



State of Nevada

Department of Administration

Peak Performance

Risk Management Division

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LCC Employees Involved With Their Community

Lovelock Correctional Center employees have huge hearts. They continually work on fund-raisers or plan new ones. Their latest effort was the Walk for Louie. Louie Gutierrez is the 2 year2old son of a former Correctional Officer who has acute lymphoblastic leukemia.

The employees participate in quarterly Blood Drives for United Blood Services. The Bloodmobile comes to the facility for 2 days each quarter and parks in the parking lot. Approximately 25 employees per day donate blood. In 2011 LCC won the Determine to Succeed Award for donations from United Blood Services and are awaiting the results from this year. They also received the Real Hero Award from the American Red Cross, (Winnemucca) in 2012 for the Community Hero Group category.

They have a Relay for Life Team called the Peace Keepers that participate with the American Cancer Society. Through this organization they met Gracie Geremia, the Community Relationship Manager for Lovelock, Fernley and UNR in 2010 and 2011; who had been accepted into the Peace Corps as a rural volunteer in Mumena, Zambia, teaching English to 7th graders. This inspired a new fund-raiser for the employees called T-shirts to Zambia. The T-shirts were donated by United Blood Services and Relay for Life and LCC employees hold bake sales to pay for the postage.

LCC employees also created a fund-raiser for military employees called The 4th of July Military Care Package. The employees collect donated items to send to LCC/NDOC military employees that have been deployed overseas. During the months of October, November and December employees collect food donations for the Lovelock Food Bank. Simultaneously they coordinate a Toy Drive with all donated toys given to the Lovelock Police Department and collect items for Santa for Seniors. The items are distributed to local seniors to make their holiday a little merrier.

In addition to their extreme generosity, they have their own Scholarship fund for Pershing High School students; one for \$500.00 and one for \$1,000.00. They have been nominated for both the 2012 Governor's and Presidential Point of Lights awards. The Point of Lights award is given for community volunteerism.

Accolades go out to Warden Robert LeGrand, ASO Katy Phillips, SC/O Tamara Bartel, AAI Coralee Gorsline, C/O Katie House, SC/O John Craspay, C/O Shari Kassebaum, LCC Storekeeper Laurie Rose, Alan Pierce, instructor for Pershing County School District, for organizing and coordinating the fund-raisers. A special thanks to Lt. Valaree Olivas, not only for her help in coordinating projects at LCC, but in helping with this article.

PEAK PERFORMERS

EMPLOYEE	AGENCY	MET LEVEL
Aldis, Danny	P&P	16.9
Aten, Arthur	NHP	16.9
Athen, Arthur	NHP	16.9
Atherton, Richard	DOC	16.5
Ayala-Zapata,Luis	NHP	19.2
Barney, Kelly	NHP	17
Bennett, Travis	DOC	19.2
Bluth, Charles	NDI	16.9
Brownlee, Brett	NDF	16.9
Clement, Steven	NDF	16.9
Comba, Michael	NHP	17.5
Corbit, David	NDF	16.9
Davidson, Michael	NHP	19.2
Diamond, Michael	NHP	19
Giovani, Minoletti	NHP	19.2
Gonzales, Garrett	OOM	16.9
Grayson, James	NHP	19.6
Gusmerotti,Damien	NDF	19
Hanski, Jason	DOC	17.4
Harroun, Aaron	DOC	16.9
Hatch, Margaret	P&P	16.9
Holt, Eric	NDF	17.4
Isernahgen, August	NDF	17.8
Jackson,Jason	DOW	16.9
Klebenow, Donald	DOW	16.9
Knudsen, Richard	NDF	17.1
Lacy, Ward	OOM	16.9
Layton, Scott	DOC	16.9
Livrieri, Joe	NDF	16.7
Longman, Adam	NDF	16.9
Lytle, Shawn	NDF	16.9



