

Dean's Corner:

The recording of the Deans of Wellness Conference "Advancing Wellness: One Department at a Time" is now available for your viewing on the Well U Intranet site at:

<http://lvhwebcontent.lvh.com/?id=2146&sid=1>

Writers Wanted:



Our goal is to provide evidence-based health tips and resources you can use to share with colleagues and promote

a healthier, happier LVHN. What is your department doing to stay healthy? We want to hear from you!

Please email:

kristin_b.behler@lvhn.org for details.

Have You Completed Your FY14 People Goal Health and Wellness Worksheet?

The People Goal is tied to receiving our **FY14 Shared Success Plan Bonus**.

Your People Goal **Health and Wellness Worksheet** is located on WebSAI.com.

For more information please refer to the **People Goal information flyer attached**.

What have the Deans of Wellness been up to?

Six months ago the **LVPG Coding** department started a lunch bunch group. This group of seven hits LVHN Fitness everyday during lunch. Exercising as a group keeps them accountable and provides them with the motivation to stick with it. Some of the other benefits they've reported include, more energy, especially in the afternoons, decreased weight, stress, stiffness, and pain, preparation for a 5k run, and improved mental health. To encourage more people to get healthy, the lunch bunch placed a Wellness Board in the lunch room so everyone on their floor can benefit from exercise tips, recipes and other local, healthy activities.



LVPG Coding Lunch Bunch



Healthy Foods Program Committee at the LVPHO

The **Lehigh Valley Physician Hospital Organization** and their Dean of Wellness, Kaye Long formed a wellness committee in an effort to improve the office snack selection. From this committee, the Healthy Foods Program was born. The Healthy Foods Program includes a snack stand with portion controlled, healthy snacks which are sold, to colleagues, for a nominal fee. The snacks, which have been evaluated by a registered dietitian, are purchased and packaged by the committee. Any profit from the program is then put toward a healthy salad bar for all colleagues to enjoy.

As part of a commitment to wellness, **2K-South** also formed a wellness committee. They started by conducting a survey of the colleagues on all shifts and were able to start setting goals using the results. The biggest challenge, according to most colleagues, was eating nutritiously throughout their 12 hour shifts. The Committee challenged colleagues to have a "Healthy Meal Day" once a month. The challenge was accepted with enthusiasm! Not only are colleagues coming up with ways to eat healthy once a month, many also bring in healthy alternatives daily. A Wellness Board is also set up on their unit which includes wellness ideas and suggestions such as chair yoga, First Strides information, and literature provided by Wellness University.



2K Wellness Committee Members