

MHC Wellness & Benefits Newsletter

September 2019 | Your source for upcoming events and information

SAFETY EMAIL ADDRESS

safecomm@mennonitehome.org

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!

OUR CORE VALUES

Be Positive

Be Your Best

Be Safe

Be Responsible

Serve Together



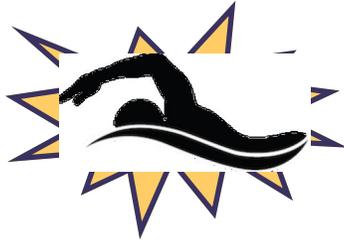
FAMILY SWIM NIGHTS 2019

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.

September 25 | October 30
November 20 | Dec - No Swim

EMPLOYEE WELLNESS CLASS

Water Volleyball: August 27-October 1, Tuesdays from 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. We don't use a hard water volleyball. It is squishy and a whole lot of fun to play! Laugh & reduce stress at the end of your day.



If you love the pool, take advantage of the extended pool hours and water volleyball.

Tuesday and Thursday 1 - 5:30 p.m. from September thru December 2019.

UPCOMING EMPLOYEE WELLNESS CLASS

Yoga Fusion: October 7 - November 11, Mondays from 4:45 to 5:30 p.m. in the VIVA Fitness Studio. Class is a combination of core exercises and relaxing yoga. All employees and employee spouses are welcome to take this **FREE CLASS!**

SAFETY - WINTER PREPAREDNESS

Yes, it feels a bit early to think about winter, but better to be prepared now and not scramble once bad weather happens. Get your car read by having the antifreeze level checked, replace windshield wipers (if needed), check the air in your tires, keep gas near full all the time, and check the battery. Also keep emergency supplies in your car in the event you must travel.

Car emergency kit - from the CDC (Center for Disease Control and Prevention)

It is best to avoid traveling, but if travel is necessary, keep the following in your car:

- Cell phone, portable charger, and extra batteries
- Items to stay warm such as extra hats, coats, mittens, and blankets
- Windshield scraper
- Shovel, foldable to save space
- Battery-powered radio with extra batteries
- Flashlight with extra batteries
- Water and snack food
- First aid kit with any necessary medications and a pocket knife
- Tow chains or rope
- Tire chains
- Canned compressed air with sealant for emergency tire repair
- Cat litter or sand to help tires get traction, or road salt to melt ice
- Booster cables with fully charged battery or jumper cables
- Hazard or other reflectors
- Bright colored flag or help signs, emergency distress flag, and/or emergency flares
- Road maps
- Waterproof matches and a can to melt snow for water

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VIVA 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.

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MENNONITE HOME COMMUNITIES

MENNONITE HOME
1520 HARRISBURG PIKE
LANCASTER, PA 17601

WOODCREST VILLA
2001 HARRISBURG PIKE
LANCASTER, PA 17601

MENTAL HEALTH - FIVE TIPS FOR NONJUDGEMENTAL LISTENING

When you are trying to be there for your friend, neighbor, or colleague, it is important to maintain a positive attitude and open mind to be supportive.

1. Reflect on your own state of mind

Before approaching someone with your concerns or helping others with theirs, make sure you are in the right frame of mind to listen and talk. If you are feeling as if you are in a rush or having a bad day yourself, you may not be able to be calm, open and ready to help.

2. Adopt an attitude of acceptance, genuineness, and empathy

Respecting a person's feelings, personal values, and experiences as valid, even if they are different from yours, is a way to adopt an attitude of acceptance. Take time to imagine yourself in the other person's place can help you be more empathetic.

3. Use verbal skills to show you are listening

Actively listen. This includes asking questions, listening to the tone of voice, nonverbal cues being used, and prompts such as "I see" and "ah." Avoid interrupting the person to give them time to express their thoughts and feelings. It is really challenging to not just jump in with an answer or barrage of questions. Give them time to think and express.

4. Maintain positive body language

Positive body language can show the person you are listening and care. This includes maintaining comfortable eye contact, sitting down instead of standing, sitting along side and angled towards the person rather than directly opposite them, and maintaining an open body position (avoid crossing arms or harsh facial expressions).

5. Recognize differences

Everyone responds differently to verbal and nonverbal cues. You can readily see this in various cultures. The amount of eye contact, personal space, or touching can vary from culture to culture. Try to recognize these differences or simply ask if they are comfortable making eye contact or other types of body language.

Resource: Rubina Kapil. "Five Tips for Nonjudgmental Listening." August 15,2019, Mental Health First Aid (mentalhealthfirstaid.org)