



# MY wellness

## Employee Wellness Newsletter

### Domestic Violence Awareness

by MSJC Wellness

In October, let us raise our awareness and respond to the call to action and "[Take a Stand](#)" against domestic violence.

Domestic violence is a pattern of abuse where one partner in an intimate relationship uses power and control over the other. It can happen in opposite-sex or same-sex relationships whether married, living together, or dating. Domestic violence can be:

- **Physical** - punches or slaps, forbids you from eating/sleeping, harms your children, abandons you in unfamiliar places
- **Emotional** - calls you names, [gas lighting](#), accuses you of cheating, withholds affection, threatens to hurt your pet
- **Financial** - prevents access to bank account, steals money from you, family or friends, maxes out credit cards
- **Digital** - steals/insists on your passwords, uses technology to monitor you, sends insulting or threatening messages online
- **Coercion** - makes you feel like you owe them, continually pressures you to say yes, sabotages birth control methods

If any of these examples sound familiar to you, or with your family or friends, take a stand. Reach out to a trusted friend, create a safety plan, or get help if you are the one hurting your partner. If you notice warning signs in your friends or family's relationships, help empower them to make their own decisions and offer support.

National Domestic Violence Hotline 1-800-799-7233  
Employee Assistance Program (EAP) 1-888-327-0020 (code REEP)



### Stair Tours

Integrate new heights into your workout routine with stairs! No special equipment is needed for this workout, other than the stairs available at work, home, or while running errands. Taking the stairs can increase muscle strength, blood flow, and improve energy. Remember to discuss climbing with your doctor if you have knee, hip or ankle problems before you embark on your stair tour.

### Healthy Tip!

Be mindful when eating. Identify hunger, express gratitude, and savor.

## October Events

### 10 Wellness Wednesday Walk

#### Wellness Wednesday Walk

October 10, 2018 / 10:30 am / SJC @ Eagle MVC @ Café / THEC/TEC @ Ent. / SGP @ 100



## Inspiration - Community Service

by Nicole Piña

Before the hustle and bustle of the holiday season, take the time now to give back to your community. Its always a good season to push your sleeves up and volunteer your time or resources toward a good cause. It can benefit you greatly.

Many of us have heard the saying "hunger knows no season". Why not donate pantry goods to a local food bank before the grocery stores are packed with the masses? Do you have the time or money to purchase a few personal hygiene items, socks, or diapers? If so, bring these items to your local shelter or get a group to donate together. Organizations also need volunteers to help package these goods for distribution.

Every small token of kindness counts! Do you have more time than money? Make it a point to contact a senior citizens center and ask how you can engage with our older population (especially those that may not have family to visit them). If you love animals, volunteer your time at a pet shelter to lend a helping hand to these wonderful creatures.

The health benefits of giving (your time, finances or resources) to others is great. Volunteering can provide one with a sense of purpose, which promotes positive mental health. Serving those in your community also provides you with support through strengthened bonds and it reduces stress.

Volunteering not only has mental health benefits, but can have physical benefits as well. Those of you that have worked the spoon in a soup kitchen for a big crowd know the physical exertion it takes to get the group fed! Volunteering for a community clean-up or recycling event gets you up and moving to get those steps in! Give and be well.

## Dental Hygiene Month

by MSJC Benefits

October is National Dental Hygiene Month. Keep your teeth clean through the four step process recommended by the American Dental Hygienist Association (ADHA):

- Brush - twice per day
- Floss - regularly
- Rinse - with mouthwash
- Chew - sugarfree gum after meals

In observation of Dental Hygiene Month, make sure you are practicing dental health by keeping your dental equipment clean (toothbrushes, retainers, dentures), eating healthy foods, drinking more water, and visiting your dentist at least twice per year.

Dental care for older adults is especially important. Be aware of plaque and tarter build up which may cause gum disease. Some dental fillings have a life expectancy of only about 8-10 years, but some may last up to 20 years. When dental fillings start to break down, trapped bacteria can cause tooth decay. Stop using tobacco products to minimize your risk of oral cancer.

If you have dental benefits through MSJC, make it a point this month to schedule a visit to your dentist. "An ounce of prevention is worth a pound of cure" - *Benjamin Franklin*.

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A good laugh and a long sleep are the two best cures for anything.  
- Irish Proverb

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