

Sutter Wellness



HAPPY NEW YEAR!

Volume 8, Issue 1
January 2010

INSIDE THIS ISSUE:

Sutter County Saves Lives	2
Where in the World?	2
Why Moove to Low-Fat Milk? 3-4	
Healthy Recipe of the Month	4
5 Tips for Investments	5
Brain Exercise	6
Upcoming Wellness Events	6

New Kid on the Block

Tom Sherry, Director of Human Services

I am pleased to begin my tenure as Director of Human Services for Sutter County. For those of you who don't know me, let me share a little of my background with you. I have over 30 years experience in county government, beginning as an administrative analyst for Yuba County and, most recently, serving as the Sutter-Yuba Mental Health Director. I hold a Masters in Public Administration from California State University, Chico. I also have a Masters in Counseling from the University of San Francisco and was fortunate to intern at Sutter-Yuba Mental Services while working on clinical hours for my marriage and family therapy license. From 1980 to 1990, I worked in the county administrator's office and served as the assistant county administrative officer for the last five years I was there.

I chose to return to Sutter County, in part, because of the great teamwork and cooperation among departments that I saw when I first worked here. It is this cooperation and teamwork that keeps me here and during this time of funding reductions and fiscal limitations



it is even more important to maintain intra- and inter-departmental cooperation. As your new Director, one of my main responsibilities will be to provide the financial planning and oversight needed to enable us to continue the programs and services that can truly make a difference for our health, social services, and mental health clients.

I am looking forward to meeting with more of you in the coming months and learning more about some of the social services and health programs I am less familiar with. I am always interested in your ideas for ways we can improve service delivery to our clients, live within our limited resources and continue to maintain a positive and supportive work environment for all our staff.

“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

~ Anne Frank



BloodSource bloodmobile located in front of the Sutter County Public Health building... a nice refuge on that rainy Monday!

Sutter County Saves Lives!

On December 21, 2009, **Sutter Wellness** hosted a holiday blood drive as part of our annual effort to boost available blood supplies for our community members.

There is always an increased need during the holidays, but unfortunately there is also a decrease in donors during December and January.

Today, fewer than four of every ten people in the U.S. are eligible to give

blood. Less than one in ten actually donate.

Once again, Sutter County and City of Yuba City employees showed their support for our community by donating their time **and** blood! Our employees collected 20 pints in just 4 short hours... way to go!! A big **"THANK YOU"** to all who donated or took the time to stop by and try to donate.

Where in the World is the Sutter Star?



HINTS:

- This granite dome resides in Yosemite National Park, CA.
- It lies next to Nevada Fall, on the John Muir Trail and rises 956 feet from the base of Nevada Fall to a peak elevation of 6,811 feet.

Please email your guesses to tcrim@co.sutter.ca.us, subject line "January-Star".

Thank you to Mark Brown, from the Ag. Dept., for submitting this photo.

Sutter County employees are world travelers...**Where have you been?**

Pack the Sutter County Star with you on your next trip (it makes a nice massager after a long day of sightseeing). Take a photo of the Star, and send it to tcrim@co.sutter.ca.us with your name, phone number, location of the star and hints. A photo of the star and a few hints will be added to one of the upcoming issues of Sutter Wellness.

If you need a star for your next trip, please contact Tara Crim.

Why Moove to Low-Fat Milk?

Marcia Barnes, RD, WIC Coordinator

Start 2010 off on the right foot! Take the first step to a healthier you. It can be as easy as changing the type of milk you drink!

Adults and children 2 years and older do not need the extra fat and calories from reduced fat (2%) or whole milk. The fat and calories can lead to an unhealthy weight and other health problems.

Whole milk and 2% milk are leading sources of saturated fat.



Reducing fat in your diet can help:

- ♥ Control your weight
- ♥ Lower your cholesterol
- ♥ Reduce your risk of heart disease and stroke

Fat-free milk has 0 grams of saturated fat. Why not make the switch?

Why switch to low-fat or fat-free milk?

Switch from whole milk to fat-free milk.

If you drink 3 cups of fat-free milk each day instead of whole milk, you SAVE:

- 1,365 calories each week
- 70,980 calories in one year
- 70,980 calories is equal to 19 pounds of body fat

To burn off those extra calories, you would need to walk over 709 miles – that's 27 marathons.

Switch from whole milk to low-fat (1%) milk.

If you drink 3 cups of low-fat (1%) milk each day instead of whole milk, you SAVE:

- 1050 calories each day
- 54,600 calories in one year
- 54,600 is equal to 16 pounds of body fat

To burn off those extra calories, you would have to walk over 540 miles!

Moove to LOW-FAT or NON-FAT milk!



Eight ounces (1 cup) of whole milk contains the same amount of fat as:

- Three strips of cooked bacon and one glazed donut!!

Reduced fat (2%) milk is **not** low-fat. It has the same amount of fat as:

- Two slices of bacon!

How to switch from whole milk to non-fat milk?

Make the change gradually. Start by mixing whole milk and 2% milk, then go all 2%. Use this for a while, and then do the same with 1% and non-fat milk.

Why is milk important?

- Milk is a great source of calcium, protein, Vitamin A, and Vitamin D
- Calcium helps build strong bones and teeth in children
- Calcium helps prevent bone loss in adults

What counts as one cup of milk?

- 8 ounces of yogurt
- 8 ounces of juice, calcium fortified
- 2 slices of cheese (1 ½ ounces)
- 1 ¼ cups of spinach

Healthy Recipe of the Month

Pump up the calcium!

