



WELLNESS WORKS

around the state

MAINE MUNICIPAL EMPLOYEES HEALTH TRUST

SUMMER 2006

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). We will also spend some time talking about the Medicare prescription drug plans that you may have been hearing about lately—and will let you know why you do not need to enroll in these plans.

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 “Wheel of Wellness” after the insurance presentation!

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.

This year’s Retiree Workshops will be held at the dates and locations listed below.

Wednesday, July 12	Scarborough Town Office
Tuesday, July 18	Auburn City Hall
Wednesday, July 19	Augusta City Hall
Tuesday, July 25	Newport Town Office
Wednesday, July 26	Caribou Library
Thursday, July 27	Ellsworth City Hall



Summer 2006

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Plant a Row to Prevent Hunger

How much food in your garden goes to waste each summer and fall? If you are like most of the 70 million gardeners in the U.S., you probably plant and harvest more than you can eat. This is where the Plant a Row program comes into play. If you were to take that extra, fresh produce to your local food pantry or soup kitchen (rather than adding it to the compost pile) you could have a significant impact on reducing hunger in your area.

Hunger isn’t just an issue of inner cities. There are approximately 140,000 Mainers who go hungry every day due to a lack of food resources. More than 40% of children under 12 show signs of hunger and another 64,000 children are at risk. There

are many local and statewide programs that are dedicated to finding the resources and meeting the needs of these individuals to prevent anyone in Maine from going hungry.

If you use every bit of produce you grow each summer, then consider planting just one more row of your favorite crop and devote all the harvest to the food pantries. As you begin planting your garden, be sure to block out a little space for the Plant a Row program and help feed the hungry.

Every gardener can reduce hunger in their community. It is as simple as planting an extra row!

For more information on the Plant a Row program, visit: www.gardenwriters.org/par.

Did You Know?

Every one pound of food donated from local gardens creates four meals for needy families.

The Lazy Days of Summer

It's summertime, school is out, and many families are at their wit's end about how to fill three months of their children's free time. Images of summertime are usually cast in a light of hot, lazy, relaxing days by a lake, but the reality for most working families is the struggle to balance the demands of adult work schedules with providing safe activities for children. This dilemma often results in hectic, stress-filled days comparable to those during the school year. While summer camp is an option for some, the cost of day and overnight camps can be too expensive for many families' budgets. Structured activities are beneficial, but parents and caregivers should also keep in mind the advantages of unstructured time for children.

So what do we do to keep young children busy, yet also allow them to enjoy the summer months? Whether your child is a preschooler or school-age, a wealth of opportunities for fun, educational, and even relaxing activities are possible. Here are some tips that may be useful for families and caregivers.

Visit the library. Until recently, libraries offered little or nothing for children below the age of three, but in the past few years, many have introduced programs for toddlers. Children and adults can participate in activities that may include reading aloud, storytelling, rhymes, and songs. Preschoolers usually enjoy the group activities offered by libraries, where they can participate in puppet shows and arts and crafts activities. For elementary school children, there are variations of the read-alouds and storytelling hours that often include



discussions and presentations by the children themselves, as well as summer reading programs. Many public libraries also offer training courses for children which will teach them how to use different software or educational programs.

Discover geography. What makes a place special? What are the physical characteristics of your hometown? Take your children for a walk around your neighborhood and look at what makes it unique. Point out how it is similar to other places you have been and how it is different. If you live near a park, a



lake, a river, a stream or a creek, take your children there and spend time talking about its uses. Read stories about distant places with children or sing songs to teach geography, for example "Home on the Range" or "California, Here I Come." Make a wish list of places you would like to visit with your child. Look them up on a map and plan a trip there—real or pretend.

View and create collections. Go to a children's museum to view hands-on exhibits or suggest that your children start a "collection" and build their own museum. They can collect natural materials, such as acorns and leaves from a local park or seashells from the beach.

Nature's best. Older children can learn about weather by using a map to look up the temperature of cities around the world and discovering how hot each gets in the summer. Watch cloud formations and imagine. Do the shapes look like horses, ducks or other animals?

