



WELLNESS WORKS around the state

MAINE MUNICIPAL EMPLOYEES HEALTH TRUST

SPRING 2006

It's Time To Make Your Springtime Resolution!

Memberships at health clubs and diet programs soar after the first of the year; sales of chocolate and alcohol steadily decline in exchange for healthier foods and drinks. New Year's Resolutions spur many of us to make some quick, dramatic changes to our lives, but chances are, if you are like the majority of the population, those changes didn't stay with you for long.

Over 67% of people make three or more resolutions, but just over half are still sticking with them after two months! That doesn't mean that you have to wait until next year to make another attempt at making a change, though. Now is the perfect time to start thinking about changing an old habit or starting a new one!

Many people abandon their New Year's Resolutions because they did not see quick results. Changing any behavior takes a lot of effort and commitment, plus it usually comes with physical discomfort...something none of us like! There are hundreds of reasons why we throw out our resolutions as the months go by, but there is

no reason why we can't establish new resolutions today. Therefore, we think we should make Springtime Resolutions a part of our culture!

There are a few basic rules to establishing your resolutions to ensure that you will reach your goals and see success:

- **Explore your motivation to change.** Why do you want to change? Are you willing to make this a long-term commitment?
- **Set realistic goals.** Choose a behavior that you are dedicated to changing. Once you have your mind made up about what you want to do, write it down and drum up support to make it happen. Recruit friends and family members to be your cheering squad and support system.
- **Focus on small behavior changes rather than the final goal.** If you are determined to lose 10 pounds, focus instead on working 30 minutes of exercise into your day or eating 5 servings of vegetables each day.
- **Make it mandatory.** Most of us will be able to think of many reasons why we shouldn't do something (exercise, eat right, quit smoking, etc.) and we can usually talk ourselves out of taking the steps to meet our goal. If you make these steps a mandatory part of your day, even going so far as scheduling an appointment to do it, you won't be able to use your excuses to put them off for another day.
- **Be flexible.** One slip or missed exercise routine is not enough reason to abandon your entire program. Learn from the mistake and move on. Tomorrow is a new day!
- **Do it now.** There is never a perfect time to start making changes. Stop putting it off and take action today!

- **Reward yourself.** Celebrate every success, no matter how small. This will encourage you to keep trudging along and sticking to your resolution.

Top 10 New Year's Resolutions

1. Spend more time with family and friends
2. Fit in fitness
3. Tame the bulge
4. Quit smoking
5. Enjoy life more
6. Quit drinking
7. Get out of debt
8. Learn something new
9. Help others
10. Get organized



Spring 2006

What's Inside:

Office Energy Boosters – Shortcut Moves to Wake up Your Mind ...	2
TV Promotes Sedentary Lifestyles and Obesity	3
A Better Family Diet	3
One in Three Teens Out of Shape	3
Do You Know – Is it Hunger or Cravings?	3
Butterflies and Humming Birds ..	4
Spring Seeding	4
Humor – The Prescription for Alleviating Stress	5
Stay Healthy as You Age – Practice Prevention	5
Feeling Congested? Go to the Counter	6
A Perfect Score	6
Mastectomy & Reconstructive Breast Surgery Benefits	6
“On-Call”	7
Newsletter Search Contest	8

New Health Trust Booklets

Over the next few weeks, all participants in a Health Trust health insurance plan (employees and retirees) will be receiving new health insurance booklets. These booklets, which are also referred to as Summary Plan Descriptions, or SPD's, will reflect your benefits as of January 1, 2006.

We will also be sending out new dental insurance SPD's, for those employees who are covered under the Health Trust's Dental plan. You should receive your new dental SPD's sometime during April or May.

In the meantime, if you have any questions about your benefits, please call a Health Trust Service Representative at 1-800-852-8300 (in Maine) or 207-621-2645 (out of state).

Office Energy Boosters – Shortcut moves to wake up your mind

If you're ready for a nap by mid afternoon, you're not alone. Half of all women surveyed report the energy drain that descends after lunch. Next time, try a quick, easy workout instead of just drinking something caffeinated.

