



NEWSLETTER

Fall 2015

"The City Fit! program is one of the most successful and needed initiatives in the City of Portland. I am so proud of all the work done by our committee and the measurable positive impact they have made on the lives of our employees. An active and healthy workforce is essential to carrying out our mission for the residents of Portland."

Jon Jennings, City Manager

The **City Fit! Committee** is a dedicated group of Portland employees that have been working hard together for two and a half years to think of ways to keep the City of Portland's workforce healthy.

We are always open to new ideas and suggestions and of course new members are welcome. Please contact us at CityFit@portlandmaine.gov.



Trek Across Maine

Congrats City Trek Team! The 180-mile Trek Across Maine was held June 19-21, 2015. The fundraising event has raised more than \$22 million in the past 30 years for the American Lung Association.

Fall for Apples 2015



From Saturday, September 26 through Monday, October 12, Columbus Day, you can pick a peck of apples at one of five local orchards for free -- \$10 for that one peck will be paid for by **City Fit!** This is the second year of this popular program, and **City Fit!** hopes employees and their families will take the opportunity to enjoy the outdoors, support local businesses and eat those local apples!

Head to Orchard Hill Farm in Cumberland, Thompson's Orchard in New Gloucester, Giles Family Farm in Alfred, Snell Family Farm in Buxton or Doles Apple Orchard in Limington: an email with more information will be sent in September and posters will be placed in city buildings. Check in at the orchard and provide a pay stub, Aetna Health Insurance card or ID badge, so the orchard growers know you are a City Employee. Happy picking!

City Fit! sponsored CSA with Cultivating Communities' Fresh Start Farm

The fantastic produce in the Community Supported Agriculture (CSA) shares delivered to City workers this summer has wowed participants with its freshness, flavor and variety. Sixty-one employees received the vegetables and herbs from Cultivating Communities, a multi-farm and farmer organization based in Lisbon, Maine. Forty-five workers signed up for the 16-week shares, and of the 16 who started with 8-week shares, four have decided to add another eight weeks. **City Fit!** provided a discount and the option of paying for the share by a payroll deduction. It looks like the success of this first year will roll into a second!



City Fit! Minigrants Award Update

From various departments:

At Reiche Health Station, a treadmill desk has been set up with our **City Fit!** Mini-grant funds so employees can walk while they work! Already many miles have been logged while on conference calls, doing medical chart notes and paperwork. We are really excited for what its added to our space and everyone has used the desk already. (Barrett Wilkinson, Public Health Division)

Home Visiting Nurse Mary Anne MacDormand on the treadmill desk



This year, the Parking Division received funding for a new bicycle and for a stress reduction class. Both of these have proven to be solid investments in employee health and productivity. In the case of the bicycle, it has allowed for more efficient patrolling than simply walking or driving, with the added bonuses of fuel savings and exercise for the user.

The stress reduction class was highly informative and very well received by the staff. The instructor offered a wealth of insight on stress from a behavioral perspective which has undoubtedly been put to good use already in the field. (John Peverada, Parking Division Manager)

After having seen a demonstration of smoothies being made and tasting them during the HR Mini-grant Workshop with Lisa Silverman on "Nutrient Dense Food", I decided to invest in a Vitamix Blender. At first I was intimidated with the power and complexity of the machine. Then, as I made different smoothies, the results were amazing. It is programmable, so it decides at what speeds to mix. It turns off when the smoothie is finished and it has an automatic cycle for cleaning. My fears and apprehension disappeared. Now I mix using fruits, water, ice and always a pinch of Kale. I do feel better (real or contrived) after having a custom smoothie. For my health, I will continue mixing on a regular basis. (Chuck Kamilewicz, Human Resources)

Weight Loss Triumph in the Assessor's Office!

For Laurie Carlson, who works in the Assessor's office and who has lost 95 pounds since last October, the hardest and the most important thing was realizing, "I needed to take care of myself."

In the fall of 2014, finding her clothes tight and feeling uncomfortable, she had had enough. She began keeping a food journal, which changed some of her eating habits, and snacked on fruits and vegetables instead of chips (mostly). "I don't deny myself anything," she said. Instead, she eats a small piece of whatever she craves, to keep from splurging.

When she heard **City Fit!** was partnering with a Weight Watchers group in City Hall, she joined right up: "That motivated me even more." She had lost the most weight of the group by April 1, 47 pounds, and won the **City Fit!** reimbursement for the full cost of the program. She had also stopped using a device for sleep apnea, which had gone away. Now, in August, the bottle of Tums she previously needed is rarely opened. Laurie is down five dress sizes, and many have noticed and congratulated her in the halls of City Hall.

Now in a City Center Weight Watchers group and aiming toward a total weight loss of 100 pounds, Laurie is taking the No Boundaries 1 Class at Fleet Feet Maine Running and after-work walks and some running are a part of her weeks. So was the Mother's Day 5K, completed in 47 minutes. "I never thought I would compete in a 5K," Laurie said – and by the end of this year she plans to have competed in three. Taking care of herself has also meant Laurie is blooming with new self-confidence.

Congratulations from **City Fit!** to Laurie and to everyone in the City who is taking steps to care for themselves!

BEFORE AND AFTER



Wellness Team Members:

Al LeBlanc
Clarkson Woodward
Desiree Kelly
Janice Kimball
Vicki Allen

Kevin Thomas
Kate Oliver
Krista Morris
Lori Schools
Sally Deluca

Mary O'Bradovich
Maynard Sprague
Nancy English
Stephanie Gagne
Victoria Bourrett