At night, children can collect fireflies in jars, or depending on their age, camp out in a tent in the back yard. Create a treasure map for children to find hidden treats in the yard. Read about your state bird and state flower,



and if possible, ride your bikes to a nearby park to find them.

Use community resources. Watch for special events, such as free outdoor music festivals or concerts. Many communities host evening concerts in local parks—pack a picnic dinner and enjoy time with your family. People are resources too—collectors, painters, and backyard naturalists may live in your neighborhood, eager to share their knowledge with children.

Rainy day activities. Summertime often brings thunderclouds. On days when outdoor activities are not possible, you can share family history and photos with your children. Pull out the old videotapes of past family gatherings and events. Prepare an indoor picnic with your child or cook dinner together.



Whatever the activity, children can enjoy and appreciate the summer months in ways that are both educational and stress-reducing for all involved.

Source: National Association for the Education of Young Children

Are You Exerting Yourself?

Are your workouts working for you? Not sure? One way to tell is by using a method called the rate of perceived exertion, or RPE. It helps ensure that you're working out to your optimal level. Aim too low and you'll just be going through the motions without much benefit. Aim too high and you could end up frustrated, burned out, or injured!



So how do you find a pace that's just right? Think of exertion on a scale of 1 to 10, 1 being no exertion (sitting in a chair, for example) and 10 being the most you can possibly do. A moderate walk might put you at a 3. Remember, it's not about how fast you're walking, it's about how strenuous it feels. Aim for a range between 3 (moderate) and 5 (strong), say experts at the American Council on Exercise. You should feel you're exerting yourself enough to gain cardiovascular benefit, but not so hard that it's difficult or uncomfortable to sustain your workout.

As your strength and fitness level increase, bump up the intensity to compensate, aiming to stay within your newly defined 3-to-5 range. The best thing about perceived exertion is that you can use it for any workout — walking, jogging, bicycling, bench stepping, climbing stairs, or performing low-impact aerobics. Just be sure to keep checking in when you're working out!



21 Days to Healthier Habits

Studies show that if you stick to positive habits (such as exercising, quitting smoking or eating better), you can program yourself into living a healthier life. Here is some advice that will apply, no matter what your goal is.

The hard part is convincing yourself you need to start. If only you could find the time, right? Actually, experts believe that it's making the decision to make time that's key. Make time to improve yourself, and you'll feel good about doing it, gain energy, be focused and actually accomplish more in less time than if you stayed sedentary.

Next, you'll need to set your sights on realistic goals. Write down what you want to achieve, and carry it out over the next three weeks. Stay more focused on the big picture of getting well, being happy and feeling better, and less on the menial list-making, time-checking frame of mind. Keep a positive, confident outlook. After the three weeks are up, and your newer, better behavior has settled in and become a habit, set new goals for the next 21 days and keep moving forward.

Here are some suggestions on how you can tackle specific goals in your 21 days.

If your goals are to exercise and eat better: Learn to reinvent your diet. At the supermarket, stick to the perimeter of the store, where all the fresh produce, meat, fish, dairy and grains are located. The freshest produce has the most antioxidants.

Biking, swimming and walking are good, low-impact aerobics to get your juices flowing. The benefits range from raising metabolism and burning fat to lowering blood pressure and reducing all the health risks that accompany high blood pressure. Walk as often as you can, to work or to shop.

Going to the gym? Start with a workout program that allows you to see quick improvements. Get a buddy. Making a commitment with somebody else helps make that activity actually happen. A personal trainer can put you on the right track and will be another source of encouragement.

Keep a journal of your activities and meals, and check your progress in 21 days. Slowly build by setting new goals. Walk farther, swim faster, combine speed and climbing intervals into your routine.

Wyeth Consumer Healthcare, 2005

Strategies for Waking Up Early to Exercise

So many of us need to exercise but the only way we can fit it into our schedule is to do it in the early morning. But what if we are not morning people?

Think baby steps. Before you set your alarm two hours earlier than normal to start exercising, only to end up disappointing yourself by hitting the snooze button or trudging through an uncomfortable workout, try the following tips:

Your initial goal should be to wake up a mere 10 to 15 minutes earlier than usual. Just roll out of bed and onto the floor for a few easy yoga poses or a quick set of push-ups, sit-ups, lunges or jogging in place. You don't even have to change out of your pajamas! Then on alternating days, climb the stairs, try some step-ups on the first step, take a quick jog around the block or try a few moves to an exercise video.

