wellness WORKS

fall/winter 2015

TURKEY TROT
FLU CLINICS
TONE IT UP!

Photo Credit: Michael Der
Trying to stop the growth of Type 2 diabetes is one of the initiatives I launched this year as Board President. Supervisor Ken Yeager has also been working on this health crisis, along with our Public Health Department.

In Santa Clara County, an estimated 138,000 adults have been diagnosed with prediabetes. That means the risk is high for them to develop Type 2 diabetes, a life-changing disease that affects 29 million people in the U.S. each year. It especially affects our Latino, Asian and African American communities.

An important fact to remember is that: Type 2 diabetes is preventable. The first step in knowing if you have prediabetes is to be screened by your doctor’s office, clinic or at a health screening event. In October, there will also be two free public screenings for Type 2 diabetes. On October 10 at the Health Trust’s Open Air Health Fair at the San Jose Flea Market and on October 11 at my District 3 Office’s Annual Day on the Bay at Alviso County Marina Park.

If you happen to be told you have prediabetes, you can reduce your chance of becoming diabetic by changes to your lifestyle such as eating more fruits and vegetables, watching your food portion sizes and exercising. Exercising or physical activity can be as simple as taking the stairs at work instead of the elevator or taking a walk around your building at lunchtime. In fact, to help you build in exercise to your day, the Employee Wellness Department is registering now for their Fall Physical Activity Challenge called **Tone It Up!** Read more about it in this newsletter.

You’ll be hearing more about the campaign in the coming weeks as we step up efforts to make sure our residents are aware of the disease, receive screening for it and take steps to prevent it, or at the very least, control it.

I hope you will join me in this effort so that together we can live, work and play in a healthier Santa Clara County.

With warm regards,
Dave Cortese
Santa Clara County Board of Supervisors
After teaching yoga to hundreds of students at the County for the last 20 years, Gerry Hartman will be saying a heartfelt goodbye after the Fall to start a new chapter in her life.

There are several reasons for Gerry’s retirement including the desire to travel, more time with family and personal time for self-care including the desire to study more: meditation, pranayama (science of breathing), do art work, gardening and sewing.

Gerry will miss her dedicated students whose, “regularity and desire to learn yoga was very motivating for me. They made me a better teacher and student of yoga.”

And the feeling is mutual, with one student expressing her gratitude stating that, “Gerry seems to have a sixth sense when it comes to (physical) limitations and capabilities. I can’t say enough about how much her class has helped my body, mind and spirit.”

Her final message to her students, “It will be hard to say goodbye. Thank you for your loyalty, your trust in me, and your support. Thanks to the Wellness Department that I worked for and with. The administrators were always very supportive of me. I hope that some of you will continue yoga. You have enough awareness and knowledge about yoga that you can be successful in a new class. I am just one teacher on your wellness journey, who is grateful to have served you. Blessings to you all and good health!”

“Keep learning and growing with whatever interests you. That’s what is good for your health.”

**Does your department have a Wellness Champion? Do you know who he/she is?**

Wellness Champions (WC) are your onsite link to a wealth of information and resources. Throughout the County, WCs function as liaisons between your department and the Employee Wellness team. They help us promote Countywide campaigns like Tone It Up!, let you know about upcoming EWD classes and events, and provide your feedback to the EWD. Some WCs even plan their own fun activities that promote healthy lifestyles such as running or walking groups, healthy cooking demonstrations, lunch and learns as well as more competitive activities.

**Don’t know who your WCs is?** Or maybe you want to get involved? Check out our website for more information at www.sccgov.org/wellness

Find out more today! The next meeting of the Wellness Champion Network is on September 23.
EWD would like to introduce Tone It Up! as an exciting new Fall fitness challenge for 2015.

**What is Tone It Up! (TIU)?**

A complete exercise routine includes two components, cardiovascular and muscle strengthening. TIU a four-week fitness challenge (October 4 - 31) designed to encourage the inclusion of muscle strengthening exercise two days a week as part of a complete exercise routine. Muscle strengthening exercises can be done with your own body weight, resistance bands, or weights. The goal is to help you establish an easy to use muscle strengthening routine that will continue beyond the fitness challenge.

**Why muscle strengthening?**

Federal physical activities guidelines recommend 150 minutes of moderate cardiovascular and minimally 2 days per week of muscle strengthening exercises.

Muscle strengthening exercises maintain a person’s functional capacity – this is the ability to engage in activities needed for daily living. Some examples are walking up stairs and lifting moderately heavy items without strain or injury.

Muscle strengthening exercises have also been shown to improve metabolism, build muscle, and increase bone density by promoting growth and strength.

**DEADLINE TO REGISTER IS SEPTEMBER 30, 2015**
Take Action Against Flu

Flu season is right around the corner. This means it is time to prevent serious illness and get your flu shot. Four flu clinics will be offered to employees starting in October at county locations listed below.

