



WELLNESS WORKS

around the state

MAINE MUNICIPAL EMPLOYEES HEALTH TRUST

SPRING 2003

Wellness Making A Difference



Denise Hodsdon, Vivian Gresser and Dallas Stewart of Hampden

Measuring the success of a wellness program and the hard work of our Wellness Works participants can sometimes be difficult and frustrating. Often the rewards of making a commitment to a healthier lifestyle seem to take forever to appear!

To encourage all of you who are struggling or motivate those who are thinking of starting, we would like to share the success story of three women from the Town of Hampden – Denise, Vivian and Dallas – who together have lost a total of 97 pounds on the Weight Watchers at Work program. The Town of Hampden employees couldn't gather enough people to host their own Weight Watchers at Work program, so they teamed up with a few other local work places to offer one. The weight loss journey for these three women began in the fall of 2002.

Denise has lost 44 pounds so far on the Weight Watchers program. Denise says, "I've done Weight Watchers before and I knew it worked. I was ready to get back on the program. When the Weight Watchers at Work program started it was so convenient, I couldn't pass up the opportunity." Not only has Denise cut back on the amount of food she consumes, she also uses her

treadmill at home to burn more calories. She has recently started a new exercise program called Pilates. She has found that drinking more water helps to curb her appetite. Denise has found that "setting goals in increments is helpful. I haven't set a goal weight yet. I prefer to look at the smaller picture and take it one step at a time. I find this keeps me from getting discouraged."

Vivian, another Town of Hampden employee, has also found success with the Weight Watchers program. Vivian has lost 28 pounds. "The most beneficial part of the program is the supportive atmosphere of the meetings," says Vivian. "All three of us (Denise, Vivian and Dallas) agree that journaling has also been helpful. Journaling helps us keep track of the foods that we eat during the day." Vivian also informed us that Weight Watchers has made an impact on one of the local pizza shops in town. They now offer Weight Watchers "Points"-friendly pizzas!

In the summer of 2002, Dallas started a weight loss program on her own. She was successful and lost 20 pounds by simply cutting back on the amount of food she ate. Dallas recalls, "Toward the end of the summer I was finding it difficult to stay motivated. I was worried about regaining the weight. I heard about the opportunity of going to the Weight Watchers at Work program and decided to join in. I found that the others in the group motivated me. I also found that Weight Watchers guided me in making healthier food choices. Before, I just cut back on the amount of food I ate. Now, I try to make healthier choices." After joining Weight Watchers, Dallas lost another 25 pounds. She does step aerobics and lifts weights to help burn extra calories. Dallas adds, "If

you're having a hard time doing it on your own, the support system at Weight Watchers is so helpful. You don't want to cheat when you know that you will be weighing in – it makes you accountable."

Congratulations to Denise, Vivian and Dallas on their weight loss and the lifestyle changes that they have made. Keep up the good work!



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Herb Works

The information contained in this article is not meant to treat illness or replace the advice of your health care provider. Consult a qualified health care provider before using herbs medicinally.

You Can Grow Herbs on Your Windowsill!

Even if you live in a third floor apartment, you can grow herbs. If your life is too busy to maintain a garden, growing herbs on the windowsill can be a creative and rewarding outlet to help relieve stress.

If you love to cook, plan your windowsill garden around your favorite culinary herbs, or try a window box with healing herbs for teas. Be as creative as you like. You may also consider aromatic herbs, such as lavender and lemon balm. Their special aromas will calm your mind and lift your spirit.

A kitchen windowsill that gets plenty of sun, and has a window that opens, is the perfect spot for windowsill gardening. You will have easy access to tend to your herbs. You may also want to consider an inside windowsill box. This would allow herbs to be at your fingertips for cooking.

If you have children, get them involved. Take them along with you to the local greenhouse to choose some herbs for a window box for their bedroom.

Gather your potting soil, window box (any type will do as long as it has drainage holes), and plants. Stand your plants up in the empty window box to arrange them, considering their height, textures, and shapes. Maintain a balance that's pleasing to the eye. An average size window box could hold five or six different varieties of herbs. However, if you use a lot of herbs in cooking, you

may want to reduce the number of herbs to three per box. Now remove your plants from the window box, keeping them in the arrangement you have chosen. You are all set to transplant your herbs.