At this point, what you do isn't as critical as getting into a habit of doing something- anything- every morning. In other words, for the first few days, simply concentrate on making those 10-15 minutes of activity happen any way you can. Then gradually increase your workout time, by getting up 5 minutes earlier each day, until you are exercising for at least 30 minutes each morning. After a few weeks, your exercise routine will become a habit and you won't even want to hit the snooze button!



Source: Prevention.com

On-Call

On-Call is a medical self-care program for members of the Maine Municipal Employees Health Trust. It helps individuals to assess a variety of health concerns by answering three basic questions:

- *Is this a medical emergency?*
- *Should I see or call my doctor?*
- *Can I treat myself at home and if so, how?*

Medical Self-Care Topic of the Quarter- Ankle Injuries

As more and more people put away their winter boots and galoshes in exchange for flip-flops and sneakers, emergency rooms and doctors' offices see an increase in the number of ankle injuries, from minor strains to severe sprains. The bones and ligaments of the ankle provide us with a great amount of support and flexibility when we participate in our favorite activities, yet certain twists or sudden movements can cause injury to the ligaments. When people "twist" their ankles, they are actually referring to injuries to the ligaments that connect the lower leg bone to the foot. An ankle strain occurs when the ligaments are stretched beyond their normal limit. An ankle sprain is when the ligaments are partially or completely torn. Fortunately, most ankle injuries are not fractures or severe sprains, and can be treated using the self-care procedures listed below.

Signs/Symptoms

- Swelling and pain in the ankle.
- General stiffness in the joint.
- Discoloration and/or deformity in the joint.

Get Emergency Care If:

- Your ankle appears bent or deformed in an odd way. This may indicate a fracture. Try not to move the ankle. Apply ice.

Consult Your Doctor If:

- You are unable to put weight on the ankle or pain continues for 72 hours.
- Your ankle is swollen, or black and blue.

If none of the above are factors, try these Homecare relievers:

- Apply an ice pack to minimize swelling: apply ice for 20 minutes; remove for 20 minutes. Continue for 2-3 hours or until the swelling is reduced.
- Wrap the ankle firmly in an elastic bandage for 24-48 hours, if the injury has significant swelling. Don't wrap it too tightly- it should provide comfort, not increase the pain!
- Rest the ankle for 12-24 hours; avoid putting weight on it as much as possible and keep it elevated above heart level if swelling occurs. You can probably expect a limited range of motion for 2 weeks or more.
- Aspirin, naproxen, or ibuprofen can be used to reduce pain and inflammation.
- Once the pain and swelling have diminished, begin to rotate, flex, and extend the ankle gently three times a day to prevent adhesions, or the formation of scar tissue.

Tips for Prevention:

- Choose shoes with adequate ankle support.
- Beware of rough terrain that could cause a twisted ankle.

The goal of a Medical Self-Care program is not to deter you from seeking medical attention, but rather to make you more aware of the types of treatment you should seek out. Once you know how to proceed in a particular situation, you will be better able to ask questions, make informed decisions, and have a better relationship with your healthcare provider. Always be sure to check with your doctor if a Homecare remedy goes against your normal course of treatment or if you have been warned against using particular products due to other health conditions.

Homemade Ice Pack

Perhaps you have had an injury like the one just described in the On-Call article, where you twisted your ankle and are now trying to find some relief from the pain and swelling. What you may need is an ice pack! This is a handy recipe for making an ice pack out of common household products and is an essential part of a well-stocked first aid kit.

1. Fill a heavy-duty freezer bag 3/4 full using 1 part rubbing alcohol and 3 parts water.
2. Seal the bag and place it inside another sealed bag to prevent leakage.
3. Put the bag in the freezer and pull it out when needed.

This will make a soft, flexible ice pack, perfect for those summertime injuries. If you want the ice pack to be even softer, simply add more alcohol.

