



2015

Coordinator's Bulletin

May Health Observances and Holidays

May 25: Memorial Day

May 1-7: National Physical Education and
Sports Week

May 10-16: Women's Health Week

May 11-15: Bike to Work Week

Better Sleep Month

National High Blood Pressure Education
Month

National Melanoma/Skin Cancer
Awareness Month

National Mental Health Month

Asthma and Allergy Awareness Month

National Osteoporosis Month

National Stroke Awareness Month

Balancing Work and Personal Priorities can be a Challenge.

We're sending you the attachment to this email to remind your employees their Employee Assistance Program (EAP) can provide access to the support they need. Whether they're seeking guidance for a family problem, resources for assistance with a financial or legal concern, tips on work issues or options for dependent care – we're here to help.

You are welcome to distribute the attached article through internal electronic or hardcopy communications such as newsletters, FYIs or flyers to place in break rooms. You'll find additional information about this month's topic on your EAP website.

The website and 24/7 toll-free number are included in the article.

Also a reminder that the **EAP & You** class that is available to help participants learn about the different features that are available through the Employee Assistance Program. Participants will learn how the confidential EAP works and how to utilize the wide variety of resources that are available **FREE** of charge. To schedule this class at your worksite, contact Anne Charles at 1-800-452-8786, ext. 2292 or via email at acharles@memun.org.

Make Your Wishes Known

The 10th anniversary of the Terri Schiavo Supreme Court decision recently passed. This was the multi-year court battle between family members to proceed with keeping their loved one alive on life support or proceed with end of life care as she had stated to her husband that she wanted. This was a heart wrenching decision for her family members, on both sides, yet it had an unintended effect on everyone who heard about it...we all asked "What would I want done?" followed closely by the "What would you do if that were me?"

It was at this time that Abby started teaching the Looking Ahead class to help walk people through the process of how to let their loved ones know what their wishes were. This was an extremely popular class, yet one that brought lots of conversation and little action. Everyone wanted to know what to do, but very few actually put pen to paper and completed the legal documents necessary to prevent another heated battle in the courts. Maybe you are one of those people or maybe it is just a topic that has come up around the office once in a while...in either case, you should consider offering the Looking Ahead class at your worksite. This class is continually updated with the newest information and is always enlightening for those who attend. If you would like to schedule this program, contact Abby at adipasquale@memun.org

It's Time to De-Clutter!

Spring, summer and fall are the best times to start de-cluttering your basements, shed and garages. If you do not want to take on such big projects there are the smaller ones such as the closets and drawers throughout your house or office. Clearing your clutter has been proven to increase positive thinking and decrease stress. Start de-cluttering and schedule the "Clear Your Clutter" class with Danielle at dyale@memun.org

Pop Into Summer

Looking for a fun way to make your wellness program pop? Consider adding popcorn to your snack choices at wellness events or in the lunchroom. The Maine Municipal Association Wellness Committee recently had a popcorn snack day for their employees and offered fresh popped popcorn with a variety of toppings. This got us to thinking about how great popcorn is as a snack and one that we could all include in our lunch bags! Here is the skinny on popcorn:

Though it's been a treat for ages, popcorn shows no sign of going out of style. The National Popcorn Board estimates that each person in America consumes 204 cups of popcorn each year. Plus, it turns out that 70% of that number comes from popcorn eaten at home.

From a nutritional perspective, popcorn can be head and shoulders above other snack foods. After all, 1 cup of plain air-popped popcorn contains just 31 calories, 1 gram of protein, 6 grams of carbohydrate, 1 gram of fiber, and just a trace of fat. Furthermore, popcorn is a whole-grain food. This means that it's loaded with fiber and none of its nutrients have been stripped away.

The calories in popcorn can vary based on how it's prepared. For example, cooking popcorn in a tablespoon of oil on top of the stove can double the calories! Here are the calculations...

- * **Popcorn pops to 40 times its original size.**
- * **One ounce (2 Tbsp of kernels) makes about 4 cups of popcorn.**
- * **Four cups of popcorn have 125 calories.**
- * **There are 120 calories in one tablespoon of oil.**

Oil-popped popcorn, therefore, has roughly 245 calories. That's about 60 calories per cup. Now let's look at microwave popcorn. Each kind of microwave popcorn has its own added ingredients, which almost always include fat, sodium, and sugar. In fact, these varieties have too many added ingredients, so skip them. If you have your heart set on microwave popcorn, study the nutrition labels first and choose an option that's low in calories, solid fats, sodium, and added sugars.

Making your own popcorn at home gives you control over the ingredients and can help you save money too. It is calculated that those 2 tablespoons of popcorn kernels cost around 10 cents (that's 4 cups of popped corn). Compare that to the 80 cents it costs to get the same amount of already-popped popcorn. Or compare that cost to the 33 cents it costs to get 4 cups of popped microwave popcorn.

Source: Cheryle Jones Syracuse, MS, Professor Emeritus at The Ohio State University

EVERY DAY
MAY NOT BE
GOOD...
BUT THERE IS
SOMETHING
GOOD IN
EVERY DAY.

It's easy to make your own microwave popcorn without any added ingredients! Here's how:

1. Place 2 tablespoons of unpopped popcorn kernels in a microwave-safe bowl and cover.
2. Microwave on high until the popping slows. This usually takes about three minutes, but it's important to listen for it and stop the microwave when you count a few seconds between pops.

Uncover the popcorn and serve.



Upcoming....June Health Observances

- National Great Outdoors Month
- National Safety Month
- Migraine and Headache Awareness Month
- National Men's Health Week (June 15-21)
- World Blood Donor Day (June 14)
- National HIV Testing Day (June 27)
- National Trails Day (June 6)

