

Wellness Works Coordinators' Bulletin

Providing your wellness committee
with updates and relevant health
information!

May 2016

Highlights from this Month's Bulletin:



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Health Trails

A new way to explore trails around the world

HealthTrails is a wellness program that draws on the excitement of seeing and learning about new places and people by tracing famous trails around the world. Each time you record a HealthTrails activity you move along the trail. As you progress, you'll see great images and vivid descriptions of that location as if you're right there. It's a fun, effective way to track health habits because you actually see your progress each time you record an activity. Sound like fun? Then join us!

Registration for the free Anthem Wellness Challenge powered by HealthTrails is now open! By just simply registering and taking part in this year's Anthem Wellness Challenge, you could win a Fitbit Zip!

To get started, go to <http://anthemwellnesschallenge.healthtrails.com>, explore the site and learn about the challenge! Once you have registered, you can sync your Fitbit or Jawbone if you have one, join or form a team, and pick your health trail!

The Anthem Wellness Challenge will begin on Tuesday, May 10th so mark your calendar and get ready to track your way to better health.



The Southern Maine Wellness Council and Lifeline Center for Workplace Wellness are offering a training entitled, “More Tools for Your Stress-Reducing/Resilience-Building Tool Box” on Thursday, May 26, 2016 from 8:30 a.m. to 11:30 a.m. at USM Abromson Center in Portland. David Lee, founder of HumanNature@Work, will share some of his favorite tools learned, developed, and applied over 25 years of involvement in the stress and resilience field. This will not be an “overview” seminar, but a “role up your sleeves and learn” workshop where you will learn how to apply specific techniques. These tools are drawn from a variety of fields, including positive psychology, peak performance techniques, mind/body medicine, elite adventure athletics, and ancient wisdom traditions. They can be used with the most practical, skeptical “don’t give me any of that New Age stuff” person to the highly educated, personal growth oriented individual. Learn the 3 Circle Tool, created by David, which helps people focus on the things they can change rather than the things they can do nothing about, clarify their choices and options rather than stay stuck in “There’s nothing I can do” mode, move beyond the drama they have unwittingly created and respond more flexibly and adaptively to changing and challenging circumstances.

All of our wellness groups are invited to attend and are being offered the wellness council discounted rate of \$29/person. Registration information can be found at: <http://www.lifelineworkplacewellness.org/more-tools-for-your-stressreducingresilience-building-tool-box>



What’s Working Where You Are?

We had some great networking at the Annual Wellness Conference about what you all are doing in your worksites to promote movement, improve nutrition and increase employee engagement in your wellness programs. Over the next few months, we will be highlighting some of the great ideas you have come up with so that all our groups across the state can benefit from your shared wisdom! This month, we will highlight a few that came up in regards to improving morale and increasing engagement.

Get Management Involved! The Town of Wells has recently asked management to take a more active role in their wellness program and each month a different manager is identifying and leading a wellness activity. The first month, the Town Manager took the lead by having a morning “Walk and Talk,” where employees met for 30 minutes before the offices opened and went for a walk. This not only got the feet moving first thing in the morning, but also fosters a connection between management and employees. Next up is Tennis in the afternoons with another member of management!

Promote Family Involvement. The City of Gardiner purchases three Maine State Park Passes, which allow for entrance into most state parks for a vehicle full of people. They allow for employees to sign these passes out on a first come, first serve basis for up to four days at a time. This is a great way to encourage employees to get out and explore some of the great parks in Maine, but also provides a perfect opportunity to bring the family members along! If you have other parks or venues in your towns, try reaching out to them to see if they would be willing to provide you with passes for employees as well.



Take a Break for Your Own Sake! Staff at the Eastern Maine Area Agency on Aging recognized that employees were really struggling to cope with a lot of recent changes in the agency and it was resulting in lost productivity, “venting” throughout the day and a general decline in morale. Thus, the “I Need 5” was invented. Employees can turn to one another and simply say they “Need 5” and have a coworker take a walk or sit and talk about what is going on for just 5 minutes. This isn’t a break to talk about everything that is going wrong, but rather a chance to discuss what the frustrations are and identify positive solutions the employees can take to fix it!

There were several other great ideas that we will share with you over the upcoming months! If you have a great idea that has worked in your worksite, we would love to hear about it at [Wellness_Department@memun.org!](mailto:Wellness_Department@memun.org)

Check The Yes Box!

Wellness Works was pleased to have the New England Organ Bank present at the annual wellness conference about organ and tissue donation. There are over 121,000 people nationally waiting for a life-saving transplant.

One person can save up to 8 lives and enhance the lives of over 50 people through the generous gift of organ and tissue donation. The process to sign up is simple, just check the yes box when you apply for or renew your driver's license or ID at the BMV or online at www.DonateLifeNewEngland.org



Calling All Fit Bit Users

If you wear a Fit Bit, we would love to have you join our growing community. We hope to be able to use this platform to connect people together who will motivate, inspire and challenge one another to keep moving. If you would like to join, please send us an email to: Wellness_Department@memun.org and we will send you an invitation to join our group



Do You See Me Now?

One of our most popular incentive prizes is back for 2016. This bright LED light headlamp is perfect for indoor projects or outdoor adventures! This headlamp features a full range 90° up & down swiveling head for directing light where you need it, and an adjustable elastic headband (w/foam contact point) to sit comfortably on your head or helmet. Replaceable button cell battery included & installed.

PLEASE NOTE: originally we had a 10 LED light headlamp with 3 light settings but had to replace it due to being discontinued.

For more information about the incentive program, contact Anne Charles at acharles@memun.org.



Contact Us:

Wellness Works
60 Community Drive
Augusta, ME 04330
1-800-452-8786
Wellness_Department@memun.org