



July 2007

## FIT FOR LIFE!

*Brunswick County Government— Our Best Health For You  
In Brunswick... from the Wellness Committee!*



Have a safe 4th of July

### SPECIAL KUDOS TO THE FOLLOWING EMPLOYEES!

- ◆ Shelia Rivenbark of Operations Services has quit smoking one year on June 30th, She smoked for 29 years at 3 packs a day. We are very proud of her commitment to a healthier life!
- ◆ Kathy Wright, DSS has won the NCACC 10,000 Steps drawing at 16 weeks. She won a \$25 gift card to Dick's Sporting Goods.
- ◆ Nicole Jacobs of the Health Department has lost 28 pounds through diet and rigorous workouts at Gold's Gym but she is pleased to announce she is expecting a child. She will continue to work out to assist in maintaining a healthy lifestyle for her and her baby in the future!
- ◆ John Hobgood, GIS has lost 35 pounds from exercise and healthy eating by following the [www.sparkpeople.com](http://www.sparkpeople.com) website healthy ideas for a healthy lifestyle. He also has shaved 117 points off his cholesterol.
- ◆ Adam Sellers, Public Utilities landed a flounder weighing 8.45 pounds and topped the field in the Sudan Daredevils Flounder Tournament and won cash prizes totaling \$2500! What a whopper!
- ◆ Following up last month's lead story, Vern Thompson has now lost 36 pounds and is down to 242 pounds or 8 pounds since last month!
- ◆ The following Supervisors completed or attended the 10 week Supervisory Course entitled "Effective Supervisory Practices...Better Results Through Teamwork." Completing the course from the Tax Office; Renee Adams, Tammie Galey, Heather Hardee, Gay Mercer, Yolanda Potter; from Planning, Connie Marlowe, from Utilities; Ron Worthington, Michael Painter; from DSS, Evelyn Johnson; from the Health Department, April Sidbury. Attending the course was William Hewett from Utilities and Lee Curry from DSS.
- ◆ Thanks to the Human Resources and Finance Teams for successfully implementing the Kronos Timekeeping System and the updated Bitech Human Resources/Payroll System during the same time period!



### ERIC HILL SAYS IT WAS TIME TO "JUST DO IT!"

Eric Hill, Environmental Specialist for the County for the past 14 years, has always faced a weight battle. With age 40 staring him in the face last December and weighing 329 pounds and a family history of high blood pressure and diabetes, he finally said it's time to change my life; especially since he had 4 new shirts for Christmas and he could not wear them. He found a healthy lifestyle regimen in the book, "Bodies for Life" by Bob Phillips. His plan is portion control and exercise. His typical day starts with at least a 30 minute walk at 6am. Then he will have a bowl of raisin bran with a banana and lots of water. Around 10am he snacks on yogurt and carrots. For lunch he will have a portion controlled meal or, if he is eating out, he will have a normal lunch but only eat a regular portion. Around 3pm he will snack on grapes. Then for dinner he will normally use his George Foreman grill and prepare a healthy meal or he will stir fry and he has eliminated fatty foods. Along with this eating style he works out 3 days a week with cardio exercises and by walking and jogging. He also has a Bowflex machine that he uses to help with muscle tone. His energy level has grown tremendously and his blood pressure at 124/60 is the lowest he has seen in years! What's the outcome? Since December he has lost 50 pounds and is down to 279 pounds. His goal is to lose another 70 pounds by December weigh in at 200 pounds for a total weight loss of 129 pounds! Eric, we salute you! We are behind you!

### CONGRATULATIONS TO THE GOLF LEAGUE WINNERS!

The third season of play for the Brunswick County Employee golf league was highlighted by play at the Boiling Springs Lakes and Brierwood Golf Courses. With over 25 employees participating from various departments around the County, the Thursday evening rounds of golf promoted fun, exercise (chasing a lot of errant golf balls) and camaraderie. The players in the league would like to express a special appreciation to Eric Jelinski of the Parks and Recreation Department who coordinated the league and was always there with some great snacks.

The winners for the Spring 2007 season were:

#### Team

- 1st Place - Mike Grimes and Thad Hill - Public Utilities
- 2nd Place - Ronald Moore and Jerry Pierce - Public Utilities
- 3rd Place - Ron Worthington and Clint Humphrey - Public Utilities

#### Individual Scoring Leaders

- 1st Place - Mike Grimes - Public Utilities
- 2nd Place - Ronald Moore - Public Utilities
- 3rd Place - Ted Adams - Code Enforcement

Stay tuned for the fall season starting in September!

