

Wellness Works Coordinators' Bulletin

June 2019

Providing your wellness committee
with updates and relevant health
information!



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Salad Social

Looking for a way to bring employees together and promote good nutrition at the same time? Consider hosting a Salad Social. This can be done in a number of ways and really depends on what works for you. If you have an active wellness committee, recruit each member to prepare one or two salad essentials and bring them in to share—several people doing this could lead to some massive salad options! If your committee is on the smaller side, recruit co-workers to bring in salad options and then get together to swap and create beautiful salads. You could even try to offer a few healthy, homemade salad dressing options, like some featured in the recipe section on page 4!

At the Maine Municipal Employees Health Trust, they host a salad day each year and sell tickets to other employees in the building to come make salads out of ingredients brought in by staff members... sometimes they even get delicious desserts! All proceeds from the event are donated to a local charity. No matter how you choose to do it—whether you raise money or not—a salad social can be a fun event to bring people together and promote wellness!

Sample Salad Fix-ins

Greens Multi-colored Pepper Radishes Onions Celery Carrots
Cucumbers Tomatoes Sliced beets Broccoli Cauliflower
Chickpeas Black beans Sprouts Fresh berries Feta or Bleu
cheese Gorgonzola Olives Snap peas Mushrooms Quinoa Nuts
Seeds (pumpkin or sunflower) Boiled eggs Apples

Award Winners Recap

On Tuesday, April 23, 2019, *Wellness Works*, hosted the 31st Annual Wellness Conference. There were 84 attendees, representing over 46 of our employer groups. The morning speaker was Elizabeth Ross Holmstrom, Founder and President of BreakTogether. Elizabeth introduced the science and simple practice of mindful pauses to improve work and wellbeing.

In the afternoon *Wellness Works* facilitated a session, *Triumphs and Trials*. This session gave time for participants to share their successes and work together to find solutions to the struggles they are facing.

In the afternoon we also recognized two groups and one individual for implementing successful wellness programs at their worksite.



Town of Bar Harbor

The Town of Bar Harbor received the ***Keeping it Local Award*** for highlighting local resources to enhance employee health. (Jennifer Turcotte, Wellness Coordinator pictured)



Town of Norway

The Town of Norway was presented with the ***Solid and Steady Award*** for having a steadfast and consistent wellness program for many years. (Debra Partridge, Wellness Coordinator pictured)



Christine Hyland, formerly from the Town of Gorham, currently with Cumberland County. Christine received the ***Planting the Seeds of Wellness Award*** for leading by example and cultivating healthier choices for employees.

Weekly Wellness Challenges

Here are the weekly wellness challenges for August 2019! These challenges are easy to roll out to employees and cover a variety of health and wellness topics. Best of all, they can be offered at any time throughout the year. Your wellness committee can also choose to offer wellness classes along with these challenges to round out the program.

If you would like to offer these challenges at your worksite, contact Amanda Nile anile@memun.org. She is the go-to person to receive copies of the calendars that describe the weekly challenges and simple log cards. We encourage you to find ways to give employees incentive to participate by offering raffle items or simple completion certificates!

The challenges for August are below and classes that can be done in conjunction with the challenge are listed in red:



Wake Up with Water: Hydration is extremely important to good health. Start your day off right with a glass of water when you wake up this week...even before the coffee! **(Importance of Staying Hydrated, Fighting Fatigue with Food)**



Zip Your Lip: Sometimes we talk too much and have lots to say about things, but very few solutions to improve the situation. Before you open your mouth this week, ask yourself if your words will help the situation. If they don't, then zip your lip. **(How Full is Your Bucket, Dealing with Difficult People, Managing Stress and Living Well)**



Eat Your Veggies: 5-9 fruits and veggies a day is the recommendation...how many are you eating every day? Track your veggies and increase your daily consumption by one serving this week. **(Clean Eating 101, Food is Fuel, Buy Well, Eat Well)**



Strengthen Your Grip: Grip strength can be a predictor of future health complications and disability. Make it a priority to work on improving your grip strength for better health. **(Power of 10, Snap Into Shape, Kettlebells, Fit Over 40)**

We hope these challenges will add some fun and excitement to your wellness program. Please contact any of our staff with questions!

