



Tis the Season: For holiday candy, parties, and treats! Thanksgiving and Christmas are right around the corner! Need incentive to step away from the candy dish? **Join the Biggest Loser program TODAY! It's not too late!** The **\$380.00** cash price might come in handy as well! Contact Pam Leetch, at 358-2536, to join!

First Month's Random Winner:

Mike Collings

First Month's Biggest Loser:

Gina Garton

Congrats! Keep up the good work!



Peak Fitness Membership:

As the season's change, remember that all full-time employees (on the payroll) are eligible for subsidized membership at Peak Fitness! The county will pay for half of your membership fee if you work-out 4 times a month. If you work-out 8

times, your entire membership fee will be paid.

The Great American Smokeout:

The Smokeout is coming on November 20th this year. The reasons to quit range from saving money, to the dangers of second hand smoke and the health benefits to you. These health benefits over time are as follows:

20 minutes after quitting: Your heart rate and blood pressure drops.

12 hours after quitting: The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.



1 to 9 months after quitting:

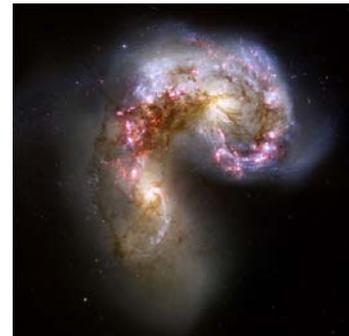
Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.

5 years after quitting: Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.

10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease.

15 years after quitting: The risk of coronary heart disease is that of a non-smoker's.



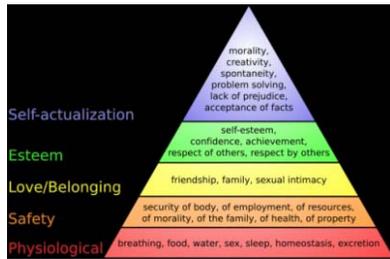
Quote of the Month:

Go confidently in the direction of your dreams. Live the life you have imagined.
~Henry David Thoreau

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What is Wellness? A look at Maslow's 4th Tier: Esteem



When the first three levels of the pyramid have been satisfied, the need for esteem can become dominant. Esteem is also known as the *belonging need*, which presents as the normal human desire to be accepted and valued by others. It is an innate longing, manifesting itself in a need to be engaged in activities that give people a sense of contribution, a feeling of acceptance and of being of value to the whole. Imbalance, at this level of the pyramid, can result in low self-esteem. People with low self-esteem need respect from others in order to feel fulfilled, although this rarely improves their view of themselves. Rather, acceptance must first happen internally. Most people have a need for stable self-respect and self-esteem. Maslow stresses the dangers associated with self-esteem based on fame and outer recognition instead of inner competence. Healthy self-respect is based on earned respect.



October is Breast Cancer Awareness Month and National Depression Education and Awareness Month. Please take the time to educate yourself about these diseases.

Chicken Noodle Soup with Dill

6 servings, about 1 1/2 cups each |
Active Time: **20 minutes** | Total Time: **50 minutes**

Ingredients

- 10 cups reduced-sodium chicken broth
- 3 medium carrots, diced
- 1 large stalk celery, diced
- 3 tablespoons minced fresh ginger
- 6 cloves garlic, minced
- 4 ounces whole-wheat egg noodles, (3 cups)
- 4 cups shredded cooked skinless chicken breast, (about 1 pound; see Tip)
- 3 tablespoons chopped fresh dill
- 1 tablespoon lemon juice, or to taste



Preparation

1. Bring broth to a boil in a Dutch oven. Add carrots, celery, ginger and garlic; cook, uncovered, over medium heat until vegetables are just tender, about 20 minutes.
2. Add noodles and chicken; simmer until the noodles are just tender, 8 to 10 minutes. Stir in dill and lemon juice.

Nutrition Per serving : 267 Calories; 4 g Fat; 2 g Sat; 1 g Mono; 90 mg Cholesterol; 18 g Carbohydrates; 38 g Protein; 2 g Fiber; 329 mg Sodium; 330 mg Potassium



Flu Shots: The Health Department is expecting additional seasonal flu

shots around the end of October, if you missed the first round of vaccinations. They do not currently have the H1N1 vaccine, but are expecting it shortly. Please contact the Public Health Department at 358-2536 for additional information. Additional means of protecting yourself include:

- frequently washing your hands
- avoiding close contact
- staying home when you're sick
- covering your mouth and nose
- avoiding touching your eyes, nose and mouth
- practicing other good health habits (get plenty of sleep, be physically active, drink plenty of fluids etc).

Want to share your personal journey to wellness? We are now offering prizes for newsletter submissions on this topic! Email

submissions to:

sarah.repshire@conversecounty.org

Coming in November! A Wellness Luncheon provided by the Wellness Committee with guest speakers! We will announce the date as soon as it is available.



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.