

Wellness Works Coordinators' Bulletin

September 2019

Providing your wellness committee
with updates and relevant health
information!



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Start thinking about 2020 classes— *Yes, it's time!*

Believe it or not, it's that time of year to start thinking about classes and assessments for 2020. If you have specific days and times you need or would prefer, please contact Danielle (dyale@memun.org), Abby (adipasquale@memun.org), and Anne (acharles@memun.org) to schedule classes. If you would like to take a look at our class listing, please feel free to use the link at the end of this Bulletin.

Driving Intoxicated Will Cost You & Your Employees

As of September 19th, the State of Maine will join 19 other states and the District of Columbia to ban the use of all handheld electronic devices to talk, text or otherwise interact with while driving or even when stopped at a stoplight. The new law allows people who are at least 18 years old and are not driving with an intermediate license to use phones in “hands-free” mode through a headset or when the device is mounted to the dashboard or another part of the vehicle that does not obscure the driver’s view. Drivers are only supposed to interact with a mounted device with a single finger tap or swipe, which should reduce the amount of driver inattention. Of course, drivers will be allowed to use phones to call 911 and in other emergency situations, and when they are parked. **Fines for violating the law start at \$50 for a first offense and can go up to \$500 and a three-month license suspension for multiple violations.**

According to the National Highway Traffic Safety Administration, about 3,000 people die and 400,000 are injured in the U.S. each year in crashes involving distracted driving. Despite bans in 47 states, smartphone use behind the wheel is a common problem. Research done by the AAA Foundation for Traffic Safety finds that even though 97 percent of drivers say texting or emailing while driving is a serious or very serious threat to their safety, 45 percent admit to having read a text or email while driving in the past month and 35 percent admit to typing one.

Take a minute this month to remind your employees, friends and family of this new law...not only may it save them money from tickets, but it may also save their life!

For more information on distracted driving and driving intoxicated, visit <http://www.aaa.com/DontDriveDistracted>

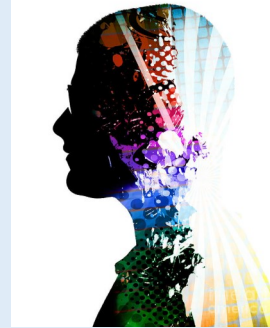


Get Excited

By: Abby DiPasquale

I recently dropped my daughter off at Pine Tree Camp, which is a camp for kids with intellectual disabilities, and while we were walking in to our day camp area we heard all kinds of shouting and cheers. Of course, we are both nosy people, so we quickly detoured to find out what all the excitement was about. Much to our surprise, there were probably 20-30 camp counselors and staff lining the road to the camper cabins. As a camper entered the area for the beginning of their week-long overnight camping experience, their name was announced over the bullhorn and the camp staff all broke out into cheers as the camper and their families drove in to their bunkhouse. For many, this was the first introduction to Pine Tree Camp and for others it was a "Welcome Back." It brought instant smiles to our faces, I got goosebumps and probably shed a tear or two—how AMAZING would it be to have that kind of welcome?

So this got me to thinking. What kind of welcome and excitement are we bringing to our wellness programs? Do we greet people and welcome them when they come into a wellness event? Do we shout our excitement about wellness from the roof-tops—okay, that might be a bit much, but really—what are we showing fellow employees? If we aren't excited about wellness, they won't be either. So let's make it a point to get excited and share it with others this fall. Maybe step out of your comfort zone and invite someone who has never been to a program with you, or even just talk up wellness events with an extra dose of excitement. You never know...it might just bring them back and leave them wanting more.



NEW CLASS:

The Power of YET!

**Having a growth mindset:
What is it – How it works –
Why it Matters!**

Ever wonder why some people succeed while other people, who are equally talented, do not? It really comes down to their mindset! Learn more about the difference between a Fixed Mindset versus a Growth Mindset.

**Contact Danielle to schedule this class at
dyale@memun.org**

Weekly Wellness Challenges

We wanted to remind you that all the challenges have been featured in past Bulletins but we also wanted to give you an easy-to-reference listing of the different challenges by attaching a copy of the whole-year calendar to this month's issue of the Coordinators' Bulletin.

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!



Good Reasons to Eat More Blueberries



Blueberries are perfect in pancakes, superb in smoothies and an easy grab-and-go snack. Besides their juiciness and versatility, the blue fruit also boasts some serious health benefits such as heart health, weight loss, diabetes prevention and memory boost.

Blueberries are a powerhouse of vitamins and minerals including potassium, calcium, vitamin A, vitamin K and immune-boosting vitamin C. One potent antioxidant in blueberries, anthocyanin (which gives blueberries their color) may benefit heart health. In fact, the anthocyanin in blueberries may reduce the risk of heart disease by 12 to 15 percent.

There's even more evidence that blueberries may benefit cholesterol levels. Studies have examined people who exercised regularly and found that those who ate blueberries on the days they worked out had higher levels of HDL, the "good" type of cholesterol. These patients also had decreased levels of triglycerides, a type of fat that, when too high, can increase a person's risk for heart disease.

What's more, the fruit may also protect your heart by reducing your blood pressure, which can potentially stave off a stroke, heart attack or heart failure. Consuming about one cup of blueberries daily may improve blood vessel function and decrease blood pressure, according to a report in a July 2019 collection of studies published in the *Journal of Gerontology*.

Adding some of the blue fruit to your diet may help you reach your weight-loss goals faster. Eating more blueberries is associated with less weight gain, thanks to the fruit's anthocyanins. Plus, one cup of blueberries provides close to 4 grams of fiber, a nutrient that can help you stay satiated and ward off cravings. Eating blueberries may help improve insulin sensitivity, which is important in the prevention of type 2 diabetes.

When it comes to memory, small but mighty blueberries may help stave off some of aging's effects. The fruit's high concentration of polyphenols, a class of naturally occurring chemicals with antioxidant properties, contribute to better memory function, according to a study published in the July 2019 collection. After consuming a rich extract of blueberries and grapes for six months, a group of older adults with memory problems performed better on some memory tests.

It sounds like there are a lot of benefits to eating blueberries. So, grab a handful, toss some on your oatmeal and pancakes as well as add some to your smoothies and salads.

Reference: www.livestrong.com



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[CLICK HERE TO SEE OUR CLASS LISTING](#)