



WELLNESS WORKS around the state

MAINE MUNICIPAL EMPLOYEES HEALTH TRUST

SUMMER 2004

Welcome, Abby!



Abigail (Abby) Ring, MPH, CHES is the newest addition to the *Wellness Works* staff. Abby graduated in 2002 with a Masters in Public Health from Southern Connecticut State University

in New Haven, CT. Shortly after completing her degree she became a Certified Health Education Specialist (CHES) and moved back to Maine to begin her career. Prior to joining Maine Municipal Association, she was the Community Partnership Director at Sebecook Valley Hospital in Pittsfield, ME.

Abby is originally from Jay, Maine and now resides in Waterville. She recently became engaged to her college sweetheart and is very busy planning a October 2005 wedding, while also trying to convince her fiancé to move from New Haven to Maine. Abby has already begun revising the stress management workshop, the “balancing work and family” series, and the smoker’s workshop. She will soon begin working on a class comparing different personality types, and a class on organization.

“Few things in the world are more powerful than a positive push. A smile. A word of optimism and hope.”

- Richard M. DeVos



Grown Locally, Bought Locally: The Benefits of Farmers’ Markets and Community Supported Agriculture

Farmers’ Markets

One of the best things about summer in Maine is all the fresh fruit and produce available at local farm stands and farmers’ markets. Everyone wins when we buy locally. The farmer is able to gain more profit by reducing the cost of shipping the produce out of state, and consumers are able to eat fresh, locally grown produce without all the pesticides and excess handling.

grower agrees to provide a weekly bag or box of fresh, in-season produce for the entire growing season. This system allows the farmer to purchase much needed seeds and growing supplies in the early spring to prepare for the upcoming season.

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Community Supported Agriculture

Community supported agriculture (CSA) is growing in popularity across the state and the country. The basic concept of CSA is to create an agreement between consumers and farmers. Each consumer will pay upfront for a share of the farm’s crop, while the



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How to Get a Wellness Program Started at Your Worksite

Have you ever wondered how to get involved with some of the wellness programs that are featured in these newsletters? This article is designed to tell you how to get a wellness program started at your worksite. But first let's define what wellness is...wellness is a word that didn't even exist twenty years ago. It's probably not in your dictionary. What is it, and why should municipalities, counties, CAP agencies, libraries and special districts be interested?

Wellness is more than the opposite of sickness. It is a state of mind and body, where we take charge of our own health by acting to prevent illness, disease, and injury.

The cost of medical care for people afflicted with disease burdens us all. It raises our medical insurance premiums, and takes money away from other potential uses. But worst of all, it inflicts a great deal of suffering on victims of disease and their families. Doesn't it make sense to practice prevention and reduce the financial costs and human suffering caused by these diseases?

Wellness programs are based on four basic beliefs – 1) It is more effective to prevent illness than treat it; 2) Personal lifestyle choices (such as the choice to smoke, whether or not to exercise, and what to eat) are responsible for over half

of today's major illnesses and injuries; 3) Most premature deaths and disabilities are preventable; and 4) Group support is a vital element in positive personal health.

The worksite is an excellent place to develop a positive wellness environment. The sense of community already exists among co-workers.

The benefit of a worksite wellness program goes beyond the improvement of personal health and the containment of health care costs. Employees see such a program as an added benefit, which can significantly improve morale. The healthier and more fit employee is better able to do his or her job with fewer injuries and fewer absences.

A worksite wellness program can build a real sense of community among employees. And, of course, it can help employees to be healthier, more productive, and use fewer health care services, thus helping to lower the cost of health care.

Wellness Works can help you get a Wellness Program started at your worksite. We offer a variety of Health Education programs, ranging from stress management to nutrition, that can be presented at your worksite free of charge. Health screenings can be administered to eligible employees, free

of charge, to help employees determine how healthy they really are. *Wellness Works* also offers grant money on an on-going basis to get a wellness program started and to keep it running. If you are interested in getting a wellness program started at your worksite, please call Anne Charles at 1-800-452-8786 extension 292, or Anne Wright at 1-800-452-8786 extension 280.

Did you know?



Heart attack risk is almost three times greater in people with high levels of anger than in those who keep their anger under control.

"We cannot always build the future for our youth, but we can build our youth for the future."

-Franklin D. Roosevelt

Are We There Yet?