Exercise can give you the instant pep you need to get through the day without the caffeine and sugar crash. Increased blood flow also helps clear your head, and the release of pleasure chemicals such as serotonin improves your mood.

Try some of these quick and easy mini-workouts that are office friendly. Do at least one move from each category.

Quick Bursts –

Try one of the following aerobic activities for 1 to 3 minutes:

- **Stairs** – To get your heart pumping, go up the stairs as quickly as you can; if possible, take them two at a time. On the way down, walk your normal pace.



- **Jump Rope** – You don't need the real thing. Pretend you have a jump rope in your hands. Close the office door or find a private corner, and try these different jumps for 15 seconds each: Standard Jumps, Quick Skips (like boxers do), the Twist, and Jump Side to Side. Finish by jumping around the four corners of an imaginary box.
- **Chair Aerobics** – If you can't get away from your desk, quickly pump your arms overhead, then twist at your waist as you punch out across your body, side to side. Follow with several quick toe taps and heel lifts, and finish with some alternating knee lifts.



Desk Exercises –

- **Sit in a chair with wheels**, and grip your desk with hands about shoulder-width apart. Fingers should be on top and thumbs underneath. Lift your feet off the floor, tighten your abs, and slowly push away from the desk until you are looking down at the floor with your head between your arms. Then pull yourself slowly in until your belly touches the desk. Repeat 12-15 times, taking 3 seconds to push away and 3 seconds to pull in.
- **Lower Body Push/Pull** – Sit on the edge of a chair with wheels, your feet flat and your hands on your thighs. Lift your toes off the floor, so only your heels are touching. Slowly push back with your heels, letting your chair roll back until your legs are fully extended. Keep your upper body relaxed. Then dig your heels into the floor, and pull your chair forward. Do 12-15 times, taking 3 seconds to push back and 3 seconds to pull forward.
- **Sit and Pulse** – Stand up from your chair, with your feet shoulder width apart. Keeping your back straight, bend at your knees and hips as though you are sitting down. Don't let your knees move forward beyond your toes. Stop shy of touching your chair, and stand back up. Do this 4 times. Then squat and hold in the down position. Pulse (going up and down in a short range of motion) three times, and then stand back up. Do this six times.

- **Desk Push-ups** – While standing; place your hands slightly wider than shoulder width apart on your desk. Step your feet back until you are in an angled position, arms straight, but not locked. Bending your arms so your elbows point out to the sides, slowly lower your chest toward the desk. Keep your head, back, hips and legs in line. Hold for 2 seconds then push back up. Do 12 times.

Stretches –

- **Push and Lift** – Stand with feet hip width apart, knees slightly bent. Interlace your fingers, and hold your arms in front of you at shoulder height. Turn your palms away from you and push your arms forward, rounding your upper back to feel a stretch. Hold for 15 seconds and release. Next, place your hands on your lower back just above your hips, fingers pointing down. Gently press your hands into your back, pull your shoulders back and down, and lift your chest, keeping your head level. Hold for 15 seconds.
- **Chair Twist** – Sit upright in your chair, with your left leg crossed over your right. Take a deep breath and, as you exhale, gently twist from your waist to the left, looking over your left shoulder. Keep your hips facing forward. Reaching across your body, grab the arm, seat, or back of the chair and gently pull to deepen the stretch. Hold for 15 seconds. Repeat to the other side. Stretch 2 times on each side.

Source: Prevention.com

“Motivation is what gets you started. Habit is what keeps you going.”

–Jim Ryan

TV Promotes Sedentary Lifestyles and Obesity

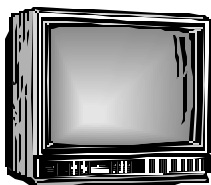
It is no surprise to many of us that television and obesity rates are linked. Many of us are also aware that Americans do not get enough physical activity. We spend most of our free time watching TV, which promotes obesity and illnesses associated with it (such as heart disease and diabetes). The easiest way to reduce physical inactivity is to turn off the television. Almost any other activity uses more energy than watching TV.

