

# Kerr County Newsletter

Vol. 3, No. 1

January 4, 2016

## January Calendar of Events:

- 1<sup>st</sup>: New Year's Day – County Offices CLOSED
- 1<sup>st</sup>: 23<sup>rd</sup> Annual Polar Bear Challenge @ MO Ranch
- 1<sup>st</sup>: First Friday Wine Share
- 9<sup>th</sup>: Second Saturday Spiff Up @ Riverside Nature Center
- 11<sup>th</sup>: Commissioners Court
- 15<sup>th</sup>: 12<sup>th</sup> Annual Cowboy Breakfast @ Courthouse
- 17<sup>th</sup> – 23<sup>rd</sup>: 72<sup>nd</sup> Hill Country Junior District Livestock Show @ HCYEC
- 23<sup>rd</sup>: Town Creek Cleanup
- 25<sup>th</sup>: Commissioners Court
- 30<sup>th</sup>: Family Free Day @ Museum of Western Art

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



## SONIC BOOM OPEN ENROLLMENT

### REGISTER AND ORDER YOUR SONIC BOOM PEBBLE OR BOOMERANG JANUARY 1 – FEBRUARY 19, 2016

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 Sonic Boom challenge, you are eligible for **cash prizes** through TAC.

**You must be a county official or employee covered by Kerr County's medical benefit plan to be eligible to participate in Sonic Boom.**

**New Participants:** To participate in the Sonic Boom Program, you will need a device called a pebble. The pebble is offered at NO COST during open enrollment. You will have the option to upgrade to a Boomerang for \$30; this device is similar to a Fitbit that you wear on your wrist. Visit the following website to request a Pebble:

<http://www.county.org/pool-and-risk-services/healthy-county-program/sonic-boom/Pages/Request.aspx>



**Existing Participants:** If you already participate in Sonic Boom, you may request a replacement battery for your pebble, or upgrade to a Boomerang for \$30; this device is similar to a Fitbit that you wear on your wrist. After the open enrollment period, the Boomerang price goes up to \$60.

Open enrollment only happens once per year, after Feb 19<sup>th</sup>, you may purchase a Pebble for \$30 or a Boomerang for \$60 directly from Sonic Boom. Once you have your device, you will activate your account at: <http://www.county.org/pool-and-risk-services/healthy-county-program/sonic-boom/Pages/Activate.aspx>

**Boomerang vs. the Pebble** One of the benefits of the Boomerang is that the Boomerang is a Bluetooth device and can download your activity to an app on your smartphone! No more having to find a county computer to download to!

### NEW FOR 2016: BYOD: Bring Your Own Device



Covered employees will now be able to participate in Sonic Boom by using a Garmin, Jawbone, or Fitbit! Using your own device, you can participate in striding contests, challenge coworkers to device-verified jousts, and keep track of activity using your own personal Sonic Boom Portal. It is important to remember that all devices track activity differently and there will be some disadvantages and advantages for using these devices. It is also important to note that Sonic Boom does not provide customer support for Jawbone, Garmin, or Fitbit if you come across any device problems.

## Sonic Boom

### County-wide Stats:

#### December 2015

Sonic Boomers: 53  
Total Steps: 5,432,697  
Total Time (Min): 101,707  
Total Calories Burned: 373,382  
Total Distance (Miles): 2,610

#### Compared to December 2014

Sonic Boomers: 20  
Total Steps: 1,698,272  
Total Time (Min): 598,293  
Total Calories Burned: 81,474  
Total Distance (Miles): 729

**WAY TO GO KERR COUNTY!!**

## January National Awareness Month

- Birth Defects Prevention Awareness
- Cervical Cancer Awareness
- Family Fit Lifestyle
- Financial Wellness
- Glaucoma Awareness
- Healthy Weight Awareness
- Mental Wellness
- Mentoring Month
- Personal Self-Defense Awareness
- Poverty in America Awareness
- Thyroid Disease Awareness
- Volunteer Blood Donor Month

### Lite 'n Healthy Recipe

#### Mexican Chicken Soup

1/10th of recipe: 154 calories, 4g fat, 407mg sodium, 10.5g carbs, 3g fiber, 4.5g sugars, 18.5g protein (Weight Watchers PointsPlus® value 2)

##### Ingredients

- 1 ½ lbs. raw boneless skinless chicken breasts
- 1/8 tsp black pepper
- 1/2 tsp salt
- 1 cup plus 2 T chopped cilantro
- 4 cups reduced sodium chicken broth
- 2 cups chopped tomatoes
- 2 cups chopped carrots
- 2 cups chopped onion
- 1 cup chopped celery
- ¼ cup seeded and chopped jalapeno pepper
- 2 tsp chopped garlic
- 1 tsp chili powder
- 1 tsp cumin
- 5oz. (about ¾ cup) chopped avocado
- ½ cup free sour cream or fat free plain greek yogurt
- Optional garnish: lime wedges