Credit Card Sciatica

Avoid sitting with a wallet - or any bulky item - in your hip pocket for long periods of time. It's no joke that people who do so have ended up with what's been called "credit card sciatica." Any object that puts pressure on the sciatic nerve can, over time, contribute to sciatica, characterized by pain that begins in the lower back or buttocks and radiates down the leg. Regular exercise may help prevent sciatica by improving posture and strengthening the muscles in the back and abdomen.

Source: University of California, Berkeley Wellness Newsletter



The Right Doctor for the Right Care

It's surprising, but most people spend more time researching their family vacation than selecting a doctor. It might be a dangerous oversight, too, since the quality of care can vary greatly from one doctor to another. That's why we suggest you use your consumer skills — the ones you use to figure out the right car or vacation spot for your family — to confirm you have the right doctor and are getting the right care. Here are three steps to follow:

1. Understand what's special about your health history and your health care needs.
2. Based on your assessment, select a doctor who has the "features" you need and value most (or confirm that your existing doctor has them).
3. Talk with your doctor and get involved in the medical decisions that affect you.

For more information on choosing a doctor, as well as information on how to obtain quality healthcare, check out the Maine Health Management Coalition's Website, at www.mhmc.info.

The Health Trust is a member of the Maine Health Management Coalition.



Before You Leave a Doctor's Appointment

The end of a doctor's visit can bring relief — you have a better idea of the problem and a treatment plan to consider. But before you hurry out, there are a few things you need to do to make sure your visit is complete. Ask your physician if and when you need a second exam, more tests, or simply a follow-up visit. Schedule that appointment on your way out. If tests were run during the exam, be sure to ask how and when you can obtain the

Walk for Your Brain

Many of us live in fear of mental decline in our older years, but now there may be something you can do to help. What happens to our minds as we age isn't just a matter of genetics or bad luck. Exercise, or the lack thereof, also plays a key role, according to two new studies in the *Journal of the American Medical Association*.

In one study, researchers followed more than 2,200 people aged 71 to 93 for seven years. They found that those who walked less than one-quarter mile a day had twice the risk of dementia than did those who walked at least two miles a day.

In the second study, researchers tracked more than 19,000 women for nine years and found that those who exercised the most cut their risk of

memory problems by 20 percent. Those who walked at least an hour and a half a week also scored significantly higher on memory, attention, and other mental acuity tests than women who walked less than 40 minutes a week. So get walking! Every step will not only be good for your body, it'll also be sharpening your mind!



Managing that Senior Moment

Memory lapses are normal, even universal. But they do increase with age, even in people with healthy bodies and brains. Here are a few ways to compensate:

Write it down. Make lists, jot memos to yourself, and use a calendar to note your appointments and obligations.

Rehearse. If you have a complex task or trip ahead, review all the steps in your mind until they become second nature.

Simplify. Eliminate distractions. Make routine things automatic so you won't waste mental energy on them; for example, always put your keys and eyeglasses down in the same place.

Stay alert. Get enough sleep. Minimize your use of alcohol, sedatives, and even antihistamines.

Reduce Stress. The last thing you need is to be distracted by worry or anxiety.

Concentrate. Work at learning new information by focusing your mind and repeating the information until it's yours. Do one thing at a time.

Be sure your hearing and vision are up to par. It can be hard enough to recognize a face, let alone identify one that's blurred.

Be honest and ask for help when you need it. "I'm having a senior moment; please remind me of your name."

Harvard Men's Health Watch



results; don't leave it up to the doctor's office to contact you.

In cases where your problem is of a potentially life-threatening nature, request a list of warning signs that indicate whether or not you need to see a health care provider immediately. It's also a good idea to ask for such educational materials as brochures, pamphlets, and newsletters. In the same

vein, ask your physician which Web sites he or she recommends to help you learn more about your condition.

You can find more information on making sure that you receive quality care from your doctors and other medical providers, by visiting the Maine Health Management Coalition's Website, at www.mhmc.info.

Benefits Clarification

If you are covered under one of the Health Trust's health insurance programs, you should have received your new Summary Plan Description booklet (SPD) sometime within the past few months. This booklet describes your health benefits in detail, as well as listing any exclusions or limitations under your health insurance plan.

