

## A New Year...

### A New Weigh

Beginning on January 15th through April 8th, we will be running "A New Weigh" which is a program to help motivate you to lose weight! The program is very similar to "The Biggest Loser" challenges that we've ran in the past. The program will require two weigh-ins; an initial and a final but you will also have the option to participate in a halfway weigh-in which will provide opportunity for an additional prize. If you choose to participate in the program, you will need to come in to one of the following offices and see the corresponding person on January 15th for your initial weigh-in:



4 Commerce Lane; Administration— Paige Roome  
Watertown Health Center— Karen Schneebeli  
Malone Health Center— Stephanie Niles  
Gouverneur Health Center— Teresa Crump

Between January 15th, February 26th and April 8th you will be on your own to try and lose the biggest percentage of your weight. We will send out helpful tips and tricks to motivate you along the way, but it's up to you to push yourself!

The person who loses the most percentage of weight, will win the following:

Halfway weigh in (February 26th): 1st place— a \$50 VISA gift card  
2nd place— will receive recognition  
3rd place— will receive recognition

Final weigh in (April 8th): 1st place— a \$100 VISA gift card  
2nd place— a \$50 VISA gift card

If the final weigh in results in a tie, both people will be awarded a \$75 VISA gift card.

**Good luck!**



### Spiritual Wellness

Did you know there are seven keys to spiritual wellness?

Within each (quarterly) newsletter we will focus on one of these keys.

This quarter, the second is:

2. Actively seeking the GOOD of others.

To elaborate: You witness a stranger help out another, with no recourse, except to lend a helping hand.

Spiritual quote: "You can't start the next chapter of your life, if you keep re-reading the last one."

For any questions or concerns regarding the quarterly newsletter, please contact Vanessa Fernandes at (315) 386-1156 extension 8309 or via email at [VFernandes@cpnorthcountry.org](mailto:VFernandes@cpnorthcountry.org)



## Wellness Committee

## ...A New You!

Please visit the employee website, [cpnorthcountry.org](http://cpnorthcountry.org) or [chcnorthcountry.org](http://chcnorthcountry.org) for more information!



### Physical Wellness

At this time of year there isn't much to do for physical fitness. If you want to see how much you are walking a good idea is to: have a walking journal or even a pedometer to calculate your steps and distance. This is also a great way to improve cardiovascular fitness; you should walk 20 to 30 minutes at a very fast pace 3 to 4 times a week. Walking is also a great way to decrease your everyday stress. Individuals who exercise more are able to handle more stress than individuals who do not exercise as much. A part of having a good physical health is also having good mental health.



### Social Wellness

The holiday season is a great time to connect with family and friends. Being social is a necessary part of being a healthy individual! We learn many skills and keep our minds open and active during interactions with others.

Take this wondrous time of year to enjoy the little pleasures and be "social" with others. Your interactions will help keep you active and healthy!

Some ideas for ways to stay social during the winter months are:

- Host gatherings, for example; game night, make dinner for friends or have a movie night.
- Snowmobiling, sledding, skiing, snowboarding. These are great ways to be social with friends but also ways to stay active!
- Chat with friends on the phone, connecting via telephone is a great way to catch up with friends that you haven't had the chance to see in a while.
- Be active on social media such as, Facebook, Twitter, and Instagram.





## Emotional Wellness



What is emotional intelligence? It may be said that it is the ability to understand, interpret and respond to the emotions of others.

Imagine the inability to understand that a friend is sad, or that a co-worker is angry with you. Emotional intelligence also includes the capacity to express and control one's own emotions.

Test your emotional intelligence with the following question. True or False: Suppression of sadness is one of the key's to long-term happiness?

Answer: False. Rather than suppressing sadness, acknowledging your problems and discussing them with loved ones or friends is an important component of long-term happiness.

The word emotion is derived from the French word **emouvoir**. This word is based on a latin word, where **e** means out and **movere** means move. In other words, emotions need to be released. Most deeply rooted feelings just don't disappear, so talk with someone you trust.

Sadness is a normal response to difficult life events. Depression is something else. It is a serious and treatable illness. If you are experiencing emotional difficulty that is lasting in nature, seek the help you need. There is no shame in depression. It is only a shame when you refuse to get the help you need.



