

# Kerr County Newsletter

Vol. 2, No. 5

May 1, 2015

Way To Go!

## May Calendar of Events:

- Early Voting April 27<sup>th</sup> – May 8<sup>th</sup>
- 1<sup>st</sup>: May Day
- 1<sup>st</sup>: 1<sup>st</sup> Friday Wine Share @ Shops at the Ridge (Entrance to Tierra Linda)
- 2<sup>nd</sup>: Hill Country Swap Meet @ HCYEC
- 5<sup>th</sup>: Cinco De Mayo
- 9<sup>th</sup>: Election Day
- 9<sup>th</sup>: Run Like a Warrior 5K (Camp Tecaboca in Mountain Home)
- 10<sup>th</sup>: Mother's Day
- 11<sup>th</sup>: Commissioners Court
- 13<sup>th</sup>: Brown Bag Lunch on the courthouse lawn with music by The Texas Cattle Guard
- 14<sup>th</sup>: 100 Years at the Railway Depot: Wine & Cheese Reception @ Rails
- 15<sup>th</sup> – 17<sup>th</sup>: Kerrfest @ HCYEC
- 16<sup>th</sup>: Armed Forces Day
- 21<sup>st</sup> – June 7<sup>th</sup>: Kerrville Folk Festival @ Quiet Valley Ranch
- 21<sup>st</sup> – June 28<sup>th</sup>: Southwest Gourd Fine Art Show @ Kerr Arts & Cultural Center
- 22<sup>nd</sup> – 24<sup>th</sup>: Hill Country Quilt Guild Show @ Schreiner University
- 23<sup>rd</sup>: Kerr County Market Days @ Courthouse
- 23<sup>rd</sup>: Kerrville Festival of the Arts in Historic Downtown Kerrville
- 25<sup>th</sup>: Memorial Day
- 26<sup>th</sup>: Commissioners Court
- 30<sup>th</sup>: Shatter the Stigma Community Event, Motorcycle Ride and Rally for Mental Health Awareness @ HCYEC

**Happy Birthday to all Kerr County Employees celebrating a May Birthday!**

Thank you to the 114 Kerr County Employees that completed the Health Assessment from January to March. You will receive your \$35 gift card this summer! Due to your efforts, Kerr County will also receive \$25 for each employee that completed the challenge that we can use toward Healthy County incentives!

## SONIC BOOM SPRING CHALLENGE

2015 Spring Challenge: March 23 - ~~May 29~~ June 5

The **Step Up, Spring Forward** challenge is a 10-week physical activity Challenge. This challenge replaces the Sonic Boom 8-week challenge.

Extended!

**Achieve a minimum of 30 minutes of physical activity at least four days per week during the challenge, and earn a \$30 Visa gift card!**

Physical activity is anything that makes you move your body and burn calories. Gift cards will be mailed to HR at the end of the challenge. Log in to your Sonic Boom account to track your progress!



## Annual Wellness Exam – Time Well Spent

An annual exam by your doctor is one of the best ways to take care of your health. An annual wellness exam gives you a chance to ask your doctor questions about your health and your doctor may do screenings for things like high blood pressure and cholesterol levels. During your checkup, you can expect your doctor to take a thorough history of your health including any medications you may be taking and family history of disease. The doctor will also inquire about any specific health problems you may be dealing with. Based on your age and gender, your doctor may recommend the following preventive screenings:

- Blood pressure – your doctor will check your blood pressure to make sure it is not too high or too low.
- Cholesterol – a blood sample may be taken to test your cholesterol. Too much cholesterol in your blood can cause a heart attack or stroke.
- Diabetes – a blood sample may be taken to test for Type 2 diabetes, a common and serious disease in the U.S.
- Mammogram – A mammogram is an x-ray picture of the breast that is used to check for breast cancer in women.
- Colonoscopy – this screening test is used to check for cancer or precancerous growths in the colon or rectum.

