

# Kerr County Newsletter

Vol. 2, No. 2

February 2, 2015

## February Calendar of Events:

- 2<sup>nd</sup>: Ground Hog Day
- 5<sup>th</sup>: Health Assessment help @ S.O. Training Room 7:30am – 12pm
- 6<sup>th</sup>: Health Assessment help @ S.O. Training Room 1pm – 5pm
- 9<sup>th</sup>: Commissioners Court
- 16<sup>th</sup>: President's Day – County Offices OPEN
- 14<sup>th</sup>: Valentine's Day
- 17<sup>th</sup>: Fat Tuesday
- 18<sup>th</sup>: Ash Wednesday
- 23<sup>rd</sup>: Commissioners Court

## Happy February Birthday!

- Carl Arredondo
- Bradley Behrens
- Timothy Bollier
- Jera Causey
- Elsa Galvan
- Pam Hicks
- Becky Henderson
- John Hoover
- Lisa McLellan
- Alicia Pena
- Trinton Piper
- Sondra Reeh
- Michele Schneider
- Aleis Silva
- Robert Sims
- Donald Venable
- Maria Venegas
- Roy Walston
- Aaron Wheeler



### Kerr County's next Blood Drive:

Date : Wednesday, 02/04/2015 from 11:15 AM to 05:15 PM

Location : Courthouse parking lot

### Why Give Blood?

There is no substitute for blood. It has to come from one person in order to give to another. In order to meet hospital demands the South Texas Blood & Tissue Center must collect sufficient units of blood to service 100 hospitals in 43 South Texas counties. The need for blood is constant, we need donors every day.

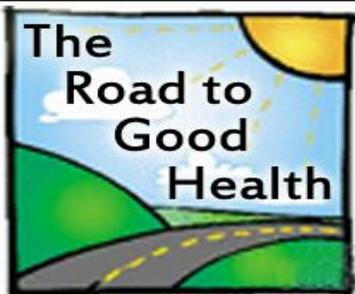
## SONIC BOOM ENROLLMENT AND PED ORDERS

### REGISTER AND ORDER YOUR SONIC BOOM PED JAN 1 – FEB 27

Sonic Boom Pedometers are necessary to participate in Healthy County Sonic Boom and Fitness Challenges. These challenges are designed to encourage healthy behaviors, promote physical activity, and create a friendly competition between co-workers. As a participant, if you complete the challenge, you are eligible for **cash prizes** through TAC. In addition, Kerr County receives \$25 for each employee that completes the 8-week challenge. This money goes toward the purchase of prizes for our top winners as well as helping to pay for food at the County Christmas Party. We hope that in the future, we can provide more healthy meals throughout the year.

If you are a new employee **OR** have never participated in Sonic Boom, Register now at [www.county.org/sonicboom](http://www.county.org/sonicboom). If you participated last year, you are already registered and can participate any time, however, you may order a new Ped or a replacement battery at [www.county.org/sonicboom](http://www.county.org/sonicboom).

**The first challenge will begin in March! Register now and watch for details!**



## Take it Personally: Complete your Personal Health Assessment Today!

*Take your Health Assessment by March 31 to earn a \$35 gift card for yourself and \$25 for Kerr County!*

### COMPLETE YOUR HEALTH ASSESSMENT!

Learn about your overall health status, about specific health issues (such as sleep and nutrition) and get health tips. Employees who take the Health Assessment by March 31, 2015 will receive a \$35 gift card.

### Here's How

- Log on to [mybenefits.county.org](http://mybenefits.county.org);
- Select "Get Connected";
- Select the "Blue Cross Blue shield of Texas" link; and
- Select "Health Assessment" under Quick Links

### Who's Eligible to Take the Health Assessment:

The health assessment is available to all employees and their dependents (age 18 and over) who are enrolled in the TAC HEBP Pool.

### Who's Eligible to Receive a \$35 Gift Card?

At this time, only employees are eligible to receive the gift card.\* Employees must complete the health assessment by March 31, 2015 to earn the \$35 gift card.

### Did you know?

Your healthy actions earn you Life Points that can be redeemed for a range of merchandise, including electronics, cooking gadgets, books, movies, music and much more. **Employees and dependents who complete the health assessment earn 2,500 Life Points.** Visit your Benefits and Wellness portal to learn more about the Life Points programs, ways to earn more points, and to redeem your existing points.

