Bexar County Connection

News, events, and information for Bexar County Employees

MAY IS:
National Physical Fitness & Sports Month

People of all ages can benefit from regular physical activity. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active.

Here are a few benefits of physical activity:

* Children and adolescents - Physical activity can improve muscular fitness, bones and heart health.
* Adults - Physical activity can lower risk for heart disease, type 2 diabetes, and some types of cancer.
* Mature adults - Physical activity can lower the risk of falls and improve cognitive functioning (like learning and judgment skills).

Melanoma/Skin Cancer Prevention Month

Skin cancers is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV Radiation can also come from tanning booths or sunlamps. The most dangerous kind of skin cancer is called melanoma.

The good news? Skin cancer can almost always be cured when it’s found and treated early. Communities, health professionals, and families can work together to prevent skin cancer or detect it early on.

Encourage your family to adopt good habits and wear sun screen on a daily basis. Wear waterproof sunscreen for swimming and any water sports.

For more information on these subjects: Visit healthfinder.gov

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May Holiday
Memorial Day
Monday
05/26/14

Bexar County Connection is produced monthly by Bexar County Human Resources. Send us your news and events information via e-mail at CountyConnection@bexar.org.
Reason #1 to Enroll in Living Well with Diabetes: The Program is Offered at No Cost to You.

If you or someone in your family has diabetes there are a lot reasons to enroll in Living Well with Diabetes from EosHealth. Reason #1 is: The program is free.

It’s the benefit our current members talk about the most. We understand that free doesn’t automatically equal good, but let’s face it, diabetes is really expensive to manage. If there were a program that gave you everything you needed at no cost to you, wouldn’t you do it?

This program is it – it provides you the tools you need (a blood glucose meter, lancets, test strips, and refills) for free. And it’s part of your insurance benefit if you’re covered under the Aetna health plan, so there is no co-pay and no deductible. You get more supplies at zero cost, which can lead to a healthier you.


The Top 5 Reasons to Enroll in Living Well with Diabetes

1. **The Program is Free**
2. Knowledge is Power
3. A Great Coach Makes All the Difference
4. Our Current Members Love it—You Will, Too
5. A Moment in Time Matters, but Trends Count, Too
Mark Your Calendar

DIVERSITY TRAINING EXPANDED

Because of the large response and requests to train all employees on Diversity, we are pleased to confirm that we have booked the Central Jury Room to accommodate 80 employees per session. We would like to FILL every session so we would encourage all offices and departments to coordinate their staffing as soon as possible.

We hope that your office or department will coordinate schedules to maximize this opportunity.

Please call Ryan Martinez at 335.2746 or email him at HRtraining@bexar.org to enroll your employees.
FIVE HABITS TO BREAK TODAY

Between balancing work, home, family and life, it can be easy to develop unhealthy habits without realizing it. Do any of these sound familiar?

Cutting Out All Snacks

1

Snacking has received a bad reputation. However, snacking can help you decrease calorie intake during meal time, give you an opportunity to take in more healthy nutrients, and keeps blood sugar levels even throughout the day. The key is to eat healthy snacks such as air-popped popcorn without salt or butter, low-fat yogurt, fresh fruits & vegetables, and various types of nuts. In fact, a study of overweight post-menopausal women, published in the Journal of the Academy of Nutrition and Dietetics, found that they had more weight loss success when they had 1 to 2 healthy snacks a day, especially if those snacks were in the afternoon, breaking up that long stretch between lunch and dinner. 1

Skipping Sleep

2

Even though 8 hours of sleep is ideal for optimum health, the average American actually only sleeps 6.9 hours a night. 2 Study after study has confirmed that not getting enough shut-eye can lead to or exacerbate several conditions including depression, weight gain, and can even compromise your immune system.

Eating Late at Night

3

Not only can eating late make it difficult to sleep, it is often the culprit for late-night indigestion, and can lead you to pack on the pounds. A recent study in Cell Metabolism found that mice that ate an early dinner and then fasted for 16 hours were thinner than those who ate the same amount of calories but snacked around the clock. In fact, even the mice that were fed a high-diet gained less weight when they fasted. 3 This and additional studies have led researchers to suspect that a longer lapse between meals (not snacks) allows the body to process food more efficiently.

Not Getting Enough Exercise

4

There are so many positive benefits to exercise that it is hard to believe everyone is not doing more of it. As you probably already know, exercise can help you look and feel great, assist with weight loss, and can boost your energy.

Additionally, exercise can help you live longer. According to the Framingham Heart Study, participants with higher activity levels lived 1.3 to 3.7 years longer. 4 Exercise has also been proven to lower your risk of some types of chronic diseases such as heart disease and cancer. It also helps improve blood flow to the brain, which keeps you sharp and can help keep blood sugar under control.

