Happy Birthday to all Kerr County Employees celebrating a November Birthday!

Kerr County Newsletter

Vol. 2, No. 11 November 1, 2015

November Calendar of Events:

- 1st: Daylight Savings (Turn your clocks back an hour)
- 1st – 28th: Annual Texas Furniture Makers' Show
- 3rd: General Election Day
- 6th: First Friday Wine Share @ Depot Square
- 7th: Transcend 1st Annual 5K Run/Walk to benefit Hill Country CARES
- 7th: Hill Country Swap Meet @ HCYEC
- 9th: Commissioners Court
- **10th: Employee Training: Harassment Prevention @ Sheriff's Annex**
- **11th: Veteran's Day (County Offices Closed)**
- 14th: Veterans Day Car Show & Parade @ VA Medical Center
- 20th – 21st: 7th Annual Sleigh Bell Boutique @ Inn of the Hills
- 21st: 15th Annual Holiday Lighted Parade & Courthouse lighting Ceremony
- 21st – 22nd: Texas Gun & Knife Show @ HCYEC
- 23rd: Commissioners Court
- **26th – 27th Thanksgiving Holiday (County Offices Closed)**
- 27th – 28th: Kerr County Market Days
- Dec 1st: TCDRS Retirement Seminar in Commissioners Courtroom

Sign up for "Maintain No Gain" before November 12th!

Kerr County Employee Health Fair

Thank you to the over 100 employees and dependents that participated! We had 22 vendors in attendance to share health and safety information and answer questions. Peterson Medical Associates Nurses were there to administer 122 flu shots. Congratulations to the winners of door prizes listed below!

- **Beth Manry – 216th District Attorney's Office ~ Sun safe gift bag donated by the EPA**
- **Rosalie Castro – District Clerk's Office ~ iPod/iPhone speaker donated by RBFCU**
- **Patti Schlessiger – AG Extension Office ~ IHop Gift Card donated by Avesis**
- **Mitzi French – JP 1 ~ Gift Certificate for 2 Sessions of Hypnosis donated by Sheehan & Early Hypnosis**
- **Alicia Pena – County Court At Law ~ Acupuncture Session donated by Community Acupncture & Herbs**
- **Annetta Anderson – Tax Office ~ Academy Gift Card**
- **Jody Grinstead – County Judge & Commissioners Office – Academy Gift Card**
- **Tish Hulett – Environmental Services – Academy Gift Card**
- **Ryan Lich – Road & Bridge – Academy Gift Card**
- **Heather Patton – Juvenile Probation – Academy Gift Card**
- **Devan Freeman – Ingram Tax Office – Sonic Boom Boomerang**
- **Rusty Hierholzer – Sheriff – Sonic Boom Boomerang**

Vendors that were in attendance at the Health Fair were: AirEvac, Airlife, Blue Cross Blue Shield, Carter Home Healthcare, Community Acupuncture, Dept. of State Health Services, EPA, Hill Country Wrestling, Kerr County Extension Office, Kerrville Fire Marshall & EMS, Leslie White ~ Massage Therapist, Methodist Healthcare Ministries, Peterson Medical Associates, Peterson Regional Medical Center, Randolph Brooks Federal Credit Union, Sheehan & Early Hypnosis, TAC, Texas Dept. of Parks & Wildlife, UGRA, Ultimate Gift of Life, Walgreens Pharmacy, and YMCA.

Sonic Boom Holiday Challenge Maintain No Gain

The "Maintain No Gain" Holiday Challenge is a six-week challenge to gain no more than two pounds during the holiday season through healthy eating habits and physical activity. Take up the "Maintain No Gain" challenge and enjoy the holidays without gaining the extra pounds.

If you are currently participating in Sonic Boom and would like to participate online, please see program instructions on page 3 of this newsletter.