Summer usually means traveling for day trips and vacations. If you have children, then you are probably bracing yourself for the never-ending question, "Are we there yet?" But take heart! Road trips do not have to be painful events for you or your children. There are some simple things you can do to make the time in the car fun for everyone. A little bit of planning and some creativity will make getting there as much fun as being there!

Try these ideas to make time in the car more enjoyable:

- Play car games. Remember all the games you played in the car as a kid? Teach them to your children or make up new ones. The internet is a great place to find new car game ideas!
- Pack a toy bag. Have your child pack a bag with his/her favorite toys that can be kept within reach.
- Take time out for fun. It is important to stop often and to extend the stops for longer periods of time, at least 30 minutes if you are on a long trip. Take advantage of school or church playgrounds to let your kids, and yourself, have a break from the car.
- Plan for some special travel goodies. Surprise treats along the way are sure to be a crowd pleaser. Try packing books on tapes, coloring books or doodle pads, snacks, or a new book for your kids.



The New World of Volunteering

You may think you do not have enough time for volunteering. With all of your responsibilities at home and work, you are just too stressed.

If this is what you think, you have not seen the new world of volunteer work. Websites such as volunteermatch.com allow you to choose an opportunity that works specifically for you. You can specify requirements such as the amount of time you can invest, what your interests are, and how far you might travel.

Additionally, these sites will introduce you to opportunities that you can do at home, on the computer or on the

phone. From stuffing envelopes, to doing research, to writing letters, with such a wide array of choices, everyone can find a volunteer opportunity that will fit into their hectic lifestyle.



Do Good for Others as You Do Good For Yourself

What is your idea of volunteering? If you are an active person, or are striving to be, volunteering can still fit into your active lifestyle. Although some traditional aspects of volunteering exist, there are also great ways to be physically active while helping your community. Whether you want to spend your time at the mountains, on the beach or in town, there are ample opportunities, one of which may be just perfect for you. Organizations such as Habitat for Humanity, Volunteers In Parks, Clean Parks, and many others allow you to stay active while doing good deeds for others.

To ensure that your experience is rewarding and valuable, investigate the level of skill and fitness required, and then have a great time! Whether you are skilled at swinging a hammer, a pro at building a roof, or handy with a rake, your efforts will be appreciated. Coaching a youth athletic team or helping a senior citizen by mowing a lawn are just a few ideas. The possibilities are endless.

No matter what you do, you will feel great physically and mentally while helping others. What more could you ask for on a sunny summer day?

Volunteering as a Family

There are many good reasons to do volunteer work. It makes you feel good, helps the community and gives you the opportunity to learn new skills. For those same reasons, your family should do volunteer work together. If children learn the importance of volunteer work when they are young, they are more likely to continue volunteering later in life.

By getting your family involved in community service, you can help them learn a sense of responsibility. They will learn to make and keep commitments, as well as discovering the benefits of making a sacrifice for others – for example, donating a toy to a less fortunate child. Your children can also learn new skills, learn how to work better with others, and spend their free time in

ways other than playing video games or watching television.

Even young children can participate. As a family you can help community service agencies with projects like taking meals to the elderly, cleaning a neighborhood park or playground, or volunteering at food banks or animal shelters. Volunteering can also be informal – it can include activities like helping a neighbor rake leaves, helping a single parent with childcare or helping prepare meals for an elderly friend.

If you can't think of anything to do as a family, call your church or local community center. They can help create a volunteer opportunity that will meet your family dynamics.



Physical Benefits of Volunteering

Many of us struggle with high blood pressure, high cholesterol and stress headaches. We are always looking for ways to lose weight and get healthier. Well, volunteering and doing good for others is a great way to improve your health. Giving your time and energy to others will keep you from sitting in front of the television, while also helping you to minimize snacking and maintain your activity levels. A kind act will decrease your heart rate, slow your breathing and release "feel good" hormones. Your mind and muscles might get stronger, and you might learn a new skill. The investment on your part is minimal; investing a little of your time and energy will bring you many benefits in return.

Summer Food Safety

Have you ever noticed that more people tend to get food poisoning during the summer months? There are two reasons for this: 1) warm weather and humidity causes bacteria in the environment to grow faster; and 2) more people are cooking and eating outdoors without following the usual kitchen safety guidelines.

