

Wellness Works Coordinators' Bulletin

Providing your wellness committee
with updates and relevant health
information!

July 2016

Highlights from this Month's Bulletin:



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What's new from your EAP?

Starting July 1, 2016 Anthem will be offering **LiveHealth Online EAP** counseling visits. Your employees and their household members will have the opportunity to talk privately with a licensed therapist at no extra cost, using a smartphone, tablet or computer with webcam. *All they'll have to do is call the EAP's toll-free number, obtain a special coupon code, and sign up at livehealthonline.com, or download the app.* And, when EAP sessions are completed, members can continue seeing the same or different therapist using **LiveHealth Online Psychology** - using their behavioral health benefit. To learn more about **LiveHealth Online Psychology**, please contact Anne Charles at acharles@memun.org. Attached to this Bulletin is a **LiveHealth Online** handout to share with employees.



Hydration is very important during all seasons but summertime we all need a little more water. Whether you or your family are playing sports or going on a hike, hydration is essential before, during and after the activity. Dehydration can affect your performance along with mental function, motor skills, fluid absorption and decreased tolerance to heat. Dehydration symptoms to look for include: nausea, headache, weakness, fatigue, exhaustion, light-headedness, vomiting, fainting, poor concentration and loss of muscle coordination.

Always check your urine, if it's a pale yellow then you are hydrated, Check the weather report to see how hot or humid it will be. Flavored, cold, lightly salted sports drinks like Gatorade can help (if your activity is intense) because the sodium helps maintain the desire to drink and retain the fluid consumed. Keep the body cool by consuming cool drinks to maintain your body temperature. If you experience a heat illness, lower your body temperature by lying in a cool place with your legs elevated, applying cool wet towels to your body and drink cool fluids.



To schedule the Hydration class contact Danielle Yale at dyale@memun.org.

Feeling the Burn

Summer fun in the sun is upon us and many of you will be hitting the beaches or going on outdoor adventures when the days heat up, but without proper protection, you could be feeling the burn from those intense UV rays. Those of you who have had Abby come teach the Summer Survival or Be Summer Smart classes know the importance of appropriate sunscreen usage—15 minutes before you go out apply at least 1 ounce of SPF 30 to exposed skin and reapply every two hours—however Consumer Reports (CR) just released information on the best sunscreens and you might be surprised. This year CR tested and rated 65 lotions, sprays, and sticks with SPF claims of 30 or higher. A whopping 43% failed to meet the SPF claims on the label. Three of them didn't even register an SPF 15—the lowest SPF recommended!

So what can you do to protect yourself and your family from the sun's dangerous rays? Know what you are buying! The more expensive brands and flashier bottles have no impact on what SPF you are actually applying to your skin. Here were the top picks from the CR study:

Lotions:

LaRoche-Posay Anthelios 60 Melt-In Sunscreen Milk

Pure Sun Defense SPF 50

Coppertone Water Babies SPF 50

Equate Ultra Protection SPF 50 (Walmart)

No-Ad Sport SPF 50

Ocean Potion Protect and Nourish SPF 30

Sprays:

Trader Joe's Spray SPF 50+

Banana Boat SunComfort Continuous Spray SPF 50+

Neutrogena Beach Defense Water + Sun Protection SPF 70

Caribbean Breeze Continuous tropical Mist SPF 70

Equate Sport Continuous Spray SPF 30 (Walmart)

DG Body Sport SPF 30 (Dollar General)

For more information on the Consumer Reports sunscreen test or to read the whole article, check out the July 2016 edition.

If you would like to know more about protecting your skin from the sun, bugs, and poison ivy this summer, contact Abby at adipasquale@memun.org to schedule the **Be Summer Smart** or **Summer Survival** class.

Summertime Salad Day

We have heard from many groups that hosting a salad day during the summer months has been a successful way of promoting healthy eating and bringing employees together. Some groups have opted to provide the salad greens and then requested that each person attending bring something to add...one person might bring onions, another beets, another chick peas and so on! Other wellness committees have chosen to provide all the salad fixings and just invited everyone to attend and eat a healthy lunch. Regardless of which way you decided to go, the employees will be getting a good dose of nutrient-rich vegetables and many may also try a vegetable or salad topping that they hadn't tried before.

Here is a great salad dressing from Abby's **Fresh Ideas** class, which focuses on using fresh herbs to enhance your food.

To schedule this class, contact Abby at adipasquale@memun.org

Buttermilk Herb Dressing

Dressing makes 15-20 servings

- 1/4 cup Vidalia onion, minced
- 2 cloves garlic, pressed with garlic press or minced
- 1 cup buttermilk
- 1 Tbsp fresh tarragon, chopped fine
- 1 Tbsp fresh chive, chopped fine
- 1 tsp fresh oregano, chopped fine
- 1 1/2 Tbsp sugar
- 1 Tbsp Dijon mustard
- 1 cup extra virgin olive oil



Combine above (except for the olive oil) in a mixing bowl and whisk together. Slowly whisk in 1 cup of extra virgin oil and season with pepper if desired.

Healthy Bean Salad

Ingredients:

- 2 cans black beans, well-rinsed
- 1 small can shoe peg corn
- 1 bunch fresh cilantro, chopped
- 2-3 Tbs. olive oil
- 1 red bell pepper, diced
- 1 seeded cucumber, diced
- 1/2 red onion, chopped
- Juice of 1-2 limes
- Liberal splash of Seasoned Rice Vinegar (I prefer the recipe with about 1/4 cup of the vinegar!)
- Dash of hot sauce (optional)
- Salt and black pepper to taste

Directions:

Mix all the ingredients together in a large salad bowl and let them sit for a few minutes to let the flavors marry.

SALAD AND SIDE LUNCH CONTAINERS



These containers click together to create the perfect on-the-go modular lunch system. BPA free and dishwasher safe, with an ice pack that snaps into the lid. This versatile set lets you bring your favorite salad or entree (holds 5 cups); the salad tray fits within the top and contains 2 compartments and a dressing container. A separate, 1-cup side container holds a little something extra on the side.



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