1. Spread newspapers over your kitchen table for easy cleanup.
2. Add pebbles to the bottom of your window box to help conserve moisture and reduce the effects of heavy rains.
3. Add enough potting soil to fill the window box half way.
4. Remove plants from containers in which they were purchased.
5. Arrange them in the window box according to your layout.
6. Add more soil, filling all around the plants (leave a 1 inch or so head space at the top of the window box for watering), trying not to get dirt on the leaves.
7. Place your window box on a drainage tray, and water thoroughly.
8. Trim herbs so they remain small and leafy.

Here are some suggested herbs for your window box: basil, chives, curly parsley, French tarragon, lavender, lemon balm, marjoram, oregano, rosemary, sage and thyme.

You will truly enjoy this method of gardening. It doesn't require a lot of work or time; however, the rewards are many.



Soil, Fertilizing, and Watering Tips

- ❖ Ready mix soils can be purchased at local garden centers, which will save time. The mixtures are sterile and have sufficient nutrients to get your plants established.
- ❖ Be sure to moisten the soil with water and mix well before planting, otherwise the perlite in the soil will float to the top and you will have trouble getting the moisture to sink in.
- ❖ Herbs do not require a lot of fertilizer. You may apply a diluted solution of an organic fertilizer a few times during active growth periods over the summer. Remember, over-fertilizing herbs can interfere with the herb's essential oils, which account for the herb's fragrance and flavor. A little goes a long way.
- ❖ It's best to water plants thoroughly and let plants dry in between watering.

Beans, Herbs and Spices – A Fine Combination

According to the American Institute for Cancer Research, high-fiber beans help defend your body from cancer and heart disease. One cup of beans boasts 10-14 grams of fiber, almost half of the recommended 21-38 grams we should consume each day. Dietary fiber keeps your stomach full and prevents blood sugar spikes.

There are many varieties to choose from, and they can be prepared in a multitude of ways. Add beans to soups, sandwiches, salads, burritos, and dips. Beans absorb the wonderful flavors from herbs and spices. Rosemary, savory, dried mustard, curry and garlic top the list.

In the box to the right is a sampling of the many beans available on the market today.

Adzuki: small, red, mild
Black: (turtle beans): earthiness stands up to bold flavors
Black-Eyed Peas: subtle vegetable flavor
Cannellini: creamy white, mild
Chickpeas (garbanzo beans): great for soups, stews and salads
Great Northern: small white
Navy: similar to white beans
Pinto: similar to red kidney beans with thinner skin
Red Kidney: hearty meaty beans
White Kidney: mild flavor, meaty texture

Nutrition Q & A – Vitamins

What is the difference between fat-soluble and water-soluble vitamins?

The Fat-Soluble Vitamins – A, D, E, and K – generally occur together in the fats and oils of foods. These vitamins require bile for absorption. Once absorbed, they are stored in the liver and fatty tissues, until the body needs them. For this reason, the body can survive weeks without consuming foods that contain these vitamins, as long as the diet as a whole provides average amounts that approximate the recommended intakes.

Deficiencies in these vitamins could occur if a person's diet is extraordinarily low in foods containing these nutrients. Liver disease, which can prevent bile production, or a diet low in fat, can interfere with the absorption of these vitamins.

Because these vitamins can be stored in the body, excess amounts taken in (especially in the form of supplements) can lead to toxic buildup.

Did you know? If a person uses mineral oil (which the body can't absorb) as a laxative or eats foods containing the fat replacer olestra, he or she risks losing fat-soluble vitamins by excretion.

Water-Soluble Vitamins – The Bs and C – The body absorbs these vitamins easily. Consuming modest excesses of these vitamins is not a

concern. Though some water-soluble vitamins can remain in lean tissues for a month or more, these tissues are actively exchanging materials with the body fluids at all times. At any time, the vitamins may be picked up by cellular fluids, carried away by the blood, and excreted in the urine.

Consume foods rich in these vitamins. Foods never deliver toxic levels, but large doses of some vitamin supplements can reach toxic levels.

Since water-soluble vitamins dissolve easily in water, special precautions should be taken to minimize nutrient losses. Here are some tips to help reduce nutrient losses:

- Steam vegetables over water rather than in it;
- Stir-fry in small amounts of oil;
- Microwave;
- Wash food vigorously and briefly, don't soak in water;
- Cut vegetables after washing;
- For peeled vegetables, such as potatoes, add them to boiling water, not cold water;
- Avoid high temperatures and long cooking times.

Do not worry about small vitamin losses during food preparation. If you start with fresh, whole foods, and follow some of the guidelines above, you will be sure to reap the nutrients your foods have to offer.

