



Sarpy Strong Wellness Program

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Summer 2016

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Calling All Employees—Get Your Free T-Shirt

Get ready to walk 30 miles in 30 days for a free T-Shirt sponsored by the Sarpy County Walking Club.

The T-Shirt Walking Challenge will begin July 1, 2016 and participation is easy!

Track your steps everyday and at the end of the month turn in your completed form to Human Resources.

Voila! Free t-shirt. It's just that easy.

Do you need the form? Email Trisha Rose in HR at trose@sarpy.com.

Do you need a pedometer? To help track your steps visit the Human Resources Office for a free pedometer.



Getting the Miles In

30 miles in 30 days might sound impossible at first, but take it day by day. Step by step. 2,000 steps makes one mile. Not bad, right? Here are some fun ways to get stepping:

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| <ul style="list-style-type: none"> • Cooking—61 steps/minute • Grocery shopping—67 steps/minute • Washing the car—71 steps/minute • Yard work—89 steps/minute • Mowing the lawn—120 steps/minute | <ul style="list-style-type: none"> • Walking—84 steps/minute • Elliptical—203 steps/minute • Frisbee—91 steps/minute • Dance party—109 steps/minute • Mini golf—91 steps/minute |
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Spotlight on Kay Nikodym

Kay Nikodym has been with Sarpy County since 2002. In 2015 she had hip replacement surgery, which changed her life. To ensure successful results from the surgery, she was determined to lose weight and begin her journey for a healthy, manageable lifestyle.

To stay healthy, Kay walks, does stretches and sit ups. She just joined a gym for the recumbent bike and row machine. Kay says that having a dog is helpful—the dog has to go for walks!

Kay uses the FAST diet to ensure healthy eating. Daily accountability and manageability are the strengths in this program. The program focuses on calories, fiber, carbs, fats, and proteins.



“Exercise enables both the body and the mind to stay younger.”

Weekend Warriors, Stop Spinning Your Wheels!

One motivational tool for keeping on track and working out is mental acuity. The human brain starts to shrink as a person gets into the 40s, and one top tool for fighting back is fitness.

In the November 2006 issue of the Journal of Gerontology: Medical Sciences, researchers report that three hours of exercise a week increased the volume of gray matter and white matter in the human brain.

One of the most encouraging reports from the study was the fact that significant results were realized in just three months of training.

Incredibly, those who exercised for three months had brain volume the same as those who were three years younger.

Exercise enables both the body and the mind to stay younger. Another of the many benefits of a regular exercise program including resistance training and moderate (60-75% functional capacity) aerobic activity is immune system strengthening.

Moderate exercise increases the body's consumption of oxygen. This in turn enhances the production of antioxidants such as superoxide and catalase.

But make sure to get enough rest and eat the proper foods that allow the body to heal, repair and better handle stress. How do you think Popeye was so resilient to the stress of Bluto always trying to steal Olive Oyl away? That's right, he ate spinach!

Stress is a major external force in our lives which regularly threatens to weaken the immune system's abilities. Stress weakens the immune system's defenses, making the body a more vulnerable and accessible host for opportunistic germs. Regular exercise provides an outlet for stress and its accompanying nervous energy.

We all experience stress at

different levels of intensity. Those who experience high levels on a regular basis tend to suffer digestive tract problems, sleep issues and other chronic ailments as the months and years pass by. Yoga, meditation or other breath work practices have helped many people cope with daily stress and minimize stress-induced illnesses.

So, there you have it. If you want to be one of the most aesthetic, agile and witty young bucks with the most handsome amount of Sudoku-solving brain matter sans the IBS and insomnia to ever rock a pair of cutoff jean shorts in the retirement home then invest in your health often!



