

**Happy Birthday to
all Kerr County
Employees
celebrating an
October Birthday!**

Kerr County Newsletter

Vol. 2, No. 10

October 1, 2015

October Calendar of Events:

- 2nd: First Friday Wine Share @ Kerr Arts & Cultural Center
- 2nd: Kerrville Downtown Block Party
- 3rd: Fall Native Plant Sale @ Riverside Nature Center
- 3rd: Kerr 4-H Wild Game Dinner @ HCYEC
- 10th: Hill Country Swap Meet @ HCYEC
- 10th: Mountain Home Volunteer Fire Dept 10th Annual Fundraiser
- 12th: County Offices Closed: Columbus Day
- 13th: Commissioners Court
- 17th: Ken Stoepel Ford Revfest @ Louise Hays Park
- 20th: Baubles & Beads Style Show & Luncheon "Giving Cancer the Boot" @ YO Hotel
- 23 – 25: Kerr County Fair
- 24th: Pumpkin Run & Harvest Festival @ the KROC center
- 24th: Kerr County Market Days @ Courthouse
- 24th: 11th Annual Kurt Knapp Memorial Golf Tournament @ Scott Schreiner Municipal Golf Course
- 26th: Commissioners Court
- 29 – Nov 28th Annual Texas Furniture Makers' Show
- 30th: Family Free Day at Museum of Western Art
- 31st: Halloween
- 31st: Family Fright Night @ Kerrville-Schreiner Park
- 31st: Mike Blakely Halloween Party @ Lazy Hills Retreat & Conference Center

Kerr County Employee Health Fair

**Get your
flu shot!!**

Wednesday, October 14, 2015
Hill Country Youth Event Center
10:00 am – 2:00 pm

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

American Diabetes Month

Some risk factors we simply can't change. But, there are plenty that we can work to prevent! For those who are at increased risk, it's especially important to take control of diet, activity, and weight. People at higher risk include:

- Those with impaired glucose tolerance (IGT) and/or impaired fasting glucose (IFG)
- Those over the age of 45
- Those with a family history of diabetes
- Those who are overweight
- Those who do not exercise regularly
- Those with low HDL cholesterol, high triglycerides, or high blood pressure
- Certain racial and ethnic groups (e.g., Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders, and American Indians and Alaska Natives)
- Women who've had gestational diabetes, or who've had a baby weighing 9 pounds or more at birth

5 Tips for Taking Control

Exercise Regularly to help lose excess weight, control blood sugar, and boost sensitivity to insulin

Up your fiber intake to lower your risk of heart disease and promote weight loss by helping you feel fuller faster. Foods high in fiber include fruits, vegetables, beans, whole grains, nuts, and seeds.

Go for whole grains to reduce your risk of diabetes and help maintain blood sugar levels.

Lose any extra weight to reduce risk of developing Type 2 diabetes.

Skip fad diets and stick to daily healthy choices. Fad diets may help you lose weight in the short-term, but their effectiveness at preventing diabetes (and overall long-term benefits) are usually less than impressive. By excluding or limiting a particular food group (like carbs), you may be giving up essential nutrients. Stick with a solid variety and practice portion control to create a healthy eating plan.

October National Awareness Month

- AID Awareness
- Adopt a Shelter Dog
- Breast Cancer Awareness
- Bullying Prevention
- Book Month
- Campaign for Healthier Babies
- CyberSecurity Awareness
- Dental Hygiene Awareness
- Domestic Violence Awareness
- Down Syndrom Awareness
- Filipino American History Month
- Fire Prevention
- Italian-American Heritage Month
- Lupus Awareness
- Pregnancy and Infant Loss Awareness
- Rett Syndrome Awareness
- Selective Mutism Awareness
- Vegetarian Awareness

Save the Date!!

Healthy County Employee Appreciation Luncheon for all Kerr County Employees. Lunch costs covered by money received from Kerr County Employee participation in the Sonic Boom Program!!

Date:

October 30, 2015

Time:

11:30am – 1:30pm

Location:

Kerr County Courthouse, Basement level, on maintenance side.

Halloween Costumes encouraged!

Did you know...



October is Vegetarian Awareness Month. Even if you aren't a vegetarian, you can celebrate Meatless Monday and take a step toward reducing your consumption of meats and saturated fat (even for just one day). If you want to go meatless on Monday, be sure to start your day with protein. A healthy breakfast can help you power through your day with focus, clarity, and energy. Focusing on protein in the morning gives your body fuel it will need to power through your day and can help you feel full longer. From breakfast traditions like eggs and whole grains to vegetarian options such as lentils, black beans and tofu, you won't have to sacrifice flavor or nutrition by skipping meat on the first day of the week.

Desk Side Stretch



If you work a desk job, try this stretch on the hour, every hour.

Benefit Stretches the muscles along the side of your body from your arms to your hips.

Interlace your fingers and lift your arms up over your head. Press your arms backwards as far as you can. Then slowly lean to the left and then to the right until you can feel the stretch along the sides of your body.

Sweet Potato Wedges



Ingredients

2 Large Sweet Potatoes

1 tsp Olive Oil

Salt

1 – 2 T spice (chili, curry, paprika, or whatever you like)

Instructions

Preheat oven to 425 degrees. Slice the sweet potatoes into 8 lengthwise wedges. Throw potatoes into a large metal bowl, drizzle with olive oil, and toss while adding your spices. Spread wedges onto a large baking sheet and bake until cooked (about 35 min) turning ½ way through baking.

Yields 4servings

3 Weight Watcher Points Plus Value per serving

Kerr County Employee Health Fair



**GET YOUR
FLU
SHOT!**

FREE

SAVE THE DATE

**Wednesday, October 14, 2015
Hill Country Youth Event Center**

10:00 am – 2:00 pm

**Raffles
&
Giveaways!**

Free Screenings

- ♥ Cholesterol
- ♥ Blood Pressure
- ♥ Posture & Balance
- ♥ BMI
- ♥ Glucose

Information

- ♥ Cancer care & Prevention
- ♥ Health Coaching
- ♥ Caring for arthritis
- ♥ Lung disease
- ♥ Hypertension

**Dependents
Welcome**

**AND
MUCH
MORE!**

For a full schedule of events and vendors,
visit the Employee Wellness website
www.co.kerr.tx.us/HR/EmployeeWellness