



April 12, 2017

## IN THIS EDITION

[Free Blood Pressure Screening](#)

[Wellness Lecture](#)

[Employee of the Month](#)

[Wellness Challenge](#)

[New Committee Members](#)

[CPR Training](#)

[Wellness Webpages](#)

[WellNotes](#)

[Free Friday](#)

[World Tai Chi & Qigong Day](#)

## MARK YOUR CALENDAR

April 24 - CPR/AED Course (1PM, KFD Headquarters)

April 25 - Free Blood Pressure Screening (11:30AM-1PM, KFWC)

April 26 - Wellness Lecture (11:30AM, Council Chambers)

April 29 - World Tai Chi & Qigong Day (10AM, KRC)

The City of Kettering Employee Wellness Program uses *Be Well Bulletin* to share all important and upcoming Wellness Program information. *Be Well Bulletin* is distributed the second Wednesday of each month.

### **FREE BLOOD PRESSURE SCREENINGS**

Free blood pressure screenings will be held in the Kettering Fitness & Wellness Center Lobby on **Tuesday, April 25th** from 11:30AM-1:00PM.

This screening is worth 5 Non-Activity Points. All staff and family members are welcome to participate.

### **WELLNESS LECTURE:**

#### **"STILL HUNGRY?"**

#### **MORE VOLUME, FEWER CALORIES"**

The next Wellness Lecture is scheduled for **Wednesday, April 26th at 11:30AM** in Council Chambers. This lecture is worth 10 Non-Activity Points and a chance at \$50!

Come hear Erin Rowley with Diabetes Dayton discuss how to combat hunger by adding more volume and less calories. Sounds like a pretty good equation.

If you can't attend the live lecture, recorded versions will be made available shortly following! Contact your [Department Wellness Representative](#) to obtain copies of the DVD versions. Online versions of this lecture will also be available for viewing on The Barn.

Whether you view the lecture live or a recorded version, be sure to submit a [Non-Activity Points Form](#) to get your points! Include the points slip if

May 5 - Free Friday

May 9 - Deadline to View Wellness Lecture: "How to Reduce Debt"

May 10 - Deadline to Submit Points Earned February 2017-April 2017

May 21 - Walking Challenge Ends

May 23 - CPR/AED Course (1PM, KFD Headquarters)

May 24 - Free Blood Pressure Screening (11:30-1PM, KFWC)



## WELLNESS EMPLOYEE OF THE MONTH

Do you know someone who has improved their personal health and fitness levels (weight loss, improved physical condition, improved blood pressure, etc.) and/or made a significant change to lead a healthier lifestyle (improved eating habits, quit smoking, etc.)? You don't have to be a department wellness representative... any employee can nominate another employee for the Wellness Employee of the Month Award.

you watch it live, or have your Wellness Representative sign the form if you watched a recorded version.

### EMPLOYEE OF THE MONTH

Congratulations to Gene Lane for being this month's Wellness Employee of the Month!

Hear Gene's awesome story [here](#).

Congratulations, Gene! A well-deserved award. Please give our kudos to Mrs. Lane as well.

Interested in Real Appeal? Go to [kettering.realappeal.com](http://kettering.realappeal.com) to sign-up!

### WELLNESS CHALLENGE:

#### GET MOVING 2017 IS UNDERWAY!

The "[Get Moving](#)" challenge is underway, but don't worry... it's not too late to jump on the wagon!

Visit

<https://www.surveymonkey.com/r/2LVD79G> to register. This six-week challenge ends Sunday, May 21st.

Walk 10,000 steps per day for at least four days per week (or 40,000 steps per week) and submit a weekly log sheet.

We are committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Lindsey Patrick at (937) 296-2446 or email [lindsey.patrick@ketteringoh.org](mailto:lindsey.patrick@ketteringoh.org).

### WELCOME NEW COMMITTEE MEMBERS

The Wellness Committee wishes to welcome the following new Police Department Representatives:

Detective Amy (Pedro) Ferst  
Officer Matt Barnes  
Officer Shiloh Colon  
Dispatcher Valerie Oswalt

Welcome to the committee! We look forward to hearing your thoughts and input.

## EMPLOYEE WELLNESS QUICK LINKS

[Wellness Homepage](#)

[Program  
Components](#)

[Program Benefits](#)

[Frequently Asked  
Questions](#)

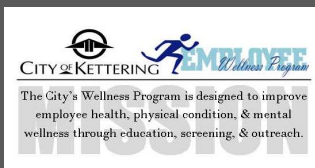
[Wellness Forms](#)

[Committee  
Members](#)

## QUESTIONS?

Questions about the  
Employee Wellness  
Program?

Talk to your  
[Department  
Representative](#) or  
find information on  
[the Barn](#).



## CPR TRAINING

The Employee Wellness Program Committee believes it is important for all individuals to learn the life saving skills of CPR.

**Completion of the CPR/AED courses offered by the Kettering Fire Department will now be worth 15 Non-Activity Points.**

Below is a list of the dates and times of the 90-minute CPR/AED courses being offered at Fire Headquarters (4745 Hempstead Station Drive). Please contact [John Moore](#) (937.296.3385) to register for one of the trainings below.

Monday, April 24th - 1PM

Tuesday, May 23rd - 1PM

Monday, June 19th - 9AM

Tuesday, July 25th - 1PM

Class size is limited. Please sign-up for the class that best fits your schedule.

## NEW WELLNESS WEBSITE

With a new City website comes a new feature for employees! As you may have noticed, the old links to the Wellness Pages no longer work. To access the Wellness Webpages including the online point submission form, go to [www.ketteringoh.org](http://www.ketteringoh.org) and scroll to the bottom of the page. On the left side, under the City of Kettering contact information, you will find an "Employee Information" link. This is where the Employee Wellness Information and Frequently Used HR Forms are now housed!

See the [message from the City Manager](#) for more instructions and visual detail.

## WELLNOTES

Check out Kettering Health Network's [April WellNotes](#)! Here's what's included:

- Heart-Healthy Habits from the Amazon
- Hear Today, Gone Tomorrow
- Exercise: Start by Taking the First Step
- Health Challenge: Reduce Stress
- Ask the Wellness Doctor: Can the right shoes really help reduce foot pain?

### **FREE FRIDAY**

Free Friday allows you participate in a drop-in exercise class at no cost! Free Fridays take place the first Friday of each month. Watch for the most recent [schedule](#) of the available drop-in classes at Kettering Recreation Complex or Kettering Fitness & Wellness Center. This is a great opportunity to try a class for the first time or switch it up and try something new.

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### **WORLD TAI CHI & QIGONG DAY**

Here's a great opportunity to learn a new activity and earn 6 Activity Points **OR** 10 Non-Activity Points! Check out this [flyer](#) to learn more about World Tai Chi & Qigong Day on Saturday, April 29, 2017 at 10AM.

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City of Kettering | (937) 296-2400 | [EmployeeWellness@ketteringoh.org](mailto:EmployeeWellness@ketteringoh.org) |

The Starter - Kettering e-newsletter | [www.ketteringoh.org](http://www.ketteringoh.org)

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