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## Mental Health for Everyone

Brad Luz, PhD, Assistant Director of Human Services-  
Mental Health

All too often, when the topic of mental health comes up in conversation we might think of crisis situations for individuals or family members, crisis and emergency room services, or acute hospital stays. If our only image of mental health is that of emergency services for those in serious distress, we might not think of mental health services as meeting our personal needs.



Statistics on utilization of health services tell us that men seek and use health care less frequently than women and children. This is also true for men when it comes to using specialty health care services like mental health counseling or treatment. Men lose out because there is so much out there in the arena of mental health information to help them be successful in their careers and personal lives.

Health care of any kind starts with giving the individual knowledge about a situation or condition they are experiencing. The first level of health care is about informing -- making people aware of their options and useful strategies they can use to maintain their health and peace of mind. As a mental health practitioner I have found that men have priorities with regard to the kind of mental health information they find particularly useful. Areas of interest that stand out have been: how to be a good male role model, parenting strategies, managing the role of being the family decision maker, maintaining and improving a relationship with a significant other. Other areas of interest that come

up often have been: personal money management, dealing with issues in the work place, anger management, dealing with loss, and maintaining one's sobriety.

This information comes in all forms. Some find DVD's they can watch, or CD's they can listen to while they drive. Others prefer having the ability to talk to other men, their peers, about how they handle certain situations. Some would prefer to talk with a health professional to seek expert advice on a one to one basis. Others still might read a pamphlet or hand out on the topic of interest in their own time. Some seek out counseling from trusted others like their pastor or minister. All of these ways of learning are beneficial if they help the individual make informed decisions and healthy choices about his life, or if they help that person better understand and cope with health issues that are affecting others around them.

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“Fatherhood is pretending the present you love most is soap-on-a-rope.”

~Bill Cosby

These days this information can be found in any number of places like the Health Channel on TV, on NPR, your personal physician's office, any public health or mental health clinic, the local library, on the Web at sites like WebMD, KP.org, SYMHS.org, and so on. The possibilities are endless. Mental health is the state of feeling good about yourself, feeling that your life and relationships are in balance and working well for you. So if there is a topic of interest that you'd like to know more about, take a moment to look around to see what information is available to you. It's a worthwhile investment in your own health and well being.

The Sutter County Tobacco Control Program would like to recognize the following businesses for their efforts to keep Sutter County clean and smoke-free:



- Kmart and Target for not selling tobacco products at their stores;
- The Yuba-Sutter Mall for prohibiting smoking 50 feet from all mall entrances;
- Sopa Thai, Kaffe T Latte, and The Cookie Tree for providing smoke-free outdoor dining areas for our community;
- Fremont-Rideout Health Group and Sutter Medical Foundation for the adoption of a tobacco-free campus;
- The Yuba City Council and The Yuba City Parks and Recreation Commission for creating 100% tobacco-free parks in Yuba City and for prohibiting smoking within 50 feet of city owned/leased buildings;
- Dan and Candy Silva for establishing a local tobacco-free Farmer's Market; and
- Starbucks for becoming smoke-free inside and out!

### **NEED HELP QUITTING?**

Contact Sutter  
Wellness for  
information on our  
"Step Into Wellness"  
Tobacco Cessation  
Program  
(Open to all employees  
and spouses)  
822-7215

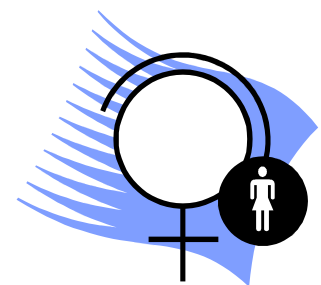
Call the California  
Smoker's Helpline  
1-800-NO-BUTTS