It has come to our attention that we need to provide clarification for some benefits under the plans, in order to comply with state mandates. The following benefits are covered under the Health Trust health insurance plans, even though they are not specifically listed in the booklets as covered services:

1. Medically necessary services provided by a licensed pastoral counselor, or by a licensed marriage and family counselor. (It is important to note, however, that marriage and family counseling services are not covered under any of the Health Trust plans.)
2. Medically necessary breast reduction surgery.
3. Medically necessary symptomatic varicose vein surgery.

If you have any questions about any of these services, or about your benefits under any of the Health Trust plans, please contact a Health Trust Service Representative. The Service Representatives can be reached from 8:00 a.m. until 4:30 p.m., Monday through Friday, at 1-800-852-8300 (toll free in Maine) or 207-621-2645 (out of state).

Health Trust Staffing Changes

There have been some changes to the Health Trust staff in the last few months! Carol Auger, a Health Trust Service Representative for over 20 years, retired at the beginning of May. We will all miss Carol, but we know that she is going to enjoy having a bit more time to spend at the lake with her husband this summer!

At about the same time that Carol retired, Karen Guillemette was promoted from the position of Service Representative to Subrogation Specialist. This left two vacant Service Representative positions – both of which have been filled by people who are ready and eager to help you with your claims questions! Our two

newest Service Representatives, Jennifer Lachance and Samantha Stanley, join Michelle York and Lisa Rigoulot, all of whom are available to answer your calls from 8:00 a.m. to 4:30 p.m., Monday through Friday. Samantha was previously employed by Bank of America, and as a billing specialist at Omnicare Pharmacy. Jennifer, who was promoted from Health Trust Assistant to Service Representative in early April, has ten years experience in the insurance industry, most recently as a medical coder / billing specialist at Insight Premier Health.

Jennifer's promotion to Service Representative left an assistant's position to be filled. Nicole Ouellette has joined the Health Trust as an assistant, working

with Cathy Shepherd to order ID cards, send enrollment forms and other supplies, and support the Health Trust staff. Nicole previously worked for Omnicare Pharmacy in Gardiner, and at Apria in Yarmouth, and has over 7 years experience working with insurance companies. Cathy has been with the Health Trust for just over six months, having joined the Health Trust from her previous position with the Maine State Retirement System.

If you would like to see a list of the entire Health Trust staff, please visit our Website, at www.mmeh.org, and click on the link labeled "Contact Us".

New Benefit – Nurse Call Line



The Health Trust is pleased to announce a new benefit, available to all participants covered under one of the Health Trust's health insurance plans through Anthem Blue Cross and Blue Shield. This benefit is a

Nurse Call Line, administered by Health Management Corporation (HMC), a subsidiary of Anthem.

The Nurse Call Line is available to Health Trust members 24 hours a day, 365 days a year, and is completely free (there's even a toll-free number to call, from anywhere in the US!). All calls are completely confidential.

If you call the Nurse Call Line, you will speak with a registered nurse (R.N.), who can help you with specific health concerns or illness, and information to assist you in making wise health care decisions; general information on a wide variety of health topics to help you gain a broader understanding of health issues;

or referral to community or health care resources that can assist you with further education or care as appropriate. You can also access HMC's HealthLine Audiotape Library, and listen to educational information on a wide variety of health topics.

The telephone number for the Nurse Call Line is 1-800-337-4770.



Bring Your Meds When You Travel

If you have a chronic gastrointestinal condition, take extra care when packing your medicine for a trip abroad. Regardless of how well you've packed your medicine kit, however, even the best-laid plans can go awry. What happens if you lose your kit? And, even worse, how do you go about replacing prescription medications?

First, make sure you know the generic names of all the medications on which you rely. Unlike brand names, the generic names of drugs are the same in every country. You may not know the

brand of antidiarrheal to look for in a foreign pharmacy, but if you know that the generic name for Imodium, say, is loperamide, you'll find it easily. Your physician, pharmacist, or the prescription information labels will tell you the generic names of your medications.

Make a list of the drugs you are taking (using the generic names, of course) with your usual milligram dosage. Pill size may vary in different locales, so recording dosage is important. If one of your medications

requires a prescription in the country you're visiting, you should be prepared with a letter from your doctor stating your condition and your pharmaceutical needs. Though this may sound overly cautious, you'll be glad of your foresight if you lose your medication.



