



## NEWSLETTER

Winter 2015

**City Fit!** is the City of Portland's wellness program created to provide opportunities for city employees and their families to improve their health, live longer, and enjoy active lifestyles.

The *City Fit!* Committee is a dedicated group of Portland employees that has been working hard together for two 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 welcomed. Please contact us at [CityFit@portlandmaine.gov](mailto:CityFit@portlandmaine.gov).

## Let's Ride! Trek Across Maine – June 19-21, 2015



Join a group of City employees for the 31st annual Trek Across Maine. It's a three-