

Wellness Works Coordinator's Bulletin

September 2016

Providing your wellness committee
with updates and relevant health
information!

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Don't Forget Fridays!

"I'd like to schedule a class on a Tuesday, Wednesday or Thursday."



This is something we often hear from our coordinators and while we are happy to accommodate those requests, our schedules do fill up pretty quickly! We wanted to give you this little tip when booking a class...Friday's are often wide open!

We know that the week is winding down on Friday and people are focused on getting all the last minute projects done, but it might also be a great time to allow employees to get together for a wellness class or something that focuses on enjoying their lives, instead of dragging through the day to get to the weekend. A Friday morning or afternoon is a great time to offer a Lunch n' Learn, host a salad day or deliver a little fruit salad to employees. Make Friday's fun days and something employees look forward to all week through...and not just because it means the weekend is here!

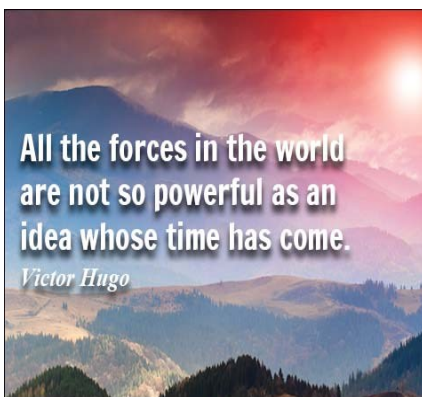


Got a Good Class Idea?

Danielle and Abby are gearing up for the New Year and thinking ahead to class that they can create to meet your needs. If you have any class ideas or topics you would like us to cover in 2017, please feel free to drop us a note and share it with us!

Our goal is to provide you with interesting, current and informative topics to all of our groups across the state. So chances are if you think it would be a good class idea, someone else would too!

You can reach Danielle at dyale@memun.org or Abby at adipasquale@memun.org.



How Do You Dispose of Your Drugs?

Is your medicine cabinet full of expired drugs or medications you no longer use? We know that a cabinet full of medications is not only a risk for your health, but may also be a target for those seeking drugs through home invasions and robberies. So how should you dispose of them? Many community-based drug “take-back” programs offer the best option. You may want to check in with your local Police Department to see if they are on-board with the disposal day scheduled for October 22nd...or encourage them to be as a wellness initiative for employees and community members!

If your town isn't participating in the October 22nd disposal day, don't think you have to hold onto those medications for another year, almost all medicines can be thrown in the household trash- you just have to be sure you are doing it correctly!

The following guidelines were developed to encourage the proper disposal of medicines and help reduce harm from accidental exposure or intentional misuse after they are no longer needed:

- Follow any specific disposal instructions on the prescription drug labeling or patient information that accompanies the medicine. Do not flush medicines down the sink or toilet unless this information specifically instructs you to do so.

If no disposal instructions are given on the prescription drug labeling and no take-back program is available in your area, throw the drugs in the household trash following these steps:

- Remove them from their original containers and mix them with an undesirable substance, such as used coffee grounds, dirt or kitty litter (this makes the drug less appealing to children and pets, and unrecognizable to people who may intentionally go through the trash seeking drugs).
- Place the mixture in a sealable bag, empty can or other container to prevent the drug from leaking or breaking out of a garbage bag.

Here are a few other helpful tips from the Food and Drug Administration:

- Scratch out all identifying information on the prescription label to make it unreadable. This will help protect your identity and the privacy of your personal health information.
- Do not give your medicine to friends. Doctors prescribe medicines based on your specific symptoms and medical history. Something that works for you could be dangerous for someone else.
- When in doubt about proper disposal, ask your pharmacist.

For more information on drug disposal or to set up a “take back” program in your town, visit www.fda.gov

10 Easy Ways to Build Activity into Your Workday Routine

Sitting at your desk all day increases your risk for heart attack, stroke and even death, but there are also some easy ways to reduce that risk! The American Heart Association recommends at least 75 minutes of vigorous exercise or 150 minutes of low-level exercise every week. That breaks down to 30 minutes a day, five days a week. "The good news is those 30 minutes can be any fashion of things that you incorporate into your work day," Dr. Daniel Vigil said in a news release from the University of California, Los Angeles (UCLA). "The point is to move throughout the day, preferably at least once an hour," he added.

Need motivation to get out of the chair? These tips will help you be more active:

- Move your wastebasket and other essentials away from your desk. Walk to a colleague's desk instead of emailing or phoning. Take the stairs to a restroom on another floor.
- Use resistance bands to do foot curls and arm stretches at your desk, and take the stairs instead of the elevator. When standing in line, stretch your neck and shoulders, and bend your knees for flexibility.
- If a meeting lasts longer than 90 minutes, take a five-minute stretch break at the mid-point.
- Park your car farther from the building. If you take public transit, get off a few blocks before your destination and walk the rest of the way.



Download apps that encourage you to be active, such as those that count your daily steps or remind you to move while at your desk. For other ways to increase your activity and change up your worksite to make it more "moveable," contact Abby or Danielle to determine which one of our classes would best suit your needs!

SOURCE: University of California, Los Angeles, news release, Aug. 11, 2016

Get Your Child Ready for a Successful School Year

As summer winds down, parents should start taking steps to prepare children who are heading back to school! Try these simple tips to make the transition back into the classroom a little easier on both of you:

- Bedtimes:** Gradually change bed times until kids become accustomed to the school year schedule. Don't let them use mobile or tablet devices before bed. These devices emit a blue light that makes it hard to fall asleep.
- Backpacks:** Children should always use both straps when wearing their backpack. Using just one can cause poor posture or back pain. If your child is carrying too many heavy books, ask your child's teacher if there are ways to lighten the load.
- Breakfast:** Make sure your child eats a healthy breakfast. Studies show that doing so improves classroom performance.
- Exercise:** Encourage your child to get at least 60 minutes of moderate to vigorous physical activity a



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