

MHC Wellness & Benefits Newsletter

August 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.
August 28
September 25 | 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
You do NOT have to know how to swim. This is just like a land aerobics class.

Water Volleyball: August 27-October 1, Tuesdays at 4:45 to 5:30 p.m. VIVA Pool
Join us for a lively and fun game of volleyball! No experience or teams needed. Played in the shallow end of the pool.

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.

Go to: <http://www.eliancehealthsolutions.org/> and click on "Members." Scroll down to "Eliance Wellness" to complete the health assessment.

FOUR EASY STEPS TO COMPLETE THE HEALTH ASSESSMENT

1. Log into your account and click on "Health" then "Health Assessment" then "Health Assessment Report."
2. Read Terms of Use and provide consent to continue
3. If you agreed to the Terms of Use, your "Personal Health Assessment" page will appear. Answer TRUTHFULLY to receive a personalized report.
4. Once you answer all of the questions, you must submit your report. A pop-up window may appear confirming your request to submit your report.

Once completed, you'll earn 100 points. Suggestions based upon your health answers will be created specifically for you. You can track how many points you received and items completed under the "Incentive Summary" listed under "Incentives."



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!

OVER ---->

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VIVA Pool Hours

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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 - FATIGUE MANAGEMENT - WHY REST IS BEST

Fatigue refers to mental or physical exhaustion that stops a person from being able to function normally. It more than feeling tired or drowsy. Fatigue is caused by prolonged periods of physical and/or mental exertion without enough time to rest and recover.

Fatigue is generally caused by:

- Spending long periods of time awake
- Having an inadequate amount and/or quality of sleep over an extended period

Factors in and outside of the workplace can be a source of fatigue

⇒ Being awake for 17 hours is the equivalent of having a blood alcohol level of 0.05. Being awake for 20 hours is the equivalent of having a blood alcohol level of 0.1.

Work-related factors influencing fatigue	Non-work-related factors influencing fatigue
<ul style="list-style-type: none"> • Extended hours of work • Shift work • Inadequate time for sleep between shifts • Early or late shifts • Job design • Working a second job 	<ul style="list-style-type: none"> • Extended commute time • Heavy family and social obligations • High level of community activities • Relationship pressures • Age • Poor health and fitness

What can you do to help manage fatigue?

Factors to consider	Recommended actions
Diet for night shift	<ul style="list-style-type: none"> • Be prepared. Bring health snacks and make a healthy meal. • Don't eat between 3 a.m. and the end of night shift • Avoid large meals one to two hours before sleeping • Avoid high-fat and high-carbohydrate meals during night shift
Poor sleep environment & practices	<ul style="list-style-type: none"> • Install heavy curtains to keep the light out • Use a fan as background noise • Keep bedroom cool • Avoid watching TV in bed • Avoid using your cell phone before bedtime - light stimulation • Avoid caffeine or alcohol as it can disturb sleep • Avoid heavy meals one to two hours before going to bed • Try to get into a routine before bed - take a shower or bath, listen to relaxing music, or try a stress release exercise (controlled breathing, muscle relaxation, stretching) • Have an afternoon nap before night shift
Hectic social life	<ul style="list-style-type: none"> • Evaluate your schedule before saying 'yes' to every event