## Did you know...

...that in addition to employees receiving a gift card for completing Sonic Boom Challenges, that Kerr County receives money from TAC for each employee that **completes** challenges, too?? **It's TRUE!** Kerr County receives \$25.00 for every employee who completes the online annual health assessment and for every employee who completes the Sonic Boom 10-week challenge in the spring. Because of increased participation in 2015, Kerr County received a check from TAC for \$3,950.00 in 2015!! We had 114 employees complete the annual health assessment and 44 employees complete the 10-week challenge! Compared to the prior year of \$1,725.00 with only 36 health assessments and 33 Sonic Boomers!

This money can **ONLY** be used toward healthy county activities/rewards. You may have noticed the number of door prizes increased tremendously last year at the County Christmas Party. This was due to the money we received in 2014. This year, we will have just as many door prizes (if not more!). **\*Lunch was still provided by the Elected Officials and Department Heads as a gift to the employees\***

Employer Reward Money received last year paid for:

- Raffle Prizes for the 2014 County Christmas Party
- Door Prizes at Open Enrollment in August
- Door Prizes at Employee Health Fair in October
- Employee Appreciation Luncheon in October
- The purchase of additional pebbles and batteries for new hires in 2015

The next time you see an employee wearing the Sonic Boom activity tracking devices, give them a big THANK YOU. They are not only doing something good for their health, but also helping to make it possible to reward **ALL** county employees. Kerr County is working hard to create more incentives for participation in the Sonic Boom Program.

Let's see if we can get even more participation in 2016!

### Relax for your health

Some stresses are beyond our control and are best dealt with by spending a little time every day doing something that causes a relaxation response in your body that counteracts the stress response. This is highly personal and depends on your personality type, but some of the most effective relaxation activities are:

- Learning how to breathe from your belly rather than your chest
- Exercising or competing in sports
- Reading a book
- Using aromatherapy and essential oils
- Relaxing in a warm bath, sauna, or hot tub
- Praying or meditating
- Learning Yoga or Tai-Chi
- Getting out in nature
- Knitting, painting, or doing something with your hands
- Spending time with a good friend
- Having time to yourself

##### Directions:

Place chicken in a slow cooker and season with pepper and ¼ tsp salt. Top with ½ cup cilantro. Add remaining ingredients **except** last 3 ingredients. Stir well. Cover and cook on high for 3 – 4 hours or on low for 7 – 8 hours until chicken is fully cooked.

Transfer chicken to a large bowl and shred. Return shredded chicken to the slow cooker and mix well.

Top each serving with 1 T cilantro, 1 T sour cream or greek yogurt and 2 T avocado



# 2014 Service Awards

Congratulations to the 38 employees that received service awards ranging from 5 years to 35 years. Kerr County appreciates your service. Together, your years of service equal 390 years!

## 5 Years of Service



**Jerielee Rust**  
County Attorney's Office



**Pattie Schlessiger**  
AG Extension Office



**Daniel Woodman**  
Road & Bridge

### Additional 5 Year Service Award Recipients Not Pictured:

Matt Comer, Information  
Technology  
Juan Cruces, Road & Bridge  
Philip Jandt, Juvenile Probation

## 10 Years of Service



**Oliva Avila**  
Maintenance



**Denise Berry**  
Juvenile Detention Center



**Joy Johnson**  
Auditor's Office



**Ana Keller  
County Clerk**



**Christine McEntyre  
District Administration**



**Eric Piper  
Sheriff's Office**



**Mamie Rodriguez  
County Clerk**



**Karen Rothrock  
Tax Assessor Collector**



**John Trolinger  
Information Technology**

**15 Years of Service**



**Jason Davis  
Juvenile Probation/Detention**



**Judge Rex Emerson  
District Judge**



**Mark Fields  
Sheriff's Office**



**Albert Luebano  
Sheriff's Office**



**Mary Frances Root  
District Administration**



**Charlie Witt  
Sheriff's Office**

**Additional 15 Year Service  
Award Recipient Not Pictured:  
Todd Burdick, 198<sup>th</sup> District  
Attorney**

**20 Years of Service**



**Vincent Paige  
Road & Bridge**



**Robert Sims  
Road & Bridge**

**30 Years of Service**



**Nadene Alford  
Tax Assessor Collector**



**Lee Behrens  
Sheriff's Office**

**Additional 30 Year Service  
Award Recipient Not Pictured:  
Kaye Brown, 216<sup>th</sup> District  
Attorney**

**30 Years of Service**



**Sheriff Rusty Hierholzer  
Sheriff's Office**

# Looking back at the County Christmas Party...



**GREAT FOOD FROM THE COOKS!**



# Great Company!





# Fabulous Prizes!