**Why get the Flu Shot?**
- Flu vaccination can help protect you from getting influenza virus.
- By receiving a shot, you also help to protect those around you who are more vulnerable to serious flu illness such as older adults, pregnant moms, infants, and people with chronic health conditions.
- If you do get sick, your illness may be milder than if you weren’t protected.
- Your risk of serious flu outcomes, like hospitalizations and death, decreases.

*Source: http://www.cdc.gov/flu/protect/keyfacts.htm

**Tips for Flu Clinic Day**
- Make sure you wear a short sleeved shirt or a shirt that you can easily expose your upper arm where the nurse needs to give you a shot.
- Select a date and time that works best for you and give yourself enough time to get your flu vaccine. The busiest times are usually at 9:00am -11:00am.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>Park Alameda Health Facility</td>
<td>9:00am - 3:00pm</td>
<td>Room 1119</td>
</tr>
<tr>
<td>October 7</td>
<td>976 Lenzen Avenue, San Jose</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Social Services Agency</td>
<td>9:00am - 3:00pm</td>
<td>Cafeteria Lunch Room</td>
</tr>
<tr>
<td>October 21</td>
<td>1876 Senter Road, San Jose</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>County Government Center</td>
<td>9:00am - 3:00pm</td>
<td>Lower Level Conference Room</td>
</tr>
<tr>
<td>October 27</td>
<td>70 West Hedding Street, San Jose</td>
<td></td>
<td>East Wing</td>
</tr>
<tr>
<td>Thursday</td>
<td>Social Services Agency</td>
<td>9:00am - 3:00pm</td>
<td>Auditorium</td>
</tr>
<tr>
<td>November 5</td>
<td>333 West Julian Street, San Jose</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Fun Runs for Fall

**Heroes Run**
Dress like your favorite super hero and support SCVMC Pediatrics at the 3rd annual Heroes Run on November 7. The run will start at Cupertino Civic Center at 8:45am. Tickets for the 5K Run/Walk are $30 and tickets for the Kids Fun Run are $15.

Save a few dollars by signing up in person (vs. online) at the VMC Farmer’s Market on Wednesdays. And, you’ll also receive a FREE t-shirt!

Not able to make it to the market? Call the VMC Foundation during the Farmers’ Market hours Wednesdays (10:00am - 2:00pm) at 408-885-5299 and register over the phone to receive the same perks.

**Turkey Trot**
We are gearing up for another pre-Thanksgiving trot at the 11th annual Silicon Valley Turkey Trot! On November 26, you’ll join nearly 30,000 trotters completing 5K, 10K, elite, walker and wheelchair races. To make it easier to register (and save the online fee), Turkey Trot representatives will be available onsite to take your registration during select hours at Open Enrollment events in September and at the EWD Flu Shot Clinics in October.

Don’t forget to select the **County of Santa Clara** under the **Fittest Firm** category. By doing so, you will be entered to receive some Employee Wellness swag*.

*only available to County employees
Can *Just Culture* Influence Wellness?

The organizational benefits of *Just Culture* include improving communication to promote trust, creating a common language among employees, and fostering a culture of shared purpose. In addition, *Just Culture* can positively influence wellness.

A healthy organizational culture translates into employees with higher job satisfaction and better morale overall. This is an environment that breeds enthusiasm, creativity, passion, and the internal desire to work at a higher level. These factors directly influence how you feel at work, which, in turn, impacts your health and well-being.

So, here are a few of the Wellness benefits you may experience in a *Just Culture* environment:

a) **Less stress!** The link between stress and most jobs has been well documented for many years. A workplace culture that is fair and consistent can help reduce job-related stress and anxiety.

b) **More energy!** When you feel better, you have more energy. This may also improve how you feel about your job, leading to enhanced performance and productivity.

c) **Greater focus!** More energy can lead to greater focus and attention to detail, resulting in more efficiency with fewer errors.

d) **Fewer work days missed!** Studies show Wellness programs decrease absenteeism. A *Just Culture* environment is less stressful and more energized with greater focus.

A “just” organization is fair and consistent, which allows for improvements in the organization that lead to better outcomes. A State of Wellness is about making healthy lifestyle choices and learning to take care of yourself - mind, body and spirit. Integrating Wellness practices with *Just Culture* practices can lead to a healthier you and a healthier work environment. Learn more about *Just Culture* and Wellness on the Connect website.

Article contributed by Learning and Employee Development.

---

**Wellness Support 24 x 7**

When the days get shorter and cooler even the best intentions may feel challenging. However, Fall and Winter may actually provide an opportunity to find different and creative ways to stay healthy. If only there was something available for free during those cool and dark afternoons and evenings? Well, there is! In sccLearn, the same site you use to register for Wellness classes, there is Videos and Books 24x7. There is a Well-Being Topics section in the Videos and Books 24x7. Since sccLearn is available from anywhere, you can login on any of those long, dark nights or cold Saturdays and find some new, healthy alternatives!

