



*“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”*

*-Leo Buscaglia*

One of the things I have noticed coming out of the pandemic is that we can still feel isolated. We had to isolate, eating in our own rooms, not going out, not interacting with others so we could keep everyone safe. But we need to get back to having those social interactions with our friends, families and our coworkers again. Our mental health depends upon it. There is a big difference between being alone and feeling lonely. Even when people are not alone, they can still be lonely. Humans and animals alike are social creatures. When we interact with others we feel valued, seen and heard. That forms a deep connection with other people who are the same or even different from us. Our mental well-being truly depends on our connection with others. After having a long discussion with one of our counselors in our districts, we both agreed it was imperative that we start getting people to interact again on a personal level, whether it is in the hall, break/faculty rooms, at lunch, recess or even after school. And not the social media connection, the true connection that humans have when they talk, smile, discuss and share about their lives. It is so important to have a sense of belonging and commitment to each other. These are the people you can turn to for help when you are struggling.

What ways can you interact with the people around you? One of the easiest ways to interact is to smile and say hello! I know that sounds simple, but sometimes just that small act of kindness can bring someone back from a negative thought or experience. When working with clients, who know my verse well, I always say, what went well or what was the best thing that happened over the last week or so? Opening up a conversation with the positive changes the way the mind works. Continually doing this helps people break down that wall/barrier to find the good in their lives. People are drawn to others who see the positive in life. So keep those connections going, interact with one another and it is okay to take 5-10 minutes out of your day to see the light shining from other people.

Carmen M. Terry, MS, ATC, NBCHWC  
Health and Wellness Coordinator  
PO Box 3609  
Williamsport, PA 17701  
Office 570-323-8561 x1067  
Fax 570-320-1348  
cterry@iu17.org  
<http://health.iu17.org>

### In This Issue

- ◆ Embrace Your Path 21-22
- ◆ Wake Up and Learn Sleep program
- ◆ Employee Assistance Program
- ◆ Health Advocate
- ◆ Get Help with Telemedicine



Left-One of our mom's weekend away walks in the summer. Right-The girls at a family get together in the summer.



## Connections

As I am sure you have heard me say, I am Italian-and extremely social, much to my kids' dismay in which I randomly talk with strangers on the street, while shopping, in airports or anywhere else. I know I embarrass them when I do this, but I don't truly care. I hug my friends when I see them even if its only been a few days since I saw them last. Many can attest to this. But that social connection is important to me and not through social media. I mean real honest interactions with other human beings.

The need for that human interaction is so important and one I take very seriously. Although I hate to admit it, I truly love facetime so I can see my mom and dad, my kids or other family members when we are talking on the phone. We are far apart but I feel like I am with them when I can see them and how they react to the conversation. My daughter usually facetimes me. My son thinks it's a little intrusive, but I think he secretly doesn't mind so he can see my face too.

One of my favorite things over the course of my life has been my "mom's weekend away." Started by some other friends in which we take a weekend to go away with girlfriends (other moms/friends). It started when my kids were infants, but that interaction with other women at that time was so important, taking the time to get away from our families and enjoy the outdoors, hiking, movie watching, preparing meals, playing board games, playing golf or whatever we found time to do has been such an important part of my life. I am excited to say that in November my girlfriends and I were able to get back to "getting away" with each other, renting a house in NY on Lake Cayuga. There are many invited and if you can come great, if you can't it's okay, we will go again another time.

So I am challenging you to get back to that social interaction with other people that we have been missing. Take a walk, go to dinner, find a hike, have a game night, take an overnight or whatever it is that interests you. It's so important to take that time with others to find the joy in life and celebrate the little things.

### 10 Ways to Make Deeper Connections."-Deepak Chopra

1. Smile-Creates a positive effect for you and another person
2. Make Eye Contact-It helps you to be present with other people, cultivating a level of trust and safety.
3. Schedule Quality Time-For Yourself to be reflective, and also with family and friends.
4. Listen with your heart-Pay attention to what someone is truly saying without judgement.
5. Actively Love-Practice doing things for and with people that demonstrate you love them. That is more powerful than any purchased gift and it shows you truly care.
6. Communicate Consciously-Relationships require open, compassionate and conscious communication-share how you feel about something and request help when needed.
7. Dig Deeper-Learn more about yourself, through your beliefs and behaviors and the emotions associated with them. When you realize the old patterns and beliefs don't support who you are, you have an opportunity to live differently.
8. Be Present and Focused on the Other-Ask people about their lives, their families, their hobbies, goals and visions and listen!, how you interact directly with others affects the energy of the relationship.
9. Establish Go's and No-Go's-Set boundaries for yourself and ask others what theirs are. When boundaries are crossed, they can destroy friendships, family and disintegrate working relationships.
10. Be Authentic-Be vulnerable, share yourself with those you care about and provide safety for those you care about to share themselves with you.