## Occupational Wellness

During our recent Annual Benefits Meeting with Dan Wiley of Relph Benefit Advisors we received good news. Our agency was able to negotiate for minimal increases in our insurance premiums because as a group we have made wise choices in how we utilize health care and benefits available to us. As a group of employees we should be proud that our wise use of medical resources has benefited the agency and its employees. One reason for the good news is that our Emergency Room use was significantly lower in the past year compared to recent years.

Here is some information regarding use of Emergency Rooms versus using an Urgent Care Facility from Wellmark Blue Cross and Blue Shield's website: Paul Karazija, M.D., Wellmark Blue Cross and Blue Shield chief medical officer, notes that using the ER for non-emergencies impacts the entire health care system. Patients waste time waiting in crowded hospitals, and money in the form of higher co-pays and deductibles. Insurers pay larger bills, which impacts future insurance premiums. And inappropriate use places a burden on already stretched doctors and hospitals, and may result in delays for patients who truly need emergency care. Urgent care centers can offer prompt evaluation and treatment for a variety of conditions that do not require a hospital or emergency room. Most are open seven days a week, including holidays, and are staffed by physicians. Compared to the average four-hour wait in a hospital ER, urgent care visits are usually an hour or less. Conditions appropriate for urgent care centers include: sprains, strains, cuts, minor infections, rashes, sore throats, minor broken bones (fingers, for example), and diagnostic services, including X-rays and laboratory tests.



It is important to know that under our insurance the cost of an Urgent Care visit is \$50, unlike the cost of an Emergency Room visit, which is \$350. In addition to money, you are also likely to save hours of wait time.

Locally, there are at least seven Urgent Care Centers to meet your needs. For more information regarding an Urgent Care Center near you, visit [www.urgentcarelocations.com](http://www.urgentcarelocations.com).



## Environmental Wellness



Start 2016 by taking inventory! Three areas of concern: cleaning supplies, the pantry and the medicine cabinet.

Start by cleaning out the cleaning supplies closet. Some supplies do actually come with an expiration date. Check those as well as the integrity of the containers.

Lets hit the food pantry next. We all hate to throw items away, however, expiration dates are put on items for a reason, especially for any items which contain juice or sauce. If out of date, toss it out: its not worth getting sick over.

Last but maybe most importantly, go through all of your medications. Over the counter and prescriptions. Anything out of date has to go. If you're not sure of proper procedures, check with your local town officials on proper ways to throw out these items.

This way you will start the new year protecting yourself and the environment!



## Intellectual Wellness

Intellectual Wellness can be as important to our overall health as our physical wellness. Keeping your mind stimulated and engaged can lead to an increase in our mood and self-esteem, and this increase in how we feel about ourselves can lead to better overall health.

Many studies have shown that staying intellectually stimulated in our older years may slow the onset of Alzheimer's or early Dementia. Reading, writing or doing puzzles such as crosswords or Sudoku's are all ways to keep mentally engaged and alert. As our lifespans increase it becomes even more important to exercise both your body and mind so that you can enjoy your newfound longevity. Remember; if you don't use it you lose it.



### DID YOU KNOW...

Eating a meal with strong aromas will cause you to get fuller faster

## Wellness Cards

Our first drawing for wellness cards will take place on January 5th and will be announced shortly after. Be sure to get your cards in by December 31st!

To recap the rules; each time you participate in a physical activity, document it on one of the twelve slots on the back of the card. This means any activity that increases your heart rate for 30 consecutive minutes. Some examples of these physical activities are: fitness center/gym attendance, walks, runs, exercise classes/videos, yoga, swimming, skiing, etc. Cards are available on 1<sup>st</sup> and 2<sup>nd</sup> floor reception desks in Canton, Watertown, Gouverneur and Malone. When the card is complete, bring/interoffice it to the Administration offices at 4 Commerce Lane or mail to Wellness Committee at 4 Commerce Lane, Canton, NY 13617. The cards will be reviewed using the honor system, which means you must be honest when you fill it out. After your completed card has been submitted, your name will be entered into a drawing to win an exciting prize. There will be 4 drawings done throughout the year. Following the January drawing, there will be one in April.

