

Fall 2021 Wellness Newsletter



EAT HEALTHY AND LOCAL WITH BUMPER CROP!

This fall, B Well is highlighting and promoting eating local foods and attending area Farmers Markets!

- Support local farms
- Buy Amazing Food
- Strengthen our community

Come learn about Bumper crop and receive \$25 worth of vouchers to area farmers markets! B Well representatives will be in the Den weekly on Thursdays during the month of September starting September 9th from 11:00am-1:00pm. The vouchers are accepted at [participating farmers' markets](#). Use your Bumper Crop vouchers like gift certificates to shop at over 40 farmers' markets across Maine! Bring your own cash or credit card if you're looking to do your full grocery shopping! No change can be given for the \$5 vouchers - so make sure your purchase adds up to \$5 or \$10 increments, or be prepared to spend some of your own cash.

Find participating markets via [this link](#).

WHAT'S IN SEASON?

- Strawberries
- Peas
- Cucumbers
- Carrots
- Tomatoes
- Onions
- Beets
- Greens
- Kale
- Carrots
- Turnips
- Radishes
- Dairy
- Asparagus
- Garden Seedlings
- And Much More!

WHAT ELSE?

Every market is unique! Expect seafood, mushrooms, beef, pork, poultry, eggs, baked goods, honey, maple syrup. Go explore and find out for yourself.

**YOUR VOUCHERS EXPIRE
ON NOVEMBER 15, 2021.**

Your vouchers are good for purchasing
ALL FOOD ITEMS at the farmers' markets.

ONSITE FITNESS CLASSES

Starting on September 7th, group workout sessions will return for Bates employees! The calendar will include Boot Camp, Yoga, and Cycle!

Check out the schedule here:

<https://www.bates.edu/b-well/calendars/>

STILL REMOTE?

TRY OUR ON-DEMAND FITNESS CLASSES

Over the course of the pandemic, B Well compiled over 100 recorded, Home strength and conditioning sessions. Try following along from your home at a time that fits your schedule.

To learn more, visit:

<https://www.bates.edu/b-well/on-demand-home-workouts/>

TAKING THE CONTROLS

The pandemic has impacted us all in various ways - for many of us, our personal health and wellbeing took a hit. If you are seeking to revamp your health and wellbeing, consider joining the Taking the Controls program this fall! This lifestyle improvement program is led by health coaches and nutritionist Judy Donnelly. The program includes a pre and post biometric screening, develops individualized nutrition and exercise plans, meets weekly to provide education and support around nutrition, stress, exercise, sleep. Classes are scheduled for Fridays at noon starting early October. To sign up, contact Mike Milliken at mmillike@bates.edu (space is limited!). Please note that this program may need to be modified due to COVID concerns.



WEEKLY NUTRITION COUNSELING WITH JUDY DONNELLY

Opportunities for employees to seek advice and coaching on personal nutrition:

- October 15th
- October 22nd
- November 5th
- November 19th

These sessions will be held via zoom.

Contact Mike Milliken at mmillike@bates.edu to sign up.

COMMUNITY SUPPORTED AGRICULTURE

WITH WOLF PINE FARM

Are you interested in eating local, healthy, fresh and organic produce throughout the fall and winter months delivered right to Bates? Fall-and-Winter Shares are starting in October!

Bates employees are invited 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 three to four weeks throughout the fall/winter starting in early October and lasting into late February.

The share should be enough food to meet the vegetable needs of 2 adults who eat vegetables with most meals or a larger family who cooks less frequently. The cost is \$410 (after the discount). If this all sounds great *but* you think it might be too much food for you, the farm can pair you with another Bates colleague and you can split your share. During sign up you can enter something like "find me a splitter" in the "I split my fall-and-winter vegetable share with" field.

The food is healthy, organic, and local. [Click here](#) to view a sample of the types of items that may be included in your share.

CARE FOR THE CAREGIVER

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 St.

Upcoming sessions are scheduled for the second Tuesday of each month at noon:

- September 14th
- October 12th
- November 9th
- December 14th

HEADSPACE PREMIUM MEMBERSHIPS

It probably goes without saying, but these past 18 months have been difficult. We have all dealt with some degree of anxiety while navigating the many challenges of our current world. In light of this, B Well has expanded offerings into the mental health space by partnering with Headspace.

If you're not familiar with Headspace, here is a [short animation](#).

The partnership includes premium access to Headspace's award-winning mindfulness and sleep application at no cost to you. Once you enroll, you'll tap into 1,000+ hours of content designed to help you manage stress, fall asleep, exercise mindfully, remain focused, and more. Headspace also has kid-friendly content for those of you with young ones.

Personally, as you may likely be able to relate, the past six months have taken a toll on my mental wellbeing. In recent weeks, I've turned back to headspace for just a few minutes a day. It's not a magic fix, but it does make a small difference. I encourage you to take advantage of this benefit.

- Signing up is pretty straightforward:
- Following this link to the [Bates Headspace Landing Page](#)
- Create an account or log-in if you already have an account
- Verify your account with your **Bates Email**
- Download the app or start using the computer browser version
- Explore the app and get started



SAVI

You now have access to a robust student debt solution. Not only can it lower your payment and help you find the best federal repayment programs for your financial situation, it simplifies the task of navigating the way to forgiveness.

- Caps your payment based on your income and family size
- Frees up funds that you can direct towards other financial goals
- Removes the complexities of forgiveness and puts the process on autopilot—all for a small fee

CALCULATE YOUR SAVINGS

Learn more at: TIAA.org/bates/student



FOR MORE INFORMATION/QUESTIONS

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



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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)

