

2015



Coordinator's Bulletin

Regional Meetings

It's that time of year – time for Regional Meetings! Regional Meetings give Wellness Committees the opportunity to share ideas, resources, and success stories with one another. They also give *Wellness Works* staff a chance to update you on what to expect to see from us this year.

Regional Meetings are scheduled to begin in mid-October and will run through mid-November. Attached you will find a list of meeting dates and locations. We have selected meetings for each group to attend. If another location is more convenient for you or a committee member, feel free to attend another meeting.

Please share this memo with your Wellness Committee members. Wellness Committee members are welcome to attend these meetings.

Please note: Wellness grant money can be used to cover the cost to/from the meeting.

Please RSVP with Anne Charles at 1-800-452-8786 extension 2292 or e-mail her at acharles@memun.org.

We look forward to seeing you at the meetings!

October Health Observances and Holidays



October 12: Columbus Day

October 24: Make a Difference Day

October 4-10: National Mental Illness Awareness Week

Domestic Violence Awareness Month

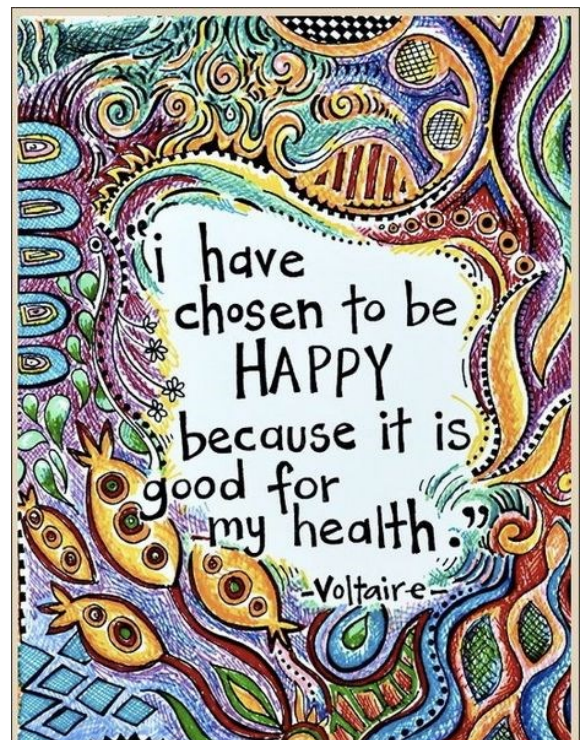
Health Literacy Month

Healthy Lung Month

National Breast Cancer Awareness Month

National Dental Hygiene Month

National Depression and Mental Health Screening Month

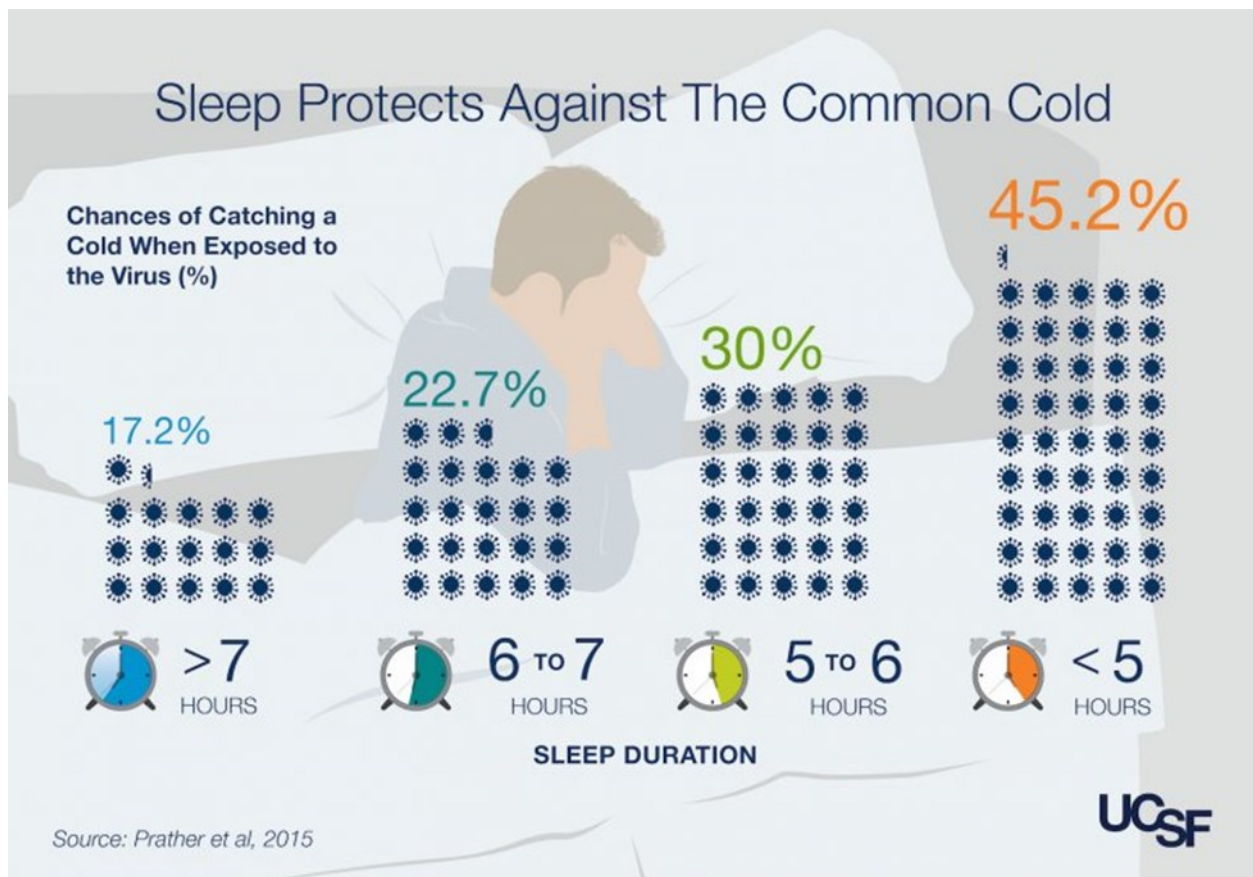


Sleep Protects Against the Common Cold

In case you haven't heard: Sleep is important! More and more research is showcasing just how vital a good night's sleep is to our overall health and wellbeing. Scientists have long known that sleep is important for our health, with poor sleep being linked to chronic illness, decreased immune function and even premature death. A new study out of UC San Francisco confirms that shorter sleep is more important than any other factor in predicting if people will get a cold! It didn't matter how old people were, their stress levels, their race, education or income. It didn't even matter if they were a smoker or not.

Even if you added all those factors into the equation, **sleep was still the biggest determinant in the development of a cold.**

People in this study who had slept less than six hours a night the week before being exposed to the cold virus were 4.2 times more likely to catch the cold compared to those who got more than seven hours of sleep, and those who slept less than 5 hours were 4.5 times more likely to develop symptoms. This is just another example of the need to protect your sleep and treat it as a critical piece of your overall health, along with diet and exercise.



