

MHC Wellness & Benefits Newsletter

July 2019 | Your source for upcoming events and information

NEW VIVA POOL HOURS!

Please take advantage of the requested, extended hours!

M/W/F: 7:15 a.m. - noon; 1 - 3 p.m.
T/TH: 7:15 a.m. - noon; 1 - 5:30 p.m.
Sat: 9 a.m. - noon

OUR CORE VALUES

Be Positive
Be Your Best
Be Safe
Be Responsible
Serve Together



FAMILY SWIM NIGHTS 2019
Bring your family for a swim!
Call Kristin Manser x4981 to register for each night you plan on attending: 717-390-4981.
5:00 - 7:00 p.m.
July 31 | August 28
September 18 | October 30
November 20 | Dec - No Swim

EMPLOYEE WELLNESS CLASS

Water Boot Camp - July 18- August 22, Thursdays at 4:45 to 5:30 p.m. VIVA Pool Join our new Pool Coordinator Julie as she gets your heart pumping and feet moving during Water Boot Camp. Think working out in the water is easy (or only for our residents)? This class will CHANGE. YOUR. MIND! You do NOT have to know how to swim. This is just like a land aerobics class. No swimming involved.

SCHEDULE YOUR ONSITE HEALTH SCREENING TODAY!!

Register with Denise Paterson at x7978 or dpaterson@mennonitehome.org by **Thursday, August 1.** Appointments fill up quickly and are approximately 15 minutes long. Screenings will take place in the Conestoga Gathering Place on Wed, Aug 7, 6-9 a.m., Wed, Aug 7, 1-3 p.m., & Thurs, Aug 8, 6-9 a.m.

The screening includes*:

- Cholesterol panel (total, HDL, LDL, triglycerides)
- Blood glucose
- Blood pressure
- Height, weight, and waist circumference

*Screenings only for those on the medical plan at this time.

Preparation:

- Take all medications, as normal
- NO FOOD OR DRINK (except water) for 10-12 hours prior screening
- Drink LOTS of water

JUMPSTART YOUR WELLNESS REWARDS!

Earn 200 points from July 1 - August 31, 2019 and receive \$500 deductible credit!

A new rewards program is being launched! New for 2019, you will be able to earn money towards your deductible. Employees and spouses are eligible to receive this jump start if enrolled in a MHC medical plan.

1. (100 points) Complete a health screening (cholesterol, glucose, blood pressure, BMI, waist circumference)*
2. (100 points) Complete a Personal Health Assessment

*If you had a health screening with your provider within the last 6 months (January - June 2019) or have an appointment before August 31, 2019, you may submit your health screening results using a Provider Screening Form.



SAFETY - NEW EMAIL ADDRESS

We are excited to announce safecomm@mennonitehome.org as another avenue to connect with the safety committee. Did you see someone perform a safe deed? Send a note so they can be recognized. Have a safety suggestion or concern? Let us know!

SAFETY - NEW SUGGESTION BOXES

Don't have access to email? Stop by the time clock located at the bottom of the steps of the employee entrance at the front of the building at MHC or the time clock at the Bluebird Dock at WCV and fill out a form for a great safety idea, caught someone performing a safe act, or if safety needs to be addressed.

OVER ---->

MHC Wellness & Benefits Newsletter

July 2019 | Your source for upcoming events and information

VIVA Pool Hours

NEW POOL HOURS !

M/W/F: 7:15 a.m. - noon; 1 - 3 p.m.

T/TH: 7:15 a.m. - noon; 1 - 5:30 p.m.

Sat: 9 a.m. - noon

Regular pool hours are for employees and their spouses, not for family swim. ONLY spouses may come to the pool or fitness center with employees. Children, friends, and family members are not permitted at this time. Family swim is specially scheduled event.



VIVA Fitness Center & Pool Usage

All employees and employee spouses are eligible to use the VIVA Fitness Center and Pool. Contact Kristin Manser or Emily Newman to learn how to become a member, for an individualized workout program, or to discuss how to make changes to your diet for better nutrition.

MENNONITE HOME COMMUNITIES

MENNONITE HOME
1520 HARRISBURG PIKE
LANCASTER, PA 17601

WOODCREST VILLA
2001 HARRISBURG PIKE
LANCASTER, PA 17601

SAFETY - THANK YOU!

Thank you again to all those who participated in the activities for National Safety Month in June. We hope you enjoyed the quick and fun activities and the winners are enjoying their baskets.

STRESS MANAGEMENT - A FEW SUGGESTIONS TO HELP YOU RELAX

Stress is a common problem. You aren't alone. Seven out of 10 adults in the United States say they experience stress or anxiety daily that interferes at least moderately with their lives.

How does stress and anxiety impact the body?

- Elevates heart rate
- Raises blood pressure
- Elevates ventilation at rest and during exercise

Techniques to help reduce stress and anxiety

1. Breathing Exercise

Place one hand on your chest and the other hand on your stomach. Does your hand rise on your chest or stomach? If chest only, focus on breathing with your belly going in and out for deep breathing. Breathe in slowly, pushing the stomach out. Hold this breath briefly. Exhale slowly, thinking "relax." Repeat five to ten times, concentrating on breathing deeply and slowly.

2. Progressive Muscle Relaxation Exercise

Progressive muscle relaxation focuses on muscle groups in sequence, tightening each for 20 seconds before releasing. Focus on the release of tension and stress. Begin with facial muscles, then work down towards the toes.

3. Aerobic Exercise

Aerobic exercise creates chemical changes in the brain. Endorphins are released while we exercise. Endorphins:

- Are natural pain relievers
- Help combat depression
- Can generate feelings of relaxation after exercise
- Lower the amount of cortisol circulating in the body
 - Cortisol in the body's main stress hormone
 - Over time, high levels of cortisol may result in weight gain, high blood pressure, disrupt sleep, negatively impact mood, decrease energy levels, and contribute to diabetes

Start with a 10-15 minute walk daily to help reduce cortisol levels and get your body moving. 150 minutes of moderate aerobic exercise is recommended weekly (walking to a pace where you talk in short sentences and have to take a breath at each sentence is moderate intensity).

OVER ---->