

The Chit Chat

EMPLOYEE NEWSLETTER

2015

2016 is the year for WELLNESS

As we say goodbye to 2015 and welcome in 2016, the SC Wellness Team has developed several initiatives for the next 6 months to get you motivated and thinking in a wellness frame of mind.

Each month, January through June, you are challenged to participate in at least one wellness driven event. Each month provides you with several options, and all you do is attend, perform the task, and turn in your monthly slips to HR for record-keeping. Upon completion of the six months, those that complete 5 out of six months will be entered into a drawing for a \$500 VISA Gift Card.

Look inside this newsletter for your 6 month check off list

Best wishes for the New Year!

The Wellness Team

CONGRATULATIONS

JILL BARD

A big CONGRATULATIONS goes out to Jill Bard RN, Staff Development Coordinator, on the successful completion of our first Medication Nursing Assistant Course on November 25, 2015. Jill worked diligently the first half of this year to develop the Medication Nursing Assistant program and then presented it to the NH Board of Nursing for their final approval in July of 2015. Thank you Jill for your hard work and dedication to make this happen. This is a huge step forward in providing further educational opportunities to our staff here at SCHC. GREAT JOB!!

CONGRATULATIONS

AMY SIBERT, CATHERINE SANBORN, SAMANTHA REED & KAYLA PRATT

Congratulations to Amy Sibert LMNA and Catherine Sanborn LMNA on their successful completion of the first Medication Nursing Assistant course offered here at Sullivan County Health Care. Also to Samantha Reed & Kayla Pratt for your completion of the LNA course offered onsite through LNA Health Careers. We are very happy to be able to offer you this great opportunity and very proud of your success!

Wellness Challenge 2016

The Wellness Team has put together a six month challenge for all employees to participate in. Complete one task for five out of the six months and get your name entered into a drawing for a \$500 Visa Gift Card. All entries must be received on or before 7/8/2016 to be put into the drawing.

January 2016

1/4/2016 Health Assessment Workshop

Participate in Financial Fitness Program

Complete Your Health Assessment

Schedule Your Biometric Screening

Check out the EAP website

Return to HR at the end of the month for entry

February 2016

2/3/2016 GO RED Day in recognition of Heart Awareness Month

EAP Info Session Tuesday 2/9/15

EAP Info Session Thursday 2/25/15

Complete Your Health Assessment

Check out the EAP website

Return to HR at the end of the month for entry

March 2016

3/22/2016 Biometric Screening, Unity

Participate in Know Your Numbers Program

Complete Your Health Assessment

3/22/2016 Health Assessment Workshop

Check out the EAP website

Return to HR at the end of the month for entry

April 2016

Attend SmartShopper Workshop

Complete Your Health Assessment

Check out the EAP website

Return to HR at the end of the month for entry

May 2016

Attend Benefits Fair

Participate in Take 3 (Blood Pressure) Program

Complete Your Health Assessment

Check out the EAP website

Return to HR at the end of the month for entry

June 2016

Attend Ergonomics Workshop

Get "Caught in the Act" during the Month

Complete Your Health Assessment

Check out the EAP website

Return to HR at the end of the month for entry

How Would YOU like to earn \$75 in 15 Minutes????

Join the Sullivan County Wellness Team and Kick off the New Year by completing your Health Assessment at WORK!

Monday, January 4, 2016 from 9:30am – 3:30pm
Sullivan County Nursing Home – NH Ground Floor Conference Room



If you have health insurance through the County you can earn \$75 by completing your Health Assessment (HA). This year you will be able to do this at work! Take 15 minutes to come to the NH ground floor conference room and use one of the laptops provided to complete your HA.

Things you will need to bring with you:

- Anthem ID Card
- Your Onlife username and password (if you have one)





Exciting News about Slice of Life 2016



Announcing Slice of Life 2016, offering you more ways to earn points toward cash rewards, special bonuses for getting an early start, more convenient ways to complete your Health Assessment (HA) and track your points and other enhancements. Later this month, you will be mailed your Slice of Life 2016 activation kit, which contains an updated quick reference magnet, an at-a-glance view of the 2016 Slice of Life program and tips for completing your HA. For details about how to participate fully in Slice of Life, register [here](#) for the Slice of Life 2016 -Your Way to Better Health webinar on December 15, 12:00 pm to 12:30 pm. Here's a sneak peek at what's new for 2016.

