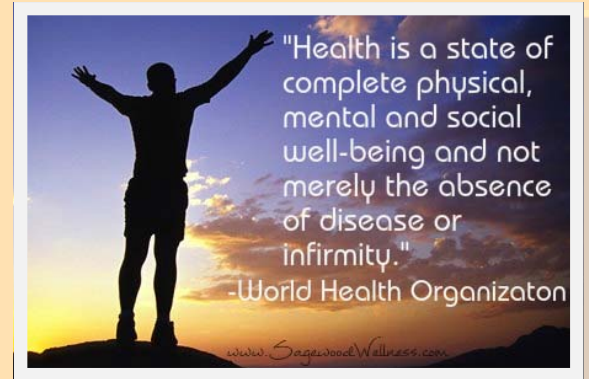


Employee Newsletter Summer 2017

Employee Newsletter edited by James Daly, HR Assistant



What is "Wellness"?

By James Daly

We all hear this word being thrown around quite a bit, but what does it really mean? What do you think of when you hear someone mention wellness?

The basic definition of wellness can be found easily enough by typing the phrase into Google & the first thing we see is from the World Health Organization's (WHO) definition from 1946 - Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. This is a great place to start. Modern Western medicine is full of

treatments once one has become ill, but what of preventative measures?

It is estimated by the U.S. Centers for Disease Control (CDC) that only 29% of American adults are getting enough exercise (both aerobic and muscle building). In terms of prevention of physical disease/illness, it is widely known in healthcare and scientific fields that exercise is a "magic bullet." Recent studies have shown that unless one walks at least 3 miles a day, the body will think that it's time to slow down and will switch to the process of degeneration and decomposition.

Physical activity creates enough normal & healthy wear & tear on the body for it to keep regenerating tissue

along with enough oxygen circulating through its tissues to remain juiced up and vibrant. Exercise signals to the body that our system must both survive and thrive metabolically. Increased blood flow, oxygen levels and increased insulin sensitivity from exercise benefit both the body and mind in numerous ways.

Okay, so we understand physical wellness and what is required, but what about *mental wellness*? We live in a complex, modern society where so often many may feel isolated and treated "like a number" by various institutions and bureaucracies. We know that exercise has mental and stress relieving benefits. Getting enough sleep is

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Healthy Smiles Help Keep Kids in School!

from Delta Dental - www.keepahealthysmile.com



Healthy smiles improve kids' confidence and help them succeed in the classroom. Conversely, unhealthy smiles can keep them from attending school and making the grade. Even at school, oral health issues can distract kids and could cause them to fall behind in coursework. Untreated dental problems can be painful and embarrassing and can cause kids to have a difficult time participating or concentrating. Serious tooth decay can also affect overall health and lead to problems eating, speaking and learning.

Everyone wants kids to succeed at school! Here are some tooth care tips to help keep students smiling and concentrating in the classroom.

- Make sure all surfaces of the **teeth are brushed with fluoride toothpaste twice a day.**
- Gently **brush teeth for two minutes** each time and pay special attention to the gum line.
- **Floss teeth** at least once a day.
- **Schedule regular dental appointments** for your family.
- **Pack a healthy lunch.** Limit not only sugary snacks, but also high-starch or refined carbohydrate foods. These foods include chips, pretzels, cookies, white bread and dried fruits, even raisins. **Send milk or water** instead of juice to help wash down lunch. The bacteria that cause tooth decay thrive on simple sugars, especially those in sticky foods and drinks.

WELCOME!

Employee News

NEW HIRES!

