



Celebrating GOOD HEALTH

Physical, mental and financial wellness take the spotlight during third annual GOOD HEALTH Week

BY AMY CAVALIER

Goodwill of the Finger Lakes' annual GOOD HEALTH Week features a wellness fair with organizations from around the area. 2015's wellness fair above featured groups like the local YMCA, Excellus BlueCross BlueShield and the Breast Cancer Coalition of Rochester.

In an effort to get into shape and help control her type 1 diabetes, Lisa Main, an information specialist at the Association for the Blind and Visually Impaired, took up running in spring 2015. By fall, she participated in her

first 5K race—the George Eastman Museum Photo Finish 5K.

“It felt good, like I had accomplished something,” Main says. “I felt like I might be able to call myself a runner.”



Lisa Main, ABVI information specialist

Main credits her success to the support she received from colleagues and from ABVI wellness programs. Thanks to the GOOD HEALTH Challenge and Couch-to-5K program, which she participated in with co-workers, Main was able to build up her endurance and lower her cholesterol and blood sugar.

Together, they—along with other agency employees—will be participating in the George Eastman Museum Photo Finish 5K on Oct. 1. The Photo Finish 5K marks the culmination of Goodwill of the



Employees, along with family and friends, show off their ABVI pride at the 2015 George Eastman Photo Finish 5K. Every year, employees cap off the GOOD HEALTH Week fun with the 5K.

Finger Lakes and ABVI's third annual GOOD HEALTH Week, slated for Sept. 26 to Oct. 1.

HEALTHY WEEK

Launched in 2011, the GOOD HEALTH Initiative aims to educate and encourage employees to make healthy physical,

emotional and financial choices in a fun, engaging and sustainable way. GOOD HEALTH Week—a week chock full of health and wellness activities and learning sessions—was added in 2013.

This year's celebration includes a wellness fair that features free chiropractic posture screenings, healthy snacks,

representatives from the Employee Assistance Program and more. There will be a free flu shot clinic; two Lunch and Learn sessions; and a blood drive. Employees who participate in the Photo Finish 5K can gear up for the event by tracking their physical activity using the Walking Works tool for four weeks in September with the On Our Way to the 5K Challenge.

365 DAYS OF WELLNESS

Plenty of **GOOD HEALTH** opportunities also are offered year-round for employees to invest in their wellness and earn incentives—from \$600 off health care premiums to a paid day off. In addition, employees can earn incentives by taking preventive health care measures, including regular dental exams, flu shots, mammograms and smoking cessation or weight-loss management programs.

Employees are encouraged to take part in quarterly **GOOD HEALTH** challenges, such as Wegmans Eat Well Live Well challenge, a four-week Gratitude Challenge each fall, the Couch-to-5K program, and during the summer, a group of employees took time out to cheer on athletes at the Special Olympics in Brockport.

“Volunteering is good for your emotional well-being,” says Carrie Abbott, learning manager for Goodwill of the Finger Lakes. “It makes you feel good about giving back and helping out.”

Staff members who want to get a workout at work can take advantage of the **GOOD HEALTH** Corner, which features donated workout equipment. It’s open 6:30 a.m. to 6:30 p.m. Monday through Friday in the administrative wing of the Goodwill of the Finger Lakes and ABVI building.

Main says focusing on health and well-being makes for happier employees.

“It makes for a better environment and better attitudes,” she says. “It’s definitely a win-win situation.”

And happier employees are also good for the organization, Abbott says.

“It certainly benefits the organization to have happier and healthier employees,” she says. “We’re really proud of our employees who are making healthy strides.”



Goodwill of the Finger Lakes encourages employees to volunteer. This summer, a group of employees above cheered on athletes at the Special Olympics in Brockport. Left Every year, Goodwill of the Finger Lakes holds a four-week Gratitude Challenge, during which participants write down what they're grateful for.

GOOD HEALTH AT A GLIMPSE

Mark your calendars to check out some of the healthy activities at Goodwill of the Finger Lakes and ABVI.

Wellness Fair

Sept. 27 | 10 a.m. to 2 p.m.

A. Gidget Hopf Leadership and Learning Institute, 500 S. Clinton Ave., 2nd Floor
Talk to representatives from Rochester area organizations.

Free Flu Shot Clinic

Sept. 28 | 11 a.m. to 2 p.m.

422 S. Clinton Ave.
No appointment needed—stop on by!

Lunch and Learn: Inward Office Yoga—Mindfulness at Work

Sept. 29 | Noon

Board Room, 422 S. Clinton Ave.
Discover how mindfulness can help you manage stress. Learn a five-minute

mindfulness exercise that can instantly change your stress response.

George Eastman House Photo Finish 5K

Oct. 1 | 8 a.m.

George Eastman Museum, 900 East Ave.
Contact Marlisa Post at (585) 697-5713 or at mpost@abvi-goodwill.com to join the ABVI 2016 team. Donate to the team at CrowdRise.com/GEMPhotoFinish5K.

Biometric Health Screenings

Oct. 26 & Oct. 27
8 a.m.-12:30 p.m.

422 S. Clinton Ave.
Call to make an appointment. Register online or by phone. More details will be available online. Screenings will now be done with finger prick!

Lunch and Learn: Living Gluten Free

October 26 | Noon

Board Room, 422 S. Clinton Ave.
A Wegmans dietitian nutritionist will be presenting information and education about what gluten is and where it is found, as well as the effects of gluten.

American Red Cross Blood Drive

Oct. 13 | By appointment

A. Gidget Hopf Leadership and Learning Institute, 500 S. Clinton Ave.
Schedule an appointment in advance by contacting Carrie Abbott at cabbott@abvi-goodwill.com or schedule online at RedCrossBlood.org.