

Wellness Works Coordinators' Bulletin

Providing your wellness committee
with updates and relevant health
information!

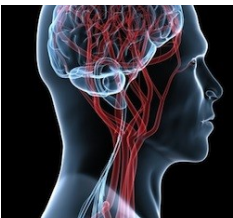
December 2017

Highlights from this Month's Bulletin:



**New Wellness
Works Classes
For 2018!**

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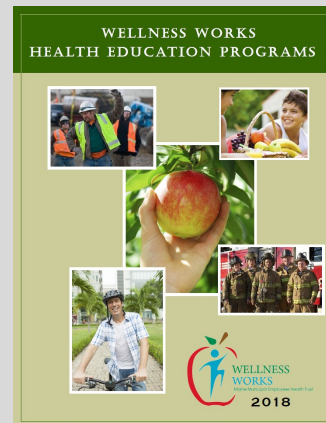
**Finally, the
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Now Available—2018 Class Catalogs

The long-awaited, highly-anticipated 2018 Wellness Works Class Catalogs are available now!

There are eight new classes and one updated class that are being launched by our staff this year.

A brief description of each and who to contact to schedule is listed on the next page...

New Wellness Works Classes this year...

We hope the variety of new classes piques your interest and offers a range of topics for your employees. **As always, if you have new ideas for classes, please let one of our staff members know!** A PDF version of the 2018 Class Catalog is attached to this month's bulletin for you to download. If you prefer to have a printed copy mailed to your worksite, please contact Amanda Collins at acollins@memun.org.

Buy Well, Eat Well

Good nutrition starts with smart choices in the grocery aisles! Over 75% of the items we put into our cart are the same week to week...are you making good choices? Join us to see how well your cart stacks up. Instructor: Abby DiPasquale (adipasquale@memun.org)

Holidaze

The holidays come around every year, but they still seem to catch us off guard. This class will discuss ways to get through the holiday season with your sanity intact and your stress in check—and hopefully reduce the holiDAZE that many of us suffer from. It's time to focus on enjoying the holidays again and not just survive them. Instructor: Abby DiPasquale (adipasquale@memun.org)

Importance of Purpose

What motivates you to get up in the morning? What fulfills you? Do you wake up dreading going to work or does the idea invigorate you? People who have a purpose are happier and healthier adding seven years to their lives than those who do not. If you feel you could be doing more with your life, figure out what your gifts, passions and values are and from there you will find your purpose. Love what you do and do what you love! Instructor: Danielle Yale (dyale@memun.org)

In Case I Die

What if suddenly you were gone. Could your family easily put their hands on all the important documents like your Will or Trust, insurance policies, financial records, etc.? It's time to get your affairs in order and create an "In case I die" folder. This class will walk you through everything you need to have recorded for your loved ones. Preparing for when you are no longer here is not a fun task, but it's crucial to do this for your family. Instructor: Abby DiPasquale (adipasquale@memun.org)

Mindful Eating

Mindful eating enhances our understanding of what to eat, how to eat, how much to eat, and why we eat what we eat. When eating mindfully, we are fully present and savor every bite--engaging all our senses to truly appreciate the food. Beyond just taste, we notice the appearance, sounds, smells, and textures of our food, as well as our mind's response to these observations. When we eat with this understanding and insight, gratitude and compassion will arise within us. Instructor: Danielle Yale (dyale@memun.org)



Mindfulness

It's a busy world. You fold the laundry while keeping one eye on the kids and another on the television. You plan your day while listening to the radio and commuting to work. But in the rush to accomplish necessary tasks, you may find yourself losing your connection with the present moment—missing out on what you're doing and how you're feeling. This class will discuss how mindfulness can help you focus your attention on the present and improve your overall happiness. Instructor: Anne Charles (acharles@memun.org)

Snow Snacks

Trying to eat well and stay energized this winter? This class will discuss what snacks will help keep your hunger at bay and give you some great nutrients to keep your body going during the cold winter months. Instructor: Abby DiPasquale (adipasquale@memun.org)

Tick Talk

Everything you need to know about Ticks, their habitat, risks to your health and how to get rid of them! Instructor: Abby DiPasquale (adipasquale@memun.org)

UPDATED- Too Busy to be Sick?

We cram our calendars and fill our to-do lists with more actions than are humanly possible. We stay in constant motion and push through – day after day. Then we wonder why we are exhausted, burned out, unhappy and dissatisfied. Thankfully, we can change. This one hour class will teach us how to slow down, focus and prioritize. Strategies will be given to teach participants how to be fully present, which actually does strengthen our productivity. Instructor: Anne Charles (acharles@memun.org)

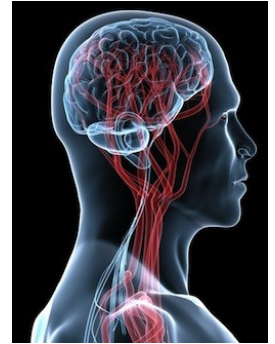
Finally...The Magic Pill!