Characteristics of fat-soluble vitamins:

- * Dissolve in lipid
- * Require bile for absorption
- * Are stored in tissues
- * May be toxic in excess

Characteristics of water-soluble vitamins:

- * Dissolve in water
- * Are easily absorbed and excreted
- * Are not stored extensively in tissues
- * Seldom reach toxic levels

Source: *Nutrition Concepts and Controversies*

Are you aware...

When taken in excess, vitamin D can cause too much calcium to be released into the blood. It can also have toxic effects on the kidneys. Sunlight promotes vitamin D synthesis in the skin, and milk is fortified with it. Foods like margarine, eggs, liver, salmon, shrimp and sardines contain vitamin D. More foods are not fortified with vitamin D, because there is a narrow margin between not getting enough and getting too much.

Source: *Tufts University Health & Nutrition Letter*

The Importance of Eating Breakfast

Breakfast provides the energy your body needs to start the day. When you wake up in the morning, you haven't eaten for 8 to 12 hours: it's time to "break that fast." Research has shown that eating breakfast helps to improve mental and physical performance and contributes many important nutrients to your diet. Skipping breakfast is not a good way to cut calories during the day . . . you may end up eating more at lunch, or relieving your hunger with higher fat, less nutritious snacks. If you eat a good breakfast, you might not need those unhealthy "quick fixes."

Try the recipe below for a healthy start.

Honey-Maple Granola with Cherries and Pecans

- 4 cups old-fashioned oats
- 1 cup Wheaties, lightly crushed
- 1 cup rolled rye (can be found at health food stores)
- ½ cup honey
- ½ cup maple syrup
- ¼ cup canola oil
- 1 cup pecan halves
- ½ cup wheat germ
- 2 Tbsp. sesame seeds
- 1 cup dried cherries



Preheat oven to 350°. On a large baking sheet with sides, spread out oats; toast in oven 15 minutes, and then spoon into a large bowl. Add Wheaties and rolled rye; set aside.

Meanwhile, in a small bowl, combine honey, maple syrup, and canola oil; then pour into a medium saucepan. Warm the mixture over medium-high heat until bubbly and hot. Remove from stove and let cool 1 to 2 minutes. Pour over oat mixture. Stir gently and spread out on a baking sheet. Bake, turning often with a spatula until toasted, 10 to 14 minutes, watching carefully to prevent burning. Add pecans, wheat germ, sesame seeds, and dried cherries. Bake 5 more minutes, turning 3 to 4 times, until brown. Remove from oven and let cool. (Can be stored in an airtight container 4 to 6 days at room temperature or 3 weeks in the refrigerator) Serve with milk or as a topping over yogurt. Makes six 1-cup servings.

Source: *The Oprah Magazine*



Dear Wally

At what age should a person be tested for diabetes?

*Sincerely,
Diane*

Dear Diane,

The experts suggest that adults age 45 years and older should be tested for diabetes. If their blood glucose is normal at the first test, they should be tested at 3-year intervals. People under age 45 should be tested if they are at high risk for diabetes.

Risk factors for diabetes include:

- ❖ Being more than 20 percent above ideal body weight;
- ❖ Having a mother, father, brother, or sister with diabetes;
- ❖ Being African American, Alaska Native, American Indian, Asian American, Hispanic American, or Pacific Islander American;
- ❖ Giving birth to a baby weighing more than 9 pounds or having diabetes during pregnancy;
- ❖ Having blood pressure at or above 140/90 millimeters of mercury (mmHg);
- ❖ Having abnormal cholesterol levels; and
- ❖ Having abnormal glucose tolerance when previously tested for diabetes.

A healthful diet and exercise program are beneficial in reducing many risk factors. If you have any of the risk factors listed above, discuss them with your doctor. Your doctor will help you find ways to reduce some of your risk factors.

Wally

Preventing Substance Abuse Among Children

The abuse of alcohol and other drugs is widespread in our society. It can result in disability and death among teenagers and young adults. Here are some steps you can take to help your children choose not to abuse alcohol and other drugs:

- Be a good example. Keep your own alcohol use moderate and never drive after drinking. Don't use illegal drugs. Use prescription drugs only as directed.
- Help your children feel good about themselves. A child who feels good about herself is more likely to have the self-respect to say "no" to alcohol and other drugs.
- Learn to really listen to your child.
- Talk with your child about alcohol and other drugs. Get the facts about them and emphasize that what your child sees on TV, in ads and in the movies may not be accurate.
- Help your child develop strong values.
- Help your child deal with peer pressure. Teach him to value

individuality, give him the support to say "no." Have your child practice saying "no" with you.

