

# Kerr County Newsletter

Vol. 3, No. 5

May 2, 2016

## May Calendar of Events:

- 1<sup>st</sup>: May Day
- 3<sup>rd</sup>: Early Voting ends (Kerrville, Ingram & KISD)
- 4<sup>th</sup>: Exit 505 Farmers Market
- 5<sup>th</sup>: Cinco De Mayo
- 6<sup>th</sup>: First Friday First Responders (wear blue)
- 6<sup>th</sup>: 1<sup>st</sup> Friday Wine Share @ Shops at the Ridge (Entrance to Tierra Linda)
- 7<sup>th</sup>: Election Day (Kerrville, Ingram & KISD)
- 7<sup>th</sup>: Hill Country Swap Meet & Market Days @ HCYEC
- 7<sup>th</sup>: Turtle Creek Volunteer Fire Dept. 5<sup>th</sup> Annual Memorial Golf Tournament @ Riverhill Country Club Golf Course
- 8<sup>th</sup>: Mother's Day
- 9<sup>th</sup>: Commissioners Court
- 11<sup>th</sup>: Exit 505 Farmers Market
- 14<sup>th</sup>: Carfest 2016 Shatter the Stigma @ HCYEC
- 14<sup>th</sup>: Rummage/Treasures Sale @ Hill Country Arts Foundation
- 14<sup>th</sup>: Criderfest
- 16<sup>th</sup> – 20<sup>th</sup>: Early Voting (Primary Run-off)
- 18<sup>th</sup>: Exit 505 Farmers Market
- 21<sup>st</sup>: Armed Forces Day
- 23<sup>rd</sup>: Commissioners Court
- 24<sup>th</sup>: Election Day (Primary Runoff)
- 25<sup>th</sup>: Exit 505 Farmers Market
- 26<sup>th</sup> – June 12<sup>th</sup>: Kerrville Folk Festival @ Quiet Valley Ranch
- 27<sup>th</sup> - 29<sup>th</sup>: Kerrville Art Festival (downtown)
- 27<sup>th</sup> – 29<sup>th</sup>: 13<sup>th</sup> Annual Texas Masters of Fine Art & Craft @ YO Ranch Hotel
- 28<sup>th</sup>: Family Free Day @ Museum of Western Art
- 28<sup>th</sup>: Crider's Rodeo & Dance Hall Opening Night
- 30<sup>th</sup>: Memorial Day (county holiday)

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

## SONIC BOOM 100 DAY CHALLENGE

**2016 Challenge: April 4 – September 30**

**There is still time to complete this challenge!! There are 152 days left in this challenge (as of today, May 2<sup>nd</sup>).**

**Achieve a minimum of 4,500 steps and/or 60 minutes of physical activity for 100 days during this challenge!**

Physical activity is anything that makes you move your body and burn calories. You **MUST** complete BOTH the online Blue Cross Blue Shield health assessment AND the 100 days of activity to receive a \$60 gift cards at the end of the year. Log in to your Sonic Boom account at [www.sonicboomwellness.com](http://www.sonicboomwellness.com) to track your progress!



Complete your health assessment:

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

### What if I Already Completed my Health Assessment?

If you completed your health assessment prior to April 4, you may login after July 1 to complete your health assessment and receive credit towards the wellness incentive program. The health assessment may be completed twice per year; once between Jan. – June and again between July – Dec. You must be an employee covered by your county's medical plan (pooled groups only) to be eligible for the incentive.

~~I'M TIRED.~~  
~~IT'S TOO COLD.~~  
~~IT'S TOO HOT.~~  
~~IT'S RAINING.~~  
~~IT'S TOO LATE.~~  
**LET'S GO!**

**Don't let this be YOU! Get motivated!**  
**Here are some benefits people notice after exercising:**

- A boost in mood
- A sense of accomplishment
- Greater mental alertness
- Lower stress
- More energy

When you are tired, hop on the treadmill for an energy boost! When you are wrestling with a problem, go for a walk to help you think more clearly! When you are stressed, hit the gym to feel less stressed afterwards!

**Exercise is REWARDING**

**WAY TO GO KERR COUNTY!**

### Sonic Boom County-wide Stats:

April 2016

Sonic Boomers: 71  
Total Steps: 12,810,067  
Total Time (Min): 209,464.09  
Total Calories Burned: 1,418,428  
Total Distance (Miles): 5,971.96

Compared to April 2015

Sonic Boomers: 76  
Total Steps: 9,868,105  
Total Time (Min): 199,396.86  
Total Calories Burned: 527,104  
Total Distance (Miles): 4,610.82

## 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...



A good night's sleep, just like proper diet and exercise, is essential to your mental, emotional, and physical health. Sleep experts recommend getting eight hours of sleep each night. Less than that could have consequences such as inability to concentrate, irritability, weakened immune system and even higher stress.

### Vitamins found in food to help get a good nights sleep

Adding these vitamins and foods to your diet may help to increase your odds of a successful slumber:

1. B6: Found in Fish, Bananas, Fortified Cereals, Chickpeas. These foods contain the vitamin B6 which is needed to make melatonin (a sleep inducing hormone triggered by darkness)
2. Calcium: Dairy products such as milk and yogurt as well as Dark leafy greens such as, kale & collards boast healthy doses of calcium. There is some research that being calcium deficient may make it difficult to fall asleep
3. Magnesium: Whole Grains. Consuming too little magnesium may make it harder to stay asleep
4. Vitamin D: Found in fatty fish, mushrooms, fortified milk, orange juice and cerals, egg yolks,, Having a vitamin d deficiency may cause daytime sleepiness.

### May is Skin Cancer Awareness Month:

With 3.5 million cases in over two million people diagnosed annually, skin cancer is the most common form of cancer in the United States. Fortunately, skin cancer is also one of the most *preventable* forms of cancer. May is Skin Cancer Awareness Month, and The Skin Cancer Foundation would like to take this opportunity to recommend the following prevention guidelines:

1. Seek the Shade, especially between 10am – 4pm when the sun is strongest.
2. Do not burn. A person's risk for melanoma, the deadliest form of skin cancer, doubles if he or she has had five or more sunburns at any point.
3. Avoid tanning and UV tanning booths. UV radiation from tanning machines is known to cause cancer.
4. Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses. Clothing can be your most effective form of sun protection, so make the most of it with densely woven and bright or dark-colored fabrics.
5. Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
6. Apply 1 ounce (2T) of sunscreen to your entire body 30 minutes before going outside. Reapply every 2 hours or immediately after swimming or excessive sweating.
7. Examine your skin head-to-toe every month. While self exams shouldn't replace the important annual skin exam performed by a physician, they offer the best chance of detecting the early warning signs of skin cancer. To find our more about how to perform self-examination and spot a skin cancer, visit [www.skincancer.org/selfexamination](http://www.skincancer.org/selfexamination)