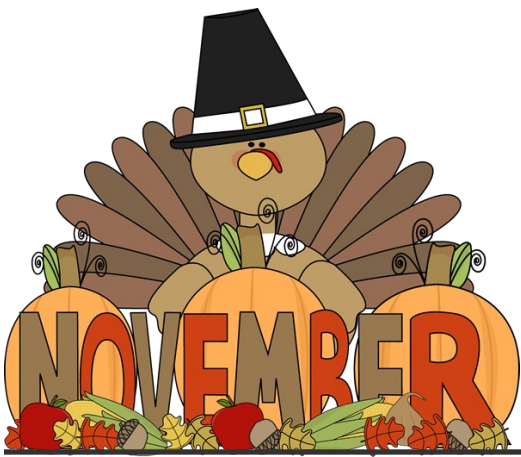


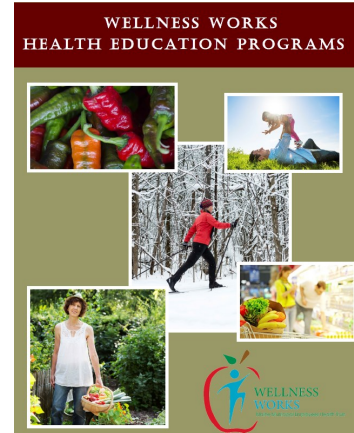
2015



Coordinator's Bulletin

It's Here...

The new *Wellness Works* class catalogue is complete and ready for your perusal! We have attached a PDF copy in this month's bulletin and will be getting paper versions out to you in the next month or so. We are really excited about our new classes and programs for 2016 and hope you will be too. If there are classes that you don't see that you would like us to add, please let us know!



Feel Good and Give to Those in Need

Winter is coming and that means colder temperatures, snow and blizzards. This would be a great time of year to de-clutter those closets and dig out clothes that do not fit or you do not want anymore and donate them to a shelter of some kind. Many of the people in shelters are down on their luck with little money for food, clothing and shelter. Bring on the gratitude of giving and donate some winter clothes, warm blankets, and boots to name a few to help some of the people in need this time of year. Don't forget the animals! There are many animal shelters out there in need of food and other pet supplies. Check out your local homeless shelter or animal refuge league and enjoy the act of giving.



November Health Observances and Holidays

- November 3: Election Day
- November 11: Veteran's Day
- November 13: World Kindness Day
- November 19: Great American Smokeout
- November 26: Thanksgiving
- November 26: National Family History Day
- American Diabetes Month
- Great American Smokeout Month
- Lung Cancer Awareness Month



Rethink Diabetes

The cost of Type 2 diabetes is staggering, with over \$176 billion spent on medical costs in the United States each year, this chronic disease is having a major impact on our Health Trust participants and overall medical costs. Statistics show that 1 in 10 Mainers have diabetes and over 33% don't even know they have it. This isn't even counting the millions of people with prediabetes!

But here is the good news... Type 2 diabetes is preventable and our new program from the National Diabetes Prevention Program can help us **Rethink Diabetes** and reverse the trends of this disease!

Rethink Diabetes is an evidence-based program that helps prevent Type 2 diabetes and helps people make lasting lifestyle changes. The average participant will lose 5-7% of their body weight over the course of this 16 week program—which can cut a person's diabetes risk in half! This program is led by our certified health coach and meets one hour a week for 16 weeks and then once a month for another 6 months. **This program is completely free to employees and their family members (family members are encouraged to attend!).**

Not sure if you should offer this program at your worksite? Ask yourself who might be at risk for developing Type 2 diabetes, this includes people who are:

- Overweight or obese
- Age 45 or older
- Have a high blood pressure
- Are not physically active
- Have high cholesterol

Know anyone like that? Chances are that the majority of your workforce is at risk for Type 2 diabetes or already battling against this disease.

We know that the commitment to this program is more than just an hour-long lunch and learn every month or two, but we also know that the results are staggering and well worth the investment! If you are interested in scheduling this program, contact Abby (adipasquale@memun.org) as soon as possible to make sure you have access to preferred dates for 2016!



Dance the Day Away

Music offers physical and mental health benefits all through life, whether you enjoy playing an instrument or listening to your favorite music. Research has found that music can:

- Lower your blood pressure
- Boost your brain power
- Ease everyday stress



The key to getting the most from music is to find music that you love and make it a regular part of your life. If you have ever seen the talk show Ellen, you know that she begins every show with a dance to one of her favorite songs. Imagine if we did that before our staff meetings or when the day seemed to be dragging on and on. Dancing is a great way to get your body moving and get your brain synapses firing, so on a day when things just seem to be getting bogged down, put on your favorite tunes and bust a move. Your body and your brain will thank you...plus it will get your coworkers laughing and lighten their day too!

5 Tips for a Better Night's Sleep

Sleep is a critical part of managing stress and making healthy choices. Sleep is a necessity and the body uses this time to rest and heal. Yet, most of us aren't getting enough sleep. Stress, everyday demands—and yes, your smartphone and other forms of technology—are likely culprits negatively impacting your sleep. Either too little or too much sleep can make it tough to function at your best. The recommended duration for sleep per night is 7-8 hours for adults. Try the following strategies to improve your sleep habits:

- Eat meals at the same time each day and at least two to three hours before bedtime.
- Limit naps to 30 minutes at least six to eight hours before bedtime.
- Stay active. It doesn't matter what you do, just move for 20-30 minutes preferably 4 hours prior to bed.
- Limit your caffeine intake and avoid it after noon. Also avoid other stimulants such as decongestants and nicotine.
- Go to bed at the same time every night and get up about the same time every morning even on weekends.



You can contact Abby at adipasquale@memun.org to schedule the Sleep and Health class.



Upcoming...December Health Observances

- National Drunk and Drugged Driving Prevention Month
- World AIDS Day (December 1)
- International Volunteer Day (December 5)
- National Hand Washing Awareness Week (December 6-12)