A safe and healthy holiday and New Year

Topics:
- Latest on COVID-19
- Living safely with COVID-19
- Building new habits to support mental and physical wellness
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Legal Disclosure:

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Ask us questions – give us feedback – this hour is for you

• Please use the Q and A function to ask your questions at anytime.
Latest on COVID-19
A Snapshot of the U.S.

People with New Cases of COVID-19 in Maine

New reported cases

[Graph showing new reported cases from April 2020 to December 2021]

7-day average

500 cases

What’s the differences between Vaccinated and Unvaccinated?

Rates for vaccinated and unvaccinated

Data from the Centers for Disease Control and Prevention shows that people who are unvaccinated are at a much greater risk than those who are fully vaccinated to test positive or die from Covid-19. These charts compare age-adjusted average daily case and death rates for vaccinated and unvaccinated people in the 22 states and two cities that provide this data.

COVID-19 Vaccinations Prevent Hospitalization!

89 HOSPITALIZED
15 VACCINATED  74 UNVACCINATED

35 IN ICU
4 VACCINATED  31 UNVACCINATED

13 ON VENTILATORS
2 VACCINATED  11 UNVACCINATED

61 is the average age for currently hospitalized patients, but younger vaccinated and unvaccinated individuals are being treated as well.

COVID hospitalizations December 15, 2021. Vaccinated patients have received at least one dose of a COVID-19 vaccine, but may not be considered fully vaccinated per CDC guidelines.
Omicron now in 30 states

- Sharp increase in cases
- Flu like symptoms
  - Fatigue or overtired
  - Body pains
  - Dry coughs
  - Runny nose
  - Fever
  - Night sweats
- Increased risk of reinfection
Easy access to schedule your vaccine, booster, or Flu shot

COVID-19 (Coronavirus) Portal - Public Vaccination (northernlighthealth.org)

Northern Light Home Care and Hospice – Booster Blitz – Vaccine Clinic

- former Pier One building
  - 368 Maine Mall Rd, South Portland
- Tuesday – Thursday 1- 7 pm (December 14-16)
- Friday 9am – 6pm (December 17)
- Saturday noon – 5pm (December 18)
- Monday – Wednesday 1 – 7 pm (December 21-23)
Living and celebrating safely with COVID-19
Know your risk

- Who are you visiting or celebrating with?
- Where are you traveling to?
  - [CDC COVID Data Tracker](https://www.cdc.gov)
- How are you getting there?
  - Public or Private Transportation
- Vaccination status and requirements?
- Indoors or Outdoors?
- Public and Private Gatherings?
- Health Risks?

Image from cdc.gov
Travel safely

Transportation:

• **Private Transportation**
  • safer but still has risks
  • Will you be stopping? And Where?

• **Public Transportation**
  • Masks are required
  • Bring hand sanitizer
  • No quantity limits, currently
  • Keep your guard up especially in crowds
Follow the Simple Rules

• **Masking**
  • Simple measure

• **Physical distancing**
  • Outdoor events are safer
  • Stay in your bubble

• **Wash your hands**
  • Always a good idea

• **Stay home if sick**
Be flexible

- Circumstances change quickly
- Ask the HARD questions
- Have back-up plans
- Embrace the options
Building new habits to support mental and physical wellness
Winter Wellness

Winter mood shifts are thought to be correlated with the lack of daylight*:

GET OUTSIDE!

• Recognize your emotions
• Nurture yourself
• Keep a journal
• Take care of yourself physically
• Reconnect with breath
• Share with loved ones

*Source: Meesters and Gordin, 2016
Brainstorm: What Can I do?

Getting outdoors?
- Skiing (X-Country or Downhill)
- Snowshoeing
- Walking
- Make a snowman
- Ice Skating
- Ice Fishing
- Snowball fight
- Have a bonfire
- Other ideas?

Staying Inside?
- Craft
- Write cards for family or friends
- Read a good book
- Do an indoor house project
- Host a dinner party
- Watch a movie
- Play a board game
- What else?
Make Time For Fun

- These activities are necessary and essential to our personal development, relationships, and overall health.
- Getting outside, even when it’s cold, can boost our mood.
- Research has shown that sunshine on the skin boosts serotonin.
Managers: Modeling Self Care

- Self care as investment: increase overall productivity and effectiveness
- Good sleep linked to increased focus, improved cognitive function, greater capacity for learning, and improved empathy
- Taking breaks can help prevent decision fatigue, renew & strengthen motivation, and increase productivity & learning

What could you stop, start, or, continue doing right now to improve your mental and physical health?

If you didn’t NEED help, but just wanted to recharge your battery – how would you do that?

What is one thing you can choose to say NO to today that will give you back at least 5 minutes?
Contact **Work Force EAP** at 1-800-769-9819 to inquire about services available for your employees.

Contact **Healthy Life Resources** at 207.973.6446 or AcadiaHLR@northernlight.org

A comprehensive, coordinated, and actionable set of supports for employers to promote a strong functional workforce.

Contact **Beacon Health Wellness** at 207.973.8273 to learn about programs to support your employees' journey to wellness.

**Northern Light Acadia** Substance Use treatment

207.973.6100

**Maine Crisis Line** 1.888.568.1112 provides confidential 24/7 support and information
Now’s your time to ask questions. Please use the Q and A option.
Tools you can use: https://northernlighthealth.org/Resources/Safe-Return-to-Business

A series of videos that we hope send a powerful message, not only about the compassion with which we care for our patients, but also about the steps we can take to end this deadly pandemic:

- https://www.youtube.com/watch?v=OUQoD-9fUgg&list=PLhiRH4oTJVTGPhLkHPLs-WeHk48SIY-VO&index=3
Good Health Is Good Business

Our Panels:

- Alyssa Bland, MS, RN, CNE
  Senior Vice President of Nursing
  Northern Light Sebasticook Valley Health

- Paige Neale, RN, CNE
  Senior Vice President of Nursing
  Northern Light Sebasticook Valley Health

- Angela Rateau, LCHR
  Director, Health and Safety
  Northern Light Sebasticook Valley Health

- Jason Thompson, MS, OTR
  Director of Occupational Therapy
  Northern Light Sebasticook Valley Health

Topics will include:
- Latest on COVID-19
- Strategies to enhance mental wellness at work, in the community, and at home
- How to promote self-care both in person and with remote employees

Learn how to support your employees and your customers to operate a safe and healthy business.

Please register by clicking here before joining the meeting.

REGISTER BY CLICKING HERE BEFORE JOINING THE MEETING

Good Health Is Good Business

12.16.21

Northern Light Health

One-hour Zoom Conferences
Moderated forum with Q and A presented by Northern Light Health

Be sure to register for Thursday, January 13: Build a plan to help employees manage stress and treat burnout

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