EMPLOYEE	AGENCY	MET LEVEL
Mangiaracina, Mike	NHP	16.1
Marin, Cruz	NHP	16.9
Maslach, Joseph	NDOW	16.9
O'Rourke, Stephanie	P&P	16.9
Osborn, Dennis	NHP	19.8
Osborn, Ryan	P&P	16.9
Page, Adam	P&P	16.1
Papke, Ed	NDOC	16.9
Penn, Anthony	DMV	16.9
Prestipino, Gregory	P&P	17.1
Stewart, James	NHP	16.9
Stewart, Kyle	P&P	16.9
Summers, Adam	P&P	16.9
Tanner, Andrew	NHP	16.9
Timm, Steve	NHP	16.9
Vela, Laurie	P&P	16.9
Walther, Chris	NDF	16.9
West, William	NHP	17

Oatmeal Nutrition Facts You Need To Know

If you are looking for a delicious way to eat healthy you need to consider oatmeal. Oatmeal is considered an almost magical food, given its many health benefits. Let's take a look at how beneficial oatmeal can be for you:

Oatmeal helps you lose weight

Oatmeal is appealing to health experts because it actually reduces your craving for foods that are not good for you.

Oatmeal nutrition leads to a healthier heart

All of the nutrients in oatmeal are exceptionally good for you and your ticker. Your heart needs all of the B vitamins, calcium, iron, and Vitamin A it can get. These are found in oatmeal.

Oatmeal nutrition actually gets rid of bad cholesterol

Not only does oatmeal help lower one of the leading causes of heart disease, it is also able to completely remove it.

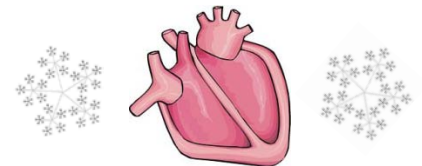
EMPLOYEES MAKING SUBSTANTIAL HEALTH IMPROVEMENTS

EMPLOYEE	AGENCY
Aguilar, Hector	P&P
Altenhofen, Dawn	NHP
Ames, Justin	NHP
Aranda, Cesar	NHP
Bartel, Otto	DOC
Beach, Kirt	NHP
Bell, Santo	NHP
Billich, Joni	P&P
Bowles, Brian	DMV
Brannum, James	NHP
Callen, David	NHP
Carpenter, John	NDF
Chavera, Angie	NHP
Clark, Stephen	DOC
Crossman, Mike	DOC
Crowder, Vance	DOC
Cynthia Cobb	NDOC
Dankowski, Paul	DOW
Daulton, Troy	NDOC
DelPadre, Dom	NHP
Dodge, John	NHP
Dunckhorst, J	NDI
East, Ray	DOC

EMPLOYEE	AGENCY
Estepa, Eric	P&P
Gallagher, J	NHP
Greb, Chris	NHP
Gresock, John	P&P
Gurley, James	P&P
Harp, Jacob	NHP
Harroun, Aaron	DOC
Harroun, Kenneth	DOC
Hecimovich, J	P&P
Hernandez, Jorge	NHP
Hernandez, N	NHP
Hicks, Sam	NDF
Hoehne, Brian	NDF
Hoehne, Keith	NHP
Hollingsworth, H	DOC
Kirste, William	NDOC
Klassen, John	DOC
Lesbo, Marcus	NDF
Lewis, Ashley	P&P
Lewis, David	NHP
Mesa, Joseph	P&P
Miner, Samuel	P&P
Moskoff, Steffen	DOC

EMPLOYEE	AGENCY
Nicholas, J	DMV
Ortega, Jose	Lakes Xing
Peterson, Rod	DOC
Protain, John	NHP
Rest, Tim	Lakes Xing
Rigney, Chad	DOC
Rikalo, Robert	NHP
Robertson, Larry	NHP
Roth, Neil	NHP
Savedra, Ricardo	DOC
Segura-Vasquez A	DOC
Sneed, Bob	NHP
Summers, Adam	P&P
Timm, Michael	NHP
Tokarz, Robert	Lakes Xing
Urresti, James	NDF
Vallaster, Albert	DOC
Ward, Michael	DOC
Woolever, Tim	NDF
Ybarra, David	DOC
Zacharias, Jarrett	DOC
Zana, Brian	P&P

COLD WEATHER AND CARDIOVASCULAR DISEASE



The fall and winter seasons bring cooler temperatures and, for some, ice and snow. It's important to know how cold weather can affect your heart, especially if you have cardiovascular disease. People who are outdoors in cold weather should avoid sudden exertion, like lifting a heavy shovelful of snow. Even walking through heavy, wet snow or snow drifts can strain a person's heart.