- **New!** Complete your HA through your secure HealthTrust online account. Beginning in 2016, your secure account at www.healthtrustnh.org means 1 username and 1 password gives you access to Onlife Health, CVS/caremark and SmartShopper. You will still receive a \$75 reward check in the mail 6 to 8 weeks after completing your HA.
- **New!** Win an iPad mini! All enrollees who have a secure online account at www.healthtrustnh.org by March 31 (created in the first quarter of 2016 or before) will be entered automatically into a drawing on April 1 for an iPad mini. To create a secure account, visit www.healthtrustnh.org, click "New User" in the orange HealthTrust Coverage Login box, and follow the prompts.
- **New!** Earn 200 bonus points! Complete your 2016 HA by March 31 and receive 200 bonus points toward cash rewards in the Slice of Life Points Program (equal to one entry in the first quarter drawing for one of ten \$1000 gift cards).
- **New!** Track your points on your mobile phone with Onlife Health's new AlwaysOn mobile phone app.
- **New!** Earn 25 points for each bi-yearly dental cleaning (up to 50 points/year), if you have dental coverage through HealthTrust.
- **New!** Earn 100 points by connecting your mobile fitness device or app to your online portal. Once you connect your device or app, your activity is tracked automatically. Earn 25 points for every 150 minutes of activity or 50,000 steps tracked, up to 250 points/quarter, 1000 points/year.
- **New!** Same-day shopping for all eligible services in the SmartShopper program (as long as you shop before your appointment). No more need to shop 24 hours in advance!

What hasn't changed: You and each medically covered adult age 18 and older in your family who completes the HA could earn up to \$425 in rewards by participating in Slice of Life in 2016. When you complete your HA you become eligible to participate in all Slice of Life components, you receive a wellness report with personalized tips for setting health goals for 2016, and access to health coaches to help you reach those goals. Can you think of a better way to start a new year?

**Access services from your smartphone
with the new LifeResources Mobile APP!**

Sullivan County



5 Steps to Get Started:

1. Go to your app store (Google Play, App Store) and search for **“LifeResources”**
2. Download the app and log-in with your Passcode:
sullivancounty
3. Select your demographics
4. Take the “App Tour,” a quick showcase of features
5. Access EAP services by tapping “Submit”

It’s that simple.

Help Anywhere, Anytime

Putting the power of EAP in your hands

LifeResources

1-800-759-8122

**A Confidential Counseling and Referral
Service for Employees and their
Household Members**

www.allonehealth.com

Available on the
App Store

Available on
Google play

**COMMUNITY
DEVELOPMENT
UPDATE**

Happy Holidays and Happy New Year!

I wish to thank everyone for the very positive and rewarding 2015. We have made significant progress in recruiting for nursing staff. We have some limited use of agency staff which we continue to decrease. Our goal is to be agency free in 2016. The Commissioners have approved the implementation of a new Mentor Program. Employees will apply for and then be trained as a Mentor. The Mentor Training will include leadership and conflict resolution concepts, along with facility and departmental policies. We believe the improved Mentor Program will go a long way toward retaining new employees.

The annual Thanksgiving Dinner was another great success! We had over 150 family members and guests join us for the dinner. Everyone commented on how great the meal was and how they enjoyed the event. Thanks so much for all the work our dietary staff do to prepare and serve the Thanksgiv-

ing Dinner. I also thank and appreciate the team effort from all departments in making the dinner so enjoyable to our residents and guests.

Another initiative we look forward to in 2016 is the completion of our Feasibility Study. This will help us determine and plan for improvements in our nursing home environment to meet the needs of our community today and in the near future.

May you know peace in the New Year!

Respectfully,

Ted J. Purdy, Administrator

Smoking Cessation Classes

Have you been looking for support to quit smoking?

American Cancer Society's Freshstart Program starts January 6 with six, one hour classes every Wednesday.

Class times:

7:15am-8:15am

1:45pm-2:45pm

3:15pm-4:15pm

Classes are \$200 per person

Think of how quickly you can spend \$200 on cigarettes!

Classes will be held at the Sullivan County Health Care facility, 5 Nursing Home Drive, Unity

To enroll contact:

Cathy Hazlett, MPH, cathy@heuv.org, (802) 457-4780

For more information go to:

<http://www.acsworkplacesolutions.com/freshstart.asp>

NHRS Member Education Sessions

January & February

Listed below are the New Hampshire Retirement System (NHRS) member education sessions scheduled in December, January, and February. To ensure seating availability, registration is required. For more information, or to register, please visit the NHRS website at:

<https://www.nhrs.org/meetings-events/>

Group I (Employee and Teacher)

NH Retirement System Office, Concord, NH 1/19/2016, 4:30 p.m. - 5:45 p.m.

NH Retirement System Office, Concord, NH 2/17/2016, 4:30 p.m. - 5:45 p.m.