- Make family agreements that help your child say no. Set limits with your child and agree about no drugs or alcohol use. Children behave more responsibly when they know the rules.
- Encourage healthy, creative activities that keep your child interested and active. Team up with other parents, especially parents of your child's friends.
- Know where to go for help. If you observe major changes in your child's condition, physical moods or behavior that concern you, get in touch with a treatment provider and have your child assessed. The sooner you intervene, the better chance for a fast recovery.
- Check out the Maine Office of Substance Abuse's website at www.maineparents.net for more information and community resources.

Sodium Recommendations for Adults and Children

Adults should not consume more than 2,400 calories of sodium a day. Older children consuming a 2,000-calorie diet should follow the same guidelines as adults. But the sodium advice for children ages 1-3 is anywhere from 600 to 1,300 milligrams a day, and for ages 4 to 8, it is 1,200 to 2,000 milligrams.

Children, like adults, tend to take in much more sodium than they need,

largely due to the high sodium content of processed foods that are marketed specifically to kids. For instance, some of Oscar Mayer's line of prepackaged lunches, called Lunchables, provide 1,200 to 1,300 milligrams of sodium each.

Source: Tufts University Health & Nutrition Letter



Recognize the Symptoms of Diabetes

- Frequent urination
- Excessive thirst
- Dry mouth
- Impotence
- Blurred vision
- Frequent bacterial infections of the gums, skin, urinary tract, or vagina
- Persistent fungal infections beneath the breasts or in the groin
- Cuts that are slow to heal
- Tingling, numbness, or pain in the hands or feet
- Generalized itching
- Extreme fatigue
- Unexplained weight loss

Preventing Osteoporosis through Diet and Exercise

A calcium-rich diet, adequate vitamin D, appropriate exercise, and in some cases, medications work together to reduce your risk for developing osteoporosis. If you already have osteoporosis, these steps can slow or stop bone loss, increase bone density, and reduce your risk of fractures.

All foods contain vitamins, minerals, and other important nutrients that help keep your body healthy. Calcium is especially important for bone health, but it is also needed for the heart, muscles, and nerves to function properly and for blood to clot normally. If your daily calcium intake is low, calcium will be removed from the bones to perform these functions.

Dairy products are a good source of calcium as well as protein, phosphorus, and other nutrients. The calcium in dairy products is easily absorbed by the body. Other calcium sources include some fruits, vegetables, grains, and fish. See sidebar for a list of calcium rich foods.

Those who are unable to consume enough calcium from food sources can make up the difference by taking a calcium supplement. Talk to your primary care provider to see if you should be taking a calcium supplement.

Vitamin D plays an important role in calcium absorption and in bone health. Vitamin D allows calcium to leave the

intestine and enter the bloodstream to be absorbed. Vitamin D is formed naturally in the body after fifteen minutes of exposure to sunlight. Studies show that vitamin D production decreases in the winter and is lower in people who are elderly or housebound. These individuals may require vitamin D supplements to ensure a daily intake of at least 400 IU (international units), but no more than 800 IU. Most multivitamins and some calcium supplements contain vitamin D. Check the label for the amount. Other sources are fortified dairy products, egg yolks, saltwater fish, and liver.

Exercise is an important part of an osteoporosis prevention or treatment program. While exercise alone cannot prevent osteoporosis, weight-bearing and resistance-training exercises have been shown to play an important role in balance and coordination. Exercise helps maintain bone mass, which in turn, lowers the risk of developing osteoporosis. Exercises that force you to work against gravity – weight-bearing exercises – are most beneficial. Examples are walking, jogging, racquet sports, hiking, dancing and stair climbing. If you have already been diagnosed with osteoporosis, talk to your primary care provider to see which exercises are appropriate for you.