Tobacco-Free Outdoor Spaces

Tobacco Free Sarpy (TFS) has led successful local efforts to make outdoor spaces in Sarpy County tobacco-free. Several city parks, sports facilities, recreation areas and schools are currently covered by outdoor tobacco-free policies. A few private businesses in Sarpy County have also prohibited tobacco use on their property. While recent progress is encouraging, McKinsey Mulroy, coordinator for TFS, believes that more tobacco-free areas will improve the quality of life in Sarpy County.

“Tobacco-free outdoor spaces are especially important in parks or areas where children and youth play sports,” said Mulroy. “By prohibiting tobacco, young people won't be exposed to smoking or smokeless tobacco use by adult role models in a setting they associate with fun and healthy activities. We don't want children to connect tobacco with sports. Tobacco-free policies mean a healthier environment for Sarpy County families.”

Mulroy says TFS will continue to partner with local agencies and organizations to promote tobacco-free outdoor spaces and advocate for additional tobacco-free policies.

“We're encouraged by the positive response we've received from local leaders regarding outdoor tobacco-free policies, and we're here to help educate anyone who is interested in the issue. TFS is committed to a healthier Sarpy County,” said Mulroy. To learn more about Tobacco Free Sarpy and how to encourage or adopt tobacco-free policies, visit TobaccoFreeSarpy.org.



Recipe Makeover—Make-Ahead Breakfast Casserole

Ingredients

8 oz ciabatta bread, cut into 1” cubes
 Cooking spray
 1 lb turkey breakfast sausage
 1/2 c chopped green onion
 1 1/2 c fat free milk
 1 c reduced fat sharp cheddar cheese
 2 large eggs
 1 (8 oz) carton egg substitute
 2 Tbsp chopped fresh parsley

Preparation

Preheat oven to 400 degrees.

Arrange bread cubes in a single layer on a baking sheet. Bake at 400 degrees for 8 minutes—until toasted.

Heat a medium skillet over medium-high heat. Coat pan with cooking spray. Add sausage to pan; cook 6 minutes or until browned, stirring to crumble. Combine sausage, bread and onions in a large bowl. Combine milk, cheese, eggs, and egg substitute in a medium bowl, stirring with a whisk. Add milk mixture to bread mixture, tossing to coat bread. Spoon mixture into a 2-quart baking dish coated with cooking spray. Cover and refrigerate 8 hours or overnight.

Preheat oven to 350 degrees.

Uncover casserole. Bake at 350 degrees for 50 minutes or until set and lightly browned. Sprinkle with parsley; serve immediately.

Nutrition

6, 1 cup servings. 344 calories, 11 g fat, 4 g sat. fat, 29 g protein, 26 g carbohydrates, 1 g fiber, 123 mg cholesterol, 983 mg sodium
 Source: www.myrecipes.com



Celebrate Every Day

With so many things to celebrate, go ahead and tweet, post, Instagram and Snapchat away this summer!

July is...

- National Blueberry Month
- National Parks & Recreation Month
- Social Health Month
- Independence Day (July 4)

August is...

- Child Support Awareness Month
- National Truancy Prevention Month
- National Water Quality

Month

- Women's Equality Day (Aug 26)

September is...

- World Alzheimer's Month
- Fruit & Veggies—More Matters Month
- Happy Cat Month
- Ovarian & Prostate Cancer Awareness Month



Summer Fun Facts

- The “dog days of summer” refer to the weeks between July 3 and August 11 and are named after the Dog Star (Sirius) in the Canis Major constellation. Ancient Greeks blamed Sirius for the hot temperatures, drought, discomfort and sickness.
- In the summer heat, the iron in France's Eiffel Tower expands. Making the tower grow more than 6”.
- Leprosy is more readily contracted during the summer. Each year about 150 Americans contract leprosy.

Portion Distortion Under Control

GUARD YOUR HEALTH
My Mission. My Health.

Hand Guide to Portion Control

Look at your fingertip. That's about a teaspoon, or how much butter your toast needs.

Your thumb, from knuckle to tip, is about the size of a tablespoon. Double it for a single serving of peanut butter.