Not Drinking Enough Water

5

If you listed what it really takes to survive, water would be at the top of the list. 60% of the human body is water and it serves several essential functions such as regulating internal body temperature through sweating and respiration, flushes waste out of your body, lubricates your joints, and so much more! 5 Staying hydrated also helps keep your mood stable and memory sharp. The Institute of Medicine says adult men need about 13 cups of fluid per day and adult women need about 9. 6

SAVE YOUR EYES

Eye strain is the fatigued feeling you get in your eyeballs from staring at a computer screen all day. While we have everyday life occurring around us, a majority of our 40+ hour work week is spent on a computer screen. If you suffer from dry or tired eyes, headaches, and/or loss of focus then you might be suffering from eye strain. Below are some tricks to help:

- Maximize screen characters
- Break every 15 mins from screen
- Blink more
- Push monitor back
- Eat foods with vitamins A, C, and E
- Clean monitor often
- Avoid working with a glare on screen
- Get eyes checked regularly

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Harlandale ISD School-based Health Center

University Health System and Harlandale Independent School District (HISD) have teamed up to offer the first school-based health center in San Antonio, giving medical care to the students of HISD and their siblings, up to age 18.

**Services offered:**
- Immunizations
- Physical exams/Well Child checkups
- Sports physicals
- Minor acute care (ear infections, throat infections, asthma, bronchitis)
- Health education on nutrition, disease and injury prevention
- Medication prescriptions as needed

A parent/guardian must be in attendance at each visit.

**Hours of operation:**
- Monday: 8 a.m. – 6:30 p.m.
- Tuesday: 9 a.m. – 6:30 p.m.
- Wednesday: 1 p.m. – 6:30 p.m.
- Thursday: 9 a.m. – 6:30 p.m.
- Friday: 9 a.m. – 4 p.m.

Same day appointments are available!

**Contact Us**
358-TALK (8255)
May also spotlights
National Salad & National Salsa Month

Green Bean Salad

2–14.5 ounces cans green beans, drained
1 small onion, chopped
1 medium tomato, diced
1/3 cup Fat Free Italian dressing

Clean the tops of canned green beans before opening them. Wash and chop onion and dice the tomato. Toss green beans, onion, tomato and dressing together in a bowl. Chill in refrigerator until ready to serve.

Preparation Time: 10 minutes
Chill Time: 20 minutes
Serves: 8
Cost per serving: $0.39

Nutrition facts per serving:
Calories: 30
Total Fat: 0 g
Cholesterol: 0 mg
Sodium: 440 mg
Total Carbohydrate: 6 g
Protein: 1 g

Avocado-Corn Salsa

1 medium avocado, diced
1/2 cup quartered grape tomatoes
2 teaspoons lime juice

Toss avocado, corn, tomatoes, cilantro, lime juice and salt in medium bowl.

Serve with: Chile-Lime Tortilla Chips

Preparation Time: 10 minutes
Cook Time: 0
Serves: 4

Nutrition facts per serving:
Calories: 101
Total Fat: 7 g
Cholesterol: 0 mg
Sodium: 75 mg
Total Carbohydrate: 11 g
Protein: 4 g

Recipes are courtesy of the:
Texas A&M AgriLife Extension

San Antonio B-Cycle have many stations downtown including a location at the corner of Nueva and South Flores. They have also expanded to include the Mission Reach. For a full list of locations and information, go to:
sanantonio.bcycle.com.

<table>
<thead>
<tr>
<th>DAILY MEMBERSHIPS</th>
<th>ANNUAL MEMBERSHIP</th>
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<tbody>
<tr>
<td>$10 24-Hour Day Pass (Purchased at B-Cycle Station or Online)</td>
<td>$80 Annual Membership (Only)</td>
</tr>
<tr>
<td>$24 7-Day Pass (Purchased in Store)</td>
<td></td>
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</tbody>
</table>

Students, Teachers, Seniors and Military

Email info@sanantonio.bcycle.org for a promotional code to receive 20% off an Annual Membership. This cannot be combined with any other promotional codes or special offers.
## Employee Training Calendar - MAY 2014

*All classes are available for all County employees.*

*Employees should have supervisors approval before enrolling and attending a class.