**THANK YOU!**  
**FOR MAKING OUR COMMUNITY HEALTHIER...**  
**ONE STEP AT A TIME!**

## Men – Stay on Track with Your Health!

CHECKUPS AND SCREENINGS	WHEN?	20-39	40-49	50+
<b>PHYSICAL EXAM:</b> Review overall health status, perform a thorough physical exam and discuss health related topics	Every 3 years Every 2 years Every year	√	√	√
<b>BLOOD PRESSURE:</b> High blood pressure (Hypertension) usually has no symptoms, but can cause permanent damage to body organs.	Every year	√	√	√
<b>TB SKIN TEST:</b> Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.	Every 5 years	√	√	√
<b>BLOOD TESTS &amp; URINALYSIS:</b> Screens for various illnesses and diseases (such as high cholesterol, diabetes, and kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	√	√	√
<b>EKG:</b> Electrocardiogram screens for heart abnormalities.	Baseline (age 30) Every 4 years Every 3 years		√	√
<b>TETANUS BOOSTER:</b> Prevents lockjaw.	Every 10 years	√	√	√
<b>RECTAL EXAM:</b> Screens for hemorrhoids, lower rectal problems, colon and prostate cancer.	Every year	√	√	√
<b>PSA BLOOD TEST:</b> Prostate Specific Antigen is produced by the prostate. Levels rise when there is an abnormality such as infection, enlargement or cancer. Testing should be done in collaboration with your physician.	Every year		*	√
<b>HEMOCCULT:</b> Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every year		√	√
<b>COLORECTAL HEALTH:</b> A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 years			√
<b>CHEST X-RAY:</b> Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with your physician.		√	√
<b>SELF-EXAMS:</b> <b>Testicle:</b> To find lumps in their earliest stages. <b>Skin:</b> To look for signs of changing moles, freckles, or early skin cancer. <b>Oral:</b> To look for signs of cancerous lesions in the mouth. <b>Breast:</b> To find abnormal lumps in their earliest stages.	Monthly by self	√	√	√
<b>BONE HEALTH:</b> Bone mineral density test. Testing is best done under the supervision of your physician.	Discuss with your physician.		Age 60	
<b>TESTOSTERONE SCREENING:</b> Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	Discuss with your physician.		√	√
<b>SEXUALLY TRANSMITTED INFECTIONS (STIs):</b> Sexually active adults who consider themselves at risk for STIs should be screened for syphilis, chlamydia and other SDIs.	Under physician supervision	√	Discuss	

**LADIES...**  
 want to see a  
 similar  
 “maintenance  
 schedule” for you?



**VISIT**

<http://www.menshealthnetwork.org/library/pdfs/GetItChecked.pdf>

or

For more  
 information, visit The  
 National Women’s  
 Health Information  
 Center at:

[www.4women.org](http://www.4women.org)

## Healthy Recipe of the Month

Mmmmmmm... peaches!

Peaches are native to China, but are now widely cultivated in regions that have cool climates. They were introduced to America in the sixteenth century by Spanish explorers. Peaches are not only a luscious, delicious type of fruit, but also offer a number of health benefits as well. Peaches are low in calories and one 100 g peach provides almost three quarters of the daily vitamin C requirement. The fruit has a gentle laxative effect. Peaches are also rich in iron and potassium. With Peaches starting to come into season, this is the perfect time to light up those grills and try a new recipe... maybe for Father's Day!



### Pork Chops with Peach Barbecue Sauce

#### **Ingredients:**

- ¼ cup plus ½ tsp kosher salt, divided
- ¼ cup firmly packed brown sugar
- 2 cups boiling water
- 3 cups ice cubes
- 4 bone-in, center-cut pork chops, trimmed
- 2 ripe but firm peaches, pitted and quartered
- 1 medium tomato, quartered and seeded
- 2 tbsp cider vinegar
- 1 tbsp canola oil
- ½ cup chopped onion
- 2 tsp finely chopped fresh ginger
- 2 tbsp honey
- ¼ tsp freshly ground pepper, plus more to taste

#### **Directions for Barbecue Sauce:**

- 1) Puree peaches, tomato and vinegar in a food processor until smooth.
- 2) About 30 minutes before you're ready to cook the pork chops, heat oil in a medium saucepan over medium-high heat. Add onion and cook, stirring occasionally, until golden brown, 5 to 7 minutes. Add ginger and cook, stirring frequently, until fragrant, 1 to 2 minutes. Add the peach puree, the remaining 1/2 teaspoon salt, honey and pepper to taste. Bring to a boil over high heat, then reduce the heat to a simmer. Cook until reduced by about half, 20 to 25 minutes. Reserve 1/4 cup of the sauce for basting the chops; keep the remaining sauce warm in the saucepan until ready to serve.

#### **Directions for Pork Chops:**

- 1) Place 1/4 cup salt and brown sugar in a medium heatproof bowl. Pour in boiling water and stir to dissolve. Add ice cubes and stir to cool. Add pork chops, cover and refrigerate for at least 30 minutes or up to 4 hours.
- 2) Preheat grill to medium. Remove the pork chops from the brine (discard brine), rinse well, and thoroughly dry with paper towels. Season the chops with 1/4 teaspoon pepper and brush both sides with some of the reserved sauce. Grill the pork chops, turning once, until an instant-read thermometer inserted into the center registers 145°F, 2 to 4 minutes per side. Transfer to a plate, tent with foil and let rest for 5 minutes. Serve with the warm peach barbecue sauce on the side.

#### **Nutritional Information:**

Servings per recipe = 4

#### **Per serving:**

Calories - 291  
 Total Fat - 11 grams  
 Protein - 27 grams  
 Carbohydrates - 21 grams  
 Fiber - 2 grams



Congratulations to

**John Krohn**

from the Probation Dept.  
 for winning the Bike to  
 Work Week contest

WAY TO GO!!!



# In Celebration of Home Safety Month

Let's all take the time to put together our family's  
"Stay At Home Kit"

This simple step of stocking supplies for an extended stay at home can be useful in all types of emergency situations: power outages, natural disasters, or pandemics.

Please use the checklist below to get you and your family started...