CHERI EPPS	Administration	Senior Director of Programs
EMMANUEL UZAMAH-ISEHENRIEN	Administration	Office Assistant
DANIEL TU	Mobile Prevention Team	Risk Reduction Peer Navigator
PIERRE LAFLEUR	Boston Living Center	Food & Nutritional Services Mgr.
MISHEL BURGOS	Chamblet Family Home	Weekend Resident Assistant
KAIBETH CRUZ-PHILIPPE	Chamblet Family Home	Shelter Manager
KRYSTAL EVANS	Chamblet Family Home	Housing Stabilization Case Mgr.
EDDIE COPLIN	Serenity/Supportive Housing	Driver / MCM Assistant
KELSEY QUINN	New Joelyn's Home	SUD Counselor
JADE YOUNG	New Joelyn's Home	Weekend Resident Assistant
JIAYANNAH YOUNG	New Joelyn's Home	Weekend House Manager
AMANDA VAN HAMME	LARC	SUD Clinician
JENNIFER SMITH	LARC	SUD Clinician
PAUL GUILLAUME	New Victories	Weekend Resident Assistant
UJU ILECHUKWU	New Victories	Weekend Resident Assistant
KYUNGHEE KIM	New Victories	Senior Counselor
NICHOLAS WHOOLEY	New Victories	SUD Counselor
LIOLGA ATILES	ReVision Family Home	WE ON Resident Asst
EMILY OKEEFE	ReVision Family Home	Youth Supervisor
NAKITA HAYWOOD	Shepherd House	SUD Counselor
CHRISTINE ARISMENDI	Victory House	Senior Counselor
NICOLE ANDERSON	Women's Hope	SUD Clinician
GREGORY ARRINGTON	Women's Hope	Resident Assistant/Driver
MARIA CASTILLO	Women's Hope	Resident Assistant
ELIZABETH CONWARD	Women's Hope	Clinical Director
SHEMERE JOHNSON	Women's Hope	Resident Assistant/Driver
SHARNDY YOUNG	Women's Hope	Resident Assistant

Wellness Outing!

VPI's Wellness Committee is inviting you to join us for another outing, this time **a walk along the Rose Kennedy Greenway on Saturday, August 26th at 11am.** The Rose Kennedy Greenway is a mile-and-a-half of contemporary parks in the heart of Boston, a roof garden atop a highway tunnel that connects people and the city with beauty and fun. The Greenway is easily accessible by public transportation, walking, biking and car-but parking may be an issue.



Staff who will walk the entire Greenway will be entered in a Surprise Raffle!

Email Cristina Necula-Kilmurray, ckilmurray@vpi.org if you are planning to attend. ☺

***Please note, this event is promoted by Victory Programs, but is not work related.**

...Tips Continued from -page 1 another way to relieve mental fatigue and stress. Some exercise, even a little, may have a great effect on sleep patterns.

Get a friend and head out to a park! Some simple stretching or yoga will provide balance and flexibility. One best not over-do it! Over-exercising may lead to injury, so start out with simple and easy activities.

The practice of being in the moment may bring one to a place of mental peace and serenity. Also, taking up a new hobby or a class to learn a new skill is a great way of flexing our mental muscle - the brain. It is here that may continue to learn and grow.

The third component - social well-being may be a bit tricky. Harvard studies from the 1940's thru the 1980's highlighted that the single most important factor in happiness is the quality of relationships with those

around us.

For many of us, holidays mean family gatherings, getting together with friends, and participating in special religious, community, and workplace activities. Such occasions are an opportunity to check in with each other, exchange ideas, and perhaps lend a supportive ear or shoulder.

Social connections like these not only give us pleasure, they also influence our long-term health in ways every bit as powerful as adequate sleep, a good diet, and not smoking. Dozens of studies have shown that people who have satisfying relationships with family, friends, and their community are happier, have fewer health problems, and live longer.

So, now that we know what wellness is, it is up to all of us to decide to make time for it in our day to day lives.



Vegetable Quinoa Salad

Directions

Cook 3/4 cup quinoa as the label directs; fluff. Transfer to a large bowl; toss with 1 cup each shredded carrots, chopped cucumber and chopped sugar snap peas, 1/2 cup raisins and 1/4 cup each chopped parsley and salted sunflower seeds.

Drizzle with olive oil and white balsamic vinegar; season with salt and pepper.

Ticks and Lyme Disease MBSIG Safety Group



For more information about Lyme disease, visit <http://www.cdc.gov/lyme>

How to prevent tick bites when working outdoors

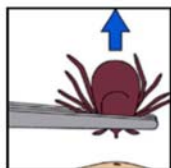
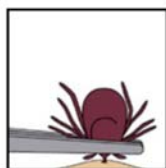
Ticks can spread disease, including Lyme disease. Protect yourself:

- Use insect repellent that contains 20 - 30% DEET.
- Wear clothing that has been treated with permethrin.
- Take a shower as soon as you can after working outdoors.
- Look for ticks on your body. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Put your clothes in the dryer on high heat for 60 minutes to kill any remaining ticks.