Did you know there is a “magic pill” that can help stave off Alzheimer’s, protect you from 13 different types of cancers and ward off depression? Sound too good to be true? Well think again. The “magic pill” isn’t really so magic after all, it is just moving! That’s right, being active can lead to all of these great benefits and more...such as an improved waist line and feeling mentally rejuvenated.

Not sold on the idea yet? Well check out the research.

Alzheimer’s Disease

In a study that was the first to evaluate the relationship between fitness, heart function and blood flow to the brain, scientists concluded that exercise at any age likely helps to stave off Alzheimer’s. For this study scientists first measured the fitness levels of thirty men and women ages 59-69. They then compared the study subject’s fitness levels with special scans of their brains designed to measure blood flow to areas typically affected by Alzheimer’s. The results—the more physically fit the individuals, the greater the blood flow to these critical brain areas and thus the more oxygen and vital nutrients available to nourish and maintain them. Yes, exercise is great for the brain!



Cancer

In a study that included a database of 1.4 million adults ages 19 to 98, scientists found that leisurely physical activity was tied to protection from 13 different types of cancer. Study subjects who exercised as little as two hours a week exhibited a significantly lower risk of the following cancers: breast, colon, lung, esophagus, liver, kidney, stomach, endometrium, rectum, bladder, head and neck, as well as leukemia and myeloma. And the more the better! The lead author noted that cancer risk continued to decline the more exercise people accrued with no apparent upper limit. Woohoo!



Depression

Even small amounts of movement appear to ward off the blues. In the largest and most extensive study to date, researchers concluded that regular exercise, of any variety, for as little as one hour cumulative, a week can help prevent depression. For this landmark study, researchers monitored the exercise patterns as well as the mental well-being of 33,908 healthy adults over an 11-year study period. The results? Study subjects that reported no exercise were 44 percent more likely to develop depression over the study period vs. those who reported getting one to two hours of exercise a week.



Source: Dr. Ann Kulze, 2017

Thankfully, a little goes a long way. How much exercise are you getting each week? Looking for ways to boost up your activity so you can reap these and other great benefits? Consider offering:

Abby’s **“Power of 10”** class that focuses on a full body workout in as little as 10 minutes **or**

Danielle’s **“Making Fitness Fit”** class which helps you see you **CAN** fit fitness into your schedule

These and lots of other great topics are available at no cost to your worksite!

Safely Using Heating Sources When The Power Goes Out

Since this past November storm left most of Maine out of power, exceeding the 1998 ice storm, here are some reminder tips just in case you lose power this upcoming winter season:

- ⇒ When using an emergency heating source (like a wood stove, fireplace, or kerosene heater) keep fuels away from the flames and be sure to ventilate properly.
- ⇒ Never use grills or camp stoves indoors. They can give off dangerous gases.
- ⇒ Keep refrigerators and freezers closed as much as possible. Most food will last 24 hours or longer if you minimize the opening of refrigerator and freezer doors.
- ⇒ Turn off or unplug major appliances to avoid overloading circuits when power is restored.

The Maine Emergency Management Agency offers the following tips if you are running a generator for power:

- ⇒ Never run a generator inside homes, garages, crawlspaces, sheds or similar areas—even when using fans or opening doors and windows for ventilation. Deadly levels of carbon monoxide can quickly build up in these areas and can linger for hours, even after the generator has shut off.
- ⇒ Follow the instructions that come with your generator.
- ⇒ Locate the unit outdoors and at least 15 feet away from doors, windows, and vents that could allow CO to come indoors.
- ⇒ Make sure the generator's exhaust is directed away from doors, windows, and vents.
- ⇒ Install battery-operated CO alarms or plug-in CO alarms with battery back-up in your home, according to the manufacturer's instructions.

Reference: WMTW Channel 8 News



Contact Us:

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

Blood Pressure Cholesterol Screenings Change

We will no longer be offering the Blood Pressure/Cholesterol Screenings as part of our Worksite Services. This program was underutilized and there are many local resources for our members to receive these services more efficiently. Please note: members are also able to have preventive blood pressure and cholesterol screenings during their annual physical with no co-pay. Please contact Anne Charles at acharles@memun.org if you have any questions.

Employee Incentive Program Change

For those groups that participate in the Employee Incentive Program, booklets will be mailed to you in mid-December. We have many new and exciting incentive items available for 2018!

Please note: we will no longer be offering the FitBit as an incentive prize. If you have an employee who is working towards that item, please contact Amanda Collins at acollins@memun.org and we will honor their request.