Program Goals:

- *Maintain your weight within two pounds throughout the holiday season;*
- *Increase your knowledge about healthy eating habits; and*
- *Continue being physically active during the holiday season*

November National Awareness Month

- Adoption Awareness
- Alzheimer's Awareness
- American Indian & Alaska Native Heritage Month
- Arts & Health Month
- Diabetes Awareness
- Epilepsy Awareness
- Family Caregivers Month
- Healthy Skin Awareness
- Impotency Awareness
- Lung Cancer Awareness
- Nonprofit Awareness
- Pancreatic Cancer Awareness
- Prematurity Awareness
- Runaway Prevention Month

NEW AXA Contact Info!

LOCAL CONTACT:
Lew McCoy, Financial Consultant
1224 Lois St.
Kerrville
lew.mccoy@axa-advisors.com
830-370-6836

SAN ANTONIO CONTACT:
Matthew R. Foxhall, CFP,
Regional Senior Vice President
8000 IH 10 West, Ste. 750
San Antonio
matthew.foxhall@axa-advisors.com
210-348-1379

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Did you know…

To get rid of afternoon brain drain…

To stay energized, maintain focus, and make good decisions, snack strategically!

Instead of mindless snacking on high sugar treats, eat high-quality carbs, protein, fats and micronutrients to help level out blood sugar, sustain energy and feel sharp and focused. By choosing nutrient rich snacks like Greek yogurt, nuts and fruit instead of sugar-filled candy bars and donuts, we can actually improve the way our brains work!

Below is a list of brain-enhancing suggestions for you to keep accessible during the day:

1. **High Quality Carbs** ~ These are your quickest source of energy for the body and the brain's preferred fuel. Best bets: Fruits, vegetables, legumes, whole grains.
2. **Healthy Fats** ~ These decrease inflammation, improve circulation to the brain, and maintain cell membrane integrity and function. Best bets: Olive Oil, avocado, nuts, seeds, coconut, fish
3. **Protein** ~ Regulates blood sugar levels, revs metabolism, keeps you feeling full and satisfied. Best Bets: beans, nuts, seeds, poultry, fish, low-fat dairy.
4. **Fiber** ~ Regulates blood sugar levels, promotes regularity, keeps you feeling full and satisfied. Best Bets: Fruits, vegetables, nuts, seeds, beans, whole grains.
5. **Antioxidants** ~ Decreases inflammation, improves circulation to the brain. Best Bets: fruits, vegetables, herbs, spices, dark chocolate, cocoa powder.
6. **Caffeine** ~ improves focus, concentration and alertness. Best Bets: Coffee, tea, dark chocolate, cocoa powder.

Planning snack times and having strong options readily available make the difference between sustaining mental performance and crashing during long and intense sessions at the office (or during exercise).

Sauteed String Beans with Almonds

Ingredients:

½ cup slivered almonds
2 tsp olive oil
3 medium garlic cloves minced
8 cups uncooked green snap beans, trimmed, or thawed if frozen
½ cup canned chicken broth, or vegetable broth
½ tsp table salt
¼ tsp black pepper

Preparation:

Place almonds in large dry skillet and place pan over medium heat. Cook until nuts are golden brown, shaking pan frequently, about 2 to 4 minutes. Remove nuts from pan; set aside.
Heat oil in same skillet over medium-high heat. Add garlic and cook, stirring, 1 min. Add string beans and sauté 1 min. Add broth to pan; cover and steam until string beans are crisp-tender, about 3 to 5 min. Add salt and pepper, stir to coat. Remove from heat; stir in toasted almonds. Yields about ¾ cup per serving.
For variety, substitute pine nuts for almonds. You may also use wax beans, snap peas or snow peas, if desired. Serves 8. Weight Watchers 2PPV per serving

Halloween Candy Weight Watchers PointsPlus Values

Mini Size varieties: 1PPV each: 3 musketeers, Hershey's Kiss, Sixlets 8-piece tube, Tootsie Roll Midgee, whappers Malted Milk Balls 3-piece tube, AirHeads mini, Laffy Taffy mini, SweetTarts Chews, Now & Later (2 pcs), Starburst (2 pcs), Twizzlers snack-size
Snack bags: 1PPV each: Candy Corn, Hot Tamales, Mike & Ike, Sour Patch Kids, Swedish Fish
Snack Boxes: 2PPV each: Dots, Mini Chewy SweeTarts, Skittles
Snack Size varieties: 2PPV each: 3 Musketeers, Baby Ruth, Butterfinger, Junior Mints, Kit kat, M&M's plain, Milky Way, Nestle Crunch, Raisinets, Snickers, York Peppermint Patties
Snack Size varieties: 3PPV each: 100 Grand, M&M's Peanut, Mr. Goodbar, Payday

