

Wellth

The Newsletter of the Sullivan County Wellness Committee

Summer 2018

Come walk with us

The Sullivan County Employee Walks are growing in popularity, thanks to unique locations, interesting landscapes and fun chats along the way.

County workers, their spouses, friends, the public and even the news media have trekked down local rail trails, up the side of Tusten Mountain, and through green forests to a hidden waterfall.

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Mullet Falls near Rock Hill was the June destination for the Sullivan County Employee Walk.

Congrats, Maureen!

In May, Bee Moser from Cornell Cooperative Extension attended our Employee Wellness Session to reveal the fat content in popular foods.

To make these important sessions even more fun, one employee was randomly picked to win a prize. Maureen Hopper of the Department of Family Services went home with a yoga mat, pedometer and the book "Lifesaving Strategies for Preventing & Healing Heart Disease."



Know Your #'s Coming Back This July

Get ready for the return of the American Heart Association's Know Your Numbers campaign! Remember at the beginning of the year when nurses checked cholesterol, blood sugar, blood pressure and body mass index? They'll be back in July to take new readings. If you previously participated, this is a great chance to see how you're doing. If you haven't yet gotten to Know Your Numbers, now's the time to start! Watch your email for the exact date...





Try standing at your desk — really!

By Regina Pierce, Sullivan County Probation Officer

Many people have heard about the physical and mental benefits of a standing desk, and if you haven't, I urge you to do some research.



I can attest personally to the benefits of my standing desk, which I

got in February 2018. It has increased my focus, alertness and has helped my posture and back pain tremendously.

I was in a very bad car accident in 2009 that left me with two broken ankles and a broken back. Over the years, I had four ankle surgeries, and I cannot express the benefits of being able to stand while I work at my computer.

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Get plugged in!

The Wellness Committee page is on the NEW County website:

<http://sullivanny.us/Departments/Wellnesscommittee>



The Employee Wellness Committee is very happy with staff participation, but we can never have enough CHAMPIONS to spread the good word of wellness! If you are interested, please, we can use your help! Contact Darrin Raynor at ext. 0450 or email Darrin.Raynor@co.sullivan.ny.us.

Join us in slaying the Monster

The Employee Wellness Committee and CHAMPIONS are excited to bring the 2018 MONSTER Classic to 100 County employees.

The County is sponsoring the event, which supports our local veterans. As such, we have 100 spots available for staff.

Email your name, age, sex, department and T-shirt size to Darrin.Raynor@co.sullivan.ny.us.

Walk or run — just come have fun!



Breakfast, Lunch or Dessert: Employees Share Their Favorite Recipes

Black Bean Breakfast Pizza From Wendy Willis

- 1 Flatout flatbread, Light Original
- 3/4 cup fat free black refried beans
- 1/4 teaspoon chipotle pepper powder
- 2 eggs, scrambled
- 1/2 cup shredded fat free cheddar cheese

- 1/4 cup salsa verde
- 2 tablespoons chopped cilantro
- 2 tablespoons chopped white onions

Preheat the oven to 350. Bake the flatbread on a baking sheet for 3 minutes, until barely crispy. Remove from the oven and allow to

cool. Combine the refried beans with the chipotle powder. Spread the bean mixture on the flatbread evenly, then top with the eggs and then the cheddar cheese. Return to the oven and bake 4 minutes until the cheese is melted. Drizzle the flatbread pizza with salsa verde and chopped cilantro and onions. Serve immediately.



Why stand when you can sit? You just might feel a lot better...

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Currently, five of my coworkers have purchased the same standing desk that I have, and each of them have spoken about the benefits they have had so far since having it.

"I suffer from reoccurring symptoms of Lyme's Disease, and the ability to choose to stand really helps with the pain in my hips and legs," said Angel Hannold.

"I like the standing desk because it helps with my lower back problems and pinched nerve. It takes away my pain. It is also good for my posture; keeping my back straight so I won't have what I call a 'Humpty Dumpty arch' in my back as I age," said Del James. "Also, I won't get as tired because I'm standing and my blood circulation is flowing properly and evenly."

"Helps my back, allows me to stretch it out more during the day," added Tonya Martin.

I purchased my standing desk from Amazon, and it can be found by searching for Standing Desk - X-Elite Pro Height Adjustable Desk Converter. The desk cost about \$170 and is worth every penny, especially when it can benefit your mental and physical well being, which a price tag cannot be put on.

If you have any questions, please feel free to contact me anytime at 845

Go take a hike...

