



October 2012

Wellness *flash*

RUTHERFORD COUNTY EMPLOYEE WELLNESS PROGRAM

In This Issue:

- ◆ 2012 EMPLOYEE WELLNESS FAIR ... 1
- ◆ WELLNESS HAPPENINGS ... 2
- ◆ WELLNESS SPOTLIGHT... 1
- ◆ FALL RECIPE ... 2

Don't Get Spooked by Bad Health, attend the ...

Rutherford County Employee Wellness Fair

This year the Wellness Fair is on Friday, October 12th from 3pm—8pm. We hope this new time will give the opportunity for more employees to attend. The event will be held at Lane Agri Park in the Community Center.

FREE Flu Shots will be available through Med Point clinic to RC employees and their spouses who are covered under the county medical plan. You must show your insurance card to receive a flu shot! Please note flu shots will not be given to anyone under 18 years of age at this event.

Mobile Mammography appointments are still available, covered at 100% under option 1 and 2. For an appointment email Kelli at kperrien@rutherfordcounty.org See page two for a list of vendors at the wellness fair.

**Enter to win \$150 Publix and Kroger Gift Cards by playing "Screening Bingo" (complete at least 5 screenings to be eligible).*



WELLNESS SPOTLIGHT

CHRISTINA MANLEY, TEACHER

I am a first year teacher at LaVergne Middle. I decided to begin my weight loss journey because I was unhappy with my body and I wanted a healthier lifestyle. My family has a long history of high blood pressure, obesity, diabetes, and cancer. I want to ensure that I do whatever I can to keep from continuing that tradition. I started with Weight Watchers and a gym membership. Now, I watch my serving sizes, carbohydrates and sugar intake. I have lost 85 pounds and have been maintaining my weight. I eat a primarily vegetarian diet, but have fish on occasion.

Since my weight loss, I notice I have more energy, less stress, and feel better in general. My day to day life has completely changed-I eat differently, I like how I look in my clothes (most of the time), and I don't get tired as easily. Most of all, I have learned to make time for exercise. It is hard to exercise in between planning lessons and grading papers. I have to make it a priority to take a walk or ride bikes after school each day. I also play active games on my Wii, such as Just Dance 3 and Zumba Party. My weight loss has also changed my husband's life. He took the journey with me. He has also lost around 80 pounds. Together, we support one another in our healthy lifestyles.

Walk Across Tennessee is well underway! We've had a record number of participants this year with 42 teams of 8 people each!

Remember, mid point turn in for mileage is due by October 12!

WALK *Across* Tennessee



Congratulations to Karen Mobbs, Team Captain of SCE Striders at Stewarts Creek Elementary. She won a \$25 Target Gift card for turning in her team's registration forms first! Great job Karen!

WELLNESS HAPPENINGS

OCTOBER

OCTOBER 12: Wellness Fair
3:00 PM—8:00 PM, LANE AGRI PARK
315 John Rice Blvd. M'boro

OCTOBER 12-31: RC Flu Clinics
**See page 3 for schedule*

**OCTOBER 16: LifeServices Webinar
"Preparing for College"**
TIMES: 11 AM, 1 PM AND 3 PM
www.lifeserviceseap.com

OCTOBER 17: Wellness on Wheels
8 AM—12 PM AT CENTRAL OFFICE

**OCTOBER 20: Oil Based Paint
Recycling Collection**
8 AM—11 AM
1140 HALEY RD. M'BORO

***For more information about registering for any of the above events, please visit the website at: www.rutherfordcountyttn.gov/rm/wellness.htm**

NOVEMBER

**NOVEMBER 10: Walk Across Tennessee
Winners Announced!**

**NOVEMBER 13 - DECEMBER 18
Taking Charge of Diabetes Workshop**
5:00 PM—6:30 PM
MED POINT CLINIC AT BLACKMAN ELEMENTARY
588 FORTRESS BLVD. M'BORO

NOVEMBER 15: Season of Wonder
9:30 AM—2:00 PM, LANE AGRI PARK
315 John Rice Blvd. M'boro
**Free Admission to Shop Holiday Vendors*

**NOVEMBER 16: Alzheimer's Association
Fall Conference**
8:30 AM—2:30 PM, CORNERSTONE CHURCH
726 West Old Hickory Blvd.
FREE

2012 EMPLOYEE WELLNESS FAIR VENDORS

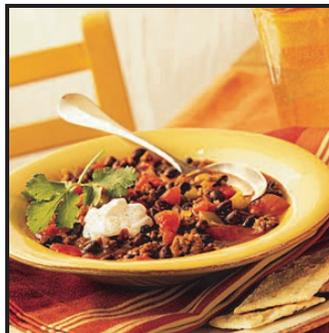
Air Evac Lifeteam #44
American Heart Association
Angiology Corp
Ascend Federal Credit Union
Cigna Healthcare
Concentra
CrossFit
Curves
Ideal You - BodPod
Liberty Mutual
LifeServices EAP
Lifesigns
Living in Abundance
MTMC Mobile
MTMC Wellness Center
Nationwide Retirement Solutions
Neuhaus Foot and Ankle
RCSO
C Environmental Education
Saint Thomas Health
Simplicity Gourmet / Hammer Stahl
Sleep Clinic Dr. Z
Smoothie King
Smyrna Fire Department
Soles4Souls Shoe Drive
Suntrust
Tennessee Chiropractic Alliance
Transformations 4 Life
TriStar Medical Group Blackman
Family Physician
TriStar StoneCrest Medical Center
United Way of Rutherford
and Cannon Counties
UT-TSU Extension
Valic
YMCA

FALL RECIPE: MEXICAN BLACK-BEAN CHILI

COOKING LIGHT.COM

Yield: 6 servings (serving size: 1 1/2 cups chili, 1 tablespoon sour cream, and 1 tablespoon cilantro)

- 1 cup diced onion
- 1 cup diced green bell pepper
- 1 pound ground chuck
- 1 1/2 cups no-salt-added beef broth
- 1 tablespoon chili powder
- 1 1/2 teaspoons ground cumin
- 3/4 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 3 garlic cloves, crushed
- 2 (14.5-ounce) cans no-salt-added diced tomatoes, undrained
- 2 (15-ounce) cans black beans, drained
- 6 tablespoons fat-free sour cream
- 6 tablespoons chopped fresh cilantro



Preparation

Place a large nonstick skillet over medium-high heat until hot. Add first 3 ingredients; cook until browned, stirring to crumble. Drain well; return meat mixture to pan. Add broth and next 8 ingredients (broth through beans); bring to a boil. Reduce heat; simmer 15 minutes or until slightly thick, stirring occasionally. Ladle chili into soup bowls; top with sour cream and cilantro.

Nutritional Information:

Calories: 346; Fat: 11.6g; Saturated Fat: 4.3g; Monounsaturated fat: 4.7g; Polyunsaturated fat: 0.8g; Protein: 25.4g; Carbohydrate: 35.5g; Fiber: 5.5g; Cholesterol: 44mg; Sodium: 529mg

SMART STEPS WELLNESS CALENDAR ON THE WEB:

[www.rutherfordcountyttn.gov/
rm/wellness.htm](http://www.rutherfordcountyttn.gov/rm/wellness.htm)

Rutherford County Risk Management
303 North Church #201
Murfreesboro, TN 37130

Phone: 615-898-7715

Fax: 615-867-4602

Smart Steps Employee Wellness Program's mission is to motivate our employees to make healthy lifestyle choices through education and activities that support positive change, resulting in improved productivity, morale, and health care cost savings for the County. The program provides access to services for physical, emotional, social health for active & retired employees.