

Kerr County Newsletter

Vol. 3, No. 8

August 1, 2016

August Calendar of Events:

- Every Saturday Crider's Rodeo & Dance Hall
- Every Wednesday Exit 505 Farmers Market @ 908 Harper Road
- 3rd: Blood Drive @ Courthouse
- 5th: 1st Friday 1st Responders (Wear Blue)
- 5th: 1st Friday Wine Share @ HCYEC
- 5th & 6th: Kerrville Area Chamber of Commerce Business Expo & Car Show @ HCYEC
- 6th: Mountaineer Golf Open @ Scott Schreiner Municipal Golf Course
- 8th: Commissioners Court
- 10th & 11th: Kerr County Employee Open Enrollment
- 16th: Valentine's Circus @ HCYEC
- 17th & 18th: Kerr County Employee TCDRS Presentation & consultations
- 19th: Movies in the Park @ Kerrville-Schreiner Park Amphitheater "Minions"
- 20th: American Bully Dog Show @ HCYEC
- 20th: Open Car Show on the Guadalupe @ Roddy Tree
- 20th: 21st Annual Kerrville Kids Off-Road Triathlon
- 22nd: Commissioners Court
- 27th – 28th: Kerrville Traders Fest @ River Star Park
- 26th: Family Free Day at Museum of Western Art

SONIC BOOM 100 DAY CHALLENGE

2016 Challenge: April 4 – September 30

How are you doing on this challenge? If you started but have fallen behind, there are still 61 days left in this challenge.

YOU CAN DO IT, KEEP IT UP!!

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 to track your progress!



Complete your health assessment:

- Log on to www.mybenefits.county.org
- Select "Get Connected"
- Select the "Blue Cross Blue Shield of Texas" link; and
- Select "Health Assessment" under Quick Links

HR EVENTS

Wednesday, August 3rd: Kerr County Blood Drive will be held at the Courthouse from 11:00am – 5:30pm. Click here to [make an appointment](#).

Wednesday & Thursday, August 10th & 11th: Kerr County Open Enrollment will be held at the Hill Country Youth Event Center Conference Rooms. Be sure to sign up for the location and time you can attend. If you are unable to attend on either day, contact HR to make special arrangements to complete the Open Enrollment Process.

Wednesday, August 17th & 18th: TCDRS Retirement Presentation in the Commissioners Court room from 9am – 10am. TCDRS Representatives will meet one on one with anyone after the presentation on the 17th and 18th for individual counseling. Contact HR to sign up for your individual appointment.

Sonic Boom County-wide Stats:

July 2016

Sonic Boomers: 52
Total Steps: 8,676,105
Total Time (Min): 470,316.68
Total Calories Burned: 1,000,662
Total Distance (Miles): 4,014.14

Compared to July 2015

Sonic Boomers: 56
Total Steps: 7,782,762
Total Time (Min): 130,204.05
Total Calories Burned: 322,112
Total Distance (Miles): 2,721.66

Happy Birthday to all Kerr County Employees celebrating an August Birthday!

August National Awareness Month

- Amblyopia Awareness Month
- Cataract Awareness Month
- Children's Eye Health & Safety Month
- Immunization Awareness Month
- Psoriasis Awareness Month
- Spinal Muscular Atrophy Awareness Month

Did you know...

Laying the groundwork for a healthy tomorrow means disease prevention and early detection... Many chronic diseases and conditions can be prevented and/or managed through early detection. Preventative screenings are an important way to track your health and avoid chronic conditions before they become more serious. BCBSTX and Kerr County encourage you to take full advantage of your preventative care benefits and other available wellness resources. After you have taken your health assessment, take appropriate steps to improve your health. Talk with your physician about ways to improve your health. There is no better time than NOW to get started – and head off potential health problems before they begin!

How to limit computer strain on your body

Computer-related injuries

More people today use computers than ever before. And many work at a computer all day. Sitting and staring at the computer, making the same hand and finger movements day after day, can affect your health. Overuse can cause eyestrain, blurred vision, headaches, pain in the neck, back, arms and muscles, and repetitive motion injuries like carpal tunnel syndrome.

What you can do:

Here are some tips to help you work more comfortably and prevent these types of injuries:

- Take periodic breaks: Look away from your computer. Do some desk exercises. Or if possible, get up from your desk and walk around a bit. This gives your eyes a chance to rest and it lets you relax and stretch your muscles.
- Sit up straight in your chair: Good posture keeps your body in proper alignment to reduce muscle strain
- Use "wrist neutral" position: If you type all day, keep your wrist joints straight. Not bent up or down. The wrist neutral position can help prevent damage to the median nerve and carpal tunnel syndrome.

Watermelon Salsa

Ingredients:

- 4 C fresh watermelon, seedless, chopped into small pcs
- 1 C cucumber, seedless, chopped into small pcs
- ½ C uncooked scallions, chopped into small pcs (green and white parts)
- ½ large yellow pepper, chopped into small pcs
- 1 large jalapeno pepper, seeded, finely minced
- 1 ½ T cilantro, fresh, minced
- 1 ½ T mint leaves, fresh, minced
- 1 tsp sugar
- 1 T olive oil
- 2 T fresh lime juice



Instructions:

Toss all ingredients together in a large bowl. Serve at room temperature or chilled. Yields about ½ cup per serving
0 Weight Watchers Plus Points

CONGRATULATIONS KERR COUNTY ANIMAL SERVICES

60 animals find homes during Clear the Shelter campaign

By Jennifer Reiley
Staff Writer

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A total of 60 animals were adopted from the Kerr County Animal Services shelter during the Clear the Shelters campaign this month.

Kerr County Environmental Health and Animal Services Director Ray Garcia said 27 animals were adopted Saturday as part of the national Clear the Shelters event. The campaign, which started July 5, resulted in 44 dogs and 16 cats being adopted out of the county shelter.

"We want to thank the public that came out supported us in our efforts," Garcia said. "The event was a huge success."

CONGRATULATIONS ADULT PROBATION EMPLOYEES



The Kerr County CSCD presented service awards for the following, as they appear in the attached picture: Nick Madrid, 15 years, June 2016, Anna Beth Patterson, 5 years, June 2016, Cameron Grona, 10 years, June 2016, Jeanie Burleson, 5 years, July 2016