- Log on to [mybenefits.county.org](http://mybenefits.county.org);
- Select "Get Connected";
- Select the "Blue Cross Blue Shield of Texas" link;
- Select the "Well on Target" under the Quick Links in Blue Access for Members;
- Select the "Life Points" link; and
- Once at your Life Points Account and Redemption Center, choose a prize.



TEXAS ASSOCIATION OF COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL

**Need/Want help completing your health assessment?? Dawn & Tracy will be at the Sheriff's Office Training Room on Thursday, Feb 5<sup>th</sup> from 7:30 – 12noon and Friday, Feb 6<sup>th</sup> from 1 – 5pm to help you!**

## February National Awareness Month

- African-American History Month
- American Heart Month
- Children's Dental Health Month
- Eating Disorders Screening Program Month
- Ethnic Equality Month
- Wise Mental Health Consumer Month
- Women's Heart Health

### In Search of Guilt-free Valentine's Day Treats?

- Tootsie Roll Valentine Midgees WW PointsPlus value 4
- 3 York Peppermint Pattie Hearts WW PointsPlus value 4
- 1 one oz box of Sugar Free Sweethearts Candies WW PointsPlus value 3
- Vitalicious VitaHearts (heart shaped chocolate muffins) WW PointsPlus value 3
- Peeps Sugar Free Marshmallow Hearts (3 pack) WW PointsPlus value 3



## Did you know...

**Groundhog Day** is celebrated on February 2<sup>nd</sup>. According to folklore, if it is cloudy when a groundhog emerges from its burrow on this day, then spring will come early; if it's sunny, the groundhog will supposedly see its shadow and retreat back into its burrow, and the winter weather will persist for six more weeks!

### Low Calorie Valentine Treat

#### Ingredients:

12 Nilla Wafers  
8 oz 1/3 less fat cream cheese, softened  
6 oz fat free vanilla Greek yogurt  
1/3 cup sugar  
1 ½ tsp vanilla extract  
2 tsp lemon juice  
1 large egg  
¾ cup light cherry pie filling

#### Directions:

1. Preheat oven to 375 and line a standard sized muffin tin with 12 foil cupcake liners. Place a Nilla Wafer, flat side down, in the bottom of each liner.
2. In a large bowl, combine the next six ingredients and beat with an electric mixer until smooth and creamy. Spoon the mix evenly into the cupcake liners, filling each about 2/3 full.
3. Bake for about 15 min or until the center is almost set. Remove from oven and let cool completely. The cakes will puff up while baking but will sink while cooling.
4. Once the cheesecake cups are cool, spoon one tablespoon of cherry pie filling onto the top of each cake. Refrigerate at least one hour before serving.

**NUTRITION INFORMATION:** 113 calories, 14 g carbs, 5 g fat, 3 g protein, 0 g fiber Weight Watchers Points Plus Value: 3 per cake



## National Wear Red Day February 6, 2015

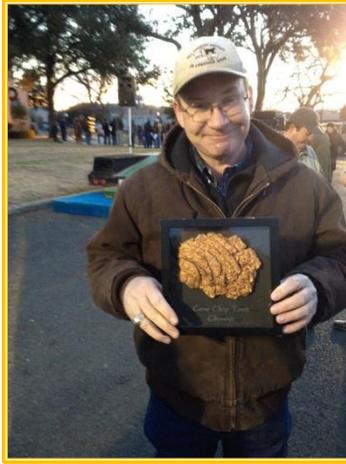


### Wear Red. Raise Your Voice. Go Red on National Wear Red Day®

With your help, we can break the barriers against heart disease and stroke for our mothers, sisters, daughters and friends. Go Red For Women wants you to join the movement to end heart disease and stroke in women because it's not just a man's disease. Wear Red Day® on Feb. 6, 2015 and throughout the month of February to show your support for women with heart disease.

# In case you missed it...

Commissioner Reeves took 1<sup>st</sup> place in the Cow Chip Toss at the Cowboy Breakfast on January 16<sup>th</sup>! Way to go!!



Later that day, Kerr County held a ribbon cutting ceremony for the new Exhibit Hall at the Hill Country Youth Event Center!

