



January 10, 2018

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MARK YOUR CALENDAR

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

January 22 - CPR/AED Course
(1PM, KFD Headquarters)

January 23 - Blood Pressure
Screening (11:30AM, KFWC
Lobby)

February 10 - Deadline to
Submit November-January
Points

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

March 19 - CPR/AED Course
(9AM, KFD Headquarters)

WELLNESS LECTURES

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 DRIVE TOMORROW WILL EARN 15 NON-ACTIVITY POINTS

We have received an urgent request for donors among City employees for a Blood Drive tomorrow, Thursday, 1/11/18 at One Lincoln Park.

**Blood Drive - Thursday 1/11/18
One Lincoln Park Senior Living Facility
One Lincoln Park, 590 Isaac Prugh Way**

The need is high as you can see from the [plea from the Red Cross](#). There are several openings from 9:30AM to 12:30PM, however the need is so great that the Red Cross will not turn away any donor who arrives before 3PM.

Please park along Isaac Prugh Way and enter through the main doors. Appointments will take one hour. Give now and help save lives. Thank you!

**PARTICIPATING IN THIS SPECIFIC BLOOD DRIVE
WILL AWARD YOU 15 NON-ACTIVITY POINTS!**

BLOOD PRESSURE SCREENINGS

Free blood pressure screenings will be held at the Kettering Fitness & Wellness Center Lobby on Tuesday, January 23rd from 11:30AM - 1:00PM.

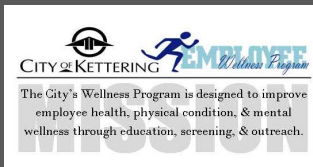
Did you know that you can now go to <http://ketteringwellness.com/> to view all of the City of Kettering Wellness Lectures online?

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.



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.

This screening is worth 5 Non-Activity Points.

All Staff and family members are welcome to participate.

EARNBACK DEPOSITS

Within the last few weeks, those of you who satisfied the 2016/2017 Wellness Incentive Criteria should have received an email notifying you of the incentive deposit. The deposit will be made on Friday, February 9. If you did not receive an email and feel you qualified for the incentive, please contact [Lindsey Patrick](#).

WELLNESS EMPLOYEE OF THE MONTH

Mike Zink is a new team member of the Engineering Department and has jumped right into the Wellness Program. After getting a kick start on the Wellness Challenge of 10,000 steps per day, he decided to continue the challenge on his own. Mike has met the 10,000 plus steps a day for a continuous 130 days in a row! Along with getting out and staying active by participating in the Turkey Trot and a tennis league, he has also chose to eat healthier.

Mike is a great example for the Engineering Department and is encouraging family and friends to stay active. Great job Mike!!

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

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 18th 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.

PROJECT ZERO WEIGH-OUTS

Project Zero is in it's last week... therefore, weigh-outs will be conducted the week of 1/15.

Participants, please stop in HR on Tuesday, 1/16 between 8:30-10AM to weigh-out. A scale will be in the Public Service Lunchroom on Wednesday, 1/17 at 7:30AM. And, KFD Participants, please see John Moore in Headquarters on Tuesday, 1/16; Wednesday, 1/17; or Thursday, 1/18 to weigh out.

Participation in this challenge has been fantastic and we can't wait to see who are the winners of the drawings!



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 22 - 1PM
Friday, February 16 - 1PM
Monday, March 19 - 9AM

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

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 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.

WELLNOTES

Check out Kettering Health Network's January Wellnotes! Here's what's included:

- [Hustle Like 'The Hurricane' for Health](#)
- [Quit Smoking: Every Try Counts](#)
- [Oranges: A Weapon for Healthy Living](#)
- [KHN Monthly Challenge: Set SMART Goals](#)
- [Ask the Wellness Doctor: Why is strength training so important?](#)

City of Kettering | (937) 296-2400 | EmployeeWellness@ketteringoh.org |

The Starter - Kettering e-newsletter | www.ketteringoh.org