It is important to remember that even in an outdoor environment you need to follow these food safety tips:

- Always wash your hands and surfaces, before, during and after preparing a meal or snack.
- Separate the raw meat and poultry from the cooked. Do not cross-contaminate the food by using the same dishes or utensils on both raw and cooked meat. Keep raw meat away from fruits and vegetables too; this will prevent the spread of bacteria.

- Cook to the right temperature. Use your food thermometer to ensure that all meat is cooked to the right temperature to kill harmful bacteria.
- Keep hot foods hot and cold foods cold. Do not let foods sit out for long periods of time, especially in warm weather. Leaving foods out will cause bacteria to grow and may lead to a very serious case of food poisoning.



Beware the Hidden Sins of Cool Drinks...

The hot weather and bright sunshine of summer days usually cause us to long for a relaxing shady spot or a trip to the beach, coupled with a cold drink. On the way to the park/pool/beach, you pass a convenience place and – yum! – they have the most wonderful cool, icy drinks calling your name. It's cold and it's liquid so there aren't large amounts of calories and fat, right?

Not so! Just because it's liquid and easy to consume in large quantities doesn't mean that you're safe from calorie or fat demons that lurk within the frosty container. Here's a brief summary of some of our favorite summer beverages (yes, we too have occasional indulgences!). Please keep in mind that your daily intake of fats should be no more than 16 to 18 grams of saturated fat, and no more than 65 grams total fats, based on a total of 2000 calories per day.

Drink	Size	Calories	Fat/Sat. Fat	Carbs.
Panera Bread's I.C. Mocha	16 oz.	520	24g (15g)	70g
Dunkin' Donuts' Vanilla Bean Coolatta	16 oz.	440	17g (15g)	70g
McDonald's Chocolate Triple Thick Shake	16 oz.	580	17g (11g)	94g
Pepsi	16 oz.	200	0g	54g
Slurpee	28 oz.	Up to 255	0g	up to 65g
Water	All you want!	0	0g	0g

We included the last one as a reminder that water is still the best no-calorie drink that you could choose to consume!

Farmers' Markets

Continued from Page 1

The size, share price, and products vary from farm to farm and in some cases you may be able to arrange a lower price by offering to work on the farm for a set amount of time. CSA is a great way to support the local economy and enjoy fresh produce all summer long. To find out if there are Farmers' Markets or Community Supported Agriculture Farms in your area, visit the following website: www.getrealmaine.com or call 207-287-3491.

Chunky Gazpacho

From: *Cooking Light*

Here's a way to use up some of those great fresh vegetables you bought at the farmer's market. This recipe is so easy, you'll have plenty of time to play in the summer sun!

Ingredients:

- 6 cups coarsely chopped tomato (about 3 pounds)
- 1 (32-ounce) bottle low-sodium tomato juice or V-8
- 2 cups coarsely chopped peeled cucumber (about 2 medium)
- 1½ cups chopped green bell pepper
- 1¼ cups finely chopped Vidalia or other sweet onion
- 1 cup finely chopped celery
- 1 tablespoon olive oil
- 3 tablespoons balsamic vinegar
- ¾ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon hot sauce (e.g., Tabasco)
- 3 garlic cloves, minced

Combine all ingredients in a large bowl; stir well. Cover and chill.

Yield: 8 servings (serving size: 1½ cups). Nutrition per serving: 95 calories; 2.4 g fat; 3.1 g protein; 17.3 g carbs; 3.7 g fiber; 0.0 g cholesterol; 1.3 mg iron; 321 mg sodium.

Did you know?

Annually, Americans spend more money on fast food than they do on higher education.

Exercise Together for Added Motivation

The excuses for not exercising are numerous: not enough time, other things that need to be done or a lack of energy. Do any of these sound familiar? If so, a great way to get – and stay! – motivated is to exercise with others. You will help maintain strong and solid relationships while being fit and healthy.

Whether your activity is walking, biking, or strength training, the benefits of having a workout buddy are endless. Companionship can make the exercise time fly and you are less likely to cancel your fitness plans if you know your partner will be disappointed when you are a “no-show”. You and your partner can motivate and support each other to

move to the next level. You may even find the confidence to try a new activity with a friend by your side.

Family and friends can make great workout partners. Exercising with your child is a terrific way to open up lines of communication, more effectively than sitting in front of the television together. You will also be teaching your child strong health habits that can last a lifetime. Ask around at your gym or at work for someone looking for a work out partner. You might just make a great new friend!