Calcium Content of Common Foods

Food	Serving Size	Calcium in Milligrams
Skim milk	1 cup	302
Low-fat yogurt	1 cup	415
Cheddar cheese	1 ounce	204
Soft-serve ice cream	1 cup	236
Sardines (including bones)	3 ounces	372
Raw tofu	½ cup	260
Broccoli, fresh	1 cup	176

Recommended Daily Calcium Intake

Age Ranges	mg/day
Birth-6 months	210
6 months – 1 year	270
1-3 years	500
4-8 years	800
9-18	1300
19-51	1000
51 or older	1200
Pregnant/lactating women	1000

Source: National Osteoporosis Foundation

Exercising Beyond the Gym

We all know the benefits of exercise: improved cardiovascular health, decreased stress levels, elevated immune system and a healthier appearance. Most of us, at some point, find the gym environment uncomfortable or dull. Just because you are not fond of the gym, does not mean that you have to give up on exercise.

The secret of sticking to your exercise routine is to find an activity that you like to do. If your idea of fun is spending time with others, consider joining a local softball or basketball league. If you prefer to spend your time alone, investi-

gate cross-country skiing or hiking. No matter how much space you do or do not have in your home, your options are vast. Resistance bands, dumbbells, therapy balls and videos are only a few fitness tools that you can bring into the house for added convenience.

Strength training in your home can be enjoyable and successful if done properly. Find an inexpensive mirror, start with minimal weights and a mat for stretching and in the privacy and comfort of your home you can improve your muscle strength and tone. If you shudder at the thought of mile after mile

on the treadmill or Stairmaster, hit the local trails for a jog or an ice rink for an afternoon of skating.

If your image of health and well-being centers on a gym, expanding your vision will make fitness more fun.



MMEHT Benefits Corner

In this issue's Benefits Corner, we would like to let you know about a few administrative changes to the Health Trust health insurance and income protection plans.

PRESCRIPTION REFILLS – ALL PLANS

When can you refill your prescriptions? It is important to know that you can only refill your prescriptions after a certain date in the cycle. For example, if your doctor has written you a prescription for 30 days, you can refill that prescription on the 26th day or later (that is, when you have a four-day supply or less left); a 90-day prescription can only be refilled on or after the 77th day (that is, when you have a 13-day supply or less left).

PRESCRIPTION MAIL ORDERS – ALL PLANS

If you fill your prescription using the mail order service through Anthem Prescription Management, there has been a minor change to your copay effective January 1, 2003. If you are purchasing 90 days worth of a non-formulary (or "non-preferred") brand name drug, your copay will be \$60. In the box to the right you will find a chart which shows copays for all drugs under the Health Trust's prescription drug program.

Benefit	Copay
Retail (at the Pharmacy) – up to 30 day supply	
Generic	\$10
Formulary (Preferred)	\$20
Non-Formulary (Non-Preferred)	\$30
Maintenance (at the Pharmacy or via Mail Order) – 31-90 day supply	
Generic	\$20
Formulary (Preferred)	\$40
Non-Formulary (Non-Preferred)	\$60

OUTPATIENT SUBSTANCE ABUSE BENEFITS – POS PLANS

If you are covered under one of the Health Trust's Point of Service (POS) plans, you should know that the benefits for outpatient substance abuse services have been expanded effective January 1, 2003. Outpatient substance abuse services will now be covered at 80%, to a maximum benefit of \$1,500 per person per calendar year. (Note: This is the same benefit level as paid under the Health Trust's Indemnity Plans.)

INCOME PROTECTION PLAN (IPP)

Effective January 1, 2003, the Health Trust's Income Protection Plan is being administered by UnumProvident. If you need to file a short-term disability claim, the initial claim form and any additional information must be sent to UnumProvident, Portland Customer Care Center, PO Box 9500, Portland, ME 04104-5058. You may call UnumProvident's Customer Care Unit at 1-800-628-6096 to check the status of your claim. UnumProvident Customer Care Representatives are available to answer your questions Monday – Friday, 8am to 8pm.

Effective January 1, 2003, you will need to send a completed and signed W-4 form whenever you submit a **new** IPP claim. You may include a copy of the W-4 form that is on file with your employer, or you may wish to complete a new form. If no W-4 is submitted to UnumProvident, UnumProvident will automatically withhold 28% of your taxable benefit.

It is also important to note that if your employer pays any portion of the premium for your Income Protection Plan benefit, that portion of the benefit will be subject to State and Federal income taxes, as well as FICA (Social Security and Medicare). For example, if your employer pays 25% of the premium for your IPP coverage, and you go out on disability, 25% of your IPP benefit (that is, the amount you receive while you are out on disability) will be subject to Federal, State and FICA taxes.

