Cup are sure to become part of a growing tradition of healthy lifestyles for Douglas County employees.

*Phil Rooney*



## Douglas County Corporate Cup 2009 Participation Results:



### *Healthy Directions Participants*

**10K route** – 30 ran/walked

First Healthy Directions participant to finish:  
Anthony Broderick, Sheriff's office - 44:49 (253 out of 3372)

Top four Healthy Directions participants, all from the Sheriff's office: Jerry Mohr/Deputy; Rich McShane/Retiree; Craig Madsen/Captain

**2 mi route** – 8 ran/walked

First Healthy Directions participant to finish:  
Deana Roether - Health Center, 25:07 (442 out of 3345)

### *County Treasurer Participants*

**10K route** – 1 ran/walked

**2 mi route** – 9 ran/walked

### **Total miles ran/walked:**

Douglas County participants - 207.6

Healthy Directions – 183.4

County Treasurer – 24.2

### **Total dollars raised for the American Lung Association: \$720**

Healthy Directions – \$570

County Treasurer - \$150

To view all race results, log on to:  
<http://www.omahacorporatecuprun.org/index.html>

**Congratulations, everyone!**

## COMMUNITY HEALTH FAIR

sponsored by



**Saturday, October 10, 2009 • 8:00 AM - 12:00 PM**

**Twin Rivers YMCA, Valley, NE**

**Open to everyone!**

- FREE**
- Health Screenings
  - Health & Wellness Information
  - Cooking Demonstrations
  - Exercise Classes
  - Community Partner Booths
  - Peripheral Arterial Disease (PAD) screenings available by appointment (402) 977-4316 (limited openings)
  - Flu shots available for a nominal fee, no appointment necessary

**Need directions? Log on to <http://www.metroymca.org/Pages/CommunityHealthFair.aspx> and click on “download a map”.**

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## GET ACTIVE!

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

It's a terrific resource for an active life! Click on Calender to see what's going on right here in our area. Here are a few events from the October calendar:



**October, 18 - 2:00 PM - Omaha Hiking Club, Wilson Island State Recreation Area Hike** - Wilson Island State Recreation Area. Enjoy the autumn season! For details, log on to: <http://members.cox.net/omahahikingclub/index.htm>



### October, 31 - 10:45 AM Spooks on Spokes Scavenger Ride

(Zorinsky Lake 156th & F  
near boat ramps)

This event incorporates all types of urban and suburban riding skill. Part of the adventure is the unknown. You won't know

what you're in for until the race begins. Expect mildly difficult terrain, mileage and challenges. Terrain will be mixed, so road, mountain or comfort bikes will work. Expect the unexpected.

The event starts after each person is given their manifest. There will be a 15-minute period to ask questions before the hunt begins. There will be a list of items, tasks, etc to obtain, perform, etc. Each item on the manifest will be revealed after solving a puzzle or riddle. After studying the manifest all participants are released at 11-AM to begin the adventure. Event ends at 3:00-pm Sharp! Categories are: Teams of 2-3, Geared and Fixed/Single Speed bikes. Participants choosing to compete as a team must remain within 50-feet of one another at all times. Participants are expected to obey ALL traffic and criminal laws. If any law or rule is broken you will be disqualified and asked to leave the country. Once all items obtained and tasks completed participants will return to the Start/Finish zone to turn in their manifest and items to the event organizer. Winners chosen by Finish time and point accumulation.

Awards will be given to top finishers in Team, Geared and Single-Speed/Fixed category.

Start: 11:00-AM

#### Entry Fee: FREE!!

(Donations accepted to cover event insurance).

Register & Pay on Site

<http://spooksonspokes.blogspot.com/> for info

#### Rules:

- Registration open at 10:00-am
- 10:45-Am briefing. 11-Am start
- Bicycle (non-motorized)
- Back pack or messenger bag
- 4-Hour cut-off time
- 18-Years or older (sorry kids)
- Read, understand & sign waiver



## 3 CREATIVE WAYS TO DE-STRESS

To distress during working hours create two or three relaxing escape scenes you can mentally travel to in a moments notice. An escape scene is a visual imprint on your mind of a relaxing place like the beach, sitting in front of a roaring fireplace, gazing at peaceful snow covered mountains, or a thing like the sounds of a concert that create the feeling of calm. Take a deep breath and mentally go to your escape scene when in need of de-stressing. A thirty second mental vacation works great, a minute is even better. Always go there for a full minute before leaving work at the day's end. Based on the importance of balance in Feng Shui, mentally travelling to your relaxing escape scene creates balance by replacing stress.

