



BeWell

SUMMER 2023
EDITION

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8 DIMENSIONS OF WELLNESS

Our wellness program's mission is to inspire employees to lead a balanced healthy lifestyle across all dimensions of wellness.



INTELLECTUAL



EMOTIONAL



PHYSICAL



SOCIAL



OCCUPATIONAL



FINANCIAL



ENVIRONMENTAL



SPIRITUAL

Wellness Tips from the Top

CONVERSATION WITH DR. CLAIRE MOONEY, SENIOR VICE PRESIDENT AND CHIEF OPERATING OFFICER FOR LANCASTER MEDICAL CENTER



Describe your background and current role at Penn State Health. I started in health care at a very young age. My parents worked in health care, so I had an opportunity to experience different aspects. My mother had me working in hospital food service, the gift shop and as a patient care assistant. When I became a nurse, I started in the cardiothoracic intensive care unit and specialized in heart transplantation.

What are some of the most rewarding aspects of your role? As a nurse, I've been trained and educated on the importance of wellness and prevention, and I think sharing that knowledge is important. This role has given me the opportunity to design, build and implement workflows and a workforce that truly impacts patient care. The most rewarding aspect has been assembling a team focused on caring for the community and how that team is congregated to accomplish remarkable achievements.

Why do you believe employee well-being is important for employees? It's the ability to improve our employees' physical and mental health, which contributes to the overall culture and transforms into a great work environment. If employees take part in self-care they are able to better care for the patients and families as well as for their colleagues.

Are there any specific wellness challenges for the Lancaster area that your site experiences? The biggest challenge is that we're a new facility, establishing ourselves and what we want for our wellness culture. We want to bring a culture of wellness to Lancaster and we've provided opportunities such as healthy options in the cafeteria or the walking trail that goes all the way around the hospital. We are also embarking on different wellness challenges to support the culture. And we have a diverse and open workforce

looking for ways to be engaged and included in things like that.

How do you encourage your employees to take care of their mental well-being? When we first onboard our employees, we teach the relationship-based care model. One of the big takeaways of the model is about self-care, and if you're not taking good care of yourself, you cannot care for others. We encourage everyone to examine different aspects of their well-being: diet, exercise, mental wellness, spiritual health, etc. Self-care does contribute to the way you show up to take care of patients, and your family, and the way you also show up to take care of your colleagues. We encourage employees to check in with their colleagues. Maybe they just need five minutes to breathe after a difficult patient encounter. Are you tuned in enough to know when your colleagues need a break or when you need a break?

What are some of your biggest motivators to stay healthy? I am motivated to keep a healthy physical and mental wellness routine. And for me, having a good relationship with my sleep schedule, diet and exercise is how I maintain my own well-being. I am very lucky to have an active family that makes sure I keep moving all weekend long. It's also important for me to be a good role model for my friends and family by keeping up with my well-being and doing preventative work. By keeping up with habits and sticking to patterns that benefit my well-being, I'm training my mind and body to live a healthy life.

What do you see as the future of wellness at Penn State Health? It's so important to keep your workforce healthy, and I hope employees say that we're a leader in best practices regarding our wellness culture. We want to be an organization that focuses on physical, emotional and social well-being for everyone and that we're concerned with all aspects of an individual's life. When you work in health care, there are life events that create an imbalance in different areas of well-being, and I hope our employees feel safe, have the support they need and are aware of all the resources available.

By Kathleen Allen, Project Coordinator with Penn State PRO Wellness. She facilitates components of the BeWell employee wellness initiatives for Penn State Health employees in partnership with Penn State Health Human Resources.

Comfort During Grief

MaryJane Bijelic, CRNP, AGACNPBC –
PSH Neurosurgery/Critical Care;
Terri Bowling, MS, CT – Highmark
Caring Place



For the Critical Care Unit at the Milton S. Hershey Medical Center, grief is a reoccurring theme. Whether it's patients, families or staff, grief impacts everyone differently. MaryJane "MJ" Bijelic shared what her team is doing to assist individuals struggling with the loss of a loved one or working through grief.

Before a child visits a patient in the unit, the team assesses the room to make sure potentially scarring or traumatic visuals are out of sight.