How does cold weather affect the heart? Many people aren't conditioned to the physical stress of outdoor activities and don't know the dangers of being outdoors in cold weather. Winter sports enthusiasts who don't take certain precautions can suffer accidental hypothermia.

Hypothermia means the body temperature has fallen below 95 degrees Fahrenheit. It occurs when your body can't produce enough energy to keep the internal body temperature warm enough. It can kill you. Heart failure causes most deaths in hypothermia. Symptoms include lack of coordination, mental confusion, slowed reactions, shivering and sleepiness.

Children, the elderly and those with heart disease are at special risk. As people age, their ability to maintain a normal internal body temperature often decreases. Because elderly people seem to be relatively insensitive to moderately cold conditions, they can suffer hypothermia without knowing they're in danger.

People with coronary heart disease often suffer angina pectoris (chest pain or discomfort) when they're in cold weather. Some studies suggest that harsh winter weather may increase a person's risk of heart attack due to overexertion.

Besides cold temperatures, high winds, snow and rain also can steal body heat. Wind is especially dangerous because it removes the layer of heated air from around your body. At 30 degrees Fahrenheit in a 30-mile wind, the cooling effect is equal to 15 degrees Fahrenheit. Similarly, dampness causes the body to lose heat faster than it would at the same temperature in drier conditions.

?? DID YOU KNOW??

The U.S. Food and Drug Administration is launching an investigation into the safety of energy drinks, shots and chews, which have skyrocketed in popularity in recent years. Although these products provide the temporary energy rush consumers crave, they also contain a substantial amount of caffeine, sugar and other ingredients that can sometimes lead to serious side effects such as insomnia, an increased or irregular heartbeat, agitation, irritability and seizure, and possibly even death.

Heart Healthy Holiday Dinning



The holiday season is about celebrating with friends, family and food! Too often a few extra pounds are added to our waistlines – on average 7 – 9 pounds from

Thanksgiving through New Year's! A great way to avoid seasonal weight gain is by increasing your physical activity. Things like going for a family walk after each meal, throwing a football or building a snowman are good family activities.

Making healthier choices at the holiday dinner table can help cut the calories and reduce the weight gain. When the silver serving platter gets passed to you filled with holiday treats, make the healthier choices. Here are some healthy eating tips from the American Heart Association to help guide you through this festive, but high calorie, dining season.

Turkey

Outsmart the bird. Reach for the white pieces of meat; they have fewer calories and less fat than the darker ones. Another way to cut calories is to take off the skin. Stay off the gravy train. Turkey is usually served with gravy, which can add excess fat, calories and sodium. Limit gravy to a tablespoon and keep it off other items, like the dressing. Cranberry sauce doesn't contain as much fat or sodium, but it can be high in sugar, so limit yourself to ¼ cup.

Dressing

Call it what it is. Dressing is intended to be a complement to your meal, not an entrée. To keep calories and excess fat in check, aim for ¼ cup (or about half a scoop with a serving spoon). Judge it by its cover. If the dressing is filled with fatty meats like sausage and pork, looks greasy or buttery, and is made with white bread or sweet rolls, it may be best to pass. Better options would be dressings that look drier and have whole grain or cornbread, lean meat (or no meat), nuts (like almonds or walnuts), and lots of veggies and fruits (celery, grapes, cranberries, carrots, onions, etc.).

Desserts

The best way to enjoy a sweet without losing control is by sampling, rather than eating full servings. For example, have one bite of pie, half a cookie and one small square of fudge. Find a friend or family member who will stick to the sampling rule with you. Limit sauces and whipped toppings to save even more calories.