The rate of obesity among adults and children is increasing. The Centers for Disease Control reports that 27 percent of U.S. adults are obese. Obesity and the health risks associated with it are estimated to account for 300,000 deaths annually. The rate of childhood obesity jumped from just over 4% in 1965 to over 15% in 2003. Childhood obesity is the leading factor in the rise of Type II (once known as “adult onset”) diabetes among adolescents.

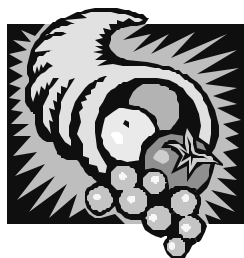
What can you do as a parent? April 21 through April 27, 2006 is TV-Turnoff Week. Here are some TV-turnoff tips from the TV Turnoff Network.

- 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 the television as a reward.
- Listen to music or the radio for background noise.
- Cancel your cable subscription and use the money for books or other activities the family can enjoy together.
- Don't worry if children claim to be bored. Boredom passes and often leads to creativity.

For more information on the effects that TV has on children (and yourself, for that matter!), check out the TV Turnoff Website at www.tvturnoff.org.



A Better Family Diet



How can you get your family to enjoy eating healthier foods? Don't change their diet all at once. That's the advice of experts at the American Dietetic Association — they say it's easier to stick to small changes than drastic overhauls.

Try to limit changes to one or two small things at a time: for example, switch from white bread to 100 percent whole wheat, and substitute carrot sticks for chips. Once these changes have become the norm in your household, add a few more. Write down your goals for your family's diet, and keep a log of what family members eat every day to track their progress.

And make sure you pour on the praise! Encourage all attempts at eating right, and try not to criticize when things don't go as planned. Learning to eat healthy isn't about perfection — it's about persistence. Remember — bad habits won't be broken in a day, but good habits are built one day at a time!

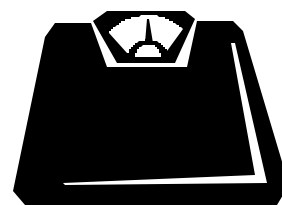
One in Three Teens Out of Shape

Here's a scary thought: A new study says that one out of every three American teenagers is so out of shape that even climbing stairs leaves him or her winded! This is especially unacceptable given that during our teen years we should be in the best physical shape of our lives. Researchers from Northwestern University's Feinberg School of Medicine in Chicago say this unhealthy trend is setting our teens up for a lifetime of serious health problems. While none of the kids in their study showed signs of such problems as high cholesterol and high blood pressure, the researchers say it's simply a matter of time before their inactive lifestyles catch up with them.

So what can you as a parent do? Encourage your teens to get moving in

small ways. Challenge them to park in the spot farthest from the store, take the stairs whenever possible, or spend an hour outdoors instead of sitting in front of the television. Show them how these little changes can add up to big payoffs when it comes to their health.

Remember, your teens may think they'll be young forever, but you know differently! Help them get on a healthy path now so they'll have healthy years later!

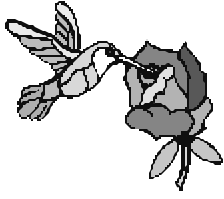


Do You Know - Is it Hunger or Cravings?

Hunger is the feeling you get when you experience a normal and gradual drop in blood sugar about four to five hours after a meal. It's your body's way of telling you that eating is overdue.

Cravings, on the other hand, happen within a couple of hours after your last meal. They're caused by exaggerated spikes and dips in blood sugar that occur after we eat highly processed carbohydrates like white bread, cake, and white rice. These foods are digested so quickly that they cause an almost immediate rise in blood sugar followed by a rapid dip soon after. It's this drop in blood sugar levels that causes a craving. Ironically, eating highly processed foods can actually make you hungry!

