



February 14, 2018

IN THIS EDITION

[Healthy Ohio Workplace Award](#)

[Blood Pressure Screenings](#)

[Employee of the Month](#)

[EarnBack Deposit](#)

[Highest Earners](#)

[Lecture Winner](#)

[Upcoming Wellness Lecture](#)

[Battle of the Businesses](#)

[CPR Training](#)

[Project Zero Recap](#)

[WellNotes](#)

POINTS SUBMISSION

The volunteer who graciously enters the wellness points you submit will be unavailable this spring. While we will try our hardest to keep up on entering submitted points, it would be VERY helpful if you could submit points for February, March, and April on a monthly basis. This is by no means required, but it would certainly be helpful for this quarter! Thank you!

MARK YOUR CALENDAR

February 15 - Blood Pressure Screening (11:30AM, KFWC Lobby)

be *Well* BULLETIN



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.

HEALTHY WORKPLACE AWARD

The City of Kettering Employee Wellness Program has been awarded yet again, the GOLD Healthy Workplace Award!



This award recognizes Ohio employers who demonstrate a commitment to employee wellness through comprehensive worksite health promotion and wellness programs. Applicants are scored on the extent their wellness programs facilitate and encourage employee health, enhance productivity and ensure a healthy work environment.

The City of Kettering collected the Gold Award on January 25th at the Health Action Council 2018 Columbus Symposium.

BLOOD PRESSURE SCREENINGS

Free blood pressure screenings will be held at:

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

March 1 - Wellness Lecture
(11:30AM, Council Chambers)

March 16 - Blood Pressure
Screening (11AM, Public Service
Building)

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

April 3 - Deadline to View "The
Opiate Epidemic and You..."
Lecture

WELLNESS LECTURES

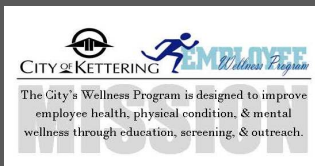
Did you know that you can now
go to
<http://ketteringwellness.com/>
to view all of the City of
Kettering Wellness Lectures
online?

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.



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

Kettering Fitness & Wellness Center Lobby
TOMORROW: Thursday, February 15th
11:30AM - 1PM

Public Service Department (2800 Acorn Drive)
Friday, March 16th
11AM - 1PM

These screenings are worth 5 Non-Activity Points.
All Staff and family members are welcome to
participate.

EMPLOYEE OF THE MONTH

Kent Tischler was selected as Wellness Employee
of the Month! Kent works out daily and is diligent
about his nutrition. He plays recreational
basketball regularly and has participated in the
City's Employee Wellness Program since it's
inception. Congratulations, Kent!
Do you know someone who is deserves to be
recognized as Wellness Employee of the Month? If
so, contact [Lindsey Patrick](#).

EARNBACK DEPOSITS MADE

Those of you who satisfied the 2016/2017
Wellness Incentive Criteria should have received
the incentive deposit last Friday, February 9. If
you did not receive the deposit and feel you
qualified for the incentive, please contact [Lindsey
Patrick](#).

HIGHEST WELLNESS POINTS

Congratulations to Street Service Worker,
Kevin Buck! During the 2016/2017 Wellness
Year, he submitted a total of 2,289 Activity
Points and 155 Non-Activity Points!
That's a lot of points.
You've earned \$50 for topping the list! Way to
go!

On his heels were the following employees:

Charlie Boothe (Public Service)
2,045 Activity Points; 180 Non-Activity Points

Nick O'Connor (Fire)
1,898 Activity Points; 170 Non-Activity Points

Anna Breidenbach (City Manager's Office)
1,683 Activity Points; 115 Non-Activity Points

Kip Bohachek (Planning & Development)
1,522 Activity Points; 85 Non-Activity Points

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.

Keep submitting points even after you've reached the required 420 Activity and 80 Non-Activity Points... You just might earn yourself Wellness Employee of the Month or a spot on the "High Earners" board next year!

WELLNESS LECTURE WINNER



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 of winning \$50!

WELLNESS LECTURE: **"SAVOR THE FLAVOR OF EATING** **RIGHT"**

Eating patterns are a combination of foods and drinks that are consumed over time. A healthy eating pattern should adapt to a person's taste preferences, traditions, culture and budget. On **Thursday, March 1 at 11:30 in Council Chambers**, Jane Key, Registered Dietician and Chef will teach us which foods and drinks are included and limited in a healthy eating pattern. Then explore practical ways to improve your eating style while enjoying flavorful foods.

DVDs will be distributed to departments. Remember, you can watch it online at <http://ketteringwellness.com>. This lecture is worth 10 Non-Activity Points and a chance at \$50!

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.

BATTLE OF THE BUSINESSES: **CITY OF KETTERING RECRUITS** **NEEDED!**

Are you interested in helping raise funds for the Special Olympics of Greater Dayton? Why not participate in their number one fundraiser, [Battle of the Businesses!](#)

Teams representing over thirty Dayton-area businesses compete in 12 co-ed sporting events over the course of eight days. There's something FUN for everyone: volleyball, bowling, swimming and inner tube race, miniature golf, tug-of-war and a field day with all types of track & field events.

If you are interested, please email [Valerie Oswalt](#) or [Arlinda Coleman](#) in Dispatch.

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:

Friday, February 16 - 1PM

Monday, March 19 - 9AM

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

PROJECT ZERO WRAP-UP

Over 100 individuals registered to participate in Project Zero. The challenge was a success! Congratulations to the winners of the challenge:

- Cody Gleason, KFD
- Diane Wuensch, Engineering
- Debbie Rigg, Public Service

Of the 64 participants who weighed-out, 11 maintained weight or were within one pound of starting weight. 34 participants LOST a total of 162.20 pounds during the holiday season! KFD alone made up a little over 94 of those pounds -- wow!

Thanks to all who participated. If you have any suggestions or comments on this or future wellness challenges, please contact [Lindsey Patrick](#) or your [Wellness Representative](#). We can only try to make improvements if we hear from you.

WELLNOTES

Check out Kettering Health Network's

[February's Wellnotes!](#) Here's what's included:

- Score a Healthy-Fat Touchdown with Avocados
- Can You Heal Your Heart with a Daily Dose of Exercise?
- Food for Thought: What You Eat Can Make You Smarter
- Health Challenge: Feast on Fiber
- Ask the Wellness Doctor: What can I do to keep my heart healthy?

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

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

Copyright © 20XX. All Rights Reserved.