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Coordinators' Bulletin

May 2020

Providing your wellness committee with updates and relevant health information

How are you?

No, really, how are you? We know everyone's lives have been turned upside down lately and no one really knows what the next steps are. Yet, even during this crazy time, we wanted you to know that even if we can't physically be with you, we are still thinking about you and are here to help you on your wellness journey.

Thankfully there are things we can all do- for ourselves and for each other- that will make a difference. We can pause and breathe, we can aim to stay hydrated, we can take a break from the news and we can try to get some rest. While we physically distance, we can socially connect by checking in with friends, family, and neighbors.

Now is also a great time to think about being grateful for what we DO have and CAN do. Make it a point every day to write down things you are grateful for. This can help put things in perspective and also change our mindset from negativity to positivity.

We hope that this Coordinators' Bulletin gives you some resources to help you maintain some normalcy during this crazy time and also some ideas to share with other employees, whether near or far apart.

Cover to Prevent the Spread of COVID-19

The current recommendation is to wear a cloth face covering when in public and if unable to practice social distancing. Abby is working on an on-line webinar to address this topic for our members and if you would like to schedule, you can contact her at adipasquale@memun.org. In the meantime, you can access information on how to do this from the Center's for Disease Control and Prevention by clicking the link below.

[Click here to for information on cloth face coverings to prevent the spread of COVID-19.](#)



Marathon in May

What better things do you have to do then complete a marathon? After all, you have had the past couple of months to start your training! What you didn't start your training?

Before you start thinking we are crazy and that you haven't run in years, have no fear...even YOU can complete this marathon challenge! Here are the details:

- You have 26 days to complete 26 miles, you can start any time you want in May, but you must finish all 26 miles before the end of May.
- 30 minutes of exercise (any type of exercise) equals 1 mile, 60 minutes equals 2 miles, 90 minutes equals 3 miles and so on...
- Get creative with your workouts! You can run, walk, skip, rake the lawn, take the dog for a walk, clean your windows, lift laundry baskets or climb stairs in your house. There are no limits or restrictions!

We would love to see how you are completing your marathon. Send us your creative ideas or pictures of you and your favorite quarantine mate doing the marathon challenge! Email your snapshots to Abby at adipasquale@memun.org and we will showcase all our marathoners in an

upcoming Wellness Works Bulletin or Newsletter!

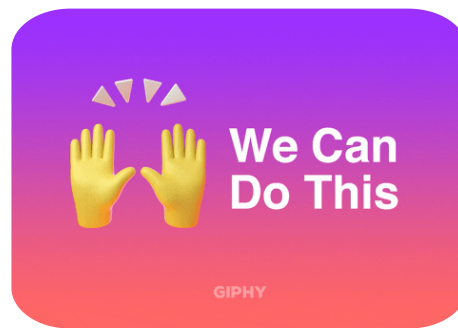
To help you stay on track and to keep track, we have created an activity log, which is attached to this month's Bulletin. At the end of the challenge, on May 31st, all marathon finishers who reached 26 miles are invited to send their log to Abby (adipasquale@memun.org) and they will be sent some Wellness Works swag!

This is meant to be fun and encourage you and your loved ones to get up and get moving! Don't stress over the details, just do 30 minutes of your favorite type of activity and let us know how you did. Please share with any and all coworkers that you can, so we can get a big turnout for our first ever Wellness Works May Marathon! Questions? Contact Abby DiPasquale at adipasquale@memun.org

[Click Here to Download the May Marathon Activity Log](#)

Zoom, Zoom...We Are In The Room

Well, not literally. Since it doesn't look like we will be allowed in a room for a little while yet to come, we are trying to find ways to stay connected to our groups and members. If you have employees that are interested in or are already using the Zoom platform for webinars and meetings, we are happy to offer our wellness programs to you in this manner. We know it isn't as great as "in person" classes, but think it might be a great way to get some good information out and provide employees with a change of pace. The process is very easy, you let us know what topic you would like to offer and we send you a registration link to share with employees. From there, employees register directly with us and we send them a unique link to access the webinar at the scheduled time. These webinars can be done from their homes, their offices or even their mobile devices when they are on the go! If you are interested in having a wellness class via Zoom, just let any of us know and we will be happy to accommodate.



