



Coordinators' Bulletin

February 2020

Providing your wellness committee with updates and relevant health information!



2020 Wellness Conference

Mark your Calendar!

We are in the process of planning the 32nd Annual Wellness Conference!
The conference will be held on Tuesday, May 5, 2020 at the

Harraseeket Inn in Freeport.

More details and conference registration will be ready in early-March.

In the meantime, if you have any questions, please contact Anne Charles at

acharles@memun.org.

Millennial Wellness



“The young ones just don’t want to get involved.”

We have heard this often from wellness groups over the past few years as we see numbers begin to falter and participation start to wane. However, new research from Welltok, an employee health and well-being software provider, found that nearly 4 out of 5 millennial workers say their employers should do more to support their health and well-being. 78% of this group said their companies were falling short in wellness initiatives. Interestingly enough:

- 44% said occupational stress is negatively impacting their lives.
- 51% have considered changing their work situations because of stress.
- Most often sited resources millennials want are: emotional health (75%), financial health (73%) and physical health (70%).

So, maybe it isn’t that the “young ones” don’t want to get involved, but they just want different things or different incentives to participate. But how do you figure that out? Easy answer - ask them to join your committee, give their feedback and offer their perspectives. You never know until you ask!

Source: Safety + Health, December 2019

2020 Employee Assistance Program Wellness Webinar Calendar

Did you know that through the Anthem Employee Assistance Program that there are monthly webinars for employees to view? Employees can participate in these webinars “live”, which allows them the opportunity to ask questions of the presenter. If that is not convenient all of the webinars are archived so they can view them on demand - anytime, anywhere!



View the webinars on demand – anytime, anywhere. Submit a question and receive a response via email. Questions are logged in a FAQ section so you have the ability to browse and learn from the questions of others.

	Monthly theme	Monthly webinar title	Webinar description
			Join us for these introductory webinars on work-life topics.
JAN	Financial Goals	Your Financial Checkup Available on Demand Starting Jan 21st	Walk through a “financial check-up”, guiding you through the necessary steps to examine your finances.
FEB	Setting Realistic Expectations	Managing Workplace Stressors Available on Demand Starting Feb 18th	Get information and strategies to address and manage professional stressors effectively.
MAR	Professional Development	Planning for Professional Growth Available on Demand Starting Mar 17th	Discuss the four stages of professional careers and get tools to develop a self-assessment plan that can lead to your career growth.
APR	Practical Parenting	Effective Communication With Children - Available on Demand Starting Apr 21st	Learn about different communication styles and how to communicate effectively, starting in early childhood.
MAY	Accepting Aging	Accepting Aging: Yourself and Others - Available on Demand Starting May 19th	Examine “normal” age-related changes and identify ways for you to come to terms with your own aging.
JUN	Conflict Resolution	Say What You Mean the Right Way - Available on Demand Starting Jun 16th	Identify barriers to clear communication and discuss how to apply tips for effective communication.
JUL	Adventuring and Exploring	Explore New Horizons and Expand the Mind Available on Demand Starting Jul 21st	Discover the possibility and promise of seeking and exploring new horizons.
AUG	Outsource Your To-Do List	Outsourcing Your To-Do List Available on Demand Starting Aug 18th	Learn to outsource the more thankless chores and discover a world of potential, leading towards a happier and more fulfilling way of life.
SEP	Work and Family Balance	The Secret to Work-Life Balance Available on Demand Starting Sept 15th	Uncover the secret to securing a healthy work and family balance.
OCT	Mental Strength	The Mental Strength Workout Available on Demand Starting Oct 20th	Learn skills and strategies to exercise the power of your mind and increase your mental fortitude.
NOV	Healthy Ways to Cope with Stress	Building Resilience Muscles Available on Demand Starting Nov 17th	Learn resilience by understanding yourself and identifying the mental obstacles that get in your way.
DEC	Being Grateful	Know Your Strengths Available on Demand Starting Dec 15th	Explore how confidence and a strengths-mindset can enable you to respond more creatively to challenges.

To view a seminar on demand go to anthemeap.com and enter **MMEHT**.

You'll find these and other seminars in the Seminars Center.

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Eat Smart Away From Home

More and more of our meals are being prepared and eaten outside of the four walls of our home. Restaurants, convenience and grocery stores, or fast-food places offer a variety of options when eating out. But larger portions can make it easy to eat or drink too many calories and can also increase your intake of saturated fat, sodium, and added sugars. The USDA Choose My Plate program has these 10 tips to help you make healthier choices when eating food away from home.

1. **Consider your drink.** Choose water, fat-free or low-fat milk, unsweetened tea, and other drinks without added sugars to complement your meal.
2. **Savor a salad.** Start your meal with a salad packed with vegetables to help you feel satisfied sooner. Ask for dressing on the side and use a small amount of it.
3. **Share a main dish.** Divide a main entree between family and friends. Ask for small plates for everyone at the table.
4. **Select from the sides.** Order a side dish or an appetizer-sized portion instead of a regular entree. They're usually served on smaller plates and in smaller amounts.
5. **Pack your snack.** Pack fruit, sliced vegetables, low-fat string cheese, or unsalted nuts to eat during road trips or long commutes. No need to stop for other food when these snacks are ready-to-eat.

6. **Fill your plate with vegetables and fruit.** Stir-fries, kabobs, or vegetarian menu items usually have more vegetables. Select fruits as a side dish or dessert.
7. **Compare the calories, fat, and sodium.** Many menus now include nutrition information. Look for items that are lower in calories, saturated fat, and sodium. Check with your server if you don't see them on the menu.
8. **Pass on the buffet.** Have an item from the menu and avoid the "all-you-can-eat" buffet. Steamed, grilled, or broiled dishes have fewer calories than foods that are fried in oil or cooked in butter.
9. **Get your whole grains.** Request 100% whole-wheat breads, rolls, and pasta when choosing sandwiches, burgers, or main dishes.
10. **Quit the "clean your plate" club.** Decide to save some for another meal. Take leftovers home in a container and chill in the refrigerator right away.

For more health nutrition advice, consider offering one of the many nutrition course offered by Wellness Works! Contact Danielle at dyale@memun.org or Abby at adipasquale@memun.org to discuss which one might be best for your worksite.

Source: www.choosemyplate.gov



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You are receiving this email because you are a Coordinator or Co-Coordinator of your employer's
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