Comfort Carts are stocked by donation with sensory items, fidget toys, blankets and other comforting items to help reduce the stress and anxiety that may accompany being in a hospital room. Patients, families and staff have found the Comfort Carts to be a great resource.

Legacy Items are given to the loved ones of a patient who has passed away to honor and remember their memory and legacy. The team created handprints and heartbeat tubes to serve as tangible reminders. Handprints are taken in air clay and the heartbeat tubes include a printout of a telemetry strip.

In addition, the team also holds Grief Workshops in partnership with Highmark Caring Place. The workshop exists to bring staff together and provide a safe place to feel and process the emotions that come with working hand in hand with grief. The workshop is designed to give critical care and ICU nurses skills to manage grief, loss and trauma in their patients and for themselves.

Workshop sessions discuss self-care, burnout, emotional regulation skills, grief and trauma theory. In one session, attendees create a Butterfly Tree, filled with the names of lost patients or loved ones. This serves as not only a healing activity, but also one that brings team members closer together. Volunteer speakers include individuals from Penn State Health Child Development, Penn State Health Chaplain Services and Highmark Caring Foundation.



For more information on finding hope in grief, [CLICK HERE](#) to visit the Highmark Caring Place website for webinars, training and resources.



To reach the Critical Care team about volunteer opportunities, please contact MJ at mbijelic@pennstatehealth.psu.edu

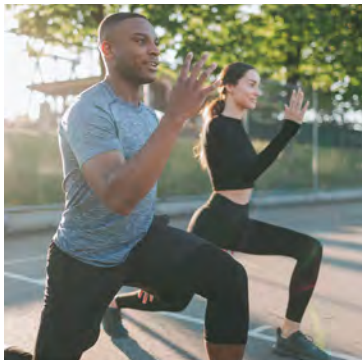
Upcoming Events



BeWell Challenges: BeActive! (July)



The BeActive Challenge is a free system-wide, month-long, virtual activity program occurring throughout July. This program is great for all areas of the Penn State Health campuses. Employees may partake as individuals, or they can gather co-workers and form a team of up to three individuals. Since this is a virtual program, participants can stay active at work, home or on the go.



Participating individuals are encouraged to walk **10,000 steps a day for each of the 31 days in July**. Throughout the duration of the challenge, weekly emails are sent to registrants and will include motivators to keep active and strategies to keep moving throughout the day. Team captains will receive an email at the end of each week with a link to enter their team's total step count.

[CLICK HERE TO REGISTER](#)

Spotlight



BeHydrated Water Challenge

BeWell hosted its first wellness challenge in March, the BeHydrated Water Challenge. Over **265** employees participated and were encouraged to drink an average of 64 ounces of water each day for the entire month, with team captains reporting the total number of ounces of water consumed each week. In total, over

490,545 oz.

of water were consumed!

Summer Lunch & Learns



JUNE

"Inclusion Academy – Culturally Responsive Care"

June 21 from noon-1 p.m. | [REGISTER HERE](#)



JULY

"Emotional Intelligence"

July 11 from noon-1 p.m. | [REGISTER HERE](#)



AUGUST

"Navigating Return to School"

Aug. 9 from noon-1 p.m. | [REGISTER HERE](#)



Association of Faculty and Friends



Association of Faculty & Friends of Penn State Milton S. Hershey Medical Center and Penn State College of Medicine

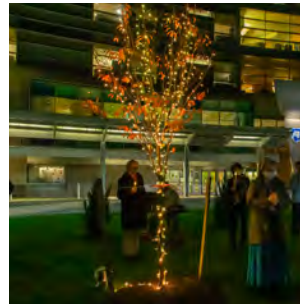
The Association of Faculty & Friends of Penn State Health Milton S. Hershey Medical Center and Penn State College of Medicine (AFF) exists to help and support the Medical Center and College of Medicine, and to promote friendships and relationship building among its members.

Each year, AFF provides scholarships to medical students, Humanitarian Award to nurses, grants and seed money up to \$10,000 to research, educational and clinical projects at the Medical Center and College of Medicine. Additional initiatives and programs are listed below.