<https://chopra.com/articles/10-ways-to-deepen-your-connections-with-others>



### Health Screenings/Flu Shots

For those unable to make their building health screening/Flu shots, or for spouses unable to come, we start our make up health screenings in December. Below are the only Saturdays we will do this year, we have consolidated it to one per month. To sign up use this link: <https://upmchealthypartners.as.me/LCIC> (if one date fills up and you need that one, please email me and I will book your appointment -cterry@iu17.org

**December 10th-Last date for flu shots!**

**January 14th (no flu shots)**

**February 11th (no flu shots)**

**Last one is March 25th (no flu shots)**

### Courses coming up in December:

**Yoga**. Please wear comfortable clothes and if you have a yoga mat that would be helpful. This is a live class. This class is limited in size. You only need to attend one for platinum credit. These are live classes at IU 17, 2400 Reach Rd, Williamsport

12/06/2022 5-6pm **All-levels Yoga Flow**. 1-hour sequence designed to integrate pranayama (breathwork), body alignment cues, and modifications for multiple levels. No experience needed, To Register: <https://elrn.org/Register.aspx?ScheduleID=5640>

12/13/2022 5-6pm **All-levels Yoga Flow**. 1-hour sequence designed to integrate pranayama (breathwork), body alignment cues, and modifications for multiple levels. No experience needed, To Register: <https://elrn.org/Register.aspx?ScheduleID=5641>

EMBRACE

# Wake Up and Learn Sleep Program

## Directions:

This month you will be receiving an email to your school email address with links to two sleep surveys. You may complete two short, validated surveys online: the Epworth Sleepiness Scale (ESS) and the Sleep Disorders Symptom Checklist (SDS-CL-25). After completing the surveys, participants are given *immediate feedback* as to whether their responses indicate a high or low risk for sleep problems. Those in the high-risk category are given the opportunity to complete a more comprehensive online survey (Alliance Sleep Questionnaire, ASQ). The ASQ, which is reviewed by a program-affiliated sleep professional, allows for the identification of specific sleep pathology, and includes depression and anxiety screeners. Participants are sent a *personalized letter* outlining the finding of the ASQ and offering strategies to address the identified sleep problem(s). (This is a confidential program-no one will know the results of your surveys except the Geisinger Wake Up and Learn Team).

**You will receive 75 points for participating in the sleep survey program if you are participating in the Embrace your path wellness program. Surveys must be completed by December 23rd.**

**The ESS survey-**This survey specifically distinguishes reports of dozing behavior and estimates SSP's from feelings of fatigue and drowsiness/sleepiness in the sense of weariness from exertion. (SSP-Situational Sleep Propensity)

**Sleep Disorders Symptoms Checklist-**This survey screens for sleep disorders from insomnia, narcolepsy, restless leg syndrome, circadian rhythm sleep-wake disorders and others.

This is a great free opportunity offered to all employees of our districts and Penn College so that employees who may have sleep issues or sleep disorders find the resources they need to get help.



# Employee Assistance Program

EAP stands for employee assistance program. It is an employee benefits program provided by a company to help employees resolve issues that could impact their life. The idea is to address personal issues before they interfere with work performance. The employee assistance program is one of the top benefits employers offer in North America—for a good reason. EAPs traditionally have assisted workers with issues like alcohol or substance misuse; however, most now cover a broad range of issues such as child or elder care, relationship challenges, financial or legal problems, wellness matters and traumatic events like workplace violence. Programs are delivered at no cost to employees by stand-alone EAP vendors or providers who are part of comprehensive health insurance plans. Services are often delivered via phone, video-based counseling, online chatting, e-mail interactions or face-to-face.

Examples of situations EAPs support include:

- **Family situations**, such as divorce, adoption assistance, or childcare.
- **Social or professional relationships**, like conflict resolution, networking, family issues, and relationship building.
- **Recovery from substance abuse and traumatic events**, like accidents or the loss of a loved one.
- **Mental wellness support** to help employees cope with stress or mental health issues.
- **Professional development**. EAPs often provide education programs for building a variety of skills.
- **Career transitions**, be it a lateral switch or a promotion. Employees get the support they need to smoothly settle into the responsibilities of the new role.