This is not a complete list of preventive screenings. Talk with your doctor if you have any health concerns and ask which screening tests are right for you.

## 5-A-Day Challenge Kicks off June 29<sup>th</sup>

Sonic Boom's 5-A-Day Challenge will run from June 29 - July 17. This three week challenge focuses on increasing fruit and vegetable consumption to at least five servings per day. During this challenge, you will be entered into a weekly drawing each week that you reach the goal of at least five servings each day during the week. Watch for more information from HR regarding this year's challenge.

## May National Awareness Month

- Asian Pacific Heritage Month
- Asthma and Allergy Awareness
- Better Hearing and Speech Month
- Better Sleep Month
- Brain Tumor Awareness
- Celiac Awareness
- Correct Posture Month
- Cystic Fibrosis Awareness
- Family Support Month
- Haitian Heritage Month
- Helping American Youth Month
- Hepatitis Awareness
- High Blood Pressure Awareness
- Jewish American Heritage Month
- Law Enforcement Month
- Lupus Awareness Month
- Mental Health Month
- Older American Month
- Osteoporosis Prevention Month
- Personal History Month
- Pet Month
- Physical Fitness and Sports Month
- Recommitment Month
- Revise Your Work Schedule Month
- Scholarship Month
- Science Month
- Self-Discovery Month
- Senior Citizens Month
- Senior Travel Month
- Sight Saving Month
- Skin Cancer Awareness Month
- Social Media Month
- South Asian Heritage Month
- Stroke Awareness Month
- Teaching and Joy Month
- Teen Pregnancy Prevention Month
- Tuberos Sclerosis Awareness Month

## Did you know...

Cinco de Mayo is not Mexico's Independence Day. It is a holiday celebrating the Battle of Puebla, which took place on May 5, 1862.

### May is National Correct Posture Month: So do your Posture Exercises Today!

Take a look at how hours of computer hunching, slouching while cell phone texting and video-game slumping is affecting your posture. It's not just kids with backpacks or cane-carrying seniors – studies show poor posture is a major cause of back and neck pain for all ages and over time often contributes to digestive and cardiopulmonary problems. The good news: there are easy things people can do to strengthen posture.

Yoga, Tai-Chi and Pilates are all great for building body awareness and control. Before taking a walk or hitting the gym, try the posture strengthening exercises below (Pay attention to your body during the movements – if anything causes pain, stop immediately. Check with your doctor before beginning this, or any, exercise program).

**STORK:** Train yourself to stand tall while building good posture by balancing on one foot. First, stand tall with your best posture, and then keep straight as you lift your thigh so your knee is at hip height. Keep standing tall for 30 seconds on each side, focusing on keeping your body well aligned. Do this exercise close to a wall to use for stability if needed.

**WALLSTAND:** Back up to a wall so your heels, buttocks, shoulders, and head all lightly touch the wall while you keep everything level, relaxed, and aligned – and take 3 slow breaths, feeling your body's best posture.

Note: if you feel any areas of stress, get your posture checked by a professional.

Your posture is how the world sees you, and a bit of effort at strengthening your posture is an anti-aging habit to make you look and feel better, avoid injury and exercise effectively to stay active and age well.

## Guacamole

### Ingredients:

3 medium Hass Avocados, halved  
1 lime, juiced  
1/3 cup red onion, minced  
1 small clove garlic, mashed  
1 T chopped cilantro  
Salt & Pepper, to taste

### Directions:

Place the pulp from the avocados in a medium bowl and slightly mash with a fork or a potato masher leaving some large chunks. Add lime juice and all other ingredients and mix thoroughly. Serve with baked tortilla chips, chicken fajitas or even on a wrap in place of mayonnaise. Add pico de gallo for extra flavor and no extra calories!

Makes 8 servings (1/4 cup)

Nutritional Estimates per serving: 112 calories, 10 g fat, 6.5 g carbs, 4.5 g fiber, 1.4 g protein. 3 Weight Watchers PointsPlus