Medicare Beneficiaries: Watch Out for Phone Scams!

(from the Centers for Medicare and Medicaid Services, www.cms.hhs.gov)

The Centers for Medicare and Medicaid Services (CMS) wants seniors and people with disabilities to be aware of a scheme that asks Medicare beneficiaries for money and checking account information to help them enroll in a Medicare Prescription Drug Plan.

This scheme is called the "\$299 Ring" for the typical amount of money that Medicare beneficiaries are talked into withdrawing from their checking accounts to pay for a non-existent prescription drug plan. Consumers can report these cases to local law enforcement agencies, or can call 1-800-7SAFERX (1-877-772-3379).

Medicare has received complaints from six different states so far. Complaints have been made against a number of different companies, but authorities believe that the companies are all the same, and are typically based outside the U.S. As soon as CMS receives these complaints, they are investigated and referred to federal law enforcement authorities.

No Medicare drug plan can ask a person with Medicare for bank account or other personal information over the phone. You should never provide that kind of information to anyone who calls you on the phone. Please contact your local police department if you think that someone is trying to get money or information from you illegally.

People with Medicare should also remember to be on the lookout for anyone trying to take advantage of them, and should take steps to protect themselves by remembering these tips:

- No one can come into your home uninvited.
- No one can ask you for personal information during their marketing activities (for example, if they are trying to sell you a Medicare prescription drug plan on the phone).
- Always keep all your personal information, including your Medicare ID number, safe – just as you would a bank account or credit card number.

- If you have any questions about your Medicare coverage, you can contact Medicare at 1-800-MEDICARE. You can also contact a Health Trust Service Representative for assistance, at 1-800-852-8300 (in Maine) or 207-621-2645 (out of state).

Remember – as long as you have your health insurance through the Maine Municipal Employees Health Trust, you do NOT have to enroll in Medicare Part D at all! Your Health Trust health insurance provides you with a prescription drug benefit that is better than the basic Medicare Part D benefit. You thus have what is known as "creditable coverage", and do not need to enroll in any Medicare Part D prescription drug plan.

If you have any questions about your Health Trust coverage (prescription or otherwise), please call a Health Trust Service Representative, at the numbers listed above.

Signs of Serious Dehydration

Diarrhea can lead to dehydration. According to the U.S. National Library of Medicine and the National Institutes of Health, you should call your doctor if you experience any of the following signs or symptoms during or after a bout of diarrhea:

- Dizziness or light-headedness, including when you change position from lying to standing
- Fast-beating heart
- Lethargy or confusion
- Inability to produce tears
- Sunken eyes
- Little or no urine output for eight hours
- Dry skin that sags slowly back into position when pinched into a fold
- Dry mouth or dry eyes
- Blood in the stool or vomit



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Augusta, ME 04330

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Visit our website at
www.mmeht.org

The **WELLNESS WORKS Around the State** Newsletter is a publication of the Maine Municipal Employees Health Trust (MMEHT), 60 Community Drive, Augusta, ME 04330. Editor: Anne Wright; Desktop Publishing: Sally Joy; Contributing Writers: Anne Charles, Amanda Collins, Abby DiPasquale and Danielle Yale. Phone: 1-800-452-8786 (in Maine), 207-623-8428 (out of state).

Newsletter Search Contest

Do you want a chance to win a pedometer? Take a few minutes and answer the following questions (all answers can be found in articles in this newsletter). Send the answers along with your name, address and phone number to: *Wellness Works*, 60 Community Drive, Augusta, Maine 04330. You can also e-mail your answers to us at: wellness@memun.org. Entries must be received by July 15, 2006. One winner will be drawn at random.

Congratulations to **Lisa Wallace**, partner of a City of Portland employee, who won the Spring Newsletter Trivia Question!

Your Name: _____ Phone Number: _____

Address: _____

Employer (or former employer, if you are a retiree): _____

1. Name two ingredients you can use to make your own ice pack. _____

3. List three signs of serious dehydration. _____

4. How many meals would one pound of food create for needy families? _____

5. What is the difference between a sprain and a strain? _____

Good luck – and happy reading!

