



Sarpy Strong Wellness Program

Volume 2, Issue 4

Fall 2016

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Sarpy County is Tobacco Free!

The Sarpy County Board of Commissioners recently re-affirmed the Tobacco-Free Policy. The Policy is available [here](#).

If you are trying to quit smoking or encouraging someone else to do the same, here are some great quit-smoking tips:

1. Find your reason. Maybe it's health, financial reasons, or just a personal goal.
2. Consider a tobacco cessation program like Nebraska Tobacco Quitline (800- QUIT-NOW). The program may help you navigate through any challenges along the way. Consider nicotine-replacement therapy. There are some options available through BCBS.
3. Lean on your support network. Ask them to help in your journey.
4. Find new ways to relax such as exercise, listening to music, try a new hobby. Try avoiding stressful situations during the first few weeks after you stop smoking.
5. Start fresh. Once you stop smoking, throw away your ashtrays and lighters. Wash any clothes that smell like smoke, and clean your carpets, draperies, and upholstery. You don't want to see or smell anything that reminds you of smoking.
6. Try and try again! Don't let a setback be the end of your journey.
7. Get moving! Being active can help curve nicotine cravings and release some withdrawal symptoms.
8. Once you quit or reach milestones in your journey, reward yourself with something meaningful. Use [this calculator](#) to figure out how much you will save by quitting.

"13 Best Quit-Smoking Tips Ever" WebMD.com, (9/23/16), <http://www.webmd.com/smoking-cessation/ss/slideshow-13-best-quit-smoking-tips-ever>

Spotlight on Troy Gowan

After owning a auto glass company for 15 years, Troy Gowan made the decision to be a first responder. First going through the testing process to become a firefighter and then training to be a 911 dispatcher. During this same time, he decided to change his lifestyle.

"A healthy lifestyle can prolong how long you're on this earth. It makes a difference. Sit up and take notice," says Gowan. For Troy, there is nothing magical but a little sacrifice, exercise, and portion control. "It's a perpetual cycle that never stops." There have been positive impacts on his relationship with his wife and children by choosing to live a healthy lifestyle. Troy has also impacted his co-workers by assisting in the creation of a workout room for 911 employees.



“Everybody, soon or late, sits down to a banquet of consequences”

~Robert Louis Stevenson

**“The
preventions are
often times the
cures.”**



***You have the most
influence on your life***

I don't know about you, but I don't want a big, horrid, cross-eyed, fanged-tooth, hunched-back consequence sandwich sitting at my banquet table asking me can I please pass the salt. Not if I can help it and not on my watch! Luckily we live in a land where we have the luxury of choices. **AND OUR CHOICES MATTER.** Regardless of genetic predispositions, we are the ones who have the **most** influence on whether or not we get sick based on the choices we make regarding lifestyle factors.

Chronic diseases take several years to develop. For instance breast cancer can be initiated in adolescence and not be detectable until after menopause. In fact the disease process continues long after initiation and can be accelerated or repressed during its promotion stage with nutrition and other lifestyle choices. In other words lifestyle choices



***Register of Deeds staff
making healthy choices***

primarily determine if disease will ever do its damage. Three of the biggest chronic diseases in the country are heart disease, cancer, diabetes. Then there are the multitudes of other ailments that plague our society.

Are two or three decades of poor diet and exercise choices going to lead to heart disease or another chronic illness? The probability is high. Now beware that people you rarely com-

municate with will be coming out of the woodwork telling you how their great grandfather smoked two packs a day, ate bacon eight times a day, and the only sport he played was Russian roulette between drinking 40s up until age 105 when he died of natural causes. Pay them no mind! If they want to play those odds then okay, but most likely they will be in the revolving door schedule that is doctor appointments and medication plans, and seeming to always come down with something. The preventions are often times the cures. The more we consciously incorporate small doses of the preventions over the course of days and years, the more likely we are to spend the duration of our life living on our own terms.

Recipe makeover—spicy bacon egg salad

Ingredients

2 pieces turkey bacon, cooked & chopped
 1/3 cup sliced green onion
 2 Tbsp. plain non-fat Greek yogurt
 1 Tbsp. mayo (or more Greek yogurt)
 2 tsp. Sriracha

1/4 tsp. pepper
 1/8 tsp. sea salt
 6 lg. hard boiled eggs, peeled & chopped
 Cabbage or lettuce wraps

Directions

Stir together all ingredients, except cabbage or lettuce, in a medium bowl
 Portion and serve on cabbage or lettuce wrap

Nutrition Information

Serves 5—1/3 cup + 3 lettuce leaves

Per serving: Calories: 155, Total Fat: 11g; Saturated Fat: 3g; Monounsaturated Fat: 3g; Cholesterol: 229mg; Sodium: 247mg; Carbohydrate: 3g; Dietary Fiber: 1g; Sugar: 2g; Protein: 11g

Nutrition Bonus

Potassium: 162mg; Iron: 7%; Vitamin A: 27%; Vitamin C: 23%, Calcium: 65

Source: blog.myfitnesspal.com/spicy-bacon-egg-salad/



Spicy Bacon Egg Salad

Steal my mantra

In wellness, mantra is a statement or slogan repeated frequently. It can be used to assist in concentration or empower you to the next level in your physical activity.

