

Wellness Works Coordinators' Bulletin

February 2019

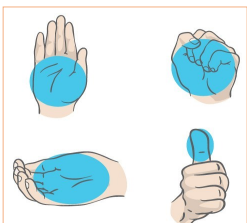
Providing your wellness committee with updates and relevant health information!



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Mark Your Calendar...

We are in the process of planning the 31st Annual Wellness Conference!

The conference will be held on Tuesday, April 23, 2019 at the Harraseeket Inn in Freeport. The keynote/morning speaker is

Elizabeth Ross Holmstrom
from **BreakTogether**.

Elizabeth will introduce the science and simple practice of mindful breaks to improve work and wellbeing. She will discuss how mindfulness is the foundation of emotional intelligence, which improves decision-making, stress, resistance, social skills, and more.

Conference registration will be ready in early-March. In the meantime, if you have any questions, please contact Anne Charles at acharles@memun.org.

Resources at Your Fingertips:

Mental Health First Aid

Ever wonder what to say to someone who is struggling with life events and changes? Sometimes the right words can be hard to find and often times we say the wrong thing. This month—on **February 19th** to be exact—**Anthem EAP will launch an on-demand Mental Health First Aid seminar that is FREE for all employees and family members to access at any time.**

The goal of this session is to develop and train employees to provide emotional support to coworkers who are facing individual emotional concerns. For example, an employee may hear news of a recent bereavement of a family member. This training will equip peers to be able to respond and support their coworker in a manner that is helpful.



You do not need to register in advance to attend Online Seminars at a set time. Seminars will be prerecorded and uploaded to the Anthem EAP website at www.anthemeap.com. Click on the “Member” icon and enter “MMEHT” to login to the website. Seminars are listed right on the front page or you can search by topic.

Are Your Vaccinations Up-To-Date?



If you have children, you know how important it is to keep up with their immunization schedule. But getting vaccines and booster shots is vital throughout adulthood as well. The most common adult shot is the yearly flu vaccine, which is recommended for just about every adult. However, there are more than just the flu vaccines to be aware of.

You might not realize that you should have a tetanus-diphtheria-pertussis (or Tdap) booster every 10 years. If you didn't have chickenpox or the varicella vaccine as a child, you're a candidate for the two-dose immunization now. Pertussis, better known as whooping cough, has been making a comeback because not enough people have been getting re-immunized. This immunization against whooping cough is essential if you are going to be around young babies!

There are also other recommended vaccines, including:

- Women up to age 26 should have the HPV vaccine; it's given to men up to age 21, and under some circumstances, up to 26. The newest version protects against nine types of the human papillomavirus, the ones most heavily associated with cancers, such as cervical cancer.
- Depending on your age and the type of measles-mumps-rubella vaccine you were given as a child, you might be a candidate for a two-dose MMR vaccination.
- Some other shots are specifically intended for people age 50 and over, such as the zoster vaccines, designed to help you avoid shingles, a very painful reactivation of chickenpox virus.
- Those 65 and older are encouraged to get vaccines that protect against many strains of pneumonia. Depending on your health status, you may benefit from getting pneumonia vaccines at an earlier age, along with meningitis and hepatitis vaccines.
- There are also special recommendations for pregnant women and world travelers, depending on your destination. Be sure to talk to your doctor about your individual needs.

Source: Health Day News, 2019

Weekly Wellness Challenges

We are excited to offer weekly wellness challenges for 2019! These challenges are easy to roll out to employees and cover a variety of health and wellness topics. Best of all, they can be offered at any time throughout the year. Your wellness committee can also choose to offer wellness classes along with these challenges to round out the program.

We will be highlighting the upcoming challenge topics at least two months ahead of schedule through the Coordinators' Bulletin. If you would like to offer these challenges at your worksite, contact Amanda Nile anile@memun.org. She is the go-to person to receive copies of the calendars that describe the weekly challenges and simple log cards. We encourage you to find ways to give employees incentive to participate by offering raffle items or simple completion certificates!

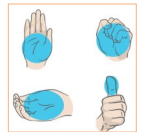
The challenges for April are below and classes that can be done in conjunction with the challenge are listed in red:

- **Breakfast Time**—Breakfast is the most important meal of the day, yet many adults skip it. Make it a point to eat breakfast EVERY DAY this week. (**Mason Jar Breakfast, Fighting Fatigue with Food**)



- **Tune In and Tone Up**—Music can motivate you to move. This week tune in to your favorite station and move for 30 minutes/day. Create a playlist for extra motivation. (**Power of 10, App for That, Fit ME**)

- **Perfectly Portioned**—Our portion sizes are HUGE! Learn what a proper portion is and measure your food this week. (**Portion Distortion**)



- **Matter of Balance**—As we age, our balance declines. Doing certain exercises can help improve your stability. Add some balance exercises into your routine. (**Making Fitness Fit, On the Ball**)



- **Brain Power**—Don't forget to exercise your brain. Doing brain teasers or puzzles is a great way to work your mind. Do a word search, crossword, Sudoku, or any other puzzle each day. (**Alzheimer's 101, Am I Losing My Mind**)



We hope these challenges will add some fun and excitement to your wellness programs. Please contact any of our staff with questions!

“CHALLENGES ARE WHAT MAKE LIFE INTERESTING AND OVERCOMING THEM IS WHAT MAKES LIFE MEANINGFUL.”

- Joshua J. Marine

Greetingsk



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[CLICK HERE TO SEE OUR CLASS LISTING](#)