



# COUNTY OF FILLMORE Employee News

June  
2010

## UPCOMING EVENTS:

### JUNE

National Safety Month  
[www.nsc.org/nsm](http://www.nsc.org/nsm)

- 1 Commissioner Meeting
- 4 Payroll Check Date
- 8 Commissioner Meeting
- 14 Flag Day
- 20 Father's Day
- 18 Payroll Check Date
- 22 Commissioner Meeting

## Health & Wellness

Fillmore County staff have had a number of opportunities to participate in Health & Wellness Activities so far in 2010. Here is a recap of some of the activities that have occurred...

### January: SOUPER BOWL COOK-OFF

Fillmore County staff members had the opportunity to put their cooking and taste testing skills to the test. There were three categories of judging with eighteen total entries. Fifty-six staff members showed up to taste test and vote for their favorites! Recipes from the cook-off are available on the intranet: [http://intranet/Docs/2010\\_cookoff\\_recipes.pdf](http://intranet/Docs/2010_cookoff_recipes.pdf)



### March: NUTRITION PRESENTATION



Staff members were invited to attend a training session with Brenda Leigh Pohlman, Public Health Educator, on "Nutrition Label Lingo." Participants in the training gained hands on experience in deciphering the good, bad, and ugly of food labels. Fiber, high fructose corn syrup, and calorie intakes were all discussed. The PowerPoint of this presentation is available on the intranet:

[http://intranet/Docs/safety/Nutrition\\_Label\\_Presentation.ppt](http://intranet/Docs/safety/Nutrition_Label_Presentation.ppt)

### Apr - May: SPRING INTO MOTION & Minutes in Motion

45 staff members participated in a six week physical activity challenge. They tracked and recorded their minutes while striving for 30 minutes of physical activity per day. Participants at the County received t-shirts and were entered into prize drawings through Gundersen Lutheran. A total of 81,715 minutes were recorded which averages out to 43 minutes per day per staff participant! **Congratulations to the participants for a job well done!**



### April: HEALTH SCREENING

Staff members were invited to participate in free Health Screenings. Tests available were blood pressure, cholesterol, glucose, flexibility, vision, hearing, and weight.



### May: HEALTH AND WELLNESS FAIR

Staff members were invited to participate in a Health & Wellness Fair which had booths on bone density, diabetes, employee benefit coverage's, heart disease, massage therapy, organic foods, water testing, and much more! Participants had access to lots of information and hands on activities.





**Each June, the National Safety Council encourages businesses to get involved and participate in National Safety Month. Each week carries a theme that brings attention to critical safety issues.**

Website: [http://www.nsc.org/nsc\\_events/Nat\\_Safe\\_Month/Pages/home.aspx](http://www.nsc.org/nsc_events/Nat_Safe_Month/Pages/home.aspx)

## Week 1: June 1-6 Prescription Drug Overdose Prevention

Unintentional overdose from over-the-counter, prescription and illegal drugs is the second-leading cause of preventable death in the United States. Between 1993 and 2003, a 107 percent increase in the unintentional poisoning death rate from overdoses occurred among Americans ages 20 to 64. These poisonings are often due to overdose or misuse of opioid analgesics, such as oxycodone, methadone and hydrocodone, initially prescribed to treat chronic pain.



- Store medications out of reach of children.
- Use prescriptions only for their intended use.
- Consult a doctor or pharmacist before combining medications to ensure there are no harmful interactions.

## Week 2: June 7-13

## Teen Driving Safety

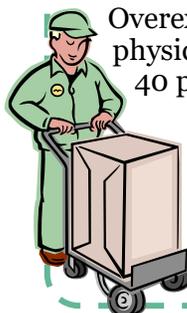
Vehicle crashes are the leading cause of death and injury for U.S. teens between the ages of 15-19. The death toll is equivalent to about 17 deaths per day for people involved in teen driver crashes. For teens, the likelihood of being in a crash is at a lifetime high in the first 12 months and 1,000 miles of driving. Gradually introducing novice drivers to the traffic environment in phases, also known as Graduated Driver Licensing, has been proven to reduce crash risk and save lives. But, parents also play a key role in changing this trend.

- Establish a zero tolerance policy for alcohol and drug use behind the wheel.
- Ban calling or texting while driving.



## Week 3: June 14-20 Preventing Overexertion at Work & Home

Overexertion is a major cause of the inflammation of joints and ligaments that results from excessive physical effort. Overexertion injuries, mainly sprains and strains, to the back or spine comprise about 40 percent of both on and off-the-job injuries.



- Stretch and/or warm up before heavy lifting or strenuous activity.
- Avoid bending, reaching and twisting when lifting.
- Lighten your load with a friend! Take the strain off with half the load.
- Lift with legs bent and objects close to your body.

## Week 4: June 21-27

### Dangers of Cell Phone Use While Driving

An estimated 28 percent of all traffic crashes – or 1.6 million each year – are caused by drivers using cell phones and texting. Cell phone use has increased dramatically during the last 15 years. According to NHTSA (National Highway Traffic Safety Administration), an estimated 11 percent of drivers are talking on cell phones at any point of the day. We need to reverse this alarming trend. Even if you aren't using your phone while driving, it's important to be aware of others who are and to drive defensively.

- Silence your phone before you begin your drive.
- Pull over and park if a call is absolutely necessary.



## Week 5: June 28-30

### Summer Safety

Summer is a great time to be outdoors; however, being exposed to hot weather for too long can result in serious health problems. In 2006, between the months of May to August, 611 unintentional-injury deaths occurred due to heat exposure. Take precautions to prevent heat-related illnesses and monitor children and the elderly during heat waves.