Butterflies and Humming Birds



Ever watched the busy shenanigans of a couple of hummingbirds or the delicate fluttering of a butterfly? Having these little guys hanging around in your garden turns your handiwork into a visible mini eco-system. All you need to do is start with their basic necessities: Food, water, shelter and a place to raise their young.

There are many different varieties of plants that will attract and offer food sources to both butterflies and humming birds, but some plants that both hummingbirds and butterflies like are Columbine, Phlox, Bee Balm and Salvia. Water sources for these tiny guys should be still, and are as easy as leaving a few mud puddles when watering your garden.

If you are going to use feeders to attract hummingbirds, please remember

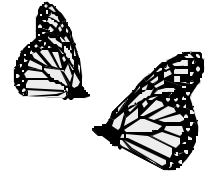
that your feeders will need to be kept clean (every couple of days is a good rule of thumb). Never use honey in your feeders – hummingbirds can't digest it, and it may develop a kind of fungus that is toxic to the birds. Sugar water doesn't provide all the nutrients that they need, either; be sure to offer some hummingbird-friendly plants in your landscape so that they get plant nectar to balance out their diet. Also, keep in mind that hummingbirds are territorial and aggressive, so if you have more than one feeder, try to set them up so that the feeders are hidden from sight of one another.

Butterflies like lots of sun! These little guys have wings that are like solar panels. When you see them "resting", they are actually absorbing heat — butterflies need to be about 85 degrees before they can take flight! Luckily, most of the plants that they are attracted to are also sun-loving plants.

Shelter is essential. It gives them peace while they eat (this could be as simple as putting a taller plant in front

of a smaller plant to block wind), safe shelter from predators and a place to raise their young. Some common shelter sources that you may already have in your landscape are lilacs, rhododendron, maple trees and horsechestnut trees (hint: feeders and nearby flower gardens are great to put in these general vicinities). For your butterflies, don't be afraid to leave a small corner patch of the lawn un-raked and un-mowed. This is the best nesting place for butterfly larvae.

Build your garden and they will come! One last note: neither butterflies nor humming birds do well with pesticides. Be environmentally friendly, provide the best food sources you possibly can and you'll be hosting the quietest party on the block before you know it!



Spring Seeding

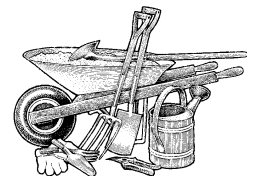
It's that time of year again, when the snow begins to melt and tiny sprigs of green start peeking through the ice and mud. Spring in Maine is an exciting time – especially for those eager to get their hands in the dirt and start gardening! Before we start seeing blossoms and produce popping off our plants, though, there are a few things we need to do, and it all begins with a tiny seed.

To get quality plants, you need to start with good quality seeds from a reliable dealer. It is usually a good idea to begin each growing season with fresh seeds – the ones left over from last year or the year before may not bring you the results you desire. However, if you have enough room in the corner of your garden and you have seeds from long ago, it may be fun to plant them and see what happens! Of course, many of us will flip through the seed catalogues and gardening magazines and see many things that we would like to have growing in our window boxes and gardens. But remember that it is essential to choose seed varieties that are adapted to our very short growing season here in Maine – and ones that will reach maturity before our early frosts.

Don't be discouraged if not all the seeds you plant bring results – only about 65%-80% will actually germinate and among those that do germinate, only 60%-75% will produce strong seedlings. There are a few things that you can provide to help your seeds get a good start: water, oxygen, light and heat.

1. Water – Be sure to give your seedlings an adequate, continuous supply of water. This will help them germinate.
2. Oxygen – Place seeds in loose and well-aerated materials to allow the seeds to "breathe".
3. Light – Some varieties of seeds need light to germinate, and others will not germinate if they receive light. Check with the seed manufacturer or seed package for directions on light exposure for your seeds. If your seeds require light, make sure you don't bury them beneath the soil! You can usually leave them right on the surface or, if you must cover them, do so with a light layer of peat moss or fine vermiculite to allow light to reach the seeds.
4. Heat – Many seeds have minimum, maximum, and optimum temperatures for germination. Check your seed packages for accurate temperature information.

