

Kerr County Newsletter

Vol. 1, No. 1

September 2, 2014

September Calendar of Events:

- 1st: Labor Day, County Holiday
- 2nd: 4-H Big Bash @ the Hill Country Youth Event Center 5 – 7:30pm
- 8th: Commissioners Court
- 9th: Shrine Circus @ HCYEC
- 12th: Payday
- 18th: Employee Health Fair 10am – 2pm
- 22nd: Commissioners Court
- 22nd: 4-H New Family Orientation @ Extension Office 6 – 8pm
- 26th: Payday
- 27th: Hill Country Junior District Livestock Show's Annual Fundraiser @ the Hill Country Youth Event Center
- 30th: Fiscal Year Ends

Happy September Birthday!

- Judge Stephen Ables
- Paul Alamo
- Oliva Avila
- Joe Biermann
- Judge Spencer Brown
- Will Brown
- Rosalie Castro
- Kyle Dean
- Stacy Friend Bell
- Amber Halfmann
- Patricia Hulett
- Amber Johnson
- Elaine Kral
- Nickolas Lamontia
- Roy Lanier
- Dawn Lantz
- Jannett Pieper
- Carla Schuster
- James Tate
- Benjamim Toll
- Emilio Vasquez
- Steven Wadsworth

Kerr County Employee Health Fair

**Get your
flu shot!!**

Thursday, September 18, 2014
Hill Country Youth Event Center
10:00 am – 2:00 pm

Raffles & Giveaways!! Visit with more than 30 vendors offering health and safety information!!

CONGRATULATIONS

To the winners of the Sonic Boom 8 week challenge!

First place went to **Lynn Whiten** from the Juvenile Detention Center with **1,085,660 steps & 451.2 miles!**

Second place went to **Oliva Avila** from the Maintenance Department with **990,442 steps & 423.8 miles!**

They were both recognized in Commissioners' Court and awarded certificates and Nike gift card's to replace the shoes they wore out during the challenge!! Congratulations to all 38 employees that received gift cards for completing the challenge!



Calling all steppers! Dust off your Sonic Peds to participate in the County vs. County Challenge beginning September 8. This is Healthy County's four-week challenge to continue to improve our health by being more physically active. Unlike the 8-Week Challenge, County vs. County is a team effort. All Texas Association of Counties Health and Employee Benefits (TAC HEBP) covered employees who currently have a ped can participate!

The goal of this challenge is to see which county can out-step the rest. The county who has stepped the most during the four weeks will get bragging rights for the entire year and will be highlighted in Healthy County communications.

Sign-up for the four week challenge begins Monday, August 25. Log in to your Sonic Boom Account: under the programs tab (top left tab), select "Sonic Striding", click the "Contest" tab, sign up as an individual player, and start moving on September 8.

If you have any questions, contact Dawn Lantz, your County's Wellness Coordinator or Tracy Soldan, your County's Wellness Sponsor.

Do you have a story or idea you would like to see in next month's newsletter? Does your department have an event coming up that you would like to invite all county employees to? Please submit your ideas to Human Resources or to the Treasurer's Office.

National Awareness Month

SEPTEMBER:

- Childhood Cancer Awareness
- Children’s Eye Health & Safety
- Children’s Good Manners
- Cholesterol Education
- German-American Heritage
- Guide Dog
- Gynecological Cancer Awareness
- Hispanic Heritage
- Leukemia & Lymphoma Awareness
- Menopause Awareness
- Ovarian Cancer Awareness
- Pediculosis Prevention
- Polycystic Ovarian Syndrome Awareness
- Preparedness
- Project AWARE (Marine Conservation)
- Self-Awareness
- Sickle Cell Awareness
- Yoga Month

Did you know...

...In addition to earning gift cards for participating in Sonic Boom Challenges, you can also earn life points through Blue Cross Blue Shield for participating in their “Well On Target” program!

“Well on Target” gives you access to tools and resources to help you manage your health:

- Health Assessments
- Self-Directed Courses to help you reach your wellness goals
- Tracking Tools including Food and Exercise Diary and interactive health Calculators

Log in at bcbstx.com; Click on Well on Target in the Quick Links Box (Right side of screen); then click on “Dashboard” (orange box in center of screen).

This will bring up opportunities for you to use your healthy habits to earn Life Points. You can redeem Life Points for Books, Movies, Music or Electronics!

...There is a workout room at the Sheriff’s Office Annex! This workout room is FREE for any County Employee to use. There are a variety of machines, weights and exercise videos to use. Starting in September, you can take TRX strength training classes on Monday’s, Tuesday’s or Thursday’s at 5:15pm led by various Kerr County Employees! There are only 8 TRX Straps, so get there early for a spot.

If you are new to using the fitness room, please contact Tracy Enderlin at the Sheriff’s Office for a release form. This signed form must be on file before you can use the facility. Key Fob’s to enter the fitness room must be checked out with dispatch. Only employees are allowed to enter, no family or guests.

...Sunglasses aren’t just for looks. They’re the best way to protect your eyes from harmful UV rays. Damage from UV rays can cause cataracts and even lead to blindness. For maximum protection, look for sunglasses that block 99 to 100 percent of both UVA and UVB rays. Wrap-around lenses keep UV rays from getting in at the sides.



Stay Hydrated!

Your body is between 55 & 65 percent water, or about 45 quarts. You can experience the effects of dehydration (frequent headaches, low blood pressure, fatigue, dizziness, dry mouth and skin) even when you are just two percent lower than your normal level!

Hot weather or strenuous exercise can make you sweat more, so be sure to drink more fluids during these times. Having dilute, clear urine is a good sign you’re well hydrated.

Have fluids available to you all the time. Water is your best bet, but all fluids help prevent dehydration. Fruits and vegetables have high water content, so eat lots of them.

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