Summer is also a time of increased travel on our nation's roads. Fatalities between motorists and motorcycle riders have increased 131 percent between 1998 and 2008. Remember to watch for motorcyclists this summer when navigating the roadways.

*National Safety Council Injury Facts, 2010 Edition*



#### ACROSS

- Heat-related illnesses can happen \_\_\_\_\_ when engaged in strenuous activity in the heat.
- Eliminate or reduce strenuous \_\_\_\_\_ activities.
- Wear appropriate clothing. Lightweight, light-colored fabrics \_\_\_\_\_ heat and help you maintain a normal body temperature.
- Never leave children or pets unattended in vehicles, even with a \_\_\_\_\_ cracked.
- Those especially at risk of heat-related illness include: infants, young children, the \_\_\_\_\_, pets, people with heart problems, employees working in heat, athletes and those using alcohol and drugs.
- Heat stroke can cause permanent \_\_\_\_\_ damage or death.
- Wear a wide-brimmed hat to keep the \_\_\_\_\_ off of your face.
- Wear \_\_\_\_\_ with an SPF of at least 15 to prevent sunburn and loss of body fluid.
- Sunburn can significantly slow the skin's ability to release excess heat. The \_\_\_\_\_ is to prevent a burn from happening.
- In hot weather, drink cool water, natural juices or sports drinks even if you don't feel \_\_\_\_\_.

#### DOWN

- Your body needs water, salt and \_\_\_\_\_ to keep functioning.
- If you need to be active, restrict it to the \_\_\_\_\_ times of day – early morning or late evening.
- Heat rash is a \_\_\_\_\_ irritation caused by excessive sweating.
- Prevent heat emergencies by resting often in shady or cool areas and drinking plenty of \_\_\_\_\_.
- Heavy exertion causes fluids to be lost by \_\_\_\_\_ resulting in heat cramps.
- Check on family, friends and neighbors susceptible to heat-related illness at least twice a \_\_\_\_\_ in a heat wave.
- Even in 70 degree weather, \_\_\_\_\_ can reach life-threatening temperatures in minutes.
- Heat stroke occurs when the body's temperature rises markedly, the sweating mechanism fails and the \_\_\_\_\_ is unable to cool down.
- Without proper precautions, heat \_\_\_\_\_ can be deadly.
- In heat exhaustion, blood flow increases to the skin, redirecting its flow from vital \_\_\_\_\_ and can result in mild shock.

**Answer Key:** ACROSS (1) quickly, (2) outdoors, (3) reflect, (4) window, (5) elderly, (6) brain, (7) sun, (8) sunscreen, (9) goal, (10) thirst, DOWN (1) minerals, (2) coolest, (3) skin, (4) water, (5) sweating, (6) day, (7) vehicles, (8) body, (9) waves, (10) organs.

# Introducing Fillmore County Swap & Shop

*Do you have office supplies that you or others in your office aren't using?  
Don't trash them – swap them!*

**Item examples:** binders, paper clips, pens, pencils, binder clips, highlighters, markers, sliding bar report covers, portfolios, notepads, binding combs, business card paper, binder indexes, calculators, ribbons, envelope, paper, labels, etc...

**Here's how to participate:**

1. Designate a department staff member to submit a compiled Swap & Shop list ([P:\Swap and Shop\Swap and Shop Form.docx](#)) of excess supplies.
2. Review the list with the Department Head and submit the list to the Coordinator's Office.
3. The list of available items from all participants will then be available for viewing at [P:\Swap and Shop\Swap and Shop List.xlsx](#)
4. Notify the Coordinator's Office when something is no longer available.

## Steps to Stop Stress

**Don't overschedule**

Check your calendar, prioritize activities, eliminate and then practice saying "no" to non-essential activities.

**Be realistic**

No one is perfect, we all make mistakes. Expecting perfectionism from yourself or others creates stress. Learn to lighten up, love yourself and others (as you are), and laugh often.

**Get a good night's sleep**

Research shows that lack of sleep is detrimental to health, not to mention your daily functioning. Aim for 7-8 hours sleep/night.

**Keep tabs on your thoughts**

Stop negative thinking immediately and think positive thoughts.

**Learn to relax**

Take your mind off problems – take a walk, enjoy being outdoors or with friends, find an enjoyable hobby, or just close your eyes and take some deep breaths. Look forward to something fun each day.

**Take care of your body**

Exercise regularly and eat healthy. Promote both at the same time by gardening or taking a stroll around the Farmer's Market.

**Build resilience**

Resiliency, the ability to recover from or adjust easily to misfortune or change, is a skill that can be learned.

References: <http://www.hormone.org/Other/upload/stress-and-your-health-bilingual-042710.pdf> and <http://www.helpguide.org/topics/stress.htm>

## EMPLOYEE NEWS

**THANK YOU** to Fillmore County Public Health Staff for their efforts in making employee shot clinics, employee health screenings, and all the other Public Health opportunities possible. 2010 National Nurses Week was celebrated May 6 through May 12.



**Public Health Staff: Row 1 (sitting L to R):** Maureen, Melissa, Jeannette and Vicky. **Row 2:** Tina, Kathy, Linda, Joanie, Linda, Carolyn and Lantha. **Row 3:** Brenda, Julie, Paula, Ann, Jan, Bonnie and Vicky.

*Been on vacation?*

**Celebrating a  
birthday, wedding or  
anniversary?**

**New addition to the  
family?**

*You're invited to  
share your joys!*

Please submit items to  
[astinson@co.fillmore.mn.us](mailto:astinson@co.fillmore.mn.us)