## EAP websites and Phone numbers Listed by Employer

East Lycoming School District– EAPEssential-1-800-460-4374 [guidanceresources.com](http://guidanceresources.com)

Jersey Shore School District-ESI Employee Assistance Program, 1-800-252-4555, [www.theEAP.com](http://www.theEAP.com)

Loyalsock Township School District-EAPEssential-1-800-460-4374 [guidanceresources.com](http://guidanceresources.com)

Montgomery School District-ESI Employee Assistance Program, 1-800-252-4555, [www.theEAP.com](http://www.theEAP.com)

Montoursville School District-ESI Employee Assistance Program, 1-800-252-4555, [www.theEAP.com](http://www.theEAP.com)

Muncy School District-EAPEssential-1-800-460-4374 [guidanceresources.com](http://guidanceresources.com)

Pennsylvania College of Technology-ESI Employee Assistance Program, 1-800-252-4555, [www.theEAP.com](http://www.theEAP.com)

South Williamsport School District-ESI Employee Assistance Program, 1-800-252-4555, [www.theEAP.com](http://www.theEAP.com)

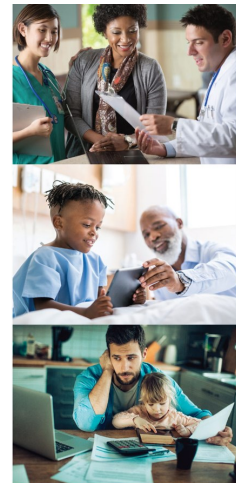
Williamsport School District-ESI Employee Assistance Program, 1-800-252-4555, [www.theEAP.com](http://www.theEAP.com)

# Health Advocate

**DID YOU KNOW?** Health advocate not only helps with our wellness piece, they can do so much more. Health Advocate can provide help for your whole family: employees, spouses, dependents, parents and parents-in-law!

Your Personal Health Advocate can help in the following ways:

- ♦ Coordinate care with your providers
- ♦ Provide support for your medical condition
- ♦ Help you find the right doctors
- ♦ Research and arrange second opinions
- ♦ Help with confusing paperwork issues
- ♦ Provide special help for Mom & Dad



---

## Who are the Personal Health Advocates?

### ✓ **Registered Nurses**

with experience in clinical care, case management, nursing education, supervision and administration

### ✓ **Benefits experts**

with experience in claims management and provider group administration

### ✓ **Full-time medical directors**

### ✓ **Trained clinical professionals**

including social workers, behavior change counselors, nutritionists, dieticians, dental care and pharmacy

**1-866-695-8622**

# Telemedicine Visits

## Here's How to Have a Virtual Doctor Visit

**Haven't had a visit yet?  
It's easy — here's how.**

From check-in to diagnosis, virtual doctor visits are designed to be comfortable and familiar, while being as simple as possible. Here's how it works:

### Create an account.

#### Follow the simple directions.

1. Visit [amwell.com](https://www.amwell.com) and follow the instructions to register or download the mobile app.
2. Select **Sign Up**.
3. Enter your name, address, etc.
4. Complete the brief online health history form.
5. Enter your health insurance information.

### Choose type of service.

#### Pick the type of care you want to receive.

1. Choose from **Urgent Care** or **Behavioral Health**.
2. If choosing **Urgent Care**, next select **Visit Now** under either **Medical** or **Children's Medical**.
3. If selecting **Behavioral Health**, select **Schedule Appointment** for either **Adolescent Therapy**, **Therapy**, or **Psychiatry**.

### Select your doctor.

#### You can choose the provider that's right for you.

1. Look through doctor's profiles.
2. Choose a doctor and click.

### Enter your health info and start the visit.

#### Tell the provider what you'd like to discuss.

1. Indicate if the visit is for you or your child.
2. Tell the doctor the reason for your visit.
3. Begin your live video visit.

### Wrap up.

#### Get information fast after your visit.

1. View the doctor's notes and diagnosis.
2. If you are prescribed medication, it will automatically be sent to your pharmacy.

#### It's that easy. So what are you waiting for? See a virtual doctor today!

To determine the availability of services under your health plan, please review your Outline of Coverage for details on benefits, conditions and exclusions or call the number on the back of your ID card. American Well service availability is subject to state laws. Medical services provided by American Well are subject to the telemedicine service benefit. Therapy and Psychiatry provided by American Well are subject to the outpatient mental health benefit. Other than these mentioned services, all other services provided by American Well are not eligible. You are responsible for the full cost of ineligible services.