MAINTAIN NO GAIN Holiday Challenge

ABOUT THE CHALLENGE

For many Texans, a happy holiday season means putting a healthy diet and exercise on hold, resulting in an average weight gain of five pounds. Excess weight contributes to an increased risk of heart disease, diabetes, hypertension and even some cancers.

This **FREE** six-week challenge is designed to encourage healthy eating choices and physical activity. This year's challenge will run from Nov. 16-Jan. 4.

PROGRAM GOALS:

- Maintain your weight within two pounds throughout the holiday season;
- Increase your knowledge about healthy eating habits; and
- Continue being physically active during the holiday season.

DATES TO WEIGH-IN:

First Weigh-In:	Nov. 16-22
Week 2:	Nov. 23-29
Week 3:	Nov. 30-Dec. 6
Week 4:	Dec. 7-13
Week 5:	Dec. 14-20
Week 6:	Dec. 21-27
Last Weigh-In:	Dec. 28-Jan. 4

** Please note: The last day to enter your weight online will be Mon., Jan. 4, 2016.*

HOW TO GET STARTED

1. Register by Nov. 12. Visit www.county.org/MaintainNoGain to register.
2. Keep track of your weight each week by weighing in.
3. Read the weekly Maintain No Gain email for nutrition tips and healthy food options during the holiday season.
4. Submit your Weekly Participation Log online by the due dates. Visit www.county.org/MaintainNoGain to submit your Weekly Participation Log.

INCENTIVES FOR PARTICIPATING

Each week, submit your Participation Log for your chance to win a gift card. We will choose TWO lucky winners per week to receive a $35 gift card. Complete all six weeks of the challenge and you will be automatically entered into our grand prize drawing!

- **Week 1 (Nov. 16-Nov. 22)**
  Receive one prize drawing entry by:
  Submitting your Week 1 Participation Log online between Nov. 22-25.
- **Week 2 (Nov. 23-Nov. 29)**
  Submit your Week 2 Participation Log online between Nov. 29-Dec. 2.
- **Week 3 (Nov. 30-Dec. 6)**
  Submit your Week 3 Participation Log online between Dec. 6-Dec. 9.
- **Week 4 (Dec. 7-Dec. 13)**
  Submit your Week 4 Participation Log online between Dec. 13-Dec. 16.
- **Week 5 (Dec. 14-Dec. 20)**
  Submit your Week 5 Participation Log online between Dec. 20-Dec. 23.
- **Week 6 (Dec. 21-Dec. 27)**
  Submit your Week 6 Participation Log online between Dec. 27-Jan 4.

Weekly Participation Logs must be submitted online by the deadline for your chance to enter our weekly prize drawing. A printable Participation Log can be downloaded to help you keep track of your weekly weigh-ins.

Visit www.county.org/MaintainNoGain to download and print the log.

Healthy County
Together. Better. Stronger.
Texas Association of Counties
Health and Employee Benefits Pool

STILL HAVE QUESTIONS?

Contact your county's wellness coordinator or email the Healthy County team at: healthycounty@county.org

Halloween @ the Courthouse!

CONGRATULATIONS KERR COUNTY!

During the October 26, 2015 Commissioners Court, Kelly Hoffer from Kerr County Road & Bridge was recognized for an award she received at the TACERA Conference in October. Kelly was presented with TACERA Employee of the Year award. This award recognizes an individual that has shown excellence in performing road work duties, promoting public & employee safety and thinking outside the box to save his/her county money during the last budget cycle. This individual may have demonstrated dedication to county road work policies, started new or improved current county road procedures and pursued the goals of safe work practices during county roadways maintenance and construction.

Pictured from left to right: Charlie Hastings, Kelly Hoffer, Leonard Odom all from the Kerr County Road & Bridge Dept.