



UPDATES AND INFO FROM NOVIA CARECLINICS



United Way Campaign Prize Winners

Twenty-three names were drawn at random by the County Commissioners from those who contributed or pledged \$50 or more to this year's United Way Campaign for the following prizes. Congratulations to our prize winners and Thank You to all who donated. Our thanks also to the vendors who donated prizes.

A New Year and the Resolutions We Make

Each year many of us set resolutions to transform our life. From past experiences, we all know how hard it can be to keep them. Most importantly, we often forget how to set in motion a plan to follow through with our resolutions, a way to measure our goals and celebrate our successes. Often it is a matter of clearing the mental hurdles by believing in ourselves, setting realistic goals and planning to keep ourselves motivated.

Is it your goal to be smoke free? If so, GREAT! It is a great step towards a healthier tomorrow. By quitting, you will be lowering your risks of cancer, heart disease and stroke. Smoking can also affect fertility. If you decide to quit "cold turkey", realize that it can be very difficult. Be sure to plan for the periods of withdrawal and the irritability and restlessness that can come with withdrawal. An alternate activity (like exercise) can combat the symptoms of restlessness and brighten your mood. Plan to grab a stalk of celery or a carrot instead of a candy bar. Ask those around you to be supportive – not confrontational. Perhaps you would prefer an aid in quitting. If so, schedule an appointment with your physician. They can offer products, medications and programs that will assist you.

Is it your goal to lose weight? If so, remember many people have lost weight and kept it off over a period of time. And that is what you want to do also. Set a reasonable goal – 4 to 6 pounds a month – is usually a good benchmark. To sustain weight loss, eat a low calorie, low fat diet and maintain regular eating habits. Don't try to give up everything you like all at one time – instead, begin replacing what you eat with healthier choices. Give up the giant servings! Many people find they can successfully lose weight just by reducing their serving sizes.

Is it your goal to exercise more? If so, target 20 – 30 minutes of exercise each day. Brisk walking, swimming and cycling are great aerobic conditioning. Add activities that work your muscles and burn calories. Look for possibilities in your normal routine: clean up the yard, walk to lunch, take the stairs instead of the elevator. Be sure to do daily stretching. It adds flexibility and protection from muscle strain and injuries. As you become more comfortable with your exercise program you can add weights and calisthenics to increase strength.

REMEMBER: The Novia CareClinic is there to help and support you. You also have health coaching available through your program. Contact the clinic for assistance in beginning your program.

\$25 Goshen Floral Shop Gift Certificate

Hollie Lambert, Health - Health Education
Barb Wray, Auditor's Office

\$25 Matzke's Floral Gift Certificate

Peg Ramey, Health - Community Health Nursing
Jim Miller, Buildings and Grounds

\$25 Terri's Flower Basket Gift Certificate

Kim Miller, Auditor's Office
A. J. Pletcher, Elkhart Township Assessor

\$25 Westview Floral Gift Certificate

Grace Johnson, Elkhart Township Assessor
Christina Phillips, Osolo Township Assessor

\$25 Applebee's Gift Certificate

Jan Appenzeller, Personnel
Kathy Wright, Health - Healthy Beginnings

\$25 Texas Roadhouse Gift Certificate

Carol Carpenter, Treasurer
Bob Girard, Court Services

2 Lunch Buffets - Cici's Pizza

Amy Griner, Prosecuting Attorney
Amy Herring, Prosecuting Attorney
Vicki Richardson, Health - Healthy Beginnings

Great-West Jacket

Kristina Jensen, Auditor's Office

Great-West Polo Shirt

Marjo Robbins, Superior Court III

Elkhart County T-Shirt

Jason Kauffman, Soil and Water Conservation

Elkhart County Ball Cap

John Loos, Cleveland Township Assessor
Jenny Schrock, Health - Healthy Beginnings

Goshen Health System Insulated Cooler on Wheels

Jennifer Martin, Prosecuting Attorney

Goshen Health System Beach Towel

Becca Briscoe, Elkhart Township Assessor

Elkhart County Insulated Travel Mug

Kathy Meteiver, Superior Court V



Upcoming Holiday Schedule for Novia CareClinics

The Novia Care Clinics will be **OPEN** on:

Monday, January 21 – Martin Luther King, Jr. Day

Monday, February 18 – President's Day

The Novia Care Clinics will be **CLOSED** on:

Friday, March 21, 2008 – Good Friday