## Examples of food and non-perishables:

- Bottled Water (a gallon of water per person per day)
- Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups
- Protein or fruit bars
- Dry Cereal or Granola
- Peanut Butter or Nuts
- Dried fruit
- Crackers
- Canned Juices
- Baby food or formula, if needed
- Pet Food, if needed
- Manual Can Opener
- Other nonperishable foods

## Examples of Medical, Health and Emergency Supplies:

- Prescribed medical supplies such as glucose and blood pressure monitoring equipment (remember to rotate or refresh medicine regularly to make sure they have not expired)
- Soap, liquid detergent, and alcohol-based (60% to 95%) hand wash
- Disinfecting wipes or bleach for disinfecting things many people touch (mix 1 gallon of water with ¼ cup of bleach)
- A box of disposable vinyl or latex gloves to help protect you if you are taking care of sick family members
- Medicines for fever, such as acetaminophen or ibuprofen
- First Aid Kit: bandages, gauze, etc.
- Thermometer
- Anti-diarrheal medication
- Vitamins
- Fluids with electrolytes
- Flashlight
- Batteries
- Portable Radio
- Garbage Bags
- Tissues, toilet paper, and if necessary, disposable diapers and/or feminine products

**For more information on home safety visit:**

[homesafetycouncil.org](https://www.homesafetycouncil.org)

**For more information on emergency preparedness please visit:**

[www.norcalbt.com](https://www.norcalbt.com)



## BRAIN EXERCISE!!!

***Can you figure this one out???***

**What is the longest pair of English words that are pronounced exactly the same but share no letter in common?**

Email your guesses to [tcrim@co.sutter.ca.us](mailto:tcrim@co.sutter.ca.us).  
Please put "Brain Exercise-June"  
in the subject line.

**GOOD LUCK!!!**

**May Brain Exercise:**

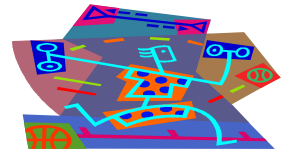
**I have a tail, and I have a head,  
but I have no body.**

**Answer:**

**A COIN**

**Congrats to Helen Park from the  
Assessor's office for being the first  
to guess correctly!**

## **UPCOMING SUTTER WELLNESS EVENTS:**



- **SHAPE UP SUTTER! EMPLOYEE FITNESS CHALLENGE**  
**MONDAY, JUNE 14<sup>TH</sup> – AUGUST 22<sup>ND</sup>**  
**10-WEEK SUMMER EMPLOYEE FITNESS CHALLENGE**  
AIMED AT GETTING YOU SUMMER READY, THIS PROGRAM CHALLENGES YOU TO SET YOUR OWN GOALS AND TRACK YOUR PROGRESS. INFORMATION CAN BE FOUND ON SUTTERNET OR WITH YOUR TEAM CAPTAINS.
  - **SUTTER WELLNESS TEAM MEETING**  
**TUESDAY, JUNE 22<sup>ND</sup>, 1-2 PM** - HEALTH DEPARTMENT AUDITORIUM  
ALL DEPARTMENT TEAM CAPTAINS WILL MEET TO DISCUSS UPCOMING ACTIVITIES AND EVENTS IN THE WELLNESS PROGRAM. ANY SUGGESTIONS OR IDEAS SHOULD BE SUBMITTED TO YOUR DEPARTMENT'S TEAM CAPTAIN PRIOR TO THE MEETING SO THEY CAN SHARE YOUR FEEDBACK WITH THE TEAM.
  - **SUTTER COUNTY EMPLOYEE BLOOD DRIVE**  
**THURSDAY, JULY 8<sup>TH</sup>, 10-2 PM** – BLOODSOURCE BLOODMOBILE, HEALTH DEPT PARKING LOT  
GIVE THE GIFT OF LIFE! IN JUST 45 MINUTES, YOU CAN HELP SAVE A LIFE BY DONATING A PINT OF BLOOD. ALL DONORS WILL RECEIVE A COUPON FOR A FREE PINT OF BASKIN-ROBBINS ICE CREAM.
- FOR MORE INFORMATION OR TO MAKE AN APPOINTMENT, PLEASE CONTACT TARA (822-5910 OR [TCRIM@CO.SUTTER.CA.US](mailto:TCRIM@CO.SUTTER.CA.US)).
- **HIKING CLUB ACTIVITY – INDEPENDENCE TRAIL, NEVADA COUNTY**  
**SATURDAY, JULY 10<sup>TH</sup>, 9:00 AM** – INDEPENDENCE TRAIL, TRAILHEAD  
JOIN US FOR OF DAY OF HIKING ON THIS BEAUTIFUL MOUNTAIN TRAIL. THE TRAIL FEATURES WATERFALLS, SCENIC VISTAS, AND A GENTLE SWITCHBACK DESCENT TO A LOVELY MOUNTAIN STREAM. THERE ARE RESTROOMS WITH FULL WHEELCHAIR ACCESS AT SEVERAL POINTS ALONG THE TRAIL.

FOR MORE INFORMATION, PLEASE CONTACT TARA (822-5910 OR [TCRIM@CO.SUTTER.CA.US](mailto:TCRIM@CO.SUTTER.CA.US)).