

Welcome to the July 2019 issue of *Linn County Healthy Steps*, brought to you by the Health Awareness Team! This newsletter includes information to guide you on the path of your wellness journey and enhance our vision of creating a supportive, positive work environment by promoting a healthy lifestyle for County employees.

Wellness Champion



Nominee: **Amy Speed**, Recorder's Office
 Nominator(s): **HAT Team**

Why the HAT team nominated Amy:

Amy is a great advocate for health and fitness! She's a member of the LC Health Awareness Team and encourages participation in health-related activities. Amy has helped others with the keto program, and she has had amazing results with the program so this motivates others as well! Amy recommended health coaching for additional support and this has been a positive experience!

Citrus Water Chiller

- 1 orange, thinly sliced
- 1 lime, thinly sliced
- 1/2 ruby red grapefruit, thinly sliced
- 8 cups water

Combine ingredients and refrigerate 2-4 hours. Stir well and strain, discarding fruit. Serve over ice and garnish with orange or lime if desired.



Recipe and photo courtesy of Wellmark Blue Shield Blue Magazine

Wellness Champion



Nominee: **Sarah Wendt**, Conservation
 Nominator: **Ryan Schlader**, Conservation

Why Ryan nominated Sarah:

I had the privilege of collaborating with Sarah as part of her initiative to create a new nature play-scape at Wickiup Hill Learning Center to provide a healthy, holistic relationship with nature and children through unstructured play. Sarah is also a terrific source for healthy eating, exercise, and spirituality advice to assist in my personal efforts to make healthier choices.

What are some fun facts about yourself?

I have been practicing yoga for over 20 years.

Join the HAT Team

Calling all progressive, innovative, health conscious individuals! Do you want to be a part of a collaborative team to help make the healthy choice the easy choice here at work? Join the Health Awareness Team! Interested? Contact Linn County Wellness Coordinator Shannon Carey at shannoncarey@hsi-rx.com.

Lose It Linn Challenge

A total of 165 employees weighed out for the Lose It Linn Challenge. The total weight loss was 546.6 pounds!

Individual:

- 1st Place: Jennifer Post
- 2nd Place: Gary Franck
- 3rd Place: Gregory Anderson

1st Place Team: Road Managers (84.6 pounds lost)

- Gregory Anderson
- Robert Ford Jr.
- Gary Franck
- Jonathan Rstom

2nd Place Team: Road Misfits (44.9 pounds lost)

- Bradley Ketels
- Landon Barnes
- Jerad Kelly
- Matthew Schmidt

Thanks to everyone who participated!!

Naturally Slim

The Naturally Slim Program will continue to be offered for Linn County employees. This program has the secret to lasting weight loss and it doesn't include starving, counting calories or eating diet food. This simple, online program helps you change how you eat instead of what you eat. Plus, it will help you reduce your chances of getting a serious disease like diabetes or heart disease and increase your chance at living a longer, healthier life - for free. Space is limited. Apply between September 2-September 13, 2019 at www.naturallyslim.com/linncounty. The program will start September 30, 2019.

Tell Us Something Good

The Health Awareness Team would like to hear about activities happening in your department that promote a healthy lifestyle! We would love to know what you are doing and share those ideas in an upcoming issue of this newsletter. Please email LCHAT@linncounty.org with the details. We look forward to hearing from you!

Meet the Linn County Health Awareness Team

Paul Beazer, Engineering
Tom Hardecopf, LIFTS
Sarah Hoeger, Treasurer's Office
Rita Burrell, LCCS/MHDD
Amy Speed, Recorder's Office
Phil Lowder, Information Technology

Steve Estenson, Risk Management
Kay Stanford, Sheriff's Office
Kim Klinefelter, LCCS
Amy Vermie, Human Resources
David Thielen, LCCS
Amy Drahos, Public Health

Dan Williams, Juvenile Detention
Mikki Scott, Health Solutions
Greg Anderson, Engineering
Katie Reasner, Public Health
Shannon Carey, Health Solutions

Wellness Motivation Survey

We want to hear from you! What motivates YOU to stay healthy? Examples: money, recognition, family history, etc. Please share your feedback here: [Wellness Motivation Survey](#)

Save the Date

The Annual Health and Safety Fair will take place on September 19, 2019 from 11am-2pm. Watch your email for reminders as it gets closer!

Safe Travels

Tips for air travel, sight-seeing, and staying well on your trip:

- **Hydrate, hydrate, hydrate.** When we travel, we tend to forget about drinking water. Drinking plenty of water can help offset the dehydrating effects of air travel and help your immune system run more smoothly.
- **Amp up the hand washing routine.** Twenty seconds of hot water and soap are still the most effective way to keep hands clean. When you travel and spend time in tight quarters, carry a travel size hand sanitizer (up to 3.4 ounces) with you to wash up before meals or snacks.
- **Disinfect seat-back pockets and tray tables on an airplane.** Carry a travel-size pack of disinfecting wipes to wipe down surfaces on airplanes that are likely not cleaned between flights.
- **Try not to touch your face.** Germs can enter through your eyes, nose and mouth.
- **Be familiar with the area you are traveling.** Check cdc.gov/travel for destination-specific guidance, recommended vaccines, health notices, and your destination's tap water situation.

For more helpful travel tips and other information please visit the [Wellmark Blue Cross Blue Shield Blue Magazine Article](#).