When finding a partner, be sure to find a work out buddy whose fitness level is similar to yours. If your fitness

levels are too different, one of you will not work hard enough to reap the rewards, or someone might get bored. Be sure to set workout dates, and have a great time!



Wellness Making a Difference – Following our “Feature Family”



Dick and Debbie Pickett

It’s hard to believe that it has been a whole year since we’ve introduced you to Dick and Debbie Pickett. The Picketts have made some great progress in making healthy lifestyle changes over the past year.

We are proud to say that Debbie was able to stick with her walking program, logging in 4-4 ½ miles a day! It should be motivating to all of us that Debbie was able to continue walking outside through the hot humid weather, the bitter cold winter months and sinus surgery – although she did have to take 6 weeks off after the surgery to recover. One exercise goal that Debbie did not achieve was adding strength training to her program. She is hoping her daughter’s wedding in September will

motivate her to start the toning exercises.

Overall Debbie has done a good job in the area of nutrition. She has done a great job of preparing low-fat, healthy meals. She still has to remind herself to watch her portion sizes (which tends to be an issue for all of us!). She has been successful at decreasing the amount of coffee that she consumes in a day – but has not been so successful in increasing her water intake. We suggested that she take it slow and gradually increase her water intake by a glass at a time rather than jumping into drinking 6-8 glasses a day so the goal doesn’t seem so unattainable.

Dick has had great success with his nutrition goals! When we first met Dick, his diet consisted of lots of coffee, two cereal bars for lunch, and a meal in the evening. Over the past year he has worked at eating three balanced meals a day. As a result he feels more energetic and doesn’t need to rely so much on coffee to get him through the day. Dick has found that planning his meals ahead of time made it easier to eat healthy all day long.

We asked Debbie what she recommends to people who are trying to make a change. She replied, “Everyone is different. What works for one person may not work for another. Take it slow –

don’t ‘bite off more than you can chew’. Setting small realistic goals really helps!”

Thanks to Dick and Debbie Pickett for letting us observe them for the past year as they worked to make healthy lifestyle changes. It has been a pleasure working with them!

Lending Library Materials

Interested in learning more about different ways to exercise this summer – both indoors and outdoors? Consider borrowing some materials from the Wellness Works Lending Library. If you are a Health Trust health plan participant, you can borrow materials for up to two weeks at a time.

Here is a suggestion...try reading *The 90-Day Fitness Walking Program* by Mark Fenton. This book will take you through a day-to-day progressive workout that helps you strengthen your heart, burn fat, feel healthier, and remain injury-free - all in 90 days. This will guide you to build a safe, healthy, effective exercise habit that will last a lifetime.

To order this or any other materials from our Lending Library, simply call Amanda Collins, Health Promotion Assistant, at 1-800-452-8786, extension 283. You may also order through the Health Trust’s Website, at www.mmeht.org. Click on the links for “Wellness Works” and “Lending Library,” to search available Lending Library materials.

MMEHT Benefits Corner

Prescription Drug Card News

Recently, you may have received a letter from Anthem Prescription Management (APM), notifying you of a change in copay for one of your prescription medications. The letter may also have alerted you to the fact that there was a generic equivalent to a medication you may have been taking, and that the generic drug was available at a lower cost to you.

The Maine Municipal Employees Health Trust contracts with Anthem Prescription Management (APM), a subsidiary of Anthem Blue Cross Blue Shield, to administer its prescription drug card program. As a part of this contract, APM's Pharmaceutical and Therapeutic Committee is responsible for determining which medications will be covered as formulary ("preferred") and non-formulary ("non-preferred") medications.

Participants are charged a lower copay (\$20 for up to a 30-day supply, or \$40 for a 31-90 day supply) for medications covered at the formulary, or preferred, level than they are for the non-formulary, or non-preferred, medications (\$40 for up to a 30-day supply, or \$80 for a 31-90 day supply). APM reserves the right to change its formulary program at any time, by changing the level ("preferred" or "non-preferred") at which certain medications are covered. APM also reserves the right to notify participants of less expensive generic equivalent drugs that may be available to Health Trust participants.

