

We aspire to reduce claims and have healthier staff through education. We are here to support and provide information that empowers them- Converse County Wellness Committee.

CC Wellness

August 2019

Questionnaire Winner Winner Paisley Shawl Dinner!

We had so many responses for the questionnaire about your wellness program! Thank you for your input. The drawing winner is.....

JASON WILKINSON



"Step" Tember is almost here!

We want you to challenge yourself to move, add steps and confidence in the month of September! Be on the lookout for sign ups! We will run a mini challenge tracked by step count or time spent walking! Prizes and Fun! Get motivated and Geared Up!

Eye Health!

It's that back to school time, and with the new school year we typically think of new school clothes, backpacks, pencils and glasses! August is the time to invite some self care and love into your eye health routine. Many of us receive yearly eye exams and update our glasses prescriptions but what can we do to encourage good eyesight as we age? Of course the answer is to maintain great overall wellness. Check out these tips to keep your peepers working well into old age!

**VSP is the County's Eye Insurance Provider!
Check them out!**

1. Eat Well

Good eye health starts with the food on your plate. Nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E might help ward off age-related vision problems like macular degeneration and cataracts. To get them, fill your plate with:

--Green leafy vegetables like spinach, kale, and collards. Salmon, tuna, and other oily fish Eggs, nuts, beans, and other nonmeat protein sources. Oranges and other citrus fruits or juices. Oysters and pork

2. Quit Smoking

It makes you more likely to get cataracts, damage to your optic nerve, and macular degeneration, among many other medical problems. If you've tried to kick the habit before only to start again, keep at it. The more times you try to quit, the more likely you are to succeed. Ask your doctor for help.

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3. Wear Sunglasses

The right pair of shades will help protect your eyes from the sun's ultraviolet (UV) rays. Too much UV exposure boosts your chances of cataracts and macular degeneration.

4. Use Safety Eyewear

If you use hazardous or airborne materials on the job or at home, wear safety glasses or protective goggles. Any sports? Use eyewear!!!

5. Look Away From the Computer Screen

To protect your eyes:

- Make sure your glasses or contacts prescription is up to date and good for looking at a computer screen.
- If your eye strain won't go away, talk to your doctor about computer glasses.
- Move the screen so your eyes are level with the top of the monitor. That lets you look slightly down at the screen.
- Try to avoid glare from windows and lights. Use an anti-glare screen if needed.
- Choose a comfortable, supportive chair. Position it so that your feet are flat on the floor.
- If your eyes are dry, blink more.
- Rest your eyes every 20 minutes. Look 20 feet away for 20 seconds. Get up at least every 2 hours and take a 15-minute break

Do you know your wellness committee?

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Dog Days of Summer!

Temps have been soaring! August is the hottest month on record for our lovely state! Being diligent with water intake is a must to keep you, your co workers, your friends and your family safe. Check out the info below on symptoms of heath stroke and heat exhaustion. If you or someone around you shows signs of either of these conditions get them to a cool place immediately and make sure hydration happens! Be Safe!