### SUNSCREEN: FACT OR MYTH?

Recently the writers of Health Magazine investigated some claims of the top 5 sunscreen brands who are facing a class action lawsuit alleging their claims mislead consumers. Here is what they found.

**Myth No. 1:** Sunscreen is all you need to stay safe.

**Reality:** "Sunscreen is only one part of the sun-protection picture," explains Francesca Fusco, M.D., an assistant clinical professor of dermatology at Mount Sinai Medical Center in New York. "Just slathering it on and doing nothing else isn't going to cut it because, even with sunscreen, there's still up to a 50 percent risk that you'll burn."

You also need to seek shade between 10 a.m. and 4 p.m. when sunlight is strongest; cover up with clothing, a broad-brimmed hat, and UV-blocking sunglasses; do regular skin self-exams; and get a professional skin evaluation annually. ([Health.com](http://Health.com): [How to spot skin cancer](#) )

**Myth No. 2:** SPF measures levels of protection against both UVB and UVA rays.

**Reality:** The SPF (sun protection factor) measures only the level of protection against UVB rays. But several of the 16 active ingredients approved by the Food and Drug Administration for use in sunscreens also block or absorb UVA rays, says Warwick L. Morison, M.D., professor of dermatology at Johns Hopkins Medical School and chairman of the Skin Cancer Foundation's Photobiology Committee.

Ingredients include: avobenzone (Parsol 1789), octocrylene, titanium dioxide, and zinc oxide, as well as the recently approved Mexoryl SX. Make sure one of these is in your sunscreen, or look for products labeled "broad spectrum," which means they protect against UVB and UVA rays. ([Health.com](http://Health.com): [Remedies for skin-care problems](#) )

**Myth No. 3:** Some sunscreens can protect all day.

**Reality:** "Regardless of the SPF or what the label says, sunscreens must be reapplied every two hours," Fusco says. "The active ingredients in most products begin to break down when exposed to the sun." Only physical blockers such as zinc oxide stay potent after two hours, but not all sunscreens are made with these ingredients.

## CAREMARK OFFERS PRODUCTS FOR DIABETICS UNDER THE HEALTH PLAN!

Caremark, your prescription drug company covers the following items under your prescription benefit program:

- ◆ Lancets
- ◆ Lancet Devices
- ◆ Test Strips
- ◆ Insulin Syringes

In order to receive coverage for these products through your prescription benefit, you will need your doctor to provide you with a written prescription or call in a prescription to a retail pharmacy or the Caremark Mail Order Pharmacy.

### Glucose Meters:

Glucose meters are not covered under the prescription program. However, you may receive an Accu-Chek or OneTouch blood glucose meter provided by the manufacturer at no charge if you are currently using a different meter. Only select models are available through this program. For more information on this, call Caremark at 1-800-588-4456.

## TRY OUT ONE OF THESE FITNESS CENTERS

- ◆ The Wilmington Family YMCA is offering a no contract, 50% off joining fee for Brunswick County. There is a general membership that includes use of gym, free weights and Cybex machines, free aerobics, cycling, Yoga and Pilates along with a free children's nursery. The cost is \$25.00 per month for young adults (12-22) and \$28.99 for Adults (23+) and special rates for seniors and family. Also, you can join the fitness center there which includes all the general membership amenities plus locker room with sauna and steam room, private workout areas with cardiovascular and weight equipments and more. The rates are \$39.00 per month for adults (18+) and \$36 per month for seniors along with special rates for family members. Contact 910-251-9622 or go to the [www.wilmingtonfamilyymca.org](http://www.wilmingtonfamilyymca.org) to find out more! This offer expires August 31, 2007.
- ◆ Lifequest Swim and Fitness Center in Little River, SC has a full workout center with indoor heated pool, outdoor pool, steam room, sauna, Yoga classes, Nautilus equipment and more. There is no enrollment fee and the single membership rate is \$40 per month. Certain rules apply to get this rate. For more information, contact them at 1-800-899-7954 or go to their website at [www.lqfitness.com](http://www.lqfitness.com).

