

[View this email in your browser](#)



Coordinators' Bulletin

July 2020

Providing your wellness committee with updates and relevant health information

Wellness Conference – Canceled!

With a lot of thought and discussion, the MMEHT has made the difficult decision to cancel the 2020 Annual Wellness Conference. We feel that with so many unknowns, with the pandemic, that this is the best way to keep everyone healthy. Although we are unable to gather in-person this year, we remain committed to the worksite wellness efforts that you are implementing. Stay tuned! Exciting announcements will be coming your way, in the next few weeks, on how we will continue to support your wellness efforts! Thank you for understanding.



July Challenge: Pause on Purpose

Have you heard people say "It's the journey, not the destination?" It's simply another way of saying slow down and take time to notice all the beauty along the way. The July Wellness Works challenge is for you to add daily purposeful pauses for 21 days, from July 5th- July 25th. What do we mean by "purposeful pause?" So glad you asked! The term 'pause' is defined as "a temporary stop in action or speech; intentionally interrupting mental busyness by taking a few moments several times a day to simply pay attention to being present."

As a global community, we have taken an involuntary pause due to the Covid-19 pandemic. As a result, many of us have been under enormous stress and anxiety and some of us (show of hands please) have forgotten to take a break from the craziness that is our current world. This month, we encourage you to be more present and recharge. Train yourself to intentionally stop and pause, take a step back from all the doing and planning...let yourself decompress for a short amount of time.

To help you keep and stay on track, we have created an activity log (please use the link button at the end of this article). **All participants who do one "Pause On Purpose" moment per day are encouraged to send their log to Danielle at dyale@memun.org by July 31st and will receive some great Wellness Works prizes in return!**



Program Requirements: You must complete at least 1 activity daily from the list below to earn a prize.

1. Pay attention to how your body feels while you take a few deep breaths.
2. Take time to enjoy a sunset or sunrise...what colors do you see?
3. Enjoy your favorite genre of music for at least 10 minutes.
4. Take part in a fun impromptu dance party!
5. Pause to be mindful of taste/temperature during your morning routine of sipping coffee/tea/water.
6. Reflect on your blessings.
7. Take time to plan a virtual zoom meeting with personal friends.
8. Relax your mind and try a 5-10 minute stretching routine.
9. Spend time in nature whether taking a walk or sitting in your yard. What sounds do you hear?
10. Make a phone call to check in with a loved one. Be curious, be conversational, be real...and listen.
11. Pause to meditate for 10 minutes (try apps such as calm, insight or headspace).
12. Pause to enjoy a hobby you have meant to get back to or try anew.
13. Write in your journal.
14. Did you enjoy a good belly laugh today? That counts!
15. Take your dog out for a walk.
16. Pause to pray.
17. Enjoy a good book that brings you joy.
18. Exercise for 30 minutes.
19. Enjoy your vegetable/flower gardens or other yard work.
20. Do a family activity - indoor games or an outdoor adventure.
21. Wildcard! You decide...what brings you calmness or happiness? Be creative!

Have you pressed the pause button today? Take some snapshots to show us what you are doing! Email your snapshots to Danielle at dyale@memun.org and we will showcase some Pause On Purpose participants in an upcoming Wellness Works Bulletin or Newsletter!

[Access Your Pause On Purpose Activity Log](#)



On-Demand Wellness

Did you know we can offer you any (well almost any) of our wellness programs as an on-demand webinar to employees? How does that work? So glad you asked, here are the details:

1. You let our staff know you are interested in a program.
2. We record the desired wellness class and send you a link for employees to register.
3. Once employees are registered, they can access the video recording whenever and wherever they are.
4. We can even tell you who accessed it in order to keep a "class attendance".

This is a great way to reach employees who may be working remotely or have a hard time accessing wellness programs normally. Have questions? Contact Abby, adipasquale@memun.org, or any of our staff to access any of our fantastic wellness programs!

To see our Health Promotion class/program listing, please click on the webinar picture above.





Grilling and Food Safety

Cooking outdoors was once a summer-only activity shared with family and friends. Now more than half of Americans say they are cooking outdoors year round. So whether the snow is blowing or the sun is shining, it's important to follow food safety guidelines to prevent harmful bacteria from causing foodborne illness. Use these simple guidelines for grilling food safely.

Keep Everything Clean - Be sure there are plenty of clean utensils and platters. If you are grilling and eating away from home, find out if there is a source of clean water. If not, bring water for preparation and cleaning or pack clean cloths and moist towelettes for cleaning surfaces and hands).

Separate Raw and Cooked Foods - To prevent foodborne illness, do not use the same platter, cutting board or utensils for raw and cooked foods. Harmful bacteria present in raw meat, poultry and their juices can contaminate cooked food.

Cook Thoroughly - Cook food to a recommended internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill tends to brown quickly on the outside, so use a food thermometer to ensure the food has reached a safe internal temperature. NEVER partially grill meat or poultry and finish cooking later.

- **MEATS** - Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145°F (63°C) as measured with a food thermometer. For safety and quality, allow meat to rest for at least 3 minutes before carving or consuming.
- **GROUND MEATS** - All raw ground beef, pork, lamb, and veal should be cooked to an internal temperature of 160°F (71°C) as measured with a food thermometer.
- **POULTRY** - Poultry should be cooked to a minimum internal temperature of 165°F (74°C) as measured with a food thermometer.

Safe Smoking - Smoking is cooking food indirectly in the presence of a fire. It can be done in a covered grill with a pan of water placed beneath the meat or poultry. Meats can also be smoked in a smoker, an outdoor cooker especially designed for smoking foods. Smoking is done much more slowly than grilling, and as a result, the meat is tender and takes on a natural smoke flavoring. The temperature in the smoker should be maintained at 250 to 300°F (121 to 149°C) for safety. Use a food thermometer to be sure the food has reached a safe internal temperature.

Keep Cold Food Cold - Keep meat and poultry refrigerated until ready to use. Only take out what will immediately be placed on the grill. When using a cooler, keep it out of the direct sunlight by placing it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in. Pack beverages in one cooler and perishables in a separate cooler. For more information, check out www.fda.gov

Keep Hot Food Hot - After cooking meat and poultry, keep it hot until served at 140°F (60°C) or warmer. Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. At home, the cooked meat can be kept hot in an oven set at approximately 200°F (93°C).

Leftovers & Reheating - Refrigerate any leftovers promptly in shallow containers. Discard any food left out more than 2 hours (1 hour if temperature outside is above 90°F/ 32°C). When reheating fully cooked meats like hot dogs or hamburgers, grill to 165°F (74°C) or until steaming hot.



***To see our Health Promotion Class/Program listing,
[please click here.](#)***

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

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).