



**DeKalb County Employee
Wellness Committee Newslette- August 2023**



SAVE THE DATE

Annual Wellness Screening Dates

*Details and information about the registration process
will be sent in the fall.*

November 1st, 2023

DeKalb Campus
Community Outreach
Building

November 9th, 2023

Sycamore Campus
Gathertorium

Want to Help Volunteer?

The County is hosting a Northern Illinois Food truck at the DeKalb Campus, (Health Department parking lot) on **Friday, August 25th from 10am-11:30am**

We are still looking for volunteers to help with the event.

If you are interested in volunteering, please email wellnesscommittee@dekalbcounty.org

A confirmation email will be sent to you to confirm your participation.



Friday, August 25, 2023
10:00am-11:30am

DeKalb County Health Department
2550 N Annie Glidden Rd.
DeKalb, IL 60115

OVERDOSE *Awareness Week*

Recognize signs of an
overdose and take action
to save a life.

www.cdc.gov

#OverdoseAware

What you can look for:

- ⚠ Small, constricted "pinpoint" pupils
- ⚠ Falling asleep or losing consciousness
- ⚠ Slow, weak, or no breathing
- ⚠ Choking or gurgling sounds
- ⚠ Limp body
- ⚠ Cold and/or clammy skin
- ⚠ Discolored skin (especially in lips and nails)

August 28th through September 3rd has been proclaimed as Overdose Awareness Week. It's a time to raise awareness of drug overdose, strengthen our efforts to prevent overdoses and substance-use related harms and deaths, and enhance our support for individuals with substance use disorders.

Lifesaving naloxone

Naloxone can reverse an overdose from opioids, including heroin, illicitly manufactured fentanyl and fentanyl analogs, and prescription opioid medications. Often given as a nasal spray, naloxone is safe and easy to use.

You should carry naloxone if

- You or someone you know is at increased risk for opioid overdose, especially those with opioid use disorder (OUD).
- You or someone you know are taking high-dose opioid medications prescribed by a doctor.
- You or someone you know have both opioid and benzodiazepines prescriptions or use illicit substances like heroin or fentanyl.






Narcan Community Trainings

Presented by DeKalb County Health Department

Visit us at one of the locations below to:

- Receive a free training on Narcan administration
- Receive a free box of Narcan after the brief training session

The community trainings are informal and community members can stop by anytime between the times below.

Genoa Library		DATE 08/08/23	TIME 1:00pm-4:00pm
DeKalb Library		DATE 08/15/23	TIME 3:00pm-6:00pm <i>Spanish Bilingual staff</i>
Sandwich Library		DATE 08/21/23	TIME 11:00am-2:00pm
DeKalb Library		DATE 08/28/23	TIME 2:00pm-5:00pm <i>Spanish Bilingual staff</i>
Sycamore Library		DATE 08/29/23	TIME 1:00pm-4:00pm

Narcan can be lifesaving if administered in time



Narcan (Naloxone) is used to reverse an overdose from opioids

FREE CLASSES
Leishman Center Nutrition Classes
Registration Required



**How Eating Style Affects Bone Health
Throughout Lifespan (in-person)**

Tuesday, August 8th
Location: Kishwaukee Hospital
12:00pm-12:30pm

Description: Join Leishman Center staff for this brief, 30 minute discussion on understanding how eating style affects our bone health throughout our lifespan.

Healthy Fruit Based Desserts (online)

Wednesday, August 9th
6:00pm-6:30pm

Description: Join Leishman Center staff for this quick, 30 minute demonstration on creating beneficial desserts highlighting fresh fruit!

Mindfulness in the Kitchen (online)

Thursday, August 10th
10:00am-10:30am

Description: Have you heard about mindfulness? Join Leishman Center staff for this 30 minute discussion on how you can be mindful in the kitchen and when eating.

To view all of the August classes, visit the [link](#)

To register for classes, visit the link above or call 815-748-8962

Healthy Habits Newsletter

August 2023



6 Ways To Boost Your Exercise Motivation

You've heard it before - an active lifestyle is great for your health. Regular exercise reduces stress, helps you sleep better, lowers your blood pressure, and decreases your risk for disease. For many people, however, it can be difficult to jumpstart this healthy habit. If you're struggling to stay motivated, these tips can help you succeed (CDC):

- 1. Focus on sitting less:** Try using a standing desk, doing stretches throughout the workday, or taking a walk during lunch.
- 2. Carve out specific times to be active:** This might look like signing up for a weekly fitness class, planning to go to the gym on certain mornings, or taking a walk at the same time every day.
- 3. Make exercise a group activity:** Go on a bike ride with family, take a stroll with a friend, or join a recreational sports team with coworkers.
- 4. Set small goals and work your way up:** If you want to form a sustainable habit, start small. Rather than deciding to go to the gym every day, try committing to two or three days per week.
- 5. Try something new:** Bike a new route or try a free workout class. Trying different activities can help you identify what you enjoy most!
- 6. Find a routine that works for you:** Health experts recommend 150 minutes of moderate-intensity exercise weekly. Split this into smaller increments that work with your schedule.

August is National Immunization Awareness Month

Staying up-to-date on vaccines is an important part of managing your health! Throughout your life, doctors recommend vaccinating against various diseases as a preventative measure.

Are you up-to-date?

During your next wellness check, ask your doctor when you are due for the following:

- Influenza vaccine
- Covid-19 vaccine
- Tdap vaccine

Depending on your age and health history, you may also benefit from other immunizations.

