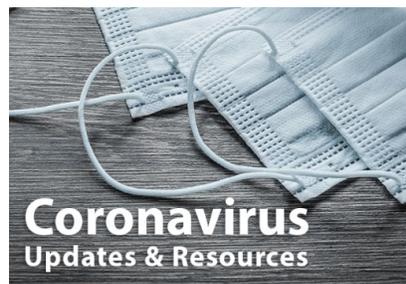




Coordinators' Bulletin

April 2020

Providing your wellness committee with updates and relevant health information



Wellness Works COVID-19 Updates

A couple of weeks ago we sent out a message letting you know what the plan is for the *Wellness Works* staff during the COVID-19 pandemic. As of right now we are suspending all Health Trust field visits, Health Education classes, and meetings until at least April 30. We will, however, continue to check in with Wellness Coordinators during this time, via email and phone calls.

Please note other ways that your wellness program will be impacted:

- The **Wellness Conference** that was planned for May 5, 2020 has been rescheduled for **Tuesday, September 22, 2020**. Registration and more information will be available this summer.
- As noted above, **Health Education classes** will cease for the time being. We will do our best to reschedule these classes; this may not always be possible due to other commitments.
- There will be a delay in processing the **Wellness Incentive Grants**. If you want your grant processed immediately please send it via email to Anne Charles at acharles@memun.org. If you send the grant via US Mail it will take several weeks to process.
- There will be a delay in sending out the **Employee Incentive Program rewards**. *Wellness Works* staff is working remotely at this time so orders will not be processed until after April 30. Please note that Amanda Nile will be out of the office until April 30.
- Please contact Anne with any questions at acharles@memun.org.

Wellness Your Way- While We Are Away!

Just because we can't be on-site offering wellness programs, that doesn't mean that your wellness efforts need to come to a stop. We can still send you week-long or month-long challenges to keep your employees engaged and maybe offer a little stress relief too! The Wellness Your Way program is designed to give you easy access to a variety of topics accompanied by challenges and log cards. These can be offered at any time and we can send you whichever programs you would like right to your inbox...no need to see our faces at all! Contact Abby (adipasquale@memun.org) or Danielle (dyale@memung.org) if you have any questions or would like to receive any challenges from us. The link to the MANY topic areas is below and the Wellness Your Way program description can be found towards the end (page 36 to be exact)!

[Click here to access the Wellness Works Class Listing and Wellness Your Way Descriptions \(Starting on page 36\)](#)

At Home Fitness

Have your trips to the gym have come to a screeching halt and your time at home has suddenly increased? Well look at it as an opportunity to work out in a whole new way! Recently a co-worker introduced us to a new app that can help you get fit in the privacy of your own home, no gym membership or fancy equipment needed. The app is called FitOn (www.fitonapp.com) and can be accessed via your computer or downloaded to your smartphone or tablet. FitOn is a FREE fitness app with a wide variety of classes like HIIT, yoga, cardio, and many more. This app may help you reach your fitness goals with personalized programs designed to help you get toned, lose weight, and feeling great. I know our staff has used some of the stretching, strength training, yoga, meditation (much needed at home with kids out of school) and HIIT workouts so far and have really enjoyed them! Take a minute this month to check out their website and be sure to promote it to your co-workers as a way to stay healthy and well regardless of where they are!

Nature To The Rescue

Want a quick and simple way to de-stress? Seek out a quick dose of Mother Nature. Thanks to research conducted by a team of Cornell scientists, we now know that as little as 10 minutes in an outdoor setting is enough to lift moods and calm minds. Their recent study found that 10 minutes was the minimal dose required for measurable improvements in mood and focus, as well as blood pressure and heart rate.

More was better, however, with peak benefits noted at 50 minutes. And it didn't have to be a jaw dropping location either, any setting in nature seemed to allow people to experience Nature's healing touch. Even urban outdoor spaces with elements of nature – trees, flower planters, green lawns, or wooded areas, etc. were noted to suffice.

So while things have changed a lot for us recently, the fact still remains, getting outdoors and enjoying all that our beautiful state has to offer is still a great remedy for what ails us! Just be sure to practice physical distancing and follow the CDC's guidelines (www.cdc.gov).

Source: Dr. Ann Klutz, Make it Happen Monday



Be sure to remember physical distancing guidelines when enjoying the great outdoors. These men are probably a little too close!

MCD Public Health is Offering Open Access to Community Health Worker Online Training Program for all Maine-based users!

In response to the challenges created by COVID-19, MCD (Medical Care Development) is offering open access to their high quality online trainings. MCD will provide training opportunities for community health workers on chronic diseases **free of charge** through April 30, 2020. The training modules were developed by MCD Public Health's Community Health Worker (CHW) Online Training Program.

These may not be of interest to all employees, but could prove very beneficial to those engaged in employee or community health, such as your public health officers, first responders or others. The CHW program is intended for community health workers and other individuals who assist clients in the prevention, management, and self-management of chronic conditions, such as cancer, high blood pressure, prediabetes, diabetes, and asthma. The trainings offer skill building in cultural competence, motivational interviewing and have helpful downloadable resources. For more information or to register for MCD Public Health's CHW Online Training Program please visit www.chwtraining.mcdph.org.

Mindful Eating and Your Waist Line

With many people working remotely from home during this time, overeating and lack of exercise have become a concern for many. When you are purging Netflix or working off your laptop, how many calories do you think you are consuming without realizing it? Mindful eating is an effective weight loss strategy that encourages you to slow down and pay attention to your food, noticing each sip or bite you take. It helps focus your senses on exploring, savoring and tasting your food, and teaches you to follow hunger cues. Put mindful eating into practice with these ideas as you prepare and eat meals. It gets easier over time.

- **Practice acceptance.** Be aware of judgmental thoughts about your food, eating habits and your body. Concentrate on the moment. Accept your body as it is.
- **Make a conscious decision to eat.** Before you eat, ask yourself, "How hungry am I right now? Am I eating out of hunger, habit, boredom or emotion?"
- **Reserve time for your meal.** Don't stop and open the pantry unless you are hungry. If you're eating with others, involve them in preparing the food to make that time social.
- **Avoid distractions while eating.** Eat at a table. Turn off the TV and put away your phone, work, books and magazines until you are done.
- **Appreciate your food.** Start your meal by taking a moment to express your gratitude for the food in front of you. Especially during this time, take time to be grateful for all you have especially your health.
- **Breathe.** Before and during your meal, consciously take a few deep breaths.
- **Use all your senses to fully experience your food and drinks.** Observe the smells, textures, sounds, colors and tastes. Ask yourself how much you're enjoying the food and how appealing it is.
- **Choose modest portions to avoid overeating.**

The next few weeks will be a great time to practice mindful eating, so when life gets back to normal, you may second guess rushing your meal to get to an activity or an appointment and eat it mindfully. When you eat mindfully, it will help your waistline because you will not be overeating.

To schedule the Mindful Eating class for the summer or fall, contact Danielle at dyale@memun.org.



Our mailing address is:

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

Wellness@memun.org
1-800-452-8786

You are receiving this email because you are a Coordinator or Co-Coordinator
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