All Health Trust participants can access information regarding Anthem Prescription Management's Formulary at their website, www.anthemprescription.com. By accessing the prescription website, you will have access to the most updated information. You will also know whether the prescriptions you have been prescribed are generic, formulary or non-formulary. You can then determine the copay that you will be charged when you fill your prescription at the pharmacy.

For more information on the prescription drug benefit available to you through your Health Trust health plan, please consult your health plan Summary Plan Description booklet, in the chapter entitled "Prescription Drug Benefits".

Health Trust to Hold Annual Retiree Workshops

What happens to your health insurance benefits when you retire? For those retirees who are covered under a Health Trust health insurance plan, there are several options. If the retiree is under age 65 or is not Medicare-eligible, benefits will be continued under the same plan as for the active employees of that employer (provided, of course, that premiums continue to be paid).

Those retirees who are age 65 and over, or who have Medicare as their primary insurance coverage, are eligible to continue their benefits with a three-part plan: Medicare (Parts A and B), Anthem Blue Cross Companion Plan B, and Health Trust Major Medical coverage (including a prescription drug card). To help explain these benefits in detail, the Health Trust holds a series of Retiree Workshops, on an annual basis.

These workshops will review the benefits covered under all three plans (Medicare, Companion Plan, and Health Trust Major Medical). All retirees, soon-to-be-retirees, and those who handle health insurance for their employers are welcome to attend. There is no charge to attend the workshop, and all attendees are invited to participate in a game of "Wellness Jeopardy" after the insurance presentation!

This year's Retiree Workshops will be held at the following dates and locations:

Tuesday, July 27 – Saco City Hall
Wednesday, July 28 – Auburn City Building
Thursday, July 29 – Maine Municipal Association
Wednesday, August 4 - Ellsworth City Hall
Thursday, August 5 – Millinocket Town Office
Friday, August 6 - Caribou City Hall

All Retiree Workshops will start at 9:00 a.m., and will end at about 12:00 noon. Blood pressure screenings will be available at each workshop location, from 8:30 to 9:00 a.m.

To register for one of the Retiree Workshops, or if you have any questions, please contact Gail Schroeder or Susan Smith at the Health Trust, at 1-800-452-8786.

Artificial Sweeteners...Sweet Nothings?

Artificial sweeteners are in just about everything from chewing gum and diet sodas to products marked “light”. There are many, many different kinds of these sweeteners used for different purposes. Some are used for baked goods because they can withstand the heat of baking. Others are used in yogurt because they can withstand the acidic environment. Some lose their sweetness in the syrup made for fountain sodas but are fine for bottled or canned soft drinks.

What are artificial sweeteners made of, how have they been tested and what are the side effects (if any)? The highlights of some are mentioned below. Please keep in mind that real sugar is hardly a toxic chemical, the problem is in how much is actually consumed. The U.S. Department of Agriculture has suggested a limit of ten teaspoons of added sugars per day. Based on a 2,000 calorie diet, that’s 40 grams, which is the equivalent of one 12-ounce soft drink or two six-ounce fruit-on-the-bottom yogurts.

Here are some of the common sweeteners in today’s foods, along with information about each of them.

SUCRALOSE (a.k.a., Splenda) – Safe to use

It’s sugar (sucrose) chemically combined with chlorine. Our bodies can’t burn sucralose for energy. It passed all safety tests in animal studies and there’s no reason to suspect that sucralose causes any harm.

SUGAR ALCOHOLS (a.k.a., sorbitol, xylitol, mannitol, maltitol, lactitol, isomalt, erythritol, hydrogenated starch hydrolysates.) – Safe, but large amounts can cause diarrhea.

Sugar alcohols aren’t sugar and won’t make you tipsy. They’re made by adding hydrogen atoms to sugars. For example, adding hydrogen to glucose makes sorbitol. Some sugar alcohols are largely unabsorbed, and have virtually no calories while others are absorbed enough to provide three-quarters the calories of sugar. Too much sugar alcohol traveling unabsorbed through the intestinal tract can cause bloating, gas, and diarrhea (unfortunately, the FDA only requires a ‘laxative effect’ warning notice on labels). Sugar alcohols don’t raise blood sugar as rapidly as sugar does, yet they’re as bulky as sugar so they can be used teaspoon-for-

teaspoon to replace the sugar that’s been removed from lower-carb foods.

