

HealthStyles

May 2010

Wellness Committee News



The Wellness Committee oversees county wellness programs and meets regularly. Recently they addressed the renewal of these services which is under review by the county insurance coordinator.

The request for proposals includes a variety of computerized services, ongoing screening programs, and an incentive program with awards for wellness participation. These are provided under the current wellness program.

Missing from the RFP is a provision for ongoing wellness clinics, although these clinics currently serve more than 1200 county employees and their families.

The committee in review of current services at their meeting on April 22, 2010 passed a unanimous resolution supporting the current wellness program, and its provider, Wellness Institute.

Wellness Committee Resolution:

Motion to Approve:

April 22, 2010

T. Micelli/J. Fella

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ROCKAND COUNTY EMPLOYEE WELLNESS COMMITTEE SUPPORTS THE ONGOING SERVICES FOR EMPLOYEES PROVIDED BY THE COUNTY OF ROCKLAND IN ITS CURRENT WELLNESS PROGRAM

WHEREAS, at the Rockland County Employee Wellness Committee (Committee) meeting on April 22, 2010 a discussion was had regarding the current wellness program, and,

WHEREAS, the Rockland County Employee Wellness Committee supports the ongoing services for employees provided by the County of Rockland in its current wellness program, and,

WHEREAS, the Committee endorses the Wellness Institute Inc. as the vendor contracted by the County for this program, and,

WHEREAS, the Committee finds of utmost value the worksite clinic which has been successful in improving the health and well being of county employees and their families, and,

WHEREAS, the Committee commends Wellness Institute Inc. for its attention to safeguarding the privacy of employees, and ensuring the quality of services provided, now, therefore, be it,

RESOLVED, that that a copy of this resolution be provided to the County Executive, the Legislature, and Insurance Department and be included in the next employee wellness newsletter.

Walking is for Winners Earn prizes !

The New Walking Program for employees kicks off June 1st. No cost to enroll.

Sign up at lunch on **Employee Wellness Day – May 19th**. Pick up free gifts, snacks, and walking tips.



- Building L Training Room
- Sain Building Lobby
- Cafeteria Building A
- Highway Department office
- RCC Atrium

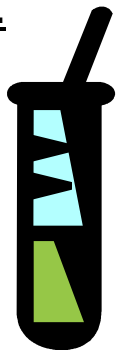
Another chance to give ... Blood Drive June 16

Mary Russo, DGS is again coordinating the County blood drive. Join us on Wednesday June 16th from 8AM to 4PM, in Bldg A. No appointments are needed. Refreshments are provided to donors.

For details, call Mary, x2017.

Wellness Committee members and wellness program staff will be on hand with nutrition information and recipes. They will offer body mass index and waist to hip measures, and tips on fat burning exercises.

There's no time like the present to get healthier.



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Bone Health

A key to preventing injury

Calcium in your diet (at least 3 calcium rich foods daily), a supplement at night before bedtime, and adequate Vitamin D... these are part of the formula for strong bones. Just add weight bearing exercise such as walking daily for 30 minutes

It's also important have periodic bone density testing to determine if your bones are weak – it can help you avoid breaking a bone.

Bone density testing is provided at county worksites during the year. Upcoming dates are below.

Please call 638-4574 for an appointment.

Upcoming Osteoporosis Screenings For men and women:

New City
Sain bldg
5/24 & 5/25

Pomona
Bldg. L
5/27

RCC
Field house
6/3

Wellness New City
6/7 & 6/14

Pomona Bldg A
5/19, 5/20, 6/10 & 6/16



Summertime Safety Tips:

Sunlight – warm & wonderful ... but possibly dangerous. Wear sunscreen and apply several times when outdoors. Re-apply on yourself and children, especially if swimming or in active sports. Skin cancer is on the rise.

Barbeques – fun, family times ... as long as no one gets food poisoning. Marinating can be tasty and possibly harmful, unless you follow recommended preparation tips.

Pick up a brochure today at an employee wellness center or wellness display at your work site. Free !! Wellness displays are coordinated by Melanie Shefchik, Health Dept. Wellness Center are in Bldg A, 2nd floor, and New City, 337 N Main St.

Heart Health & Diabetes

Screening 2010
For Employees



Ongoing heart health screening services are available at the New City and Pomona Wellness Centers. Sign up if you have three or more of these risk factors:

- ❖ History of high cholesterol, high blood pressure, or diabetes
- ❖ Chest twinges, palpitations
- ❖ Leg pain when walking/standing or Leg cramps, swollen ankles
- ❖ Overweight or obese
- ❖ Waist >35" female >40" male
- ❖ Smoker, non-exerciser
- ❖ Family history heart attack, stroke, diabetes
- ❖ Male over 45, female over 55

(Source American Heart Assoc, www.americanheart.org)

Enroll!

Take care of your heart in 2010 !



Services include EKG, cardiac exam, CV Profiler for vascular evaluation, and cardiac labs with high risk markers.

30 minute appointments - the latest testing - individual evaluation and counseling - reports for you and your doctor.

Appointments Available:

Pomona Wellness Center: Tues 2-6P, Wed 10-4P, Thu 10-4P
New City Wellness Center: Wed 5-8P, Thu 5-8P, Fri 8-2P

Employee Wellness Day May 19th

Join us at lunchtime! Celebrate good health and the pursuit of improved health with the wellness committee at various county work sites. Drawings for gifts, walking maps, program information. Refreshments provided.

Bldg A Cafeteria, Bldg L Training Rm, RCC Atrium, Sewer Distr Conf Rm, Highway, and Sheriff's Dept.

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