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A Monthly Insight into Promoting your Health and Well-Being

Issue #3

Wellness Committee Newsletter

Wellness means taking care of your body and mind

Simple & Yummy >>>



Ants on a log: A fun recipe to make with kids

Ingredients: Celery, peanut butter, raisins

Alternatives/additions: Nutella, grapes, apples, berries, pretzels, dark chocolate morsels.

Step 1: Wash and cut celery (log) into serving size pieces.

Step 2: Spread peanut butter in the grooved side of the celery.

Step 3: Decorate top of peanut butter with raisins or dark chocolate morsels (ants). Have your child count the ants, ask them to use their imagination to make a caterpillar or a snail! Add or replace ingredients with a different nut butter like Nutella, blueberries, white and red grapes, apples, pretzel sticks. Celery is pretty versatile, get creative!

Have a wellness idea or question? Thinking about becoming a Wellness Champion? Want to be in the spotlight? --Reach out to me

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November is National Diabetes Awareness month. In the United States, diabetes effects nearly 30 million lives. Here in Sullivan County, 8.3% of residents have the condition.

Chances are you know someone who is or you yourself may be a diabetic or a pre-diabetic. Some risk factors for diabetes include your genetics; being overweight or obese; tobacco and alcohol use; an unhealthy diet; decreased physical activity; and stress. While type I diabetes is strongly linked to your genes, type II diabetes is a preventable, chronic condition that can be life altering and fatal. Maintaining a healthy weight, eating a well-balanced diet and staying hydrated, spending time in physical activity, and engaging in practices like meditation and mindfulness can reduce excess blood sugar levels and prevent type II diabetes.

On the road? Pack healthy snacks for yourself to resist the urge to stop and grab a high calorie, sugar-dense snack/meal. Granola bars, berries and yogurt, apples and bananas with peanut butter, & veggies and hummus make easy, on the go snacks. Pack items in a cooler with an icepack and voila!

If you or a loved one has diabetes and uses insulin therapy, are the syringes being properly disposed of? They should be properly disposed of in a sharps container and/or brought to a local drop box. Here in Sullivan County, you can bring them to the following drop box locations:

- K&K Pharmacy in Liberty and Rock Hill Pharmacy

Whether you're on the road, at home, or in the office, taking your breaks can make or break your day. Try scheduling your breaks using your Outlook calendar or set an alarm on your phone. Don't just sit in your car or at your desk, maximize your breaks! Go for a walk, call a friend, listen to music. Unwind!

Staff Spotlight: Iris Reyes



Iris works in the intake office at Public Health Services. She has been with the County for 22 years. In addition to working in Intake, she has been a vital asset to the Epidemiology team helping with Spanish translation services during the Covid-19 pandemic.

Iris takes a variety of steps to stay healthy. "After so many attempts at different diets, I realized two important facts that kept me going. One is that I had to find what works for me and two is how can I make it fun?" Iris meal preps, adds a lot of fruits and vegetables to her meals, and tries new foods. "Last week, I tried acorn squash for the very first time and absolutely loved it." In addition to eating a well-balanced diet, Iris spends time in physical activity every week. "I made a promise to myself a long time ago that I have to get my butt out of my chair (no matter where that chair is located) and go. I stopped thinking about it, and just did it. To make exercise more enjoyable, I corral my co-workers to join me on walks during our 15 minute breaks. I try and encourage my co-workers to get up and GO, no excuses!"

Please join us on the next County Employee Wellness Walk/Turkey Trot on November 27th at 10am. See email invitation for more info.

Next Wellness Committee meeting is on 12/02/2020 at 3pm. See invitation to follow.