To avoid a calorie-packed-punch, limit pasta servings to 1/2 cup, or about the front of your clenched fist.

The recommended serving size of meat is 3 oz., roughly the size of your palm.

A clenched fist is roughly one cup, or a double-serving of ice cream.

Sources:
<http://www.cnp.usda.gov/Publications/DietaryGuidelines/2000/2000GGBrochureHowMuch.pdf>
<http://www.healthyarkansas.gov/programs/Services/ChronicDisease/Nutrition/Pages/ServingSizes.aspx>

www.GuardYourHealth.com

Coping with Daily Stress

Daily stress is stressful and we often use various strategies to cope. Coping will vary based on situation, evaluation of the situation and the resources available.

Having a wide variety of stress management coping strategies can lead to successful results. Imagine you are having a bad day and trying to avoid your boss. While this might work for a few hours, in the long run it will be harmful.

Here are some positive coping strategies that may help in different situations:

- Be positive!

- Make the choice not to over-react to stressors and deal with them one at a time.
- Take an objective view. Don't personalize your stress.
- Communicate. Try not to ruminate your emotions and then explode.
- Accept yourself—and others.
- Deal effectively with mistakes. Learn and apply for future decision making.
- Deal effectively with your successes. Build on your competence.
- Develop self-discipline and control.
- Maintenance. Practice! Practice! Practice for a long life of resilient living.

Recognize your stress and apply different coping strategies to your daily life.

The Wellness Program wants you to find success in managing your stress. There are several programs available.

Want more information? Turn the page.



**SARPY STRNG
WELLNESS PROGRAM**

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**Newsletter
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Local Events

- July 10 Papillion Mayor's Triathlon
Walnut Creek Recreation Area
Papillionraceseries.com/triathlon.php
- July 15 Race Across Nebraska
Race from Wyoming to Iowa
www.nebraskarace.com
- July 18 Free Tennis Play Day (Age 6-14)
Bellevue East Tennis Courts
Www.bellevue.net/departments/recreation/overview (Documents, Summer Brochure)
- Aug 6 Last Try at Summer Kids Triathlon
Papio Bay Aquatic Center
Papillionraceseries.com/kids-triathlon
- Aug 27 MudZillaRun Mud Run
Mt. Crescent Sky Area
Mudzillarun.com

All summer long check out the various farmers markets around the Omaha metro. Farmers market information can be found at:

- www.omahafarmersmarket.com.
- www.papillionfarmersmarket.com
- www.bellevuenebarskafarmersmarket.com \

Work Stress to Retirement Planning—County Offers Free Assistance

Sarpy County and the Wellness Program offer FREE assistance to eligible County employees and their families. Here are some of the services available:

Employee Assistance Program (EAP)

EAP can assist employees with stress, grief, emotional concerns, addictions, life changes and even legal and financial challenges. From counseling services to financial coaching this might be a great place for you to start.

For more information visit their website:
www.chihealth.com/employee-assistance-program or by phone at (402) 398-5566.

Nurse Advocate Program

Employees can contact the Nurse Advocate, Margie Goracke, RN, to discuss personal health issues along with formulating health goals and offer ongoing support. From weight loss and diabetes to quitting smoking—Margie is here to help.

The Nurse Advocate can be reached at mgoracke@lockton.com or by phone at (402) 970-6167.

NPERS Financial Management and Preretirement Programs

Eligible employees are entitled to receive leave with pay to attend up to 2 preretirement planning seminars age 50 and over and 2 financial manage-

ment seminars prior to age 50. By State law, you can only attend 1 seminar per fiscal year (July 1—June 30).

In the 2016 calendar year (January 1—December 31) the Retirement Planning seminars in La Vista are held on September 29 and October 18. The Financial Management seminar will be held in La Vista on September 28. Seminar registration is required.

For more information visit the NPERS website:
www.npers.ne.gov/selfservice/public/otherinformation/retirementseminars/statecountyschedules.jps.

www.sarpy.com/wellness

