

Fall 2018 Wellness Program



WELLABLE – YOUR ONLINE WELLNESS PLATFORM

The B-Well program runs optional health challenges through the Wellable platform. For those of you who have not yet created an account, you may do so at <https://www.wellable.co>

UPCOMING CHALLENGE:

“**Reach the Peak**” beginning September 12.

Participants travel the globe to climb the highest mountain peaks on the seven continents of the world. For each peak a participant reaches, he or she will be entered into a raffle to win a prize. The higher the peak, the nicer the prize. Participants that reach Mt. Everest are entered into all seven raffles! Along their journey, participants receive interesting health tips about the regions of the world they visit.

DISCOUNT FITNESS DEVICE

Don't forget - for discounted fitness devices, access the Wellable device store at <https://app.wellable.co/Wearables>



SAVE THE DATE – BIOMETRIC SCREENINGS

- Screenings will be offered by St. Mary's Prevention and Wellness Center on October 23 and October 24 in Commons 211
- Screenings will be fasting
- More information regarding how to sign up is coming soon



SAVE THE DATE – NUTRITION COUNSELING

Nutritionist Judy Donnelly will offer one on one private sessions once per month from September through December at 220 College Street.

Dates are:

- September 21
- October 19
- November 16
- December 14

Registration for the one on one sessions will be under Events on Garnet Gateway and registration will open at 9:00am one week prior to each one of the above dates.



EAT LOCAL AND HEALTHY (CSA)

Are you interested in eating local, healthy, fresh and organic produce throughout the fall and winter months? Fall and Winter Shares are starting in just a couple weeks! Bates is excited to invite you to join in a Community Supported Agriculture (CSA) share through Wolf Pine Farm in Alfred. The B-Well program has arranged for a discounted rate (\$100 off) for Bates' employees. The shares will be delivered to Bates once every two to four weeks throughout the fall/winter starting Tuesday, October 10th and lasting into March. The share should be enough food to meet the daily vegetable needs of two adults or a larger family who cooks less frequently.

The cost is \$465 (after the discount) which comes to just over \$20 per week and you can pay for your share through payroll deductions!

See Human Resources for additional information or visit: wolfpinefarm.com



LUNCH AND LEARNS

Join us for a free lunch as we learn about some important life management strategies.

Schedule as follows:

- September 12 – "Work Life Balance"
with Anne Brown in Commons 221
- October 11 – "Breast Cancer Awareness"
with Dempsey in Commons 221
- November 2 – "Mindful Eating"
with Judy Donnelly in Muskie
- December 5 – "Managing Stress"
with B-Well and Multi-Faith in Commons 221



COPING WITH CAREGIVING

As a caregiver for an ailing parent, child, spouse, or other loved one, you're likely to face a host of new responsibilities, many of which are unfamiliar or intimidating. At times, you may feel overwhelmed and alone. One tip to coping is to seek out other caregivers. It helps to know you're not alone. The B-Well program sponsors a Caregiver's Support Group once a month for staff and faculty who are providing care and support, managing resources, coordinating care and are generally worrying about family members.

Eileen Fair, a Licensed Clinical Social Worker (LCSW), facilitates the group which meets at noon in 220 College Street.

Upcoming sessions are scheduled for:

- September 11
- October 9
- November 13
- December 11



TOBACCO CESSATION OPPORTUNITIES

Have you thought about quitting smoking? The decision to quit is a personal one, but you are not alone in the process. If you are currently enrolled in one of the College's Aetna medical plans, there are many tools and resources available to help you on your way, and to keep you smoke-free for life! These programs are provided at no additional cost to you and your covered dependents.

- Online Coaching Program
- In-Person Counseling
- Nicotine Replacement Therapy (NRT)
- Prescription Medicine

In addition to the resources mentioned above, below are additional resources available to everyone, whether or not you are enrolled in one of the College's Aetna medical plans.

- St. Mary's Coaching Sessions
- Healthy Androscoggin - Quit for Life
- Freshstart®

FRESHSTART®

Date: Every Wednesday from Oct. 17-Nov. 14

Time: 5:30 - 7:00 PM

Location: 29 Lowell Street, 5th Floor, Lewiston, ME

This free, five-week program is designed to teach you to become tobacco-free! Topics include preparing to quit, getting through the first few days, identifying and avoiding triggers, and staying tobacco-free.

Register online at DempseyCenter.org or call (207) 795-8250.

