



Coordinator's Bulletin 2015

Focus on Fruit this Summer

The summer months are typically times when our wellness groups may take a little time off from doing classes due to vacations, but that doesn't mean the whole wellness program needs to be put up on a shelf. Why not focus on the abundant local resources we have here in Maine and promote picking, purchasing and eating local fruits. You can do this by offering "coupons" to local berry picking spots that help offset the cost of picking or purchasing these fresh fruits or you could do a fruit of the week snack and offer everyone in the workplace a sample of these delicious treats.



Fruit baskets for every department or a smoothie party are also fun ideas. Find ways to incorporate fresh, fruit into your wellness plans this summer...if you need more ideas, just let Abby (adipasquale@memun.org) know and she can help you create a plan!

June Health Observances and Holidays

June 6: National Trails Day

June 14: World Blood Donor Day

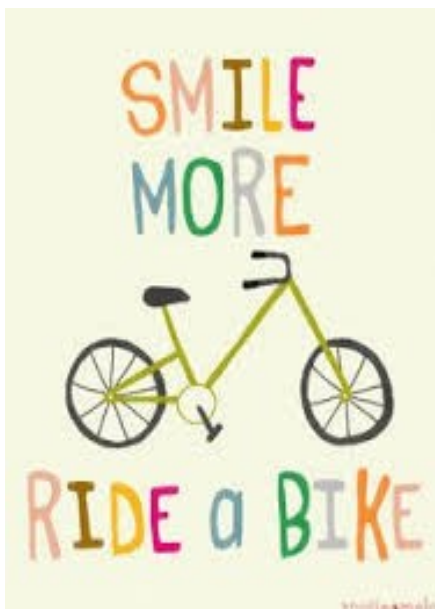
June 27: National HIV Testing Day

June 15-21: National Men's Health Week

National Great Outdoors Month

National Safety Month

Migraine and Headache Awareness Month



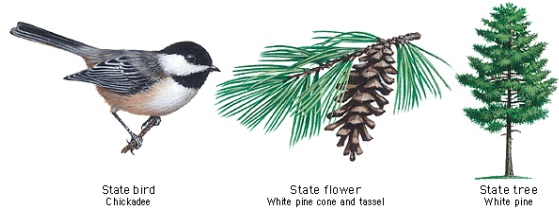
Team Up for Good Health

Do you have a local playing field, ballpark or just a big back yard? Why let these fantastic green spaces go to waste...start a kickball challenge with your coworkers during these warm summer months! It doesn't take much to get the competition started, just find some people who want to get together and have fun. Make it a family event to encourage others to get involved with their kids, partners and spouses! All you need is a good ball and a few "bases" that can be made out of paper plates, colored paper or chalk outlines. Keep it fun and challenge your coworkers to kick it up a notch with a game of kickball.



Maine State Park Passes!

This is a great way to get your employees and their families active throughout the year AND you can also raffle off these passes at a class or at the end of the year as an incentive for participating in events. Maine has a plethora of beautiful trails, parks and campsites. It is a great way to get the family active and enjoy this state's treasures. Look into a State Park Pass and see it all at a discount.



With a Maine State Park Pass, you can visit state parks and historic sites without paying day-use fees for the season. You may purchase Vehicle or Individual Park Passes online. Park passes make a great gift (no name is assigned when the pass is mailed to you). They are mailed within 7 business days of your online order, along with an Outdoors in Maine Brochure - please sign your pass when you receive it, and store it in a safe place. If you need a pass immediately, we suggest you purchase it at a state park or historic site.

For information regarding fees that are charged at parks and historic sites along with their locations and other important information, feel free to check out the following website: www.maine.gov and in the search area type in: state park passes. A Vehicle Park Pass allows all occupants of up to a 17 passenger vehicle access to day-use parks at no charge for the season; there's also a One-Day Only Park Pass option if you want to buy in 'bulk' for gift giving or raffle incentives, which also allows occupants of up to a 17 passenger vehicle access for one day (ask if you can buy less than 50 because they do have lower options); an Individual Park Pass allows only the pass holder access to day-use parks at no charge for the season.



Upcoming... July Health Observances

- Fireworks Safety Month
- Eye Injury Prevention Month
- National Park and Recreation Month
- UV Safety Month

“Bicycles have no walls.”

~ Paul Cornish

