

# Wellness Works Coordinators' Bulletin

Providing your wellness committee  
with updates and relevant health  
information!

August 2016

## Highlights from this Month's Bulletin:



### **Introducing: Prevent T2**

A program to help  
prevent type 2  
diabetes.

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### **Step away from the sugar!**

Even the artificial  
stuff.

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### **Incentive Reward**

Handy tool to get  
your portions correct.

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### **Sandwich Recipe**

Egg Salad...so classic!

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## **Wellness Your Way**

### **Challenge Kits for your Wellness Group!**

Many of you were excited about our new Wellness Your Way week-long challenges that we unveiled at the Wellness Conference. We are happy to report that these files are available now via e-mail. Contact Amanda Collins at [acollins@memun.org](mailto:acollins@memun.org) to request your copies of any of these featured topics (more to come soon!):



- **Kindness**
- **Eat Your Fruits and Vegetables**
- **5-2-1-0 Let's Go!**
- **Hydration**
- **Kick the Sugar Habit**
- **Physical Activity**
- **Stretching**

## A Proven Program to Prevent Type 2 Diabetes - *Now Available!*

Eighty-six million Americans now have prediabetes—that's 1 out of 3 adults! Of those 86 million, 9 out of 10 of them don't even know they have it. Without intervention, 15% to 30% of people with prediabetes will develop type 2 diabetes within 5 years. With numbers like that, it's important to learn about prediabetes and take action.

As you start thinking about programming for 2017 (yes, it is right around the corner), we would like you to consider TRYING something a little different than the once a month/quarter classes that allow us to give out a lot of information and then send you on your way. The PreventT2 lifestyle change program can help you lose weight, become more physically active, and reduce stress.



With PreventT2, you would receive:

- A proven program to prevent or delay type 2 diabetes
- A CDC-approved curriculum and trained lifestyle coach
- A year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months

Yes, it is intense! However, this program is really about creating lifestyle changes and holding people accountable.

If you have questions about the preventing type 2 diabetes with the PreventT2 program, please contact Abby to discuss at [adipasquale@memun.org](mailto:adipasquale@memun.org) or check out [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention)



## Step Down From Sugar

Eliminating processed sugars is not only important for your overall health but it can also aid in flattening your stomach. You can easily get that sweet taste without the additives. Adding berries and a banana to a smoothie will make it just as sweet as it would have been with sugar. Root vegetables like parsnips, beets and sweet potatoes can add a hit of sugar while also throwing in a whole lot of fiber, vitamins and minerals to keep you healthy. Spices like ginger, cinnamon, cloves, cardamom and nutmeg enhance natural sweetness.

For more information on sugar, contact Danielle Yale at [dyale@memun.org](mailto:dyale@memun.org) to schedule "Kick the Sugar" and the follow up class, "Move over Sugar."



**The Health Trust also offers a Telephonic Diabetes Education and Support (TDES) program for Health Trust participants**, including employees, early retirees and adult family members. Attached to this bulletin is the brochure that explains who is eligible to participate in this program and the many benefits it offers, including the waiver of copays for diabetes medications and supplies while participating in the program.



## Incentive Program Incentive Highlight: The Digital Kitchen Scale

The Smart Weigh Digital Kitchen Scale Utilizes high precision sensors (with readability measures of 0.1 oz. with a high weight capacity of 11 lbs.; measures in grams, also) and a large weighing platform that provides ample space to weigh larger items. The removable bowl has a capacity of 1 liter. Plus, the scale is lightweight, durable and easy to store.

Just because the end of summer may be drawing near, it's not too late to start a new eating program or double check to be sure you are portioning your food correctly. This scale is a wonderful tool to help get your portions correct...you know that burger you love to toss on the grill? The cheese that you like to get melty on top of that burger? Be sure you're not over doing your portions—or at least be sure you account for the calories you are consuming if you are food tracking.

This digital kitchen scale comes in handy not only when you are measuring food you are about to eat, it helps in accurate measurements to recipes you are cooking. Don't forget that abundant garden you worked on this summer: The scale becomes an important tool for properly measuring ingredient amounts for safe canning and preserving.

For those of you who participate in the Employee Incentive Program, employees are eligible to request this item if they have earned 450 points.



### Contact Us:

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**My childhood  
may be over but  
that doesn't mean  
playtime is.**

## Crunchy Egg Salad Sandwiches

(nothing like a classic in the summertime!)



- 4 hard-cooked eggs, finely chopped
- 1/2 cup seeded and finely chopped cucumber
- 1/4 cup finely chopped red sweet pepper
- 2 Tbsp. fat-free mayonnaise dressing
- 2 Tbsp. light sour cream
- 1 1/2 tsp. snipped fresh dill or 1/4 tsp. dried dill
- 1 tsp. Dijon-style mustard
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 4 thin, round whole grain sandwich rolls
- 1 cup fresh spinach leaves

Mix all ingredients. Line bottoms of sandwich rolls with spinach, spoon on egg mixture and top with other half of roll.

**Enjoy!**

Nutrition per sandwich: 198 cal., 7 g fat (2 g sat. fat), 189 mg chol., 537 mg sodium, 25 g carb., 6 g fiber, 11 g protein.