Happy Growing!



Humor - The Prescription for Alleviating Stress



Stress seems to be part of everybody's life. The United Nations International Labor Organization recently issued a report that states, "Stress has become one of the most serious health issues of our times."

There are many ways to deal with stress – everything from jogging and aerobics, to biofeedback and herbal tea. All these methods work to some extent but they take up precious time. The quickest, most effective way to beat stress is literally to laugh it off.

Why use humor in daily life? The answer is simple. You get immediate results. It takes no special talent or ability. It makes you feel good, and has an added bonus – it's fun and fat-free!

Using humor to relieve stress is simple. Follow these easy steps and you'll be on your way to laughing your stress away!

Take A Humor Break

Create a first-aid humor kit for stressful situations. This kit can include a book of jokes or cartoons.

Ten minutes before a meeting or potentially stressful situation, read some funny stories. A smile or chuckle will help you relax and better prepare you for a stressful situation. A good laugh makes you feel good and allows you to think more clearly and quickly.

Laugh At Yourself

Being able to laugh at yourself is healthy. When you laugh about your mistakes, it takes the sting out of what other people say. Just be careful not to put yourself down when you laugh at yourself. By seeing the humor in your mistakes, it shows that you are human and are self-assured.

Create A Funny File All Your Own

Find out what makes you laugh and nurture it. Each of us has an individual sense of humor. There are many life experiences that we can look back on and laugh about. Think of childhood incidents, school incidents and marriage mishaps. Gather up cartoons, jokes, and comedy CD's that will make you smile.

Stay Healthy As You Age – Practice Prevention

Working with your doctor to stay healthy is as important as getting the right treatment when you're sick.

Preventive care, or care to prevent illness and disease, includes health screenings, vaccines, and health counseling. Regular preventive care can help you stay healthy and live longer.

Like exercise, eating right, and other things you do to keep healthy, preventive care is up to you. Talk to your doctor about which screenings and vaccines you need and how often you need them. Keep a record of all the tests you have, when you had them, and the results. Mark the dates you need to get screened again on your calendar.

Health Screenings

Some screenings can help find problems or diseases before you start to have symptoms. Treating a health problem sooner rather than later improves the chances of getting better; it can even save your life!

Your doctor will recommend screenings. How often they should be done are based on your:

- age and gender
- current health
- medical history
- family history

Your doctor might want you to get some tests sooner or more often than other people if you're at risk for illness based on your family or personal medical history. Some common screenings your doctor may recommend screen for a variety of cancers (breast, colorectal, prostate, skin, ovarian, etc.), diabetes, high blood pressure, high cholesterol, osteoporosis, vision, and hearing.

Vaccines

If you're over the age of 50, you should get a flu shot every year. Once you reach the age of 65, a pneumonia vaccine may be prescribed. You also need a tetanus/diphtheria shot every 10 years. In addition, you may want to ask your doctor about hepatitis B and chickenpox (varicella) vaccines.

Counseling

Unfortunately, many doctors just don't have the time to talk with patients about behaviors and lifestyle habits that could hurt their health. If your doctor does not take the initiative to talk to you about your lifestyle factors and if you are concerned about them, don't hesitate to bring them up on your own.

It is a good idea to make a list of all your medicines (prescribed and over-

the-counter), the doses, and how often you take them. This is important to share with your doctor so they can look for any drug interactions that can harm your health.

Medical advances and technology have greatly improved the ability to catch illnesses and diseases earlier. This helps save lives – if you take advantage of the advances. Make preventive care a part of your healthy lifestyle plan.



"Always continue the climb. It is possible for you to do whatever you choose, if you first get to know who you are and are willing to work with a power that is greater than ourselves to do it."