Just because we are under a quarantine order doesn't mean we have to stop socializing, it just means we have to get a little creative!

How to Socialize While Social Distancing

Social distancing is something we are very familiar with now and thinking of fun things to do or new ideas while quarantined can be challenging. But social distancing doesn't mean we have to stop socializing, it just means we have to get a little creative. Here are some fun and easy quarantine tips and activities you can do while you're practicing social distancing.

Virtual Workouts: It may not be the workout you're used to, but scheduling a virtual, at-home workout with friends is a great way to keep fitness fun and exciting! Buddy up with your housemates or stream a virtual class online with friends and get ready to sweat.

Game Night: When was the last time you had a good old fashioned game night? Having a game night with friends is totally doable. The only difference is that it's virtual, which is surprisingly just as fun! So far, we have done bingo, trivia and Pictionary, so hop on Zoom or FaceTime and let the games begin!

At Home Cooking Class: Now more than ever is a great time to try out all of those recipes you've been meaning to make. Not only can you cook at home with a partner but you can also have a virtual cook-off with friends and family. All you've got to do is decide on the recipe, share with your friends, and hop on your preferred video chat while you all cook. It's especially fun if it's a brand new recipe for everyone, so expect lots of laughs in the process.

Host a Virtual Dinner Party: Remember that new recipe you just made? Well, pull up a chair (and maybe a glass of wine too) and bring it to a virtual dinner party. Hosting a virtual dinner party with friends and family is a great way to stay and feel connected to the people in your life. More and more people are using services like Zoom and FaceTime to be able to see their loved ones. So why not take it a step further and get back to doing the things we love like engaging in great conversation over a delicious meal.

Host A Virtual Theme Party: Let's be honest, who doesn't love a theme party? The 70's, the 80's, the 90's, take your pick! Then crank up the tunes and make sure everyone is dressed for the occasion for a virtual theme party! And yet again, we have our video chat apps to thank for the ability to connect with people from all over.

Create a Playlist or Watch a Movie: Yes, you can do this with others. A friend's daughter had all the fixings for the movies and watched a movie on her laptop with her friends doing the same virtually. Miss going to concerts and festivals with your friends? Well, you can bring home the fun of enjoying your favorite artists and bands by creating and sharing playlists. You can even surprise a friend by taking a walk down memory lane with a personalized list of the music you used to listen to as kids. Playlists are great reminders of how much music can bring us together and the perfect way to lift someone's spirits from a distance.

Now is the perfect time to get creative and open your mind to crazy, fun ideas that you can share with your family and friends virtually. Take the time to reach out to loved ones that are at a distance and share your life with them virtually. Stay safe everyone and hope to see you all soon!

It's Tick Season

With the above average temperatures and below average snowfall this winter, this is the time of year that your family and pets can become unsuspecting hosts to deer ticks. Personal protection strategies will be even more important as many of us are spending more time in our own backyard. Wear protective clothing, which includes long pants and long-sleeved shirts, ideally with cuffs and tucked in. Ticks look for openings around the edges of clothing to access your skin, so create barriers wherever possible!

Use repellents on clothing and exposed skin to deter ticks from biting. Research shows us that DEET, Picaridian, IR3535 or Oli of Lemon Eucalyptus are most effective at keeping ticks off our bodies. Be sure to follow the application instructions from the manufacturer and wash off any repellent when you come indoors. Don't forget to perform your tick checks after your outdoor activities are over. Remove all clothing, look in a mirror and feel along your hair line and behind your ears for any wayward ticks. If you find one on you, promptly remove with a tick spoon or tweezers and watch the area for signs of infection. It typically takes 24-48 hours for ticks to transmit their bacteria into your body, so the sooner you get them off your body, the better!

Abby DiPasquale offers a class, *Tick Talk*, which tells you everything you need to know about ticks, their habitat, risks to your health and how to get rid of them. Contact Abby at adipasquale@memun.org to schedule a Zoom class for your employees. Below is a great video on ticks for employees from the Maine DOT.



Check out this very informative video on ticks and tick prevention from the Maine DOT.



Our mailing address is:

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1-800-452-8786

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