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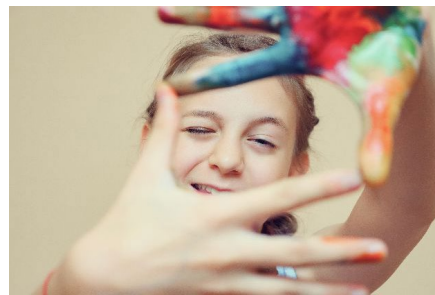


## Coordinators' Bulletin

March 2020

*Providing your wellness committee with updates and relevant health information*

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## 2020 Wellness Conference

Mark your calendar!

We are in the process of planning the 32nd Annual Wellness Conference!  
The conference will be held on Tuesday, May 5, 2020  
at the Harraseeket Inn in Freeport.

The keynote speaker will be Carrie Stack. Her presentation titled, “How You Move through the World Matters”, will feature what it means to focus on the positive and how your focus impacts you as you move through the world. This workshop will use emotional intelligence to help you look at the power that your perspective (or your lens) has on how you experience life, and how you can choose to direct your focus in a way to best support overall health, wellness, and happiness. Using humor, “real world” examples, and the experience of working with thousands of people across the country, Carrie will share her most popular skills/tools and strategies to help you find and focus on the positive – wherever you are.

More details and conference registration will be coming your way soon! In the meantime, if you have any questions, please contact Anne Charles at [acharles@memun.org](mailto:acharles@memun.org).



**We recently came across this great resource from American Heart Association and wanted to share it with all of our wellness groups!**

It is the new **Healthy For Good** program and we are pretty impressed with some of their posters and worksite specific programs. It is a free program and we will link the PDF to this month's bulletin—be patient, it takes a little time to open; we will also have the PDF posted with the March 2020 Coordinators' Bulletin on the MMEHT website. Here is an introduction from American Heart Association...

*Communities across America are facing a public health crisis. Each year, about 750,000 Americans will suffer a heart attack while nearly 800,000 will suffer a stroke. Leading risk factors for heart disease and stroke include lack of physical activity and obesity. Sixty percent of Americans are not getting enough exercise, blaming lack of time and lack of motivation. Ignoring proper fitness and nutrition increases the chances of heart disease, stroke, high blood pressure, diabetes and some forms of cancer.*

*Prevention is important to changing this dynamic. America's employers can help. Healthy For Good is a revolutionary healthy living initiative bringing real solutions into everyday environments. The approach is simple: Eat Smart. Move More. Add Color. Be Well.*

*We're encouraging more employers to promote worksite wellness and invite you to join us in supporting the American Heart Association's mission of improving the cardiovascular health of all Americans by creating a culture of wellness in your workplace.*

*To assist you and your organization in these efforts, we are pleased to provide you with our Worksite Wellness Toolkit. Included in this kit, you will find:*

- *Tips and hacks to incorporate health in day-to-day business*
- *Education and wellness materials for your employees*
- *Sample messaging to promote awareness among staff*
- *Online resources and tools designed to engage, empower and recognize your team*

*Studies suggest that promoting a culture of activity will help organizations increase productivity, reduce absenteeism, lower turnover rates and reduce healthcare costs. With*

*obesity costing American businesses \$12.7 billion per year in medical expenses and \$225.8 billion in health-related productivity losses, any program that increases the physical activity of employees will positively impact the bottom line.*

*Even small changes in everyday life can result in big improvements in heart health. With your help, your workplace and your employees can be on their way to better health. There's no better benefit to offer your employees than helping them live healthier, longer lives. Working together, we can make an extraordinary impact in the fight against heart disease and stroke and greatly reduce the risk of these diseases for your team. Thank you for your interest in creating a healthier community.*



## Proper Handwashing Techniques

Handwashing can help prevent illness. Regular handwashing particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It's quick, simple, and can keep us all from getting sick.

Hand washing is easy! Here are five steps to make sure you are doing it properly:

1. Wet your hands with clean, warm running water. Apply soap.
2. Lather your hands by rubbing them together with the soap. Wash the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a towel or air dry them.



The Town of Lincoln set up a hand sanitizing station for the public to use if they need a quick way to get rid of germs. Hand sanitizers are an effective way to kill germs and is convenient to use when you don't have access to soap and water.



## Sleepy Time

More than 1 out of 3 U.S. working adults aren't getting enough sleep and the prevalence of sleep deprivation has increased significantly since 2010, according to new research from Ball State University. So how much sleep is "enough?" The National Sleep Foundation recommends that adults get between 7 and 9 hours of good quality sleep each night. Getting less than 4 hours each night can really impact a person's health and reaction times. Inadequate sleep is associated with mild to severe physical and mental health problems, injury, loss of productivity, and premature mortality. This is a significant finding because the U.S. is currently witnessing high rates of chronic disease across all ages and many of these diseases are related to sleep problems.

The professions with the highest prevalence of sleep deprivation were first responders, at 50%. Women reported fewer hours of sleep than men each night, yet both have seen a nearly 8% increase in sleep deprivation over the past 9 years, jumping from 31% to 39%. So what can employers do? There is a need for increased awareness and diagnosis of sleep disorders and sleep deprivation patterns.

**Wellness Works offers a class on Sleep and Health to discuss these factors and offer ideas to improve sleep patterns. Contact Abby at [adipasquale@memun.org](mailto:adipasquale@memun.org) to schedule this class at your worksite.**

Source: Safety + Health, December 2019





## Keep your Brain Healthy

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting healthy lifestyle habits. Here are some simple ways to keep your brain healthy:

**Exercise Regularly:** Regular exercise is a must according to the Alzheimer's Research & Prevention Foundation. A regular fitness routine can reduce the risk of developing Alzheimer's disease by up to 50 percent. There is no excuse because you can exercise at any age. If you are unsure where to start, start with walking because it can be done just about anywhere.

**Eat Right:** Certain foods can help to promote brain and memory health. Try adding more antioxidant-rich fruits and vegetables to your diet – they help counter oxidative stress which may accelerate the aging process. Foods with omega-3 fatty acids such as salmon, sardines and flaxseed may protect against Alzheimer's disease and age-related memory loss. And don't skimp on foods rich in vitamins C and E; inflammation is linked to Alzheimer's disease, and these vitamins have protective effects against inflammation.

**Keep Learning:** Keep your brain stimulated by doing brain games such as crossword puzzles. Use a new browser on your computer. Even simple "games" like recalling songs that start with A and work your way to Z. Anything you can do to make your brain get "frustrated" and work harder will benefit you in the long run.

**Stay Socially Connected:** Evidence shows that staying socially connected can help to keep you mentally connected. By regularly interacting with people, you may help to lessen your risk of dementia! Find ways to be a part of your local community – volunteer, sing in a local choir, schedule a walk with a friend!

Contact Danielle at [dyale@memun.org](mailto:dyale@memun.org) to schedule the class "Am I Losing My Mind" or [acharles@memun.org](mailto:acharles@memun.org) to schedule the Alzheimer's 101 class.

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**Our mailing address is:**

Wellness Works  
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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