On your drive home, check the radio for traffic conditions only, no news or talk shows. Then listen to your favorite relaxing music. Have several choices available because different ones will work better on different days. Check out New Age type music that has been created specifically for tranquility and relaxation. If you pick the children up on your way home you can switch the music to something they will enjoy that is lighthearted but soothing. This will reduce the distracting noise level and be calming for all. By returning home at peace within after a long day at work, relationships will improve.

Get clarity on what is important. Time is an asset unless you over-schedule, over-commit and over-extend it. Without clarity, time controls you and your stress level goes up while your productivity diminishes and the joy in your life disappears.

Make a list of the most important things you need to do for the day or the entire week and rank them by order of importance. Then do the most important ones first. By following this procedure you will always get the most important things done and reduce stress. Make a perpetual clarity Will do List of the most important three items to help you focus so you can be more efficient, effective and productive. Keep you Will do List visible at all times and check each item off as you complete it. You will accomplish more with much less stress and balance the inner with the outer so you can create the future you want.

**COMMIT TO BE FIT**

## ARE YOU PREPARED TO ADMINISTER CPR?

Here is a quick reference guide to post in your office or keep in your wallet. It's recommended to take a CPR class. The Omaha Chapter of the American Red Cross offers a variety of lifesaving classes. For more information, call them at 343-7730.

### CALL

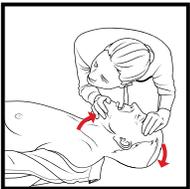


**CALL 911**

### CPR Quick Reference Guide



### BLOW

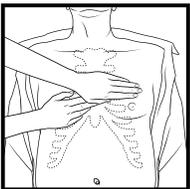


**TILT HEAD,  
LIFT CHIN,  
CHECK  
BREATHING**



**GIVE TWO  
BREATHS**

### PUMP



**POSITION HANDS  
IN THE CENTER OF  
THE CHEST**



**FIRMLY  
PUSH DOWN  
TWO INCHES  
ON THE CHEST  
30 TIMES**

**CONTINUE WITH TWO BREATHS  
AND 30 PUMPS UNTIL HELP ARRIVES**

## CLICK IT – DON'T RISK IT! SAFETY BELT QUIZ



- In 2006 in Nebraska, how many people were killed in traffic crashes?  
a. 185 b. 221 c. 246 d. 269
- A collision occurs every \_\_\_ minutes in Nebraska.  
a. 16 b. 21 c. 29 d. 37
- Safety belts are effective in reducing critical injuries and fatalities by:  
a. 10-20% b. 35-45%  
c. 50-65% d. 100%
- In 2004, approximately \_\_\_ died in the U.S. due to motor vehicle crashes.  
a. 10,000 b. 20,000  
c. 40,000 d. 60,000
- In Nebraska, one person dies every \_\_\_ hours due to a motor vehicle crash.  
a. 62 b. 33 c. 24 d. 44
- The Nebraska safety belt usage rate is higher than the national average.  
a. True b. False
- If your vehicle has an airbag, you don't need to wear your safety belt.  
a. True b. False
- The single leading cause of death among American ages 5 to 34 is:  
a. Drug overdose b. Traffic crashes  
c. Cancer d. Heart disease
- More people wear safety belts in pick-up trucks than in passenger vehicles.  
a. True b. False
- Most fatal crashes happen:  
a. Close to home b. On long trips  
c. Interstate d. On bridges
- If your vehicle is submerged in water and you are wearing your safety belt, your chances of escaping are:  
a. Increased b. Decreased  
c. Not affected d. Depends on weather
- You can personally take action to increase safety belt use in your community. a. True b. False

Please contact Click It – Don't Risk It! for additional information at [www.clickitdontriskit.com](http://www.clickitdontriskit.com) or e-mail [cidri@safenebraska.org](mailto:cidri@safenebraska.org).

Answers: 1. d 2. a 3. c 4. c 5. b 6. b 7. b 8. b 9. b 10. a 11. a 12. a

## Attention Douglas County Employees! Flu Shots • Friday, October 16, 2009



8:00 AM to 11:00 AM  
Extension Center • 8015 West Center Road

12:30 PM to 3:30 PM  
Civic Center • 1819 Farnam Street • Room 702

All Douglas  
County  
employees  
are eligible.

Cost: \$15 • Pay at the time you get the shot. Exact amount appreciated.  
Please wear short/loose sleeves

**Questions? Call 444-6118**

We'd like to hear from you! If you have a question or comment for the Healthy Directions committee, please e-mail Kathy Goodman at [kathy.goodman@douglascounty-ne.gov](mailto:kathy.goodman@douglascounty-ne.gov), drop her a note to Human Resources, Room 505, or call her at 444-6099.

**COMMIT TO BE FIT**