Palliative Care Initiative (PCI)

Volunteers who are Palliative Care/Hospice certified with complete background checks and updated vaccination, help lonely patients by visiting and providing companionship to them. They also console and listen to worrisome and troubled relatives of patients. PCI provides hygiene necessities for caregivers staying at the hospital with their loved one, especially to parents at the Children Hospital.



Peace Tree program

The Peace Tree program is one of our organization's community services, which is held annually before Thanksgiving at Milton S. Hershey Medical Center. It is for remembering and celebrating the life of lost loved ones or honoring a person's revered one.



Annual Blood Drive

The annual blood drive is held around Valentine's Day each year. All the donated blood stays locally.



Lion Share Committee

The Lion Share Committee collects nonperishable food items and monetary donations for the local food bank and the food pantry at the Hershey campus.

In addition, throughout the year, the AFF holds fundraising events like the Annual Gala and the Annual Luncheon to provide financial support for all our service projects. In order to promote connections and friendship among members, they provide fun interest groups like Bridge Club, Book Club, Knitting Group, Gourmet Group, Cocktails and Conversations, and Outing/Day Trips groups.



ALL ARE WELCOME TO JOIN!



Click here to visit the AFF website for more information. (Pennstatehealthaff.org)

BeWell

WE WANT TO HEAR FROM YOU!

Are you having a wellness event or do you lead an employee program that may be of interest to Penn State Health employees? Please consider submitting content for our next BeWell newsletter. Photos are welcomed and encouraged along with your submission! Send all submissions to BeWell@pennstatehealth.psu.edu.

Featured Recipe

Grilled Turkey Burger



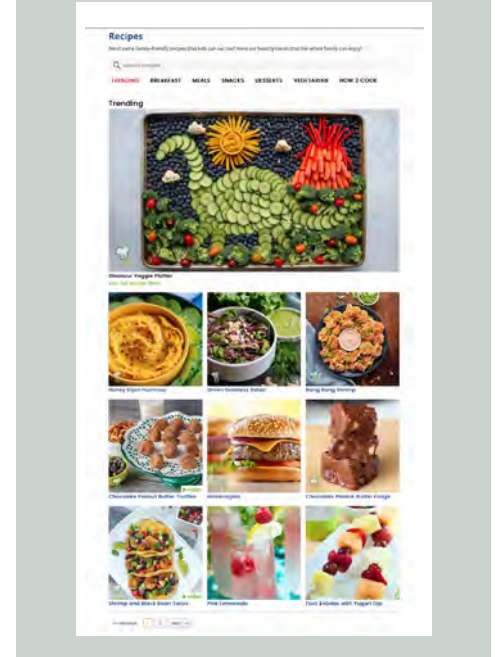
SERVES: 10 | TIME: 45 MINUTES

This burger is so packed with flavor you'll never miss the beef. Stuffed with mushrooms and topped with Swiss cheese, this turkey meat loaf burger recipe will become a family favorite.

For more healthy recipes, click to visit the PRO Wellness Recipe Portal.



> Click [HERE](#) to access the recipe and video.



WeightWatchers

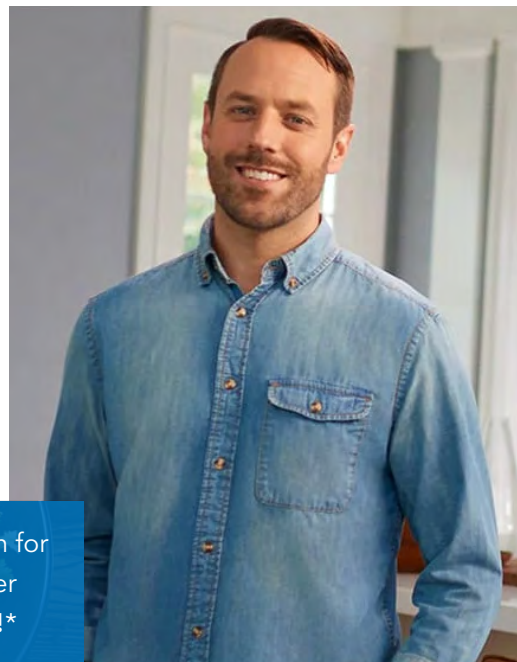
Hey, guys—this plan is for you.