Calcium is the mineral most likely to be deficient in the average diet. Let me repeat that. **Calcium is the mineral most likely to be deficient in the average diet!**

Calcium deficiency is a condition in which we fail to receive or to metabolize an adequate supply of calcium. Calcium is the chief supportive element in bones and teeth. Calcium salts make up about 70 percent of bone by weight and give your bone its strength and rigidity.

Who wouldn't want to keep their bones strong??

The good news is that you can increase your intake of calcium just by eating low-fat foods that are also packed full of Vitamin A, Vitamin C and protein! Try the following recipe for a healthy calcium-packed start to your day!

Orange Dream

Ingredients:

1 1/2 cups orange juice, chilled
 1 cup skim/low-fat milk or light vanilla soy milk, chilled
 1/3 cup silken or soft tofu
 1 tablespoon dark honey
 1 teaspoon grated orange zest
 1/2 teaspoon vanilla extract
 5 ice cubes
 4 peeled orange segments

Directions:

In a blender, combine the orange juice, soy milk, tofu, honey, orange zest, vanilla and ice cubes. Blend until smooth and frothy, about 30 seconds.

Pour into tall, chilled glasses and garnish each glass with an orange segment.

Nutritional Information: Servings per recipe, 4

Per serving:	Calories - 105	Total Fat - 1 gram
	Protein - 3 grams	Carbs - 20 grams



5 Tips for Dealing with Market Turmoil

Rich Berg, CRC, Retirement Specialist, Nationwide

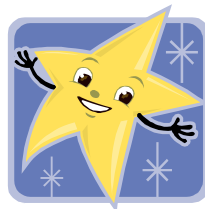
1. A well-thought-out investment plan is a well-thought-out investment plan regardless of market conditions. Stick with it.
2. You're in the market for the long-term. Do not make investment decisions based on short-term market drops or gains.
3. Evaluate how an investment fits into your overall financial strategy, regardless of short-term market volatility.
4. Look at a market decline as a buying opportunity. Some funds may be undervalued following a broad market decline, allowing you to invest more in high-quality companies.
5. Talk with your Nationwide Retirement Specialist. While information from retirement specialists is for education purposes only and not intended as investment advice, (s)he's likely to have been through volatile periods before.

Looking for more insights? Go to your Plan's website or www.nrsforu.com where you can tour our educational resources geared especially for public employee-participants in deferred compensation.

WELLNESS... YOU BE THE EXAMPLE!!

Do you know someone who lives by this motto, or who is working hard to take charge of their health and well-being??

Then, nominate them for the "Wellness Superstar Award".



Each month Sutter Wellness will recognize one employee for their outstanding dedication to wellness.

To nominate a fellow employee, simply email Tara at terim@co.sutter.ca.us, and in 150 words or less, explain why you think that employee is a "Wellness Superstar". All nominations must be received no later than the 15th of each month.



BRAIN EXERCISE!!!

Can you figure this one out???

**If you throw me from the window,
I will leave a grieving wife.
Bring me back, but in the door, and
You'll see someone giving life!**

Email your guesses to tcrim@co.sutter.ca.us.

Please put "Brain Exercise-January"
In the subject line.

GOOD LUCK!!!

December Brain Exercise:

Decipher this phrase:

Salt: Good Morning
Pepper: Hello

Answer:

Season's Greetings

.....
**Congrats to Meri Langan from
Probation for being the first to guess
correctly!**

UPCOMING SUTTER WELLNESS EVENTS:



- **SUTTER WELLNESS TEAM CAPTAIN MEETING**
TUESDAY, JANUARY 26TH: 11-12 PM – HEALTH DEPARTMENT AUDITORIUM
ALL TEAM CAPTAINS WILL MEET TO DISCUSS FUTURE ACTIVITIES AND PROGRAMS IN SUTTER WELLNESS
- **JUMPSTART BOOTCAMP**
SATURDAY, JANUARY 30TH: 8-10 AM - GEWEKE FIELD
NEED A JUMP-START TO YOUR NEW YEAR? JOIN US FOR A CHALLENGING MORNING OF EXERCISE AND ACTIVITIES TO GIVE YOUR BODY THE BOOST IT NEEDS TO START OFF THE NEW YEAR WITH A BANG!

FOR MORE INFORMATION OR TO SIGN UP, PLEASE CONTACT TARA CRIM @ 822-5910 OR TCRIM@CO.SUTTER.CA.US. SPACE IS LIMITED, SO BE SURE TO REGISTER EARLY!!
- **BLESS YOUR HEART WALK**
SATURDAY, FEBRUARY 6TH: WALK BEGINS AT 8:30 AM; CHECK-IN BETWEEN 7:30-8:00 AM AT THE SUTTER WELLNESS TABLE (MUST CHECK-IN BEFORE WALKING)

JOIN US TO CELEBRATE HEART MONTH BY NOT JUST TALKING THE TALK, BUT WALKING THE WALK! SUTTER WELLNESS WILL SPONSOR A TEAM TO JOIN IN THIS ANNUAL FUN WALK AT THE MALL. FOR MORE INFORMATION, PLEASE CONTACT YOUR TEAM CAPTAIN OR TARA @ TCRIM@CO.SUTTER.CA.US.
- **HIKING CLUB PLANNING MEETING**
TUESDAY, FEBRUARY 16TH: 12-1 PM – HEALTH DEPARTMENT AUDITORIUM
WE WILL DISCUSS OUR 2010 HIKING DESTINATIONS... BRING A FRIEND AND YOUR IDEAS FOR FUTURE HIKES!