



The Health for Life initiative will be supported and advanced by emphasizing the key aspects of being proactive in maintaining good health. A balanced lifestyle incorporates eating right, exercising, and watching key indicators like cholesterol, blood sugar, and blood pressure. We will use the hospital's innate resources to educate and support our employees, patients, and community at large in an effort to reduce the incidence of disease and promote long-lasting health and wellness habits.

- EMPLOYEES ♦ COMMUNITY ● FAMILY

CURRENT/ONGOING

- ● ♦ **Smoke Free Campus**
- **Smoking Cessation Programs**
- ● ♦ **Health Fairs**
- ● ♦ **On- and off-campus screenings**
- ● ♦ **Farmers Market**
- **Continue high performance in flu compliance**
- ● ♦ **Support groups**
- **Weight Watchers**
- **Employee discount at Worcester Fitness**
- ● ♦ **Calorie count in cafeteria**
- ● ♦ **School outreach: *SpeedZone*, Coaches' Clinics, donation of Cardio Equipment to Saint John's High School; G. Stanley School Health Fair**
- **New Benefit Web Site** – Human Resources introduces a new benefit web site with many new features including education and health & wellness information
- ♦ **Patient Family Advisory Council**
- **National Nutrition Month Flyer** – System Clinical Nutrition Manager sends around the house, via email, educational flyer on the important healing properties and benefits of the spices rosemary, cinnamon and thyme
- **All Spice Café Flyer** – Healthy menu and vegetarian options available
- **Employee Assistance Program**
- **Monthly *Inpulse* articles on HFL**
- ● **Family First Program**

Spring 2010

- **HFL Introduction Flyer** – Introduction flyer for employees
- **Health for Life Poster** – Poster placed in the Atrium
- **Letters to Employees** – HFL intro letter mailed to employees from John and intro letter from Charlie Martin

- ◆ **Healthy Heart Health Fair** – February 3, 2010; focused on heart disease prevention, treatment, and overall heart health
- ◆ **Go Red in Your Own Fashion Show and Comedy Event** – Raised awareness about heart disease in woman; February 25, Atrium
- **CNO Update** – Info about *Health for Life* included in CNO update, March 5, March 19, and April 2 editions
- ◆ **Memory Loss** – Senior Wellness Series, March 9, Worcester Senior Center
- ◆● **Patient Safety Event** – Focused on safety equipment & tools; how to report a “Great Catch”; Falls Prevention; partnering with patients and their families to improve safety; the importance of hand washing and more
- ◆ **Lowering Your Risk of Colon Cancer** – Community Wellness Series, March 11, Atrium
- ◆ **Tennis Elbow**– Community Wellness Series, March 18, Leominster
- ◆ **Foot Care** – Senior Wellness Series, April 6, Worcester Senior Center
- ◆ **Plumley Village Career Day** – April 21 for middle school girls; included a presentation on benefits of not smoking and good nutrition
- ◆ **Peripheral Arterial Disease** – Community Wellness Series, April 29, Leominster
- **Info up on the intranet** – General summary of *Health for Life* with links to letters previously sent to employees homes from Charlie Martin
- ◆ **Musculoskeletal Day** – April 7 in the Atrium; event highlighted the services offered at the Center for Musculoskeletal Services
- ◆ **Heart Walk** – May 1, Saint Vincent Hospital had nearly 400 employees participate
- ◆ **National Cancer Survivor’s Day** – Annual educational and celebratory event held in the Atrium
- ◆ **Searching for a Good Night’s Sleep** – Community Wellness Series, May 20, Atrium
- ◆ **X-Stop with Dr. Bayley** – Community Wellness Series, May 24, Leominster
- ◆ **Pain Management** – Community Wellness Series, May 25, Worcester Senior Center
- ◆ **Sleeping Well as We Age** – Senior Wellness Series, June 17, Shrewsbury Senior Center
- ◆ **Charlton Senior Health Fair** – Senior Wellness Series, June 25, Charlton Senior Center
- ◆ **Wellness at the Park!** – Community Wellness Series, June 19, Moore State Park in Paxton

Summer 2010

- **Health for Life Health Fair**
- **Health for Life Moment with monthly article in *Inpulse***
Series of four letters on HFL sent to employees from Joe Mullany and Charlie Martin
- ◆ ***Tips for Staying Fit & Active without Injury*** – Senior Wellness Series, July 8, Shrewsbury Senior Center
- ◆ ***Hearing & Vision Impairment*** – Senior Wellness Series, July 13, Worcester Senior Center
- ◆ ***Use of Herbal Supplements with Prescriptions*** – Senior Wellness Series, August 19, Shrewsbury Senior Center
- ***Health for life Moments Article*** – Monthly in InPulse

Fall 2010

- ◆ ● **Wellness in the Park!** – Community Wellness Series, September
- **Employee Step Challenge**
- ◆ **Prostate Cancer Awareness** – Community Wellness Series, September
- ◆ **Understanding Your Heart Electrical System** – Community Wellness Series, September
- ◆ **Understanding Your Numbers** – Senior Wellness Series, September 14
- ● ◆ **Breast Cancer Awareness Event**
- ◆ **Wellness at the Park!** – Community Wellness Series, October
- ◆ **Joint Replacement** – Community Wellness Series, October
- ◆ **Healthy Living Expo** – October
- ◆ **GYN daVinci** – Community Wellness Series, October
- ◆ **Prevention and Treatment of Veins** – Community Wellness Series, November
- ◆ **Lumbar Spinal Stenosis** – Community Wellness Series, November
- ● ◆ **Lung Cancer Awareness Event- Great American Smokeout**

TBD

- **Fit Company designation through the AHA**
- **Steps walking program/START**
- **Reach for the Stairs!** – Stair Walking Program
- ◆ **Senior Walking Program**