<table>
<thead>
<tr>
<th>Date</th>
<th>Course/Class</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, May 1, 2014</td>
<td>Mini-Session for Adobe: Intro To Acrobat Pro (Part II)</td>
<td>9:00am-12:00pm</td>
<td>Paul Elizondo Tower 2nd Floor, Room 205</td>
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<tr>
<td>Thursday, May 2, 2014</td>
<td>Typing 101</td>
<td>9:00am-4:00pm</td>
<td>Paul Elizondo Tower 2nd Floor, Room 205</td>
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<tr>
<td>Tuesday, May 6, 2014</td>
<td>Mini-Session for Word 2010: Working w/ Tables</td>
<td>9:00am-12:00pm</td>
<td>Records Center 232 Iowa St.</td>
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<tr>
<td>Wednesday, May 7, 2014</td>
<td>Excel 2010-Level 2</td>
<td>9:00am-4:00pm</td>
<td>Paul Elizondo Tower 2nd Floor, Room 205</td>
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<tr>
<td>Thursday, May 8, 2014</td>
<td>Outlook 2010-Level 2</td>
<td>9:00am-4:00pm</td>
<td>Records Center 232 Iowa St.</td>
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<tr>
<td>Monday, May 12, 2014</td>
<td>Visio 2010-Level 1</td>
<td>9:00am-4:00pm</td>
<td>Records Center 232 Iowa St.</td>
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<tr>
<td>Tuesday, May 13, 2014</td>
<td>Negotiation Skills</td>
<td>9:00am-12:00pm &amp; 1:00pm-4:00pm</td>
<td>HR Training Room 211 South Flores</td>
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<tr>
<td>Wednesday, May 14, 2014</td>
<td>Mini-Session for PowerPoint 2010: Perfect Presentation</td>
<td>9:00am-12:00pm</td>
<td>Paul Elizondo Tower 2nd Floor, Room 205</td>
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<tr>
<td>Wednesday, May 14, 2014</td>
<td>TCDRS</td>
<td>9:00am-12:00pm &amp; 1:00pm-4:00pm</td>
<td>HR Training Room 211 South Flores</td>
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<tr>
<td>Friday, May 16, 2014</td>
<td>Word 2010-Level 2</td>
<td>9:00am-4:00pm</td>
<td>Records Center 232 Iowa St.</td>
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<tr>
<td>Friday, May 16, 2014</td>
<td>Airrosti</td>
<td>12:00pm-1:00pm</td>
<td>HR Training Room 211 South Flores</td>
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<tr>
<td>Tuesday, May 20, 2014</td>
<td>PowerPoint 2010-Level 2</td>
<td>9:00am-4:00pm</td>
<td>Paul Elizondo Tower 2nd Floor, Room 205</td>
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<td>Wednesday, May 21, 2014</td>
<td>Excel 2010-Level 1</td>
<td>9:00am-4:00pm</td>
<td>Records Center 232 Iowa St</td>
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<td>Wednesday, May 21, 2014</td>
<td>Personnel Law &amp; ADA - for Supervisors</td>
<td>9:00am-12:00pm &amp; 1:00pm-4:00pm</td>
<td>HR Training Room 211 South Flores</td>
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<td>Thursday, May 22, 2014</td>
<td>Mini-Session For Excel 2010: Managing and Analyzing Your Data</td>
<td>9:00am-12:00pm</td>
<td>Records Center 232 Iowa St</td>
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<tr>
<td>Wednesday, May 28, 2014</td>
<td>Mini-Session For Word 2010: Creating Fillable Forms</td>
<td>9:00am-12:00pm</td>
<td>Records Center 232 Iowa St</td>
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<td>Thursday, May 29, 2014</td>
<td>Vision 2010-Level 2</td>
<td>9:00am-4:00pm</td>
<td>Records Center 232 Iowa St</td>
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<td>Friday, May 30, 2014</td>
<td>Intro to PC and Windows</td>
<td>9:00am-4:00pm</td>
<td>Records Center 232 Iowa St</td>
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Service Anniversaries
MAY 2014

FIVE YEARS
4th Court of Appeals
Commissioners Court
Constable Pct. 2
Constable Pct. 3
District Attorney
District Clerk
District Clerk
District Courts-Civil
District Courts-Criminal
District Courts-Criminal
Juvenile Detention
Juvenile Probation
Public Works
Sheriff’s Office

Marialyn E. Barnard
Kevin A. Wolff
Valentin Flores
Mark Vojvodich
Jennifer McDaniel
Michael S. Darden
Lorraine Robles
Antonia Arteaga
Latricia Austin
Amy Hinds
Ronald Rangel
Elba Hernandez
Gina Arriaga
Shiva Sandrana
Raymond L. Ferdin

TWENTY-FIVE YEARS
Constable Pct. 4
Information Technology
Judicial Services

Katherine Rosales
Mary Esther Valdez
Henry Hollyday

THIRTY YEARS
District Attorney
Sheriff’s Office

Deborah Parrott
Marcia Paquel
John Sommerville

FIFTEEN YEARS
Commissioners Court
District Attorney
District Attorney
District Attorney
District Attorney
District Attorney
District Attorney
District Courts-Civil
District Courts-Criminal
Justice of Peace - Pct 3 Place 1
Sheriff’s Office
Tax Assessor-Collector
Tax Assessor-Collector

Thomas F. Adkisson
Mario Llano
Catherine Babibtt
Michael C. Beers
Clifford C. Herberg
Lashaunda Newell
Carl J Weyrich
Kathryn E Whitcomb
Rhonda L Hogan
William E Donovan
Veronica F. Hignojoz
Luis E. Carrizales
Leticia M Garza

TWENTY YEARS
Sheriff’s Office
District Clerk
District Clerk
District Courts-Civil
District Courts-Criminal

Charles E. Hopes
Denise Chavez
San Juanita Gonzalez
Luis Duran
Debra Doolittle

Deer Oaks May
Employee Enhancement Newsletter Click Here

Deer Oaks Supervisor Newsletter Click Here

To log in to the Bexar County account, go to
www.deeroaks.com
Login name is “bxco”
Password is “bxco”

Click through to find the Legal and Financial Online Services Access
Reenter the login and password to enter the site