-Oprah Winfrey

Feeling Congested? Go to the Counter

With late winter colds – and springtime allergies right around the corner – you may find yourself searching for relief in the aisles of your nearest drugstore. You may not find what you are looking for, though. A new law went into effect in November 2005, which moved many over-the-counter cold, flu and allergy medications back behind the pharmacy counter.

The main reason for the move was to curb the ever-growing drug manufacturing and use problem in our state. The ingredient pseudoephedrine (PSE), which is

found in about 75% of all over-the-counter cold and flu medications, can also be used to make methamphetamine, or speed. Maine, along with 31 other states and the District of Columbia, has recently placed restrictions on the sales of products that contain PSE, in the hopes of reducing the production of this dangerous drug.

Just because your regular cold and allergy medication may not be on the aisle shelves, it does not mean that you need a prescription to buy these medications. You simply need to ask for the medications at the pharmacy counter and sign that you received them. Many stores now

put cards in the aisles that you can bring directly to the pharmacy to receive the product. Of course, there are also many non-PSE alternatives that may help in relieving the congestion; these alternatives are a good idea for anyone with high blood pressure, migraines or a history of stroke, since PSE may aggravate these conditions.



A Perfect Score!

The American Lung Association recently announced that Maine leads the nation in tobacco control and is the first and only state to receive a perfect grade in each of the *State of Tobacco Control Report Card's* four categories. Maine received all "A's" for its smoke-free air; tobacco prevention spending; cigarette tax; and restriction of youth access. Almost seven years after the state tobacco settlement, Maine is one of only six states to fund its tobacco prevention and control program at or above the minimum level recommended by the Centers for Disease Control and Prevention. In 2005, Maine became one of five states with a cigarette tax of \$2.00 or more. Laws tightening smoking restrictions

in the workplace and in public spaces also helped Maine achieve these perfect scores.

In the 1990's, Maine had one of the highest youth smoking rates in the country. As a result of Maine's efforts, between 1997 and 2005 teen smoking declined almost 60%. The percentage of adult Maine smokers also declined from 27% to 21% during the same time frame. This doesn't mean that Maine should stop focusing on tobacco related issues and diseases! It is important for each of us to get involved in tobacco prevention.

There are many new products and marketing ploys coming out every month to encourage youth to begin smoking and ensure that adults continue with the habit. Flavored cigarettes appear to be the new craze, especially among teens

and young adults. With names like Twista Lima, Warm Winter Toffee, and Midnight Berry, it is no wonder that kids are eager to try these new cigarettes. It is important to remember, though, that even though they sound appetizing, these types of smokes are still a very dangerous and addictive drug for people of all ages.

The Maine Municipal Employees Health Trust offers resources to help smokers kick the habit for good. Recent changes to insurance benefits now ensure that those covered by the Health Trust are able to obtain nicotine replacement products and receive smoking cessation services. If you are interested in quitting, check your benefits summary or call the Health Trust for details on smoking cessation resources.

Maine Municipal Employees Health Trust Mastectomy and Reconstructive Breast Surgery Benefits

The Federal Budget Act of 1998 amended ERISA and the Public Health Services Act effective October 21, 1998, to require that any health plan that covers mastectomies must also cover reconstructive breast surgery following the mastectomy. The Maine Municipal Employees Health Trust has provided and will continue to provide benefits for mastectomies and subsequent reconstructive breast surgery following the mastectomy. This mandate does not present a benefit change for Health Trust participants. The law mandates, however, that even if the health plan already provides these benefits, the plan must provide written notification to its participants on or before January 1, 1999 and annually thereafter.

Employees participating in a Health Trust health plan and their covered dependents are eligible for benefits for mastectomies and subsequent breast reconstructive surgery which includes:

- reconstruction of the breast on which the mastectomy was performed;
- surgery and reconstruction of the other breast to produce a symmetrical appearance; and
- prostheses and treatment of physical complications in all stages of mastectomy, including lymphedema.

Coverage for these services is subject to the applicable deductibles and co-payments and all other provisions of your Plan.