Please see Human Resources for more information on these programs.



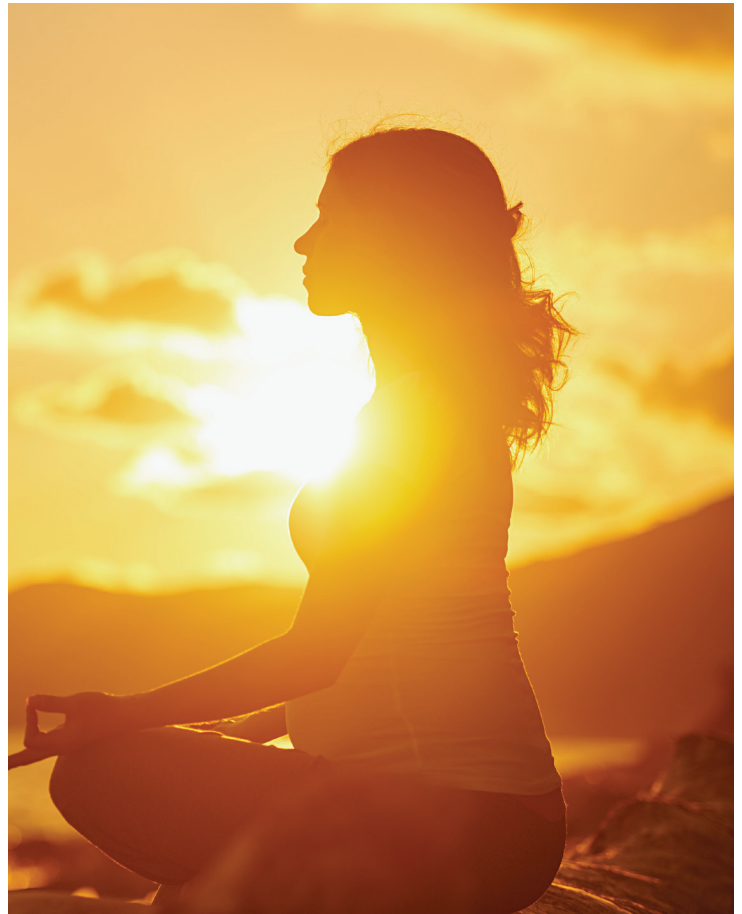
WEEKLY MEDITATIONS

Join the Multi-Faith Chaplaincy to help clear your mind and reduce stress.

Date: Mondays

Time: 12:15 (approx. 20 minutes in length)

Location: Chapel



B-WELL SALAD BAR DISCOUNT STICKER

Each year, the B-Well program partners with the Den to offer a discount at the salad bar: 10 cents off per ounce. To earn the salad bar sticker, follow the steps below:

- Create a Wellable Account at <https://www.wellable.co>
- Pair a wellness tracking device of your choice (once logged on, click on the "Connections" tab)

Once you've completed these simple steps, we will add you to the list of salad bar sticker recipients and you will receive your sticker with the cashier at the den!



NUTRISAVINGS

This innovative program educates you and your family on proper nutrition. It helps change your grocery shopping behavior and incentivizes you to make healthy purchases. Why not join a program that rewards you for something you already do—grocery shop!

With NutriSavings, you can:

- Find out the nutritional score of products
- Discover healthier alternatives
- Save at your grocery store on healthy foods
- Discover healthy recipes, grocery lists and suggestions
- Gain benefits for the whole family

Register today at order.nutrisavings.com.

Already registered? Download the mobile app to use NutriSavings™ on-the-go!



EMPLOYEE ASSISTANCE PROGRAM (EAP)

The Aetna Resources for Living EAP provides confidential and professional assistance at no cost to eligible employees, dependents and/or significant others. Services are available for a wide range of personal matters, such as:

- Depression
- Stress and anxiety
- Marital and family conflicts
- Workplace issues
- Anger management
- Grief and loss
- Substance abuse
- ID Theft

The program provides unlimited telephonic counseling and advice, referrals for up to 6 face to face sessions with a nearby counselor, child and elder care referral services, legal resources and financial counseling resources.

Call 1-888-238-6232, 24 hours a day / 7 days a week or visit www.resourcesforliving.com

(User ID: 4bates and Password: bwell)



FOR MORE INFORMATION/QUESTIONS

Keep an eye out for additional information on the programs mentioned in this newsletter. If you have questions please contact:



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