## UPCOMING BRUNSWICK COUNTY PARKS AND RECREATION PROGRAMS

- ◆ If you love to ride bicycles for recreation, check out the Coastline Cycle Club. They sponsor group rides. The rides leave from Coastal Bike Shop at the Shallotte Crossing Shopping Center (near Home Depot and Belks). Helmets are required. The Tuesday and Thursday rides leave at 6pm and Sunday rides leave at 9am for a 32 mile loop ride. All levels and abilities are encouraged to ride-no one will be dropped. Contact LD at Coastal Bike Shop at 910-755-5656 or Diane at 910-540-2114.
- ◆ Cardio Tennis in the Park- starts July 24th through August 23rd. Tuesdays; 8am -9am and Thursdays; 6pm-7pm. Shallotte Park- \$30 a month or \$5 drop in fee- Taught by Tennis Pro Dave Gongora. Call Ruthie McHugh at 253-2583 to register.
- ◆ Water Babies Swim Lessons- Preschool and Beginners starting July 31st- contact Sea Trail Village Activity Center at 253-2672 for more information.

## THANKS FOR THE FREE TESTING!

Many thanks to Don Yousey, Health Department Director and his staff for offering free Cholesterol and Glucose testing on Thursday, June 28th and Friday June 29th. April Sidbury, Laboratory Supervisor (pictured with Cynthia Shumate of the Tax Office) Angela Little, Medical Lab Technician and Carrie Hassell, Public Health Nurse administered 76 Tests. The number of employees utilizing this free offer highlights the need to offer these tests in the future!!



## FIT FOR LIFE SPOTLIGHT

How many times have you thought to yourself how you would love to become healthier? With all the distractions in your busy life it can often be hard keeping up with the daily hustle; so, how would you be able to fit in working out, eating right or just improving your lifestyle? With that, I thought we could meet those who have been successful with this endeavor. Throughout this newsletter I will bring you people who have worked out this time-lifestyle obstacle and how they accomplished it. Hopefully you will read something that has worked for them and be able to apply it to your own life.

Terri Hanson is a 40 year old business woman, who teaches the Cardio Kick Boxing Class at the Brunswick Academy. She works in Southport, NC, as a financial manager for a local investment firm. Her hobbies include gardening, beaching, water activities, walking and working out. She said that she was not an active or healthy person until she became pregnant in 2001 with her daughter, Lexy. Terri told me that she was a smoker who ate poorly and didn't have an active lifestyle. All this led her to become 40 pounds over weight. Terri says, "she was a die hard smoker and was not a gym person whatsoever", but when she found out that she was pregnant, her first thought was "I have to change." And that she did.

Now 6 years later, she's kept it going by making healthy food choices, not smoking, and being active. She said that it was tough at first, but it is important to her and her family to stay healthy. I asked her how she did all this being a mom, a full time business woman and a wife? She said that it's still challenging but she does things to involve her family. She delegates house chores to give her 20 maybe 30 minutes a day to take a walk, bike ride, exercise what ever keeps her moving. Often she and her family do activities together, this helps everyone! She mentioned that she doesn't over do it; she eats within moderation, and she's implemented activities that she likes to do which helps with keeping her motivated. One activity she loves is aerobics.

Studies have shown that living a healthy and active lifestyle helps to keep blood cholesterol levels in control, lowers our blood pressure, keeps weight in control improves sleep, increases energy, and decreases the chance of many diseases. As Terri states "there isn't a quick fix to health. It just takes dedication and persistence to over come the obstacles and be successful with the goal of becoming healthier".

Story by Ruthie McHugh, Fitness Coordinator- County Parks & Recreation

## KICK THE HABIT... SMOKING CESSATION CLASSES OFFERED

Are you ready to kick the habit and quit smoking forever? Join the Brunswick Community Hospital 7 session smoking cessation course. It is a 6 week, 7 session course from 5:15p-6:15p at the Hospital on 8/7, 8/14, 8/16, 8/21, 8/28, 8/30 and 9/4. The cost is a total of \$25.00. To register, contact 755-1267 today!

Also, you can get assistance from calling 1-800-QUIT NOW!

## UPCOMING LUNCH AND LEARN

Wednesday, July 25th-EAP -"Building a Positive Relationship with your Spouse/Significant Other" - Health Dept. Board Room- Building A- times to be announced.

Please call Ext 2003 or e-mail Ron Riggs at [riggs@brunsc.net](mailto:riggs@brunsc.net) to reserve your space. Space is limited and food is served at some of the events.

