

2015

JANUARY

Coordinator's Bulletin

Now is the Time to Book!

It is the first of the year and there is no better time to book your wellness classes than right now! Many of you have already set your wellness calendars for the year and have classes booked, but for those of who are still thinking about it...now is the time to act! Our schedules do fill up pretty quickly, so if you have a preferred date or time let us know- even if you don't know what class you want yet! We have many new classes for 2015. Many were highlighted in the new class

listing brochure that we have attached to this months' bulletin, in addition to ones that we continually add throughout the year (Take a Stand is the newest one we featured in the December bulletin). Please let us know if there is anything our staff can do to help you get your wellness program back on track or improve the program you already have. We are here for you!

A YEAR
FROM NOW
YOU WILL WISH
YOU HAD STARTED
TODAY

KAREN LAMB

Be a Smart Patient

When you're scheduled for a procedure at the doctor's office or hospital, make sure you play an active role in preserving your health. The American Academy of Orthopedic Surgeons offers these suggestions for becoming a smarter patient:

- Don't be afraid to ask questions or tell your doctor you need more information.
- Share with your doctor your complete medical history, including family history and any prior illnesses, surgeries, allergies or reactions.
- Keep with you a comprehensive list of all current medications (both over the counter and prescription), supplements and vitamins.
- Talk to your doctor about learning more about your condition.

Looking for more ways to promote being savvy health care consumers to employees? Consider scheduling Anne's new class "Taking Charge of My Health." You can reach her at acharles@memun.org to get the class on your calendar today!

January Health Observances and Holidays

January 1: New Years Day

January 4-10: National Folic Acid Awareness Week—folicacidinfo.org

January 19: (Martin Luther Jr.) King Day of Service—www.mlkday.gov

**Birth Defects Prevention Month—
www.marchofdimmes.com or
www.cdc.gov**

**Blood Donor Month—www.aabb.org or
www.redcross.org**

**Cervical Health Awareness Month—
www.nccc-online.org**

**Glaucoma Awareness Month—
www.glaucoma.org**

Staying Safe Outdoors

Many people spend time outdoors in the winter working, traveling, or enjoying winter sports. Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors.
- Be aware of the wind chill factor.
- Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Carry a cell phone.
- Protect your family from carbon monoxide.
- Keep grills, camp stoves, and generators out of the house, basement and garage.
- Locate generators at least 20 feet from the house.
- Leave your home immediately if the CO detector sounds, and call 911.

This may be the perfect time of year to offer Danielle's "Winter Workout" class to help provide other helpful tips and strategies for staying active and safe during the winter months. Contact her at dyale@memun.org to schedule!

Heart Healthy Recipes and Meal Plans at Your Fingertips

Million Hearts® is a national initiative to prevent 1 million heart attacks and strokes by 2017. Led by the Centers for Disease Control and Prevention and the Centers for Medicare & Medicaid Services, this program offers numerous resources on ways to improve your heart health. This month we want to draw your attention to the Million Hearts® Healthy Eating & Lifestyle Resource Center, which offers numerous healthful, family-friendly, tasty recipes, along with lifestyle tips, customizable meal plans, and more. You can find this handy resource at: <http://recipes.millionhearts.hhs.gov/>



You can start by browsing through hundreds of ideas for every meal. If time is an issue, search by how long a dish will take to make. Need to feed a group? Choose a recipe by how many servings you need. This online resource center offers practical, accessible eating and lifestyle-based solutions for people looking for ways to reduce sodium in their diet and create heart-healthy, tasty meals that they and their families will love. All the featured recipes include nutritional facts and have been proven to work in *Eating Well's* test kitchen, so you know that your taste buds will thank you.



Upcoming...February Health Observances

- American Heart Month
- AMD/Low Vision Awareness Month
- National Children's Dental Health Month
- National Eating Disorders Awareness Week (Feb 23-1)
- National Donor Day (Feb 14)