To celebrate Men's Health Month this June, our wellness partner WeightWatchers (WW) is encouraging men to say yes to their health and join WW.

WW can help you achieve your goals, whether that's to lose weight or reach your workout goals. It all starts with a personal assessment that **customizes the plan to you.**

Wellness is made easier thanks to the WW app, which puts the plan in your pocket 24/7—so you can track your weight, food and activity to stay on top of your progress. And be sure to join **Connect**, WW's social network, to meet other **#WWBros** and see how other members are getting back on track.



WeightWatchers helped **Donald** find a healthy balance and hit his goal weight.

"I feel proud of the example I'm setting for my sons. They see it's possible to transform your life in lasting, positive ways."



Join WeightWatchers through Penn State Health for as low as **\$8.48 per month** (up to six months per year) on select plans—**50% off the retail price!*** Sign up at WW.com/us/PennStateHealth.

Tips to Stay Safe in the Sun: From Sunscreen to Sunglasses



By: The U.S. Food and Drug Administration

As we head into the summer months, it is important to remember the importance of sun safety. Sun exposure can cause sunburn, skin aging (such as skin spots, wrinkles or “leathery skin”), eye damage and skin cancer, the most common form of cancer in the U.S.

Sun damage to the body is caused by invisible ultraviolet (UV) radiation. Sunburn is a type of skin damage caused by the sun. Tanning is also a sign of the skin reacting to potentially damaging UV radiation by producing additional pigmentation that provides it with some, but often not enough, protection against sunburn.

Spending time in the sun increases your risk of skin cancer and early skin aging, and individuals of all skin colors are at risk for this damage.

YOU CAN REDUCE YOUR RISK BY:

- Limiting your time in the sun, especially between 10 a.m. and 2 p.m., when the sun’s rays are most intense.
- Wearing clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses and broad-brim hats. Sun-protective clothing is now available. (The FDA regulates these products only if they are intended to be used for medical purposes.)
- Using broad spectrum sunscreens with an SPF value of 15 or higher regularly and as directed. (Broad spectrum sunscreens offer protection against both UVA and UVB rays, two types of the sun’s ultraviolet radiation.)
- Reapply at least every two hours. Apply more often if you’re swimming or sweating – did you know that no sunscreen is truly waterproof?
- Read the label for your specific sunscreen. An average-size adult or child needs at least one ounce of sunscreen to evenly cover the body.



WHEN USING SUNGLASSES:

- ✓ Choose sunglasses with a UV400 rating or “100% UV protection” on the label. These sunglasses block more than 99% of UVA and UVB radiation and provide the most protection against UV rays.
- ✓ Do not mistake dark-tinted sunglasses as having UV protection. The darkness of the lens does not indicate its ability to shield your eyes from UV rays. Many sunglasses with light-colored tints – such as green, amber, red and gray – can offer the same UV protection as very dark lenses.
- ✓ Check to see if your tinted glasses have UV protection. If you are unsure, your eye care professional may be able to check for you. When you wear tinted glasses, your pupils dilate and can increase exposure of your retinas to UV light. Without UV protection, you are putting yourself at risk to harmful effects associated with solar radiation.
- ✓ Be aware that children should wear sunglasses that indicate the UV protection level. Toy sunglasses may not have UV protection; so be sure to look for the UV protection label.
- ✓ Consider large, wraparound-style frames, which may provide more UV protection because they cover the entire eye socket.
- ✓ Even if you wear UV-absorbing contact lenses, wear quality sunglasses that offer UV protection.
- ✓ Even when you wear sunglasses, wearing a wide-brim hat and sunscreen can help further protect you from sun exposure.



No sunscreen completely blocks UV radiation. So other protections are needed, such as protective clothing, sunglasses and staying in the shade. Sunlight reflecting off sand, water or even snow further increases exposure to UV radiation and increases your risk of developing eye problems. Certain sunglasses can help protect your eyes.

[LEARN MORE >](#)