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Walks are typically scheduled the first Saturday of every month all year long, weather-permitting. A key goal is to visit walkable spots around Sullivan County, and while some hikes can be vigorous, none are dangerous.

Keep an eye on your email for the next opportunity, or email Darrin at darrin.raynor@co.sullivan.ny.us to make sure you don't miss out!



Tusten Stone Arch Bridge, part of May's Tusten Mountain walk.

Breakfast, Lunch or Dessert: Employees Share MORE Favorite Recipes

Almond Balls from Sara Morris

1 cup raw almonds
 ½ cup raw cashews
 ½ cup tightly packed pitted medjool dates
 2 tbsp. roasted almond butter
 ½ tsp. cinnamon
 ¼ tsp. fine sea salt
 ¼ tsp. almond extract
 5 tsp. of water (I put in 3)
 Shredded coconut, hemp hearts OR ground pistachios for rolling

Process almonds and cashews into a coarse crumb (don't overprocess). Then add dates and process until finely chopped. Add roasted almond butter, cinnamon, salt, almond extract and water into processor bowl and mix everything into a dough. It should not feel crumbly. Roll dough into golf ball-sized balls (or smaller). Then roll each ball into garnish of choice (pistachio, coconut OR hemp hearts). Chill in the freezer for an hour to firm up. Leftover balls can be frozen for weeks or refrigerated for several days.

Flag Cake from Kristy Sigelakis

4 cups fresh strawberries
 1 pkg. (12 oz.) pound cake, cut into 14 slices
 1-1/3 cups blueberries, divided
 1 tub (12 oz.) whipped topping, thawed

Slice 1 cup strawberries; halve remaining strawberries. Cover bottom of 13x9-inch dish with cake slices; top with sliced strawberries and 1 cup blueberries. Spread topping over berries. Arrange strawberry halves and rest of blueberries to resemble US flag. Refrigerate.



The Top 10 Things to Know About Ticks and Lyme's Disease

10. Ticks crawl up. Ticks don't jump, fly, or drop from trees. Ticks are "programmed" to try to attach around your head and ears.

9. Ticks come in small, medium & large sizes. They hatch from eggs and have three active, feeding stages: larvae (small), nymphs (medium) & adults (large).

8. Ticks can be active even in winter. They are not killed by freezing temperatures, and deer ticks will be active any day the ground is not snow-covered or frozen.

7. Ticks carry disease-causing microbes. The trend is for increasing abundance and geographic spread of deer and Lone Star ticks, and scientists are finding an ever-increasing list of disease-causing microbes transmitted by ticks.

6. Only deer ticks transmit Lyme disease bacteria. The only way to get Lyme disease is by being bitten by a deer tick.

5. You have at least 24 hours to find and remove a feeding tick before it transmits an infection. Many of the microbes transmitted by a tick need a "re-activation" period. Eventually they make it back to the tick's salivary glands, and the tick "spits" them into you while feeding.

4. Deer tick nymphs look like a poppy seed on your

skin. They're easy to miss, their bites are generally painless, and they have a habit of climbing up and under clothes and biting in hard-to-see places. Nymphal deer ticks can carry the Lyme disease bacteria.

3. The easiest and safest way to remove a tick is with a pointy tweezer. Think of a tick as a germ-filled balloon. Squeeze too hard on its back end, and all the germs get pushed to the front end which is attached to you by a straw like mouthpart. Using really pointed tweezers makes it possible to grab even the poppy seed nymphs close to the skin. Then you simply pull it out like a splinter - steadily pulling the tick straight out of the skin.

2. Clothing treated with tick repellent is best for preventing tick bites. An easy way to avoid tick bites and disease is to wear clothing (socks, shoes, pants) treated with permethrin. Clothes can be purchased with permethrin built-in, or can be treated at home with permethrin spray or soak.

1. Tick bites and tick-borne illnesses are completely preventable. Reducing tick abundance in your yard, wearing tick-repellent clothing and insect repellent, treating pets with tick-repellent products, doing daily body tick checks, and removing ticks quickly and properly are all great actions for preventing tick bites!

About the Sullivan County Wellness Committee

Our mission is to promote a worksite culture that supports employees' desire to make healthy lifestyle choices. **Goals:** Promote healthy lifestyle behaviors; Develop educational outreach activities; Encourage personal and professional productivity; Encourage physical, mental, social, and holistic wellbeing; Reduce absenteeism; Increase productivity; Lower workers compensation claims; Improve employee engagement /satisfaction.