Should you have any questions regarding this notice, you should call a Health Trust Service Representative at 1-800-852-8300 (Maine) or 207-621-2645 (out of state).

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- Poison Ivy, Poison Oak, Poison Sumac

Poison ivy, poison oak, and poison sumac are plants that contain an irritating, oily sap called urushiol. Urushiol triggers an allergic reaction when it comes into contact with skin, resulting in an itchy rash, which can appear within hours of exposure, or as much as three to five days later. A person can be exposed to urushiol directly or by touching objects — such as gardening tools, camping equipment, and even a pet's fur — that have come into contact with the sap of one of the poison plants. Urushiol is found in all parts of these plants, including the leaves, stems, and roots, and is even present after the plant has died.

Urushiol is absorbed quickly into the skin. It can also be inhaled if the poison plants are burned. The smoke may expose not only the skin to the chemical but also the nasal passages, throat, and lungs. Inhaled urushiol can cause a very serious allergic reaction.

Most rashes caused by poison ivy, poison oak, or poison sumac are mild and last from 5 to 12 days. In severe cases, the rash can last for 30 days or longer.

Signs/Symptoms

- Redness and itching of the skin.
- A rash erupts on the skin, often in a pattern of streaks or patches from where the plant has come into contact with the skin.
- The rash develops into red bumps, called papules, or large, oozing blisters.

Consult Your Doctor If:

- You have symptoms of a severe reaction, such as severe swelling and/or difficulty breathing.
- You have been exposed to the smoke of burning poison ivy, poison oak, or poison sumac.
- The rash covers more than one quarter of your body.
- The rash occurs on your face, lips, eyes, or genitals.
- The initial treatment does not relieve the symptoms.
- You develop a fever and/or the rash shows signs of infection, such as increased tenderness, pus or yellow fluid oozing from the blisters, and an odor coming from the blisters.

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

If you think you may have been exposed to a poison plant:

- Remove your clothes.
- Wash all exposed areas with cool running water. Use soap and water if you can. Be sure to clean under your fingernails. In the woods, the water of a running stream can be an effective cleanser.
- Wash your clothing and all gardening tools, camping gear, sports equipment, and other objects that came into contact with the plants.
- Bathe pets exposed to the plants.

These steps may help relieve the symptoms of poison ivy, oak, or sumac:

- Take cool showers and apply an over-the-counter lotion — such as calamine lotion — to help relieve the itch.
- If your reaction is more severe or involves mucus membranes (membranes found in the eyes, nose, mouth, and genitals), you may need a prescription medication, such as prednisone, to help control the reaction.

Tips for Prevention:

- Learn to identify poison ivy, poison oak, and poison sumac, and avoid contact with them.
- Remove these plants from around your home, especially in areas where you may be working or playing.
- When walking in the woods or working in areas where these plants may grow, cover your skin as much as possible by wearing long pants, long-sleeved shirts, shoes, and socks.
- Do not let pets roam around in wooded areas where they may be exposed to the poison plants. They can carry urushiol back home on their fur.

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 always 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.



WELLNESS WORKS

Maine Municipal Employees Health Trust
60 Community Drive
Augusta, ME 04330

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Newsletter Search Contest

Do you want a chance to win a copy of The American Heart Association's Quick and Easy Cookbook? 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 April 15, 2006. One winner will be drawn at random.

Congratulations to **Liette Boudreau** from Androscoggin Valley Council of Governments, who won the Winter Newsletter Trivia Question!

Your Name: _____ Phone Number: _____

Address: _____

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

1. What new marketing ploy is the Tobacco Industry using to encourage youth to start smoking?

2. What is the oily sap from poison ivy, poison oak and poison sumac that causes an allergic reaction when it comes into contact with skin? _____
3. When is TV-Turnoff Week? _____
4. One in _____ (insert number) teens is out of shape.
5. Of the 67% of people that made New Year's Resolutions, how many are sticking to them after two months? _____

Good luck – and happy reading!

