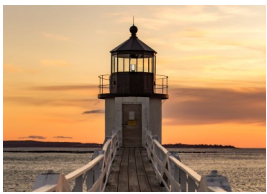


Wellness Works Coordinators' Bulletin

June 2018

Providing your wellness committee
with updates and relevant health
information!



Standout Wellness Programs

Two groups and one individual recognized for worksite programs.

Page 2



Don't Fall for Fitness Fads

Is it a fad or a wise choice?

Page 3



Blood Donor Process

This is the process used for giving blood.

Page 4

World Blood Donor Day is June 14th

Every Year on June 14, countries around the world celebrate World Blood Donor Day.

The event, established in 2004, serves to raise awareness of the need for safe blood and blood products, and to thank blood donors for their voluntary, life-saving gifts of blood.

You don't need a special reason to give blood. You just need your own reason. Some of us give blood because we were asked by a friend. Some know that a family member or a friend might need blood someday and some believe it is the right thing to do. Whatever your reason, the need is constant and your contribution is important for a healthy and reliable blood supply. And you'll feel good knowing you've helped change a life.

Here's what you can expect. Come prepared by having a light meal and plenty to drink, bring your donor card, driver's license or two other forms of identification. Remember to bring the names of any medications you may be taking.

(Continued on Page 4)

Standout Wellness Programs

On Tuesday, April 24, 2018 the Maine Municipal Employees Health Trust's Wellness Department hosted the 30th annual wellness conference. There were 81 attendees, representing 39 of our member groups. Two groups and one individual were recognized for implementing comprehensive wellness programs at their worksites.



The York County Government's wellness committee.

York County Government

York County Government received the *Ripple Award* for initiating a program that will continue to positively impact the health and well-being of employees well into the future.

Aroostook County Action Program

Aroostook County Action Program was presented the *Harvest Award* for planting the seeds of wellness throughout the organization and cultivating healthier lives.



Ellen Bemis, a wellness committee member for the Aroostook County Action Program, accepts the award on the behalf of the entire wellness committee.



Mike Pardue accepts his award; he is accompanied by a key member of his wellness committee, Tasha Pinkham.

Michael Pardue, Town Manager, Town of Kennebunk

Michael was awarded the *Beacon Award* for shining a light on the importance of employee health and wellness.

Don't Fall for that Fitness Fad!



As warmer weather approaches, our desire to get our bodies back in shape increases. Many are looking for a quick fix and easy solution to target those problem areas, but before you invest in exercise equipment or a workout plan, make sure you're making a wise choice.

Here are suggestions from the American Council on Exercise:

- Beware of plans that tout significant calories burned with little effort, or results with little work.
- Be wary of equipment that's advertised as burning more calories than similar equipment.
- Always read the fine print.
- Don't rely on potentially fabricated testimonials.

The best way to ensure your workout is going to work for you is to make sure it is something you like and that you will stick with long-term.

Danielle offers a variety of fitness programs to introduce employees to the benefits and basics of exercise. The "Fitting in Fitness" class is a popular one for people who are looking at beginning or those who are looking to step up their physical activity.

Contact her at dyale@memun.org to discuss what programs would work at your worksite!

**SLOW PROGRESS
IS BETTER
THAN NO PROGRESS.**
GYMQUOTES.CO
**STAY POSITIVE
AND DON'T GIVE UP.**

**You don't have to be
great to start.
But you DO have to
start
To be great**

The actual donation process looks like this:

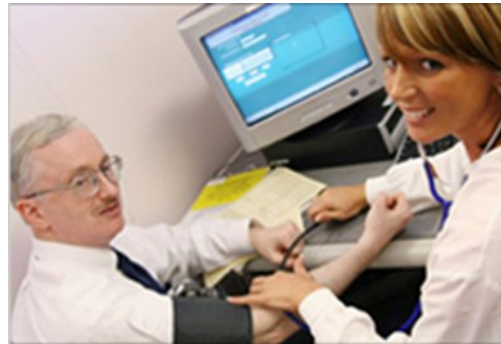
Step 1—Registration



Our staff and volunteers will sign you in and go over basic eligibility and donation information.

You will read information about donating blood, and will be asked to show a donor card, driver's license, or other form(s) of ID.

Step 2—Mini Physical



You will answer some questions during a private and confidential interview about your health history and places you have traveled.

We will check your temperature, pulse, blood pressure and hemoglobin level present in a sample of blood.

Step 3—The Donation



The actual donation takes about 8-10 minutes, during which you will be seated comfortably. The process is safe and sterile. Red Cross staff and volunteers will be available if you have any questions.

Certain donation types, such as platelets, red cells or plasma, can take up to two hours.

Step 4—Refreshment



After donating, you should have a snack and something to drink in the refreshments area. You can leave the site after 10-15 minutes and continue with your normal daily activities.

Enjoy the feeling of accomplishment knowing that you have helped save lives.

For more information, contact your local [Heart Association](#) or www.redcrossblood.org



Contact Us:

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1-800-452-8786
Wellness_Department@memun.org