

Wellth

The Newsletter of the Sullivan County Wellness Committee

January 2018

Welcome to our new Wellness newsletter!

Here's to your good health! The Sullivan County Employee Wellness Program is kicking off the new year with "Know Your #'s" — an easy way to get on the road to feeling better, and you could win a Fitbit at the same time! Look to the right...

Know Your #'s

It's nothing complicated, just a 10-minute way to assess your cholesterol, blood sugar, blood pressure and body mass index.

All information is kept confidential and is for your use only. Reach out to the appropriate contact person below to sign up for the listed day!

◇ Darrin Raynor, 845-807-0450
January 16, 9 a.m.-1 p.m.
Government Center Hearing Room
100 North St., Monticello

◇ Kathleen Whiteman, 292-2277
January 17, 9 a.m.-1 p.m.
Department of Family Services
16 Community Lane, Liberty

◇ Sue Osterhout, 845-513-2114
January 18, 9 a.m.-1 p.m.
Adult Care Ctr., 1st floor dining rm.
256 Sunset Lake Road, Liberty

◇ Susan Clark, 845-513-2222
January 25, 9 a.m.-1 p.m.
Public Health, Conference Room
50 Community Lane, Liberty

KNOW YOUR NUMBERS.



CHOLESTEROL



FASTING
BLOOD SUGAR



BLOOD
PRESSURE



BODY MASS
INDEX (BMI)




Sullivan
COUNTY CATSKILLS
Mountains of Opportunities

Inside . . .

- ◇ What's this Wellness kick all about?
- ◇ Why should I get involved?
- ◇ Who's already involved?

Reason to smile

I got involved with this group as I believe that we all work very hard here at SC DFS, and often we ignore our own needs in order to assist others.

By taking care of ourselves first, we are in a better place - both mentally and physically - to do our jobs to the best of our abilities.



At break time, I NEED to get up, away from my desk and take a walk. I try to immerse myself

in 15 minutes of exercise. Walking is my favorite, and deep breathing, which really helps with trying to relax.

I try to focus on the moment, the weather, the lake view & nature (anything but work!). It is a real attitude-adjuster, and I have never returned from a walk without a smile on my face.

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Get plugged in!

The Wellness Committee page is now LIVE on the County website:

<http://co.sullivan.ny.us/Departments/DepartmentsNZ/WellnessCommittee/tabid/4035/Default.aspx>

The Employee Wellness Committee is very happy with staff participation. The committee meetings are well attended, as are the CHAMPION meetings.

We are still in the CHAMPION recruiting stage. We can never have enough CHAMPIONS to spread the good word

of wellness! If you are interested, please, we can use your help! Contact me at ext. 0450 or email me at Darrin.Raynor@co.sullivan.ny.us.

To date, we've had two walks/hikes in Sullivan County. We average a little over 20 people per walk. Please watch your email for future walks/hikes. These walks are family friendly, fun and the settings are always beautiful. Everyone is welcome, not just County employees.

We are kicking off employee wellness in January with assistance from our partner agencies, Cornell Cooperative Extension and the American Heart Association. Know Your #'s is a set of basic health tests that includes blood sugar level, blood pressure and blood cholesterol. The flyer was emailed to all employees already, but if you haven't signed

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Spring Into 2018 with Healthy Habits!

We would like to remind County employees that there is stricter enforcement of no smoking on County grounds. The County is concerned about the health and welfare of all employees. Evidence shows that secondhand smoke can be just as deadly as smoking. Public Health Services can offer free resources, tips and strategies that may help you quit smoking if you are considering it, and also help to prevent relapse. Call Sue Clark for more information about free coaching opportunities and NRT applications at your work place: 845-513-2222.



Join us for a healthier new year...

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up yet, there is still time.

The New Year is a great time to think about resolutions - resolutions that are important to you and your family. If you have a resolution that relates to a healthier lifestyle and you are willing to share it, please send it to me. I would like to post these resolutions in the next employee wellness newsletter. (We will only post the resolution, not its author.)



We are also getting the Walking Club back up and running. Please look out for this information.

We would like to create friendly department wellness challenges. If you have ideas that we can use, please pass along!

January Wellness Activities

New Year's Resolutions

Know Your #'s testing

5-minute workout tips

Walking Club information/hikes/walks

National Drug and Alcohol Facts Week

Reason to smile...

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At my job, I often see folks who are seemingly tied to their desks, never taking their "mandatory breaks". I would love to see everyone taking their breaks, even if they just wandered the halls and parking lots.

As one employee to another, I ask you to take your breaks and use your breaks as little windows to improve yourself, soothe yourself and become a happier person & employee. Even small changes can lead to big results.

On weekends and when not at work, I enjoy walking with my two dachshunds, who motivate me with their enthusiasm to go, go, go.

Thanks for letting me share my reasons for supporting our Employee Wellness Program - I hope that this program continues to grow and inspires employees to get healthier and happier!

**Linda Taylor, Sr. Caseworker
SC DFS, Preventive Services**



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.