

# better together

## Workplace Wellness Newsletter

January 2019

## Here's to a New Year of HEALTH and HAPPINESS!

Have a RESOLUTION for 2019?! Your *better together* benefit can help with an hour dedicated to your New Years Resolution! We like to call it a Resolution Hour.



For many, the advent of a new year means big promises to take big steps to make big changes. New Year's resolutions are a reminder of who we are, what we are and what we are supposed to do with our lives. It is in our nature to improve ourselves.

Visit [www.SCCMHA.org](http://www.SCCMHA.org) for more info on success in the new year.

*"Our greatest human adventure is the evolution of consciousness. We are in this life to enlarge the soul, liberate the spirit, and light up the brain."*

-Tom Robbins

## Wellness Spotlight

I started smoking at the age of 14-15. I just wanted to try it out. I had several aunts that smoked and even though they said "don't ever smoke", I thought it was an adult thing to do.

I smoked for 35 years. I did quit for 5 years while pregnant and then started smoking right before having my 3<sup>rd</sup> child.

Last year I had bronchitis and considered calling an ambulance just to be able to use the oxygen tank. I had to sleep sitting up an hour at a time while waking up with panic attacks feeling like I couldn't get enough air. It was also difficult to speak. I had to take a breath between each word. I went into urgent care and had chest x-rays done. The Dr. told me my lungs were shot and I needed to quit for good. I kept picturing myself with an oxygen tank and the fear of the feeling of suffocating was enough for me.

The challenges so far have been getting out of the "normal routine". Smoking in my car was a big trigger as well as my first cup of coffee in the morning. I quit drinking coffee for the first 10 weeks just to help myself get out of the routine but have since started having a cup of coffee again this week.

My life has improved since quitting. I can now breathe easier, I feel healthy and happy not to have to depend on a substance or worry about when I will have to stop to get my next pack of cigarettes, and I'm glad not to smell like cigarette smoke anymore. lol

My advice to someone that is trying to quit is to keep at it. You may have to quit several times but don't give up. Maybe try to picture yourself not being able to breathe at some point and how that will feel.



**Julie Bitterman**  
Mental Health Supervisor

*Julie*

2019

## Better Together Kickoff

In October 2018 the *better together* benefit changed its format to an autonomous model. This model empowers YOU to make the best choices for YOUR wellness journey and we have seen huge results!

Interested in an activity but don't know where to start? Not a problem! The Wellness Team will be visiting each facility during the month of January to talk about the benefit and answer any questions you might have.



**Look for us between 11am and 1pm**

**Hancock** – Friday, January 4<sup>th</sup>

**Albert & Woods** – Monday, January 7<sup>th</sup>

**Towerline** – Wednesday, January 9<sup>th</sup>

**C,F & Y / Bay Rd.** – Friday, January 11<sup>th</sup>

**CTN** – Monday, January 14<sup>th</sup>

**Supported Employ** – Wednesday, January 16<sup>th</sup>

**CTN** – Friday, January 18<sup>th</sup>

**The Salter Place** – Wednesday, January 23<sup>rd</sup>

*Enjoy prizes, info on activities, healthy recipe giveaway, blood pressure check, BMI check, share activity ideas and give feedback.*

## Wellness Team Members

Your resource for all things Wellness!

- ❖ Melissa Gray
- ❖ Bo Zwingman-Dole
- ❖ Jessie Huber
- ❖ Tammy Johnson
- ❖ Lauri Brown
- ❖ Brion Young
- ❖ Terri Enright
- ❖ Sarah Denman
- ❖ Julie Bitterman
- ❖ Melynda Schaefer
- ❖ Jennifer Hunt
- ❖ Allison Kalmes
- ❖ Patti Colpean
- ❖ Teri Jarema
- ❖ Danelle Elliot