

WELLNESS COUNCIL OF WEST VIRGINIA E-Mail Newsletter

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Sharon Covert
Executive Director
sharonc@mail.drs.state.wv.us

Barbara Graley
Administrative Assistant
barbarag@mail.drs.state.wv

Shana Chaber
Tobacco Coordinator
shanat@mail.drs.state.wv.us

Patty Deutsch
Tobacco Director
pattyd@mail.drs.state.wv.us

Help Us Help WV!!

Have you referred a new member to the Wellness Council of WV recently? You can receive a \$25 gift certificate to Amazon.com for any new member who mentions your referral!

Have you logged onto INFOPOINT today?



Morgan Spurlock to Speak at Governor's Conference

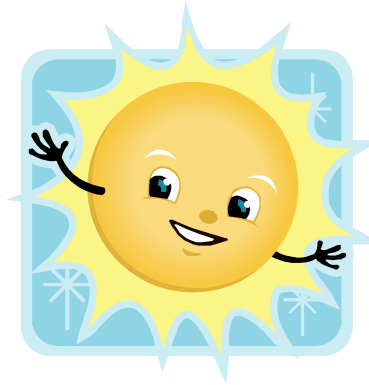
Morgan Spurlock, a Beckley native, will be the keynote speaker at the 19th Annual Governor's Conference on Worksite Wellness. Spurlock is an award-winning writer, director and producer. He is also the founder of **The Con**, the New York based production company behind the film whose goal is to level the playing field in the world of production. A graduate of **New York University's Tisch School of the Arts**, Spurlock has conceived and created more than 60 projects during his 12 years in the industry. From commercials to music videos to television shows, Spurlock has had the privilege of working with such companies as **MTV, ESPN, NBC, FOX, TNT, VH-1, Sony and MCA Records**. For more information on Morgan Spurlock, check out this website: www.supersizeme.com.

The 19th Annual Governor's Conference on Worksite Wellness will take place October 17 – 18 at the Marriott Town Center in Charleston, WV. Dr. Jon Robison will join us to speak about weight and the new guidelines set forth by the Centers for Disease Control. Also, breakout sessions will feature topics including: motivational interviewing, methamphetamines, new free on-line resources for corporate wellness and so much more! Mark your calendars to attend!

Well Workplace University

The WCWV will host **Well Workplace University** (WWPU) on Friday, June 17th in Morgantown and Tuesday, August 8th in Institute. Check our website @ www.wcwg.org for details and registration information.

ALL PARTICIPANTS ATTENDING WCWV TRAINING EVENTS FROM JANUARY – AUGUST 2005 WILL BE REGISTERED FOR A DRAWING TO RECEIVE 1 FREE GOVERNOR'S CONFERENCE REGISTRATION FOR OCTOBER 17-18TH AT THE CHARLESTON MARRIOTT! This includes Well Workplace University (offered in January, June and August) and Spring Training (May 17th).



Summer Programming

Summertime fun can be a great opportunity for wellness!

- Some local YMCAs and clubs will provide at-home swim lessons for people with pools! Get your children together with their friends and schedule lessons in the privacy of your home swimming pool!
- Incorporate games and activities into your company picnic or a family wellness walk!
- Invite a local optician in for a lunch & learn session on sun glasses & proper protection for your eyes this summer!
- With employees in and out on vacations and long weekends try to encourage physical exercise by allowing them to “check out” pedometers from the office and keep track of their mileage while away from their regular exercise routine. At the end of the summer have a drawing for a prize from the names of everyone who participated.



Worksite Wellness Tobacco Policy Project

If your organization is seeking guidance for developing policies to address tobacco use, please contact the *Wellness Council of West Virginia's Worksite Wellness Tobacco Policy Project* for help!
Patty Deutsch, Director; Shana Thomas, Coordinator

New Staff at the WWTTP

The Wellness Council of West Virginia is proud to announce the latest addition to the Worksite Wellness Tobacco Policy Project. **Patty Deutsch** holds a Masters of Arts in Community Counseling from Marshall University with an emphasis on addictions therapy. Patty has worked in Community Counseling at Beacon-Southway through Thomas Memorial Hospital and has led support groups at Highland Hospital in Kanawha City. Patty will serve as the Policy Director for the tobacco project at the WCWV. Welcome Patty!

Allergies or Asthma?

Do you suffer from hay fever? The itchy eyes, runny nose, sneezing and congestion are enough to keep us indoors, but did you know that this problem can progress to more serious issues? According to the May 2005 addition of *Consumer Reports on Health*, Scientists have discovered that hay fever, or allergic rhinitis, is the first phase of a process that, in up to one-half of people who may have it, may contribute to a far more serious condition--- asthma. Research shows that allergy shots may assist in preventing the progression. In some cases the injections actually reduce the frequency and severity of the asthma attacks.

Generally speaking, one is most encouraged to avoid the triggers for reactions and to take allergy medication. However, choosing the right drug may be difficult given the array of over-the-counter medications available as well as the limits some insurance providers place on allergy medication choices.

If the "Spring Fever" that most affects your family is environmental—you may want to see an allergy specialist before a much more serious problem takes hold!