A few years ago my boss asked me, “What’s your mantra?” Hmm, I didn’t have one, but I definitely saw the importance of creating one. Today, I don’t have one mantra, I have several. I use them all day long, but particularly when I exercise. They keep me going when I want to quit, empower me when I feel physically spent, and mentally change my focus when I become discouraged. So, what’s your mantra?

I’m doing this for me.

Just keep going! Minute by minute, second by second.

Do it over and over again until it becomes part of who you are.

I am strong!

Yesterday you said tomorrow.

Every journey begins with a single step.

Do the crazy thing.

Strive for progress not perfection.

If you wait for perfect conditions, you’ll never get anything done.

What’s your mantra?

Fun fall facts

Did you know...

- Wellness social media hashtag use drops by 20% in October.
- Testosterone in both men and women are at their highest in the fall.
- Everyone knows birds migrate in the winter, but did you know one of the longest bird migrations is the 11,000 mile journey by the Arctic Tern.
- Swedish researches found that women lose more hair in the fall.
- Autumn babies, those born between September and November, are more likely to live to 100 than those who were born in other times of the year.

October is National...

- Breast Cancer Awareness Month
- Financial Planning Month
- National Apple Month

November is National...

- NoSHAVEmber
- Epilepsy Awareness Month
- Vegan Month

December is National...

- AIDS Awareness Month
- Root Vegetables and Exotic Fruits Month
- Universal Human Rights Month



The power of positive thinking



We often tell injured people to look on the bright side or things will get better, chin up. Now, scientists are finding that our internal philosophies, especially how optimistic we are, potentially have a greater impact on our health than we ever thought possible.

For example, one study found that people with a more positive view of aging tended to live 7 1/2 years longer than those with more negative views of aging.

Even physical experiences may be influenced by an optimistic outlook. A Wake Forest University School of Medicine study found that people's expectations had as much effect on pain as a dose of morphine.

An optimistic attitude may influence how you live your life, which has an impact on your health. If you have a lot of stress, you're more likely to not look after your diet, not exercise, not sleep well and drink more alcohol. These are all risk factors for cancer and other diseases.

Thinking positive shouldn't be denial. Stress is real, but how we deal with stress matters.

To start a positive attitude, learn some simple stress management tools and re-engage the things you were most passionate about.

An optimistic outlook doesn't have to be ingrained, it can be created. Look at what your inner voice is saying and

analyze if it is fact truth or not. Challenge negative thoughts in a realistic way.

For example, someone with arthritis might not be able to open a jug of milk and think, "I'm useless." Is that true? Think about all of the other areas where they can do things.

We need to lift each other up and help each other see the good, positive things everyone brings to the County. Have you said something positive or nice to a co-worker today?

Try to be positive, fake it until you make it. Make your moments count!

**SARPY STRNG
WELLNSS PROGRAM**

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Local events

- Oct. 9, 2016 **Susan G. Komen Race for the Cure (5K run/walk & 1 mile/walk)**
(<http://komennebraska.org/>)
Ak-Sar-Ben Village, 7100 W Center Rd, Omaha
- Oct. 9, 2016 **Fall Kite Festival**
www.cityoflavista.org
La Vista Soccer Complex 12-4pm
- Oct. 12, 2016 **Octoberfest Fun Run (4/mile) FREE 7:00 p.m.**
(<https://www.omaharun.org/events/octoberfest-fun-run/>)
Prairie Queen Recreation Area, Papillion
- Oct. 15, 2016 **Full Moon Canoeing**
www.fontenelleforest.org
6:30 pm—8:00 pm at Fontenelle Forest
- Oct. 22, 2016 **Sumtur Twilight Dash (5K & 10K)**
Sumtur Amphitheater, Papillion
(<http://www.papillionraceseries.com/extreme-5k.php>)
“Beer, Band and Bonfires”, celebrate the end of the Papillion Race Series
- Oct. 22, 2016 **Move It or Lose It 5K (5K run & 1 mile walk)**
(<http://www.creighton.edu/moveit5k/>)
Creighton Osteoporosis Research Center
Lake Zorinsky Park, Shelter #5, 156h & F St, Omaha
- Nov. 5, 2016 **Red Kettle Run/Walk 5K**
(<https://www.omaharun.org/events/red-kettle-runwalk-5k/>)
Benefits The Salvation Army, entry fee: food donations
Lake Zorinsky Park, Shelter #5, 156h & F St, Omaha
- Nov. 24, 2016 **Omaha Running Club Thanksgiving Fun Run**
(<https://www.omaharun.org/events/omaha-running-club-thanksgiving-fun-run-2/>)
FREE
Lake Zorinsky Park, Shelter #5, 156h & F St, Omaha
- Nov. 28, 2016 **Mother/Daughter Girls Night Out**
www.active.com
City of Papillion Recreation Department
- Dec. 4, 2016 **Gretna Holiday Tree Lighting**
Petersen Park
Time TBD
- Dec. 11, 2016 **Holiday Lights Fun Run (4 mile/run)**
(<https://www.omaharun.org/events/holiday-lights-fun-run-4/>)
Meet at 10th & Harney, Omaha
FREE, Festive clothing and bells are recommended.
- Feb. 9, 2017 **Daddy/Daughter Date Night**
www.active.com
City of Papillion Recreation Department