If you would like to learn more about how sleep (or a lack there of) affects your overall health and identify some tips to get a better night's sleep, contact Abby to schedule the Sleep and Health class at adipasquale@memun.org.





Enjoy Maine's State Parks All Fall Long!

Get out and enjoy nature and the beautiful foliage. Maine has a plethora of scenic trails, parks and campsites. It is a great way to get the family active and enjoy this state's treasures. Look into a State Park Pass and see it all at a discount.

With a Maine State Park Pass, you can visit state parks and historic sites without paying day-use fees for the season. You may purchase Vehicle or Individual Park Passes online. Park passes make a great gift for Christmas—no name is assigned when the pass is mailed to you! They are mailed within 7 business days of your online order, along with an Outdoors in Maine Brochure. Please sign your pass when you receive it (or if bought as a gift, have the receiver sign their pass) and store it in a safe place. If you need a pass immediately, we suggest you purchase it at a state park or historic site. **Plus, if you purchase a pass now, you will receive a 2016 Maine State Park Pass which is good for the remainder of this season and all of the next year!** Visit www.maine.gov for more information and great outdoor resources.

It's Coming...

2016 is right around the corner and we know that many of you are anxiously awaiting the announcement of what our new classes and programs will be so that you can start planning out your wellness program for next year. We have some exciting new additions and changes to our program for next year and we will be publishing our new class catalogue in December. Our staff has been working at a fevered pitch to bring you new programming options—we are **anticipating launching at least six new classes and a couple new assessment/long-term class offerings** for you to choose from as well. Stay tuned for more information. If you are eager to schedule for 2016, feel free to reserve your dates and fill in the topics later!



Upcoming...November Health Observances

- American Diabetes Month
- Great American Smokeout Month
- Lung Cancer Awareness Month
- World Kindness Day (November 13)
- Great American Smokeout (November 19)
- National Family Health History Day (November 26)