

December 17, 2014

Issue 2

WELLNESS WORKS

In This Issue

[Upcoming Health Events](#)

[To Read](#)

[To Know](#)

[To Do](#)

Upcoming Health Events

[Click here for a searchable schedule of community health & wellness events.](#)



Welcome to the Adirondack Regional Chamber of Commerce Workplace Health & Wellness Council's newsletter. The Council is committed to developing and sustaining a culture of wellness in the business community. ARCC, amidst its collaboration with the Creating Healthy Places to Live, Work & Play Worksite Wellness initiative of the Health Promotion Center of Glens Falls Hospital, recently created the Council to help increase awareness of the importance of employee health.

If you are interested in learning more

about us and/ or becoming involved please contact [Jennifer at the Chamber](#)

[Learn more about the Council](#)



TO READ

Barton's Wellness Program



began several years ago as a measure to improve the health of our employees and their families, and to control health care costs in our self-funded medical plan. Our first step in the program was to offer onsite biometric screenings. We offered an incentive to both employees and spouses for participating and made it convenient for everyone. Additionally, we also reward employees and their spouses for meeting certain health standards (BMI, total cholesterol, etc.). We formed a Wellness Committee to engage employees and create a culture of wellness at Barton. We've utilized numerous initiatives to include: "Barton's Biggest Loser" weight loss program, incentivize employees and spouses to participate in local charitable events, such as a 5k run/walk, pedometer "step" challenge, fitness reimbursements, etc. We partnered with Glens Falls Hospital for "Change It Up", an educational program, and held monthly seminars on a variety of wellness topics. Additionally, we have modified practices at work to include healthy options in our vending machines, healthy food, no longer provide soda at company sponsored events, sugar alternatives for coffee, and have begun to test a variety of work station ergonomic options, among others. We have also compiled and distributed a Barton cookbook of healthy recipes that were submitted by employees, and we have been publishing a monthly health and wellness newsletter that has helped to keep the initiative fresh in their minds.

Read the rest of Barton's Story [here](#)

TO KNOW

Helpful Links

[Glens Falls Hospital](#)

[Glens Falls YMCA](#)

[Warren County Public Health](#)

[Washington County Public Health](#)

[CDC](#)

[New York State Department of Health](#)

[Hudson Headwaters Health Network](#)

In Case you missed it!

ARCC's Workplace Health & Wellness Council's Senior Leader Panel Event Recap



Last month the Council hosted the Senior Leader Panel event to discuss why and how leaders integrate employee wellness into their business strategies. Over 60 representatives from a range of area businesses attended to hear the perspectives of the five panelists: Chuck Bracken of Barton International, Catherine M. Sawchuk of Genpak LLC, Chuck Gohn of Associates of Glens Falls, Inc., Thomas F. Flynn of Jaeger & Flynn Assoc., Inc., and Sara Mannix of Mannix Marketing. Read the rest of the summary [here](#)

TO DO

Use National Health Observances to guide your Wellness activities!

January

Consider hosting a blood drive for [National Blood Donor Month](#) 18-24th is [Healthy Weight Week](#)

Kick off a weight loss program by setting up a display about healthy weight/weight loss and a weigh-in station where employees can see if they are in the recommended range for their weight.



February

Encourage employees to wear red the first Friday of [National Heart Month](#) to support [Heart Disease Awareness](#).

March

National Colorectal Awareness Month.

Consider offering onsite screenings or encouraging employees to [seek preventive screenings](#) with their healthcare providers.

Organize a healthy salad bowl pot-luck lunch to celebrate [National Nutrition Month](#)

These are just a few examples. For a full **Health Observance Calendar**, go to the [National Wellness Institute's](#) website.

[Forward this email](#)

 SafeUnsubscribe™

This email was sent to paust@adirondackchamber.org by jhowe@adirondackchamber.org | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



Adirondack Regional Chamber of Commerce | 136 Glen Street, Suite 3 | Glens Falls | NY | 12801