



BE Well Messenger

VOLUME 1, ISSUE 1

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Introducing Wellness Maricopa

Wellness Maricopa is a collaborative effort of individuals within the Maricopa County Community College District committed to the philosophy of empowering employees through organizational wellness. Wellness Maricopa is composed of one to two committee members from each campus responsible for delivering innovative wellness programs and facilitating annual health fairs, mobile onsite mammography (MOM), flu shots, health risk assessments (HRA)'s and Maricopa Moves.

Our Vision

Wellness Maricopa envisions an environment that recognizes the value of each individual employee and his or her well-being.

Our Mission

The mission of *Wellness Maricopa* is to empower our faculty and staff to make healthier lifestyle choices and informed healthcare decisions by providing comprehensive wellness opportunities through communication, education and screenings.

Wellness Maricopa will offer programs at each college throughout the year. Wellness Maricopa works collaboratively with the benefits office to bring you new programs like the Maximize Your Benefits sessions and continuing programs like Flu Shots.

A Word from our Chancellor

Dear Maricopans,

It's my pleasure to greet you in this first quarterly newsletter initiated by Wellness Maricopa. I am a strong supporter of Wellness Maricopa because I know the value of taking care of my health - all aspects of my health. I urge you and your family to take advantage of all that Wellness Maricopa and this great organization offers in order to help you take care of your health as well. As I said at the recent "Maricopa Moves" celebration of good health, we are family - the Maricopa family - and when one of us is ill we are all less than we can be. Please do your part to help all of us stay healthy and well.

Maybe you would like to join me in the Fat Man's Pass hike?? See more about the hike in this Newsletter. At one point a hike at Fat Man's Pass helped me see that I needed to do more to maintain my own health. It may be an option you would enjoy. Please take advantage of whatever works for you.

Good Health!

Rufus



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Benefits and Compensation Update



As you know, in the first year of our self-insured medical plan, Maricopa had much lower medical claims than was anticipated. We believe part of that attributes to the healthy living habits that our employees are acquiring. However, as medical inflation continues to outpace general inflation, those medical costs will escalate very quickly. Within the next couple years, we anticipate a larger increase in the medical premium partially due to the medical inflation factor.

We may not be able to control the external forces that affect our medical premium costs, but we as consumers can do something with the internal situation. To keep our medical claims as low as possible, it is imperative we become educated consumers and use our benefits in a responsible manner.

Here are some of the things each of us and our families can do:

- Use specialists only for specialized illnesses and use primary care physicians for all general conditions; specialists charge more for office visits.
- Talk with your physician about using over the counter or generic drugs instead of brand name drugs. Generic drugs are much less expensive than brand name drugs and are federally regulated.
- Use our Employee Assistance Program (602-274-1401) to address counseling or social needs.
- Establish healthy living habits; exercise, eat healthy foods, get enough sleep and work toward smoking cessation.
- Work with your wellness representative and visit the wellness website for healthy living tips (www.wellness.maricopa.edu)



Laugh, enjoy life, and have a healthy 2007! Thank you!

The new source of power is not money in the hands of a few, but information in the hands of many.

-John Naisbitt



Dianne Johns, District Director of Compensation and Benefits

Coming Soon.....



Maricopa moves

to the Mountains!

Fat Man's Pass-Chancellor Hike

South Mountain Park

Saturday May 5, 2007

7 Dimensions of Wellness

Social Wellness is the ability to relate to and connect with other people in our world.

Emotional Wellness is the ability to understand ourselves and cope with the challenges life can bring.

Spiritual Wellness is the ability to establish peace and harmony in our lives.

Environmental Wellness is the ability to recognize our own responsibility for the quality of the air, the water and the land that surround us.



7 Dimensions of Wellness

Occupational Wellness is the ability to get personal fulfillment from our jobs or our chosen career fields while still maintaining balance in our lives.

Intellectual Wellness is the ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment.

Physical Wellness is the ability to maintain a healthy quality of life that allows us to get through our daily activities without undue fatigue or physical stress.

Wellness Maricopa-2006 Reflecting Back

Wellness Maricopa had a wonderful year in 2006 reaching more employees than ever through new program development, new partnerships and established partnerships made even stronger. We have also experienced a steady rise in the number of people who participate in events thanks to all of our regulars as well as new employees who have recently decided to invest in their health and make changes that can improve quality of life.

Since MCCCCD has gone self-insured, Wellness Maricopa continues its commitment toward improving the health of the MCCCCD employees. Making a conscious effort to live well and stay well results in a cost benefit for both employees and the district and we would like to thank and applaud employees who participate in our programs and are dedicated to their health. In addition, we would like to encourage more people to take advantage of the wonderful wellness opportunities that MCCCCD has to offer.

We are strongly committed with the support of our Chancellor, each College President and the many wellness champions throughout the district to continue to offer quality programs that contribute toward your wellness and making MCCCCD an employer of choice. It is the strong collaboration and commitment that exists throughout the district in addition to all of you that makes our district a Well Workplace.



Wellness Maricopa-Forging Ahead



Wellness Maricopa has just wrapped up our most successful Maricopa Moves event ever and we are using that as our springboard to an even better year in 2007! Over 300 people including employees and family members experienced a day full of wellness offerings for the entire family. As we move into 2007, we look forward to strengthening the recent partnership established with Scottsdale Healthcare, our new Health Risk Assessments (HRA's) provider. We are confident that the partnership will be long lasting and will provide MCCCCD employees with the types of services that contribute toward healthier more productive lives. Thank you to everyone who has provided outstanding support over the years and be on the look out for many new and exciting programs being designed just for you!

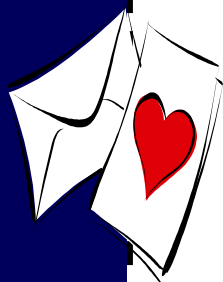


You need to be aware of what others are doing, applaud their efforts, acknowledge their successes, and encourage them in their pursuits. When we all help one another, everybody wins.
- Jim Stovall

MARICOPA HAS HEART!



HEART WALK.



MCCCD was among the top ten companies in the valley last year with donations totaling \$28,688.18. This year we have a goal set at \$35,000 . As a district, we received the *Spirit Award* for the 2nd year in a row.

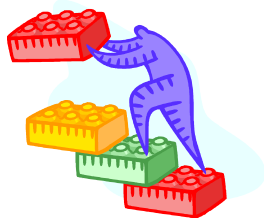
- What:** Heart Walk
- When:** Saturday March 3rd
- Where:** Tempe Beach Park
- Time:** Register at 8:00am, **Walk begins** at 9:00am
- Who:** Everyone is Welcome!



For more information contact your campus WLG representative

Chinese Proverb:

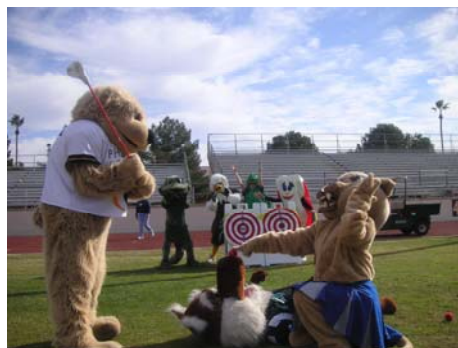
*The miracle is not
to fly in the air, or
to walk on the
water; but to walk
on the earth.*



To Have Succeeded

- To laugh often and to love much;
- To win the respect of intelligent people
- And the affection of children
- To earn the approbation of honest critics
- And endure the betrayal of false friends;
- To appreciate beauty;
- To find the best in others;
- To give one's self;
- To leave the world a little better,
- Whether by a healthy child,
- A garden patch,
- Or a redeemed social condition;
- To have played and laughed with enthusiasm
- And sung with exultation;
- To know when one life has breathed easier
- Because you lived....
- This is to have succeeded.

-Ralph Waldo Emerson



Tips to a Healthy Heart

- ♥ Stay active
- ♥ Take time to breathe!
- ♥ Keep an eye on stress--Take time out for you!
- ♥ Every food fits in every nutrition plan--Practice moderation
- ♥ Surround yourself with positive people and positive energy
- ♥ Saying "NO" is okay
- ♥ Eat lots of fiber
- ♥ Laugh and Love

Spanish Proverb:
Tomorrow is often the busiest day of the week.



Meet Your Wellness Maricopa Campus Representatives

Wellness Maricopa Administrative Assistant: Bianca Rodriguez

Ph: 602-286-8217

Email: Bianca.rodriguez@gwmail.maricopa.edu



Chandler-Gilbert (CGCC)

Dr. Gregory A. Trone (480) 732-7289
Gregory.trone@cgcmail.maricopa.edu

Dr. Regi Munro (480) 732-7109
Regi.munro@cgcmail.maricopa.edu

Dr. Brent Alvar (480) 988-8401
Brent.alvar@cgcmail.maricopa.edu



Estrella Mountain (EMCC)

Lyle Bartelt (623) 935-8405
Lyle.bartelt@emcmail.maricopa.edu



GateWay (GWCC)

Michele Hamm (602) 286-8145
Michele.hamm@gwmail.maricopa.edu



GWCC - Maricopa Skill Center

Erin Blanton (602) 238-4376
Erin.blanton@gwmail.maricopa.edu



Glendale (GCC)

Nicola Perry (623) 845-3341
Nicola.perry@gcmail.maricopa.edu



Mesa (MCC)

Gail Herndon (480) 461-7370
Gail.herndon@mcmail.maricopa.edu



Paradise Valley (PVCC)

Ali Kamen (602) 787-6568
Ali.kamen@pvmail.maricopa.edu



Phoenix (PC)

Paola Ball (602) 285-7160
Paola.ball@pcmail.maricopa.edu

Nicole Logan (602) 285-7708
Nicole.logan@pcmail.maricopa.edu



Rio Salado (RSCC)

Bertha Johnson (480) 517-8127
Bertha.johnson@riomail.maricopa.edu



Scottsdale (SCC)

Paul Langworthy (480) 423-6604
Paul.langworth@sccmail.maricopa.edu

Amy Orcutt (480) 423-6675
Amy.orcutt@sccmail.maricopa.edu



South Mountain (SMCC)

Sue Wieger (602) 243-8248
Sue.wieger@smcmail.maricopa.edu

Live Well, Stay Well.

We're on the Web!
www.wellnessmaricopa.edu