ASPARTAME (a.k.a. Equal, NutraSweet, NatraTaste) – Probably safe, but certain people should avoid.

It’s a synthetic derivative of a combination of the amino acids aspartic acid and phenylalanine and only tiny amounts are needed to sweeten foods. People with the rare disorder phenylketonuria (PKU) can’t metabolize phenylalanine, so they should avoid aspartame. Whether aspartame causes headaches is unclear; studies have concluded that it doesn’t, even though some people are “very sure” they are sensitive. The most serious charge that aspartame increases the risk of cancer has never been proven and there is no foundation to claims floating on the internet that aspartame causes everything from Alzheimer’s disease to multiple sclerosis. In short, aspartame is used in many foods and people who believe they suffer from headaches or other symptoms after consuming foods that contain aspartame should avoid the sweetener.

ACESULFAME (a.k.a., Sweet One, Sunett, acesulfame potassium) – Inadequately tested

Acesulfame is a synthetic chemical that our bodies can’t metabolize. The safety of this product is based on three tests done in the mid-1970’s: In the first, the results were tossed because both acesulfame fed rats and control rats both had unusual amounts of tumors and the results were inconclusive. The second was so plagued with sick animals, the results were deemed unreliable. The third showed female rats were twice as likely to develop breast tumors as control rats; some tumors malignant, some benign. The manufacturer argued that acesulfame seemed to cause more tumors only because the control rats happened to remain unusually tumor-free. The FDA bought the company’s interpretation and no further testing has been required. Until more testing is done, try to avoid this sweetener.

STEVIA (a.k.a., Sweet Leaf, Honey Leaf) – Inadequately tested

Stevia is an extract from a shrub that grows in Brazil and Paraguay, which our bodies can’t metabolize. When fed high doses of stevioside (stevia’s active ingredient) for 22 months, male rats produce lower sperm count and increased cell proliferation in their

testicles, which could cause infertility. Female hamsters had fewer and smaller offspring. That, combined with the absence of other animal studies that are normally required for food additives, led the FDA, Health Canada, the European Union, and the World Health Organization to conclude that stevia shouldn’t be allowed in food. Stevia can’t be used in food but can be sold as a supplement, since safety rules for supplements are looser than for foods. Stevia is promoted by the health-food industry as a natural alternative to synthetic sweeteners like saccharin, aspartame, and sucralose – but ‘natural’ doesn’t automatically mean “safe.”

SACCHARIN (a.k.a., Sweet ‘N Low) – Unsafe

It’s a synthetic chemical that our bodies can’t metabolize and takes tiny amounts to sweeten foods. In 1977, the FDA tried to ban saccharin because animal studies showed that it caused cancer of the bladder, uterus, ovaries, skin, and other organs. Congress intervened (due to pressure from the diet industry and dieters) to keep saccharin on the market with a warning notice of high-potency sweetener on the label. In the 1990’s, the Calorie Control Council – which represents the low-calorie food and beverage industry – convinced the FDA and National Institutes of Health that the main health concern was bladder cancer in male rats and that bladder cancer develops in humans on a different mechanism. Thus, NIH removed saccharin from its list of carcinogens (with objections from a number of scientists) and Congress removed the requirement for warning notices. Last year the National Cancer Institute noted that one of its own studies (the best human study of saccharin ever done) found ‘some evidence of increased bladder cancer’ in users who heavily ingested the sweetener as a table top sweetener or through diet sodas (heavy defined as six or more servings of sugar substitute or two or more eight-ounce servings of diet drink daily). Just because saccharin no longer carries a warning doesn’t erase the evidence that it may cause cancer in humans (though the risk is small).

Source: Nutrition Action Healthletter, May 2004



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Wellness Works Presents

The Apple Amble

- What?** A six-week walking program.
When? Friday, October 1 through Friday, November 12.
Who? All Health Trust Participants and family members are welcome to walk!
How? Each walker will receive a packet with all of the information needed for a great walk.

The *Wellness Works* staff would like to invite you to participate in our 2004 Fall Walk: The Apple Amble! The Apple Amble will lead you on a virtual tour of apple orchards across the state over the course of six weeks. Throughout the Apple Amble you will have the opportunity to earn points by participating in cardiovascular activity, strength training and stretching. The points you earn will accrue as you walk from one orchard to the next.

Additional information and a registration form will be included in the Fall 2004 Newsletter.