Click [HERE](#) to see the CDC's recommendations for vaccinations by age.



Rise And Shine With These 11 Healthy Breakfast Ideas

1. Veggie Frittata
2. Whole-Wheat Pancakes
3. Sweet Potato Chicken Breakfast Hash
4. Chia Seed Pudding
5. Berry Oatmeal Bake
6. Greek Yogurt Pancakes
7. Healthy Breakfast Muffins
8. Banana Waffles
9. Potato and Zucchini Frittata
10. Chile Cheese Casserole
11. Banana and Walnut Smoothie

Find these recipes on [FoodNetwork.com!](https://www.foodnetwork.com)

Reduce Your Risk of Heart Disease

A healthy heart is key to staying well and living a long life. With heart disease one of the leading causes of death for U.S. adults, [Mayo Clinic](#) shares the best lifestyle habits to keep your heart strong:

- 1. Avoid Smoking or Tobacco Use:** These habits greatly increase your risk of heart issues. If you are a smoker or use tobacco, consider getting help to quit.
- 2. Exercise Regularly:** Aim to move for at least 30 to 60 minutes per day. This helps keep your heart strong!
- 3. Opt For Heart-Healthy Foods:** Limiting foods with high amounts of sodium, sugar, and saturated fats is a great first step to eating well. Strive to consume more fruits, vegetables, whole grains, and lean proteins too.
- 4. Keep A Healthy Weight:** If you are overweight, even a small weight loss can be beneficial for your heart health. Talk to your doctor to determine the best weight for you.
- 5. Prioritize Sleep:** Chronic sleep deprivation is correlated with high blood pressure, diabetes, depression, and risk for heart attack.
- 6. Reduce Stress:** High levels of stress can put a strain on your heart. It's also important to cope with these feelings in a healthy way, instead of turning to alcohol, smoking, or unhealthy eating.
- 7. Monitor Your Overall Health:** An annual health screening will help keep tabs on your well-being and detect disease in its earliest, most treatable stage.

Watch this video to learn more about heart disease.



Boletín Hábitos Saludables

Agosto 2023



6 Maneras de Aumentar su Motivación Para el Ejercicio

Ya lo ha escuchado antes: un estilo de vida activo es excelente para su salud. El ejercicio regular reduce el estrés, lo ayuda a dormir mejor, reduce la presión arterial y disminuye el riesgo de enfermedades. Para muchas personas, sin embargo, puede ser difícil reactivar este hábito saludable. Si tiene dificultades para mantenerse motivado, estos consejos pueden ayudarlo a tener éxito (CDC):

- 1. Concéntrese en sentarse menos:** Intente usar un escritorio de pie, hacer estiramientos durante la jornada laboral o caminar durante el almuerzo.
- 2. Establezca momentos específicos para estar activo:** Esto podría ser inscribirse en una clase de gimnasia semanal, planear ir al gimnasio ciertas mañanas o salir a caminar a la misma hora todos los días.
- 3. Haga del ejercicio una actividad de grupo:** Pasee en bicicleta con su familia, dé un paseo con un amigo o únase a un equipo de deportes recreativos con sus compañeros de trabajo.
- 4. Establezca metas pequeñas y avance:** Si desea formar un hábito sostenible, comience de a poco. En lugar de decidir ir al gimnasio todos los días, intente comprometerse a dos o tres días a la semana.
- 5. Pruebe algo nuevo:** Recorra una nueva ruta en bicicleta o pruebe una clase de ejercicios gratis. ¡Probar diferentes actividades puede ayudarte a identificar lo que más disfrutas!
- 6. Encuentre una rutina que funcione para usted:** Los expertos en salud recomiendan 150 minutos de ejercicio de intensidad moderada a la semana. Divida esto en incrementos más pequeños que funcionen con su horario.

Agosto es el Mes Nacional de Concientización Sobre la Inmunización

¡Mantenerse al día con las vacunas es una parte importante del control de su salud! A lo largo de la vida, los médicos recomiendan vacunarse contra diversas enfermedades como medida preventiva.

¿Estas al día? Durante su próximo chequeo de bienestar, pregúntele a su médico cuándo debe realizar lo siguiente:

- Vacuna contra la influenza
- Vacuna para el COVID-19
- Vacuna tdap

Dependiendo de su edad e historial de salud, también puede beneficiarse de otras vacunas.

Haga clic [AQUÍ](#) para ver las recomendaciones de vacunas de los CDC por edad.

Employee Assistance Program (EAP) Services



The focus of the Employee Assistance Program (EAP) in DeKalb County is to support employee wellness and overall well being, thereby increasing productivity and morale.

The Northwestern Medicine program provides a wide range of stress management tools to meet individuals' unique needs.

Services for employees

Northwestern Medicine offers the following services for all employees (whether or not you are on County insurance):

- Initial consultations, either in-person or on the phone
- Confidential short-term problem-focused assistance for employees and/or members of the household that focuses on:
 - Stress and coping
 - Health and personal well-being
 - Depression and anxiety
 - Grief, loss or traumatic event
 - Marriage, family and relationships
- Coordination of long-term behavioral health referrals with insurance benefits
- Crisis intervention and trauma response services available 24/7
- Licensed specialists with work/life expertise and certified employee assistance professionals

Counseling services

EAP counselors are available Monday-Friday, for daytime and evening appointments.

Monday-Wednesday: 8am–8pm

Thursday: 8am–5pm

Friday: 8am–4pm

To reach a crisis counselor after hours, please call 800.373.3327
