



December 13, 2017

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## MARK YOUR CALENDAR

December 20 - Blood Pressure Screening (11:30AM, KFWC Lobby)

January 5 - Deadline to View Wellness Lecture: "Being Active - A Way of Life"

January 5 - Free Friday

January 15 - CPR/AED Course (1PM, KFD Headquarters)

January 18 - Wellness Lecture (11:30AM, Council Chambers)

February 10 - Deadline to Submit November-January Points

February 16 - CPR/AED Course (1PM, KFD Headquarters)

March 19 - CPR/AED Course

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

### BLOOD PRESSURE SCREENINGS

Free blood pressure screenings will be held at the Kettering Fitness & Wellness Center Lobby on **Wednesday, December 20th** from 11:30AM - 1:00PM. This screening is worth 5 Non-Activity Points.

All Staff and family members are welcome to participate.

### WELLNESS EMPLOYEE OF THE MONTH

KPD nominated Sgt. Scott Drerup as the Wellness Employee of the Month for December 2017. Scott has lost over 25 pounds since July in a commitment to better wellness. Scott has stuck to a healthy lifestyle of diet and exercise. Without fail on a daily basis, he packs a healthy lunch and spends quality time at KFWC focusing on cardio and weight lifting. Scott is to be commended for his hard work and dedication.

Congratulations Scott! Keep up the excellent work.

**WELLNESS LECTURE:**  
**"THE OPIATE EPIDEMIC AND YOU:**  
**HOW TO KEEP YOU AND**  
**YOUR LOVED ONES SAFE"**

(9AM, KFD Headquarters)

## 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.

[January 5, 2018 Schedule](#)

## WELLNESS LECTURES

Did you know that you can now go to <http://ketteringwellness.com/> to view all of the City of Kettering Wellness Lectures online?

As always, DVDs will be distributed to departments, but feel free to view online from anywhere!

## QUESTIONS?

Questions about the Employee Wellness Program?

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



Drug epidemics are hitting our communities at alarming rates - and alcohol, marijuana, and opiate abuse are among the most prominent. But the problem is not hopeless! We invite everyone to come and discover ways in which they can be a part of the solution! Come find out how alcohol, marijuana, and pills too often lead to heroin addiction. And most importantly... find out how YOU can prevent yourself and loved ones from becoming addicted! You will learn about signs and symptoms of abuse, how you can get help for yourself and others when needed, and how to stay safe in the midst of this tragic epidemic. This session is too important to miss.

This Wellness Lecture is scheduled for **Thursday, January 18<sup>th</sup> at 11:30AM** in Council Chambers will be conducted by Andrea Hoff with Montgomery County Alcohol, Drug Addiction, & Mental Health Services (ADAMHS). This lecture is worth 10 Non-Activity Points and a chance at \$50!

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](#) or at <http://ketteringwellness.com>.

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

## WELLNESS LECTURES



Were you the latest Wellness Lecture Winner? [Click here to find out.](#)

Don't forget... When you participate in the Employee Wellness Program Lectures, not only do you earn 10 Non-Activity Points, but you also get entered for a chance at winning \$50!!

## SEASONAL WELLNESS TIPS

Check out these Wellness Tips for the season!

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).

[Sprinkle short bouts of physical activity throughout your day!](#)

[Mindfulness is the art of being present.](#)

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## UPDATE ON PROJECT ZERO

There are over 100 employees registered for this year's go round of Project Zero! Roughly half of these individuals are using the weekly log sheets to stay on track and to earn extra entries in the final drawing!

Special shout outs to these departments for high participation:

Fire Department - 27 Employees  
Police Department - 16 Employees  
Public Service - 14 Employees  
PRCA - 10 Employees  
Finance - 9 Employees



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## CPR TRAINING

Participation in the 90-minute CPR/AED course offered at Fire Headquarters (4745 Hempstead Station Drive) is worth **15 Non-Activity Points**. Please contact [John Moore](#) (937.296.3385) to register for one of the trainings below:

**Monday, January 15 - 1PM**

**Friday, February 16 - 1PM**

**Monday, March 19 - 9AM**

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

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## REAL APPEAL: ENROLL OR RE-ENROLL

The holidays are here! Do you need some help staying motivated through the season? It's never too late to join or start back up with Real Appeal. In order to be eligible, you must be a City of Kettering employee or spouse who is (1) covered by the City's United Healthcare medical insurance and (2) has a BMI of 23 or greater. [ENROLL or LOG-IN to Real Appeal NOW.](#)

Many of you have recently completed the first year of the program; however, you can easily re-enroll in by going to [kettering.realappeal.com](http://kettering.realappeal.com) or by calling (844) 908-7325.

The Wellness Committee will give you another 50 Non-Activity Points for completing the welcome session and nine group sessions!

Read more in the [Real Appeal Program memo](#) from City Manager, Mark Schwieterman.

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## WELLNOTES

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

- Lather Up to Avoid Getting Sick
  - The Nutty Way to Prevent Heart Disease
  - Don't Let Old Man Winter Stop You From Being Active
  - KHN Monthly Challenge: Practice Mindfulness
  - Ask the Wellness Doctor: Should I take a Vitamin D supplement?
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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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