NEW CLASS: The Power of YET

Ever wonder why some people succeed while other people—who are equally talented—do not? It really comes down to your mindset! This class will help you figure out if you have a growth or fixed mindset and what you need to do to develop a growth mindset for yourself or loved ones.



To schedule this new class called "The Power of YET," contact Danielle at dyale@memun.org.

We grow and learn through friction, even friction within ourselves, so your job isn't to try to rid your life of uncomfortable moments or prickly challenges—or hard, long looks in the mirror. Your job is to master the art of responding, aka being response-able for, and aware of, your thoughts and actions. Your job is to short-circuit your knee-jerk instinct to react, which will keep you playing out the same tired, old patterns you've been lugging around your whole life.

—Jen Sincero, author of self-help books

Healthy, Homemade Salad Dressing Recipes

Tis the season for fresh veggies and salads, but the options for healthy salad dressings in the supermarket may leave you disappointed. However, salad dressings are incredibly easy to make and once you find one you like you will never go back to store-bought dressing again. Try one of these simple recipes and say goodbye to bottled dressing with lots of unnecessary ingredients!

Maple Balsamic Vinaigrette

1/4 cup extra-virgin olive oil
2 teaspoons golden balsamic vinegar
1 teaspoon Dijon mustard
1 tablespoon pure maple syrup
Salt and fresh ground pepper, to taste



To Make:

Combine all ingredients in a mixing bowl; whisk until well combined and thoroughly incorporated.

Taste for seasonings and adjust accordingly.

Place in a jar with a lid and refrigerate for up to two weeks.

Serves 4, 135 calories/serving

Creamy Cilantro Lime Dressing

2 cups cilantro leaves, stems removed
1 cup plain Greek yogurt
4 cloves garlic minced
1/4 cup lime juice (from 2 limes)
1/2 cup olive oil
Salt and freshly ground black pepper



To Make:

In a food processor, combine cilantro, yogurt, garlic, lime juice, and salt. Blend until smooth.

With the motor running, slowly add olive oil through the feed-tube. Season to taste with salt and pepper). Chill at least 10 minutes to blend flavors.

Notes: Be sure to mince the garlic before adding to the food processor. Otherwise, you may have large chunks of garlic in the salad dressing.

Serves 16, 78 calories/serving

Homemade Salad Dressing

1 cup extra virgin olive oil
1/2 cup raw apple cider vinegar
1 tsp sea salt
2 cloves garlic, minced
1 tsp basil
1 tsp oregano



To Make:

Mix all ingredients together. Pour over your salad and enjoy!

Notes: This is a basic recipe, feel free to use your imagination for flavor infusion! Add in rosemary, sage, Italian blends, honey and mustard...the options are endless! For a creamier dressing, you can cut the vinegar down to 1/4 cup and add some sour cream or Greek yogurt to the mix.

Healthier Greek Yogurt Ranch

1/2 cup nonfat plain Greek yogurt
1 teaspoon garlic powder
1/4 teaspoon onion powder
1 1/2 teaspoons fresh lemon juice (or can sub apple cider vinegar)
1/2 teaspoon dried dill or fresh chopped chives
1/4 teaspoon salt, plus more to taste
2 tablespoons water to thin dressing
Optional: 1/4 teaspoon honey



To Make:

Add all ingredients to a bowl or a mason jar and mix until well combined. If using a mason jar, you can simply put the lid on and shake the jar until well combined.

Notes: This dressing will stay good in an airtight container or Mason jar for up to 1 week.

Serves 4, 20 calories/serving



Contact Us:

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