HEALTH TRUST ANNUAL MEETINGS TO BE HELD IN MAY

The Health Trust will once again be holding a series of Annual Meetings, at locations around the state, during the month of May. These meetings provide the Health Trust staff with an opportunity to report to the membership on program operations, finances and activities and to allow our participants an opportunity to raise questions or issues of concern.

The Health Trust 2003 Annual Meetings will be held on the dates and at the locations listed to the right.

To reserve your space at any of these meetings, please call Amanda Collins at the Health Trust, at 1-800-452-8786.

DATE	LOCATION	TIME
Monday, May 5	Maine Municipal Association Executive Board Room	9:00 a.m.
Tuesday, May 6	Presque Isle City Hall Council Chambers	9:00 a.m.
Monday, May 12	Scarborough Town Office Council Chambers B	9:00 a.m.



Wellness Works Lending Library Offerings

Get into shape with these new items from the Lending Library. Borrow materials by calling 1-800-452-8786, extension 283, or place your request on the Health Trust website at www.mmeht.org.

- Pilates Workout. Video: 45 minutes.
- Yoga Zone: Introduction to Yoga. DVD: 55 minutes.
- Strength Ball Training: 69 Exercises Using Swiss Medicine Balls.
- The Complete Guide to Healthy Stretching – Book: 316 pages.
- Desktop Yoga For Office Slaves, Internet Addicts, and Stressed-Out Students. Book: 144 pages.
- Weight Training for Dummies – Book: 404 pages.

You may also view a complete listing of Lending Library materials on the Health Trust website.

Bike Safety

Now that the warmer weather is here, it is time to get your bicycle out of storage!

Before you hop on your bike, be sure to review the following safety tips:

- Obey all traffic signals, signs and lane markings.
- Ride on the right side of the road with the flow of traffic.
- Ride far enough away from the curb to stay clear of opening car doors, potholes, debris and sewer grates and to maintain a straight line.
- Be alert; scan the route ahead for traffic, opening car doors, pedestrians and obstacles on the road surface.
- Ride predictably so that others can see you and predict your movements. Use hand signals to indicate turns.
- Make eye contact with motorists and pedestrians before crossing paths.
- Except when you are signaling, always keep both hands on the handlebars and be ready to brake.

Use secure racks or packs for carrying items or packages.

- Go slowly and use caution when the road is wet, icy or when visibility is limited.
- Be visible; lights and reflectors are required when riding at night. Brightly colored or reflective clothing can help increase visibility.
- Avoid bicycling on sidewalks.
- Keep your bicycle in good working condition. Only ride a bicycle that is sized and adjusted to fit you.
- Remember to wear a helmet that fits properly (this goes for adults too!).



APRIL 21-27 — NATIONAL TV-TURNOFF WEEK

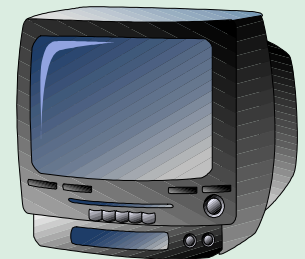
Kicking the TV Habit

Americans now watch an average of more than four hours of TV a day according to the TV-Turnoff Network. Watching TV has become America's most popular pastime. But this is not good.

Mounting evidence reveals that our "TV habit" is having serious and negative consequences for individuals, families, and American society. Excessive TV-watching undermines family time, hinders our children's ability to read and do well in school, encourages violence, and promotes inactivity and obesity.

Want to kick the TV habit? Here are some TV-turnoff tips from the TV-Turnoff Network:

- ★ Move your television to a less prominent location.
- ★ Keep the TV off during meals.
- ★ Designate certain days of the week as TV-free days.
- ★ Do not use television as a reward.
- ★ Listen to music or the radio for background noise.
- ★ Cancel your cable subscription and use the money for books.
- ★ Don't worry if children say they are bored. Boredom often leads to creativity.



Source: *National Wellness Institute's Newsletter*



WELLNESS WORKS

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Looking for Information on Your Health Trust Benefits?

Wishing you could re-read an article from a past issue of the "Wellness Works" newsletter?

Thinking about starting a Wellness program at your worksite, but not sure where to start?

Well, you can find it all on the Health Trust Website! Simply click on www.mmeht.org. You'll find all sorts of information about

the Health Trust's benefit plans, Health Education classes, and past newsletters. You can order books or videos from the Wellness Works Lending Library (as long as you are a participant in a Health Trust health plan). You can even click on a link to send an e-mail to any member of the Health Trust staff. Check it out!

