

Winter 2020 Wellness Program



Introducing our Updated Foundations of Wellness

As we work to evolve our wellness program, we have chosen to broaden our focus and take a more holistic approach to wellbeing. We hope you take advantage of the programming offered through B-Well as we look to provide a variety of ways to improve your overall health.

WHAT IS WELLNESS?

Wellness is the active pursuit to understand and fulfill your individual human needs—which allows you to reach a state where you are flourishing and able to realize your full potential in all aspects of life. Every person has wellness aspirations. B Well aims to support the Bates community in fulfilling their needs in seven areas.

	HEALTH	Beyond the absence of mental and physical illness, health is a feeling of strength and energy from your body and mind.
	MEANING	Feeling part of and contributing to something bigger than yourself. Knowing that your contributions in life matter. Having purpose in your life.
	SAFETY	Knowing that you are safe from physical and psychological harm. Feeling secure enough to take calculated risks and show vulnerability. Free of concern about meeting basic life needs.
	CONNECTION	Experiencing positive, trusting relationships with others. Feeling a sense of belonging, acceptance and support.
	ACHIEVEMENT	Feeling you have the support, resources and autonomy to achieve your goals. Succeeding at meeting your individual goals and aspirations.
	GROWTH	Feeling like you are progressing in life. Learning and being challenged to use and expand on your strengths.
	RESILIENCY	Maintaining a positive outlook on life. Not to ignore challenges but to persevere through them. Feeling grateful and expressing appreciation.

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:

“Total Wellness Challenge” beginning January 27.

Wellness goes far beyond just being active and eating well. Bringing awareness to its unique dimensions of wellness can help build a holistic sense of fulfillment and well-being – and this challenge provides an opportunity for just that! In addition to tracking physical activity and nutrition, participants will view videos exploring eight different well-being dimensions: Physical, Social, Spiritual, Emotional, Occupational, Environmental, Intellectual, and Financial Wellness.

For each video you watch, you will be entered in to a \$25 gift card raffle. Grand prizes will also be available for additional rewards!

DISCOUNT FITNESS DEVICE

Don't forget - for discounted fitness devices, access the Wellable device store at:

<https://app.wellable.co/Wearables>

FINANCIAL WELLNESS WEBINARS

While we will continue to offer programming focusing on your physical, mental and emotional health, we will also be introducing programming to improve your financial health. Money plays a role in our every-day lives, and the stress related to financial challenges can have a real effect on your physical and mental wellbeing. Having an understanding and feeling of control over your finances allows you to manage your day-to-day expenses while also preparing you for the future and life's unexpected events.

Boost your financial know-how with TIAA's live and on-demand webinars focusing on a variety of financial topics that can help you achieve financial wellbeing. Webinars are on demand for 30 days where you can view at a time convenient to you if you cannot make the live date.

UPCOMING WEBINARS:

- February 11 – Introduction to trusts
- February 12 – Market-proof your retirement
- February 12 – She's Got It – A woman's guide to saving and investing
- February 13 – Cybersecurity at home
- February 13 – Within Reach: Transitioning from career to retirement
- March 17 – Introduction to Social Security

- March 18 – Market-proof your retirement
- March 18 – Money at Work 1: Foundations of investing
- March 19 – Postcards from the Future: A woman's guide to financially ever after

For additional topics as well as webinar times and registration information, visit TIAA.org/webinars

ENJOY THE MAINE WINTER AT LOST VALLEY SKI MOUNTAIN

It might be easy to find yourself staying in during the colder months, but staying active during winter is just as important as it is in the warmer months of the year! To help you stay active and enjoy a fun winter adventure, Lost Valley Ski Mountain is partnering with Bates to offer employees free and discounted rates. As a Bates employee you can take advantage of the following:

- Free lift passes
- 15% off lift passes for any guests
- 15% off equipment rentals
- 15% off passes to the Family Snow Tube Park

*You will need to provide your Bates ID to take advantage of these discounts.

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:

- February 14
- March 13
- April 10
- May 8

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.

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 you will need to participate in a community engagement activity of your choice outside of Bates' campus. Once completed, you will simply submit a form with details of your volunteer activity and we will add you to the list of salad bar sticker recipients. Your sticker can then be picked up with the cashier at the den!

For additional details on this new challenge please see the [B-well website](#). We are hoping to share your experiences to highlight the variety of ways you can connect with the community!

LUNCH AND LEARNS

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

Schedule as follows:

- January 29 – Community Engagement *in Commons 221*
- February 19 – Heart Health *in Commons 221*
- March 13 – Nutrition with Judy Donnelly *in Commons 221*

EAT LOCAL AND HEALTHY

There are many benefits to eating locally grown food. Not only does it support the community, but eating locally also means you are eating healthier. Less time in transport means your foods retain more of the nutrients your body needs along with reducing air pollution and other harmful effects on the environment.

Visit the Lewiston Farmers Market for a variety of fresh local foods, crafts and goods.

Winter Market Details:

- Location: YWCA at 130 East Avenue in Lewiston
- Hours: Sundays 9am – 12pm through February 23rd
- Website: <https://www.lewistonfarmersmarket.com/>



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:

- February 11
- March 10
- April 14
- May 12

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

Please see Human Resources for more information on these programs.

TELADOC

Teladoc services offer an affordable alternative for nonemergency medical care 24/7/365. It is an alternative to using the Emergency Room. Using Teladoc allows you and your covered dependents to receive quality care and avoid incurring unnecessary medical costs. You can talk to a doctor in a matter of minutes by phone or video about your illness or injury and even receive a prescription. If you are enrolled in the Whole Health (ACO) plan or PPO plan, Teladoc is available at no cost to you. If you are enrolled in the Consumer Choice (HSA) plan, you are limited to a \$40 charge.

If you need a doctor, you can visit [Teladoc.com/Aetna](https://www.teladoc.com/Aetna) or call 1-855-Teladoc.

RESOURCES FOR LIVING

The Resources for Living Employee Assistance Program 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)

WARM UP WITH A BOWL OF HEALTHY TEX-MEX SOUP



Recipe: Slow-Cooker Tex-Mex Soup

Serving Size: 2 cups soup, 1 1/2 tbsp. yogurt, and 1 1/2 tbsp. cilantro

Servings: 5 | **Calories:** 315 | **Fat:** 8 g | **Protein:** 35 g | **Carbs:** 29 g | **Fiber:** 7 g | **Sodium:** 615 mg | **Sugar:** 7 g

[Click here](#) for the recipe.

Ingredients:

- 1 1/4 pounds boneless, skinless chicken thighs (about 4 thighs)
- 4 cups unsalted chicken stock
- 1 (15-oz.) can unsalted black beans, drained and rinsed
- 1 (14.5-oz.) can unsalted diced tomatoes
- 1 cup chopped yellow onion
- 1 cup chopped red or orange bell pepper
- 1 cup fresh or frozen corn kernels
- 2 tablespoons chopped canned chipotle chiles in adobo sauce
- 2 garlic cloves, minced
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 3/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 tablespoons fresh lime juice
- 1/2 cup plain whole-milk Greek yogurt
- 1/2 cup fresh cilantro leaves

Directions:

1. Combine chicken, stock, beans, tomatoes, onion, bell pepper, corn, chiles, garlic, chili powder, cumin, salt, and black pepper in a 5- to 6-quart slow cooker. Cover and cook on low until chicken is very tender, 5 to 6 hours.
2. Transfer chicken to a cutting board; shred into small pieces; return to slow cooker. Stir in lime juice.
3. Divide soup evenly among 5 bowls. Top evenly with yogurt and cilantro.