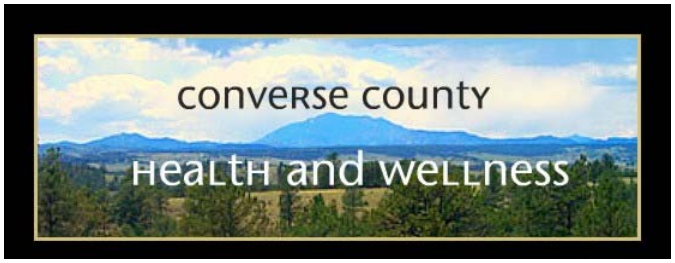


May 2009

May is Mental Health Awareness Month

We all get blue from time to time, but knowing the signs of depression can help it be treated effectively. If you experience five or more of the below symptoms for two weeks or longer, you may have depression.

-persistent sad, anxious or "empty" mood
-difficulty falling asleep, staying asleep or sleeping more than usual
-changes in appetitive and weight
-restlessness and irritability
-fatigue or loss of energy
-feeling guilty, hopeless or worthless
-thoughts of suicide or death

Seeking help is important! Converse County Health Department can be a good resource for information, as well as several online websites!

Earth Day

Converse County's Earth Day activity was very successful! Thank you participants, commissioners and supervisors! For more photos and information visit http://www.conversecounty.org/community/earthday.html

Luncheon Recap: "Thank you!" to all who helped to make the Health Luncheon a success! We had loads of delicious food, and great conversation!

We will be highlighting healthy recipes, please submit some!

Sour Cream Cucumbers

½ cup sour cream
3 tablespoons white vinegar
1 tablespoon sugar
Pepper to taste
4 med. cucumbers thinly sliced
1 small sweet onion, thinly sliced and separated into rings

In a serving bowl, combine the sour cream, vinegar, sugar and pepper. Stir in cucumbers and onion. Cover and refrigerate for at least 4 hours. Serve with slotted spoon. Serves 8.

From the "Taste of Home", shared by Janeen Morvee.

Bike to Work Week

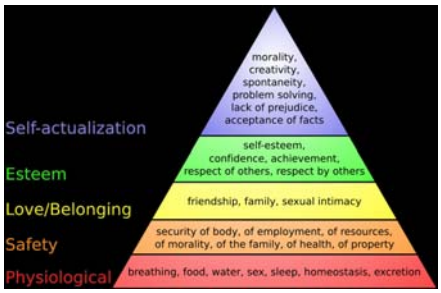
Living in a rural area, I realize that it just isn't possible for everyone to participate in this. However, if you would like to join in the fun, national bike to work week is May 11-15, and Bike to Work day is May 15! Don't have a bike? Ask Sarah Repshire, she has a few lenders!

The Benefits of Massage

Massage is one of those rare healthy activities that immediately feels good and is good for you. Massage can help alleviate pain, lower stress levels, detox the body, increase your immune system and increase circulation. There are a variety of businesses offering massage in Douglas or right here in the courthouse.

A Look at Wellness

In this series we will be taking a look at wellness. Wellness is a word that is thrown around frequently, but can be hard to concretely define. What human essentials need to be satisfied to be a "well" person? Maslow's Hierarchy of Needs is a commonly accepted outline of the levels of human needs. It consists of five levels, ranging from physiological (or basic needs in order to survive) to self-actualization (being aware of yourself and others).



(to be continued next month)

Wellness Survey

Please detach and return to the GIS mailbox in the Clerk's office. You may respond anonymously if desired.

1. What activities or benefits would you like to see as part of our health and wellness program?

2. What is your opinion of the programs provided by the Health and Wellness Committee so far?

3. Would you participate in a Poker Walk? 5k Fun Run? Or Biggest Loser type contest (with a $20, $50, or $100 buy in for a purse)?

4. How important is health and wellness to you?

5. Any additional comments or suggestions?

We welcome your submissions! For information or suggestions please contact: Kim Hiser, Sue Hollon, Pam Leetch, Sarah Repshire, or Dave St John.

Our Mission: The Health and Wellness Committee is dedicated to providing pertinent health information to the county's employees. In addition, the committee will provide wellness opportunities to increase knowledge about the relationship between lifestyle and health. Through these avenues, the employee will have the opportunity to take control of their health, increase morale and create a more healthy and positive working environment.