How to remove a tick

1. If a tick is attached to you, use fine-tipped tweezers to grasp the tick at the surface of your skin.
2. Pull the tick straight up and out. Don't twist or jerk the tick—this can cause the mouth parts to break off and stay in the skin. If this happens, remove the mouth parts with tweezers if you can. If not, leave them alone and let your skin heal.
3. Clean the bite and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. You may get a small bump or redness that goes away in 1-2 days, like a mosquito bite. This is not a sign that you have Lyme disease.

Note: Do not put hot matches, nail polish, or petroleum jelly on the tick to try to make it pull away from your skin.



If you remove a tick quickly (within 24 hours) you can greatly reduce your chances of getting Lyme disease.

National Center for Emerging and Zoonotic Infectious Diseases
Division of Vector Borne Diseases | Bacterial Diseases Branch



For your information:

What can yoga do for your body?

Between lowering blood pressure, increasing circulation, and lowering bad cholesterol, it's no wonder that yoga helps to lower a person's risk of heart disease. The various poses and deep breaths help the heart do its job, increasing blood flow throughout the body, and improving the entire circulatory system.

Tai Chi for balance

Tai chi is an ancient Eastern exercise that can help you improve your balance. It uses a series of slow, flowing motions and deep, slow breathing to exercise the body and calm the mind. You gradually move from one pose to another, shifting your weight and extending your limbs to challenge your balance. It looks like a graceful dance.



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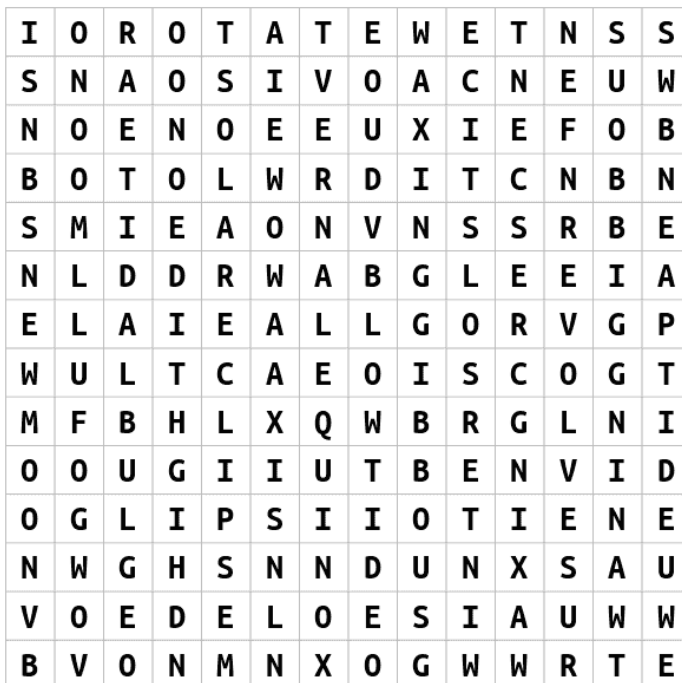
- Higher rates on deposit • Lower rates on loans • Easy payroll deduction
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August Word Search

Earth Moon and Sun



WAXING CRESCENT
WAXING GIBBOUS
VERNAL EQUINOX
NEW MOON
WANING GIBBOUS
FULL MOON
LOW TIDE
REVOLVE
SOLAR ECLIPSE
NEAP TIDE
WINTER SOLSTICE
TIDAL BULGE
AXIS
ROTATE
HIGH TIDE

Play this puzzle online at : <http://thewordsearch.com/puzzle/4474/>

Find and circle all of the astronomical words that are hidden in the grid.
Send completed puzzle to HR Attn: James **By Sept 15** to win a special prize! (Include name with submission)

Recent Event Pictures!

AIDS WALK 2017



DINNERFEST 2017



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