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The bi-monthly newsletter of the Bay College Employees Wellness Program
 Wellness Committee: Jayne Bernard, Ted Brainard, Molly Campbell, Denise Dufek, Doug Gavriloff, Jim Henderson,
 Winnie Lake, Sue McDonnell, Joanne Roy, Lori Shea, Connie Tressedder, Patti Valensky and Dan Williams

**September's "Well"come
 Back Activities**

The Wellness Committee kicked off the new school year on September 4th with lunch in the pine tree pit and a scavenger hunt organized by Ann Sebeck. Twenty-four employees participated, and first place went to the team of Shirley Gollach, Doug Gavriloff, Joe Shaw and Andrew Meyertholen. Based on TV shows or entertainment personalities, the trivia questions required the signatures of ten different Bay employees. So, who is Bay's version of "Gunsmoke's" Law Man? And Bay's own detective for hire?

Our first Wonderful Wellness Friday (WWF) was introduced on September 28th as Jayne Bernard and Patti Valensky faced off as sumo wrestlers. Patti took home the prize! Refereed by Brent Madalinski, also competing were Andrew Meyertholen and Brian Black; John Anderson and Mark LaBeau; and Mark LaBeau and Susan Pitcher. Who can forget Susan (shorter than the costume was round) falling and not being able to get up?



Jayne Bernard and Patti Valensky

October Halloween Happenings



Business Division

In the October 2001 Halloween Costume Contest, the Business Division won top honors for their authentic-looking Catholic attire. Each member of the Division who participated received 5 Bay Bucks. The winner in the individual category was Becky Noblet as a wonderful Winnie the Pooh (along with her daughter as the adorable Piglet). Becky also received 5 Bay Bucks.

All employees who dressed up earned one Bay Buck for their costumes. Thanks to all employees who participated, including all employees who sent in their votes via email to help select the winner.

**Becky Noblet as
 "Winnie The Pooh"**



October Activities

October 2001 was recognized as National Breast Cancer Awareness Month and National Depression and Mental Health Month and that month's wellness activities included ones to support these two areas. Fifty-nine employees participated in Denim Day to help fight Breast Cancer and 10 employees attended Kay LaCount's lunch time presentation on breast cancer prevention and detection. For mental health and stress relief, 18 employees attended the WWF "Belly Laugh" program for stress reduction. Other activities during October included: 30 folks signed up to participate in the 5th 10-10-10 weight reduction program; 31 courageous employees signed up and designed their personal plans for participating in the 20-week Glide and Stride Program (Start day = November 5); Employees participated in the annual Halloween Costume Competition. On a special note.....on 10/15/02, Bay received the Governor's Council Gold Award for the Wellness Program in Lansing!

November Activities

During the month of November health-related awareness days were recognized including World Kindness Day, National Diabetes Month, Great American Smokeout, and National Family Week. November wellness activities were planned to support these and other health related topics. Activities included: 14 employees attended a Brown Bag Luncheon to hear Kerri Finlayson recount her experiences of skiing with a group of women to the North Pole; 50 employees received information about Diabetes and had their Blood Pressures checked by Paula Ackerman from UPDON; 5 people Requested Smokeout kits to help them quit smoking; and 12 employees attended the wellness potluck to try each other's favorite recipes.

Reflections on December



Over 50 people actively participated in wellness-sponsored activities during the month of December. The month began with Light Spectromania and 30+ strings of lights decorating the courtyard. Kathy Johnson and Debbie Frazer organized the schedule for the 21 people who rang Salvation Army bells during two consecutive weekends. Seventeen people played Secret Santa, delivering cards, clues, and gifts. December's WWF, patterned after the Weakest Link, featured five contestants being drilled on Wild & Wacky Facts about Bay and its employees. The competition was tight - with two employees from the Arts & Letters division (Mary Joy Johnson and Todd McCann) challenging each other to the bitter end. Todd prevailed, taking home the grand prize of 16 Bay Bucks! So, who knows the answer to this question....What Bay employee is affectionately known as "honey?"

**You Are The
Weakest Link!**

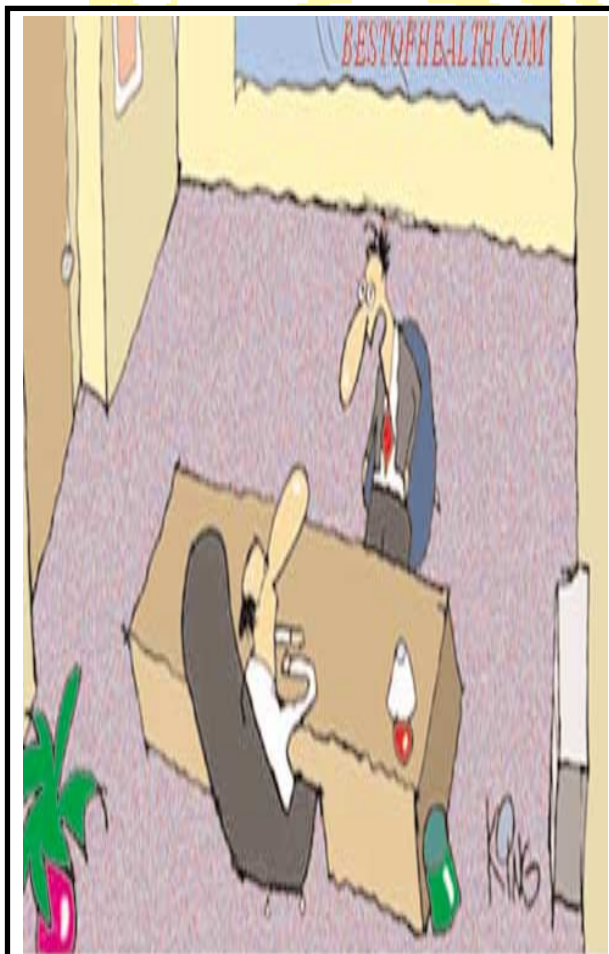
Goodbye!



Weight Watchers at Work

Have you seen less of your coworkers in the past eight months? The answer should be "yes." Since the first WW session in May of 2001, 34 employees have lost 630 pounds in total. (That's an average of 18.5 pounds each!)

The fourth session is scheduled to begin on February 12th - if a minimum of 15 people sign up. The sessions are twelve weeks long, meeting on Tuesdays from 11:45 to 12:45. If you would like to lose weight, eating all the foods you like (in limited quantities, of course), this may be the weight program for you. Contact Joanne Roy if you are interested.



*"I've go to get in shape, doc.
Yesterday I was channel surfing
and today I'm sore."*



*"I'll take your double grease
burger, 3 orders of fries, a giant
milk shake, and you'd better put
some lettuce on that burger, I
want to stay healthy."*

Wellness has come to Dickinson County

A survey was sent out to Dickinson employees to find which activities they would like to see implemented in Iron Mountain. The consensus was that more people would participate in wellness activities when they are close and convenient. According to the survey, employees are most interested in weight control programs, designated fruit and veggie days, massage in the workplace, and personal wellness plans.

Some employees have jumped right in and participated in several of these activities. The Glide and Stride program has been very successful. This program continues through March. Several employees have also participated in the 10-10-10 program, Veggie day, and Salvation Army bell ringing. We hope to see more people sign up for massages in the workplace and personal wellness plans in the near future.

Connie Tresedder has joined the Wellness Committee as the Dickinson County representative. Employees of Dickinson County may contact her with any additional ideas or questions.