Why would you? Good sleep is an essential part of good health and the sleep hygiene tips in “Goodnight Mind: Turn Off Your Noisy Thoughts & Get a Good Night’s Sleep” are just the ticket when it is darker longer than it is light and you feel like taking a nap. When “comfort food” is tempting you on that dreary, “stay inside” afternoon, find an alternative to eating with “50 Ways to Soothe Yourself Without Food”. It may be more difficult to get outside and exercise but we can all remain flexible and active indoors with “Stretching for Dummies”. These are just three of the over 300 offerings available.

To get started in Videos and Books 24x7 visit www.sccgov.org/scclearn and enroll as you would for any other course. All of the book titles above are links that will take you to them once you are in sccLearn. Stay healthy through the Winter by settling down, under a blanket and finding some creative healthy alternatives for free, online!

Article contributed by Learning and Employee Development.
Celebrity Chef Event

Celebrity Chef Katsuji Tanabe from Food Network’s Chopped and Bravo’s Top Chef along with a Novo Nordisk Diabetes Educator gave us a tasteful cooking demonstration while educating us on healthy cooking, answering audience questions, and all the while making us laugh. Approximately 100 employees had attended this special event at the Berger Auditorium.

Chef prepared a strawberry and spinach salad and an orange chicken dish. He walked us through the steps on how to prepare it and how to get the best flavors. To heighten the experience, the audience had a chance to sample the recipes. He made cooking and eating an experience to remember.

His passion for food, and sharing that with others, is a value he showed us at the demonstration. As he was preparing the food, he shared bits of wisdom and advice. Chef Tanabe reminds us not to take cooking too seriously. Preparing a meal for family should be a fun experience. Be sure to experiment with different flavors and don’t be shy to add a little spice to your meal.

STRAWBERRY AND SPINACH SALAD

Prep time: 15 minutes

INGREDIENTS

Salad:
1 (10-12-ounce) package baby spinach, washed and dried
1/3 cup sliced almonds, toasted
1 quart strawberries, hulled and quartered
1 whole cucumber, peeled, seeded, and finely diced

Dressing:
Juice a half a lemon (2 tablespoons)
1 tablespoon white wine vinegar
2 tablespoons sugar
1 tablespoon vegetable oil
1 teaspoon poppy seeds

DIRECTIONS
In a large salad bowl, toss together spinach, almonds, strawberries, and cucumber. In a small glass dish or jar with a tight-fitting lid, combine lemon juice, vinegar, sugar, oil and poppy seeds. Whisk in the glass dish or shake if using a jar. Dress the salad before serving.

Making it lighter:
Decreasing the sugar in the dressing lowers the carbohydrate count. With all those naturally sweet strawberries, you won’t miss the sugar!

NUTRITION FACTS

MAKES 10 SERVINGS
SERVING SIZE - 1 1/2 CUPS
Calories 100
Total Fat 4g
Saturated 0g
Cholesterol 0g
Sodium 55 mg
Carbohydrates 15g
Dietary Fiber 4g
Protein 3g

Recipe courtesy of Diabetes In a New Light, for more info visit diabetesinanewlight.com
Javier Velez has worked for the County for 28 years, 17 years in the Health and Hospital System and the last 9 as a Utility Worker for Facilities and Fleet at the County Government Center.

His story: He has been on a mission to change his lifestyle since his last annual health exam about a year ago when Javier was diagnosed as a prediabetic. With a family history of diabetes, he knew that he “needed to change my lifestyle” not just “go on a diet.”

Changes to be made: With his newfound motivation, Javier has lost over 30 pounds by eating healthier and letting go of his fondness for sweets. “I had to let go of ice cream and cookies,” he shared. Instead of soda, Javier chooses water. By bringing lunch to work, he can control the portion size and type of food he eats. Lean proteins such as chicken and fish are his favorites along with plenty of vegetables.

Physical Activity: Javier also makes exercise part of his everyday life by walking every evening after dinner with his wife. He also occasionally plays basketball and participates in the annual EWD activity campaign March Into May. He enjoys the at-work physical activity programs because his coworkers participate together and they motivate and inspire one another. The team camaraderie, laughter and positive attitude help to make work fun.

Healing habits: He recognizes the importance of sleep as a part of maintaining his physical and mental well-being. Taking a nap when he gets home from work allows him to do more throughout the day, by simply resting a bit.

Finally, Javier also credits his faith and spirituality in helping him manage his stress. He works at enjoying his life and being grateful for his good fortune in health and well-being.

Javier credits the changes he made for feeling better, improving his health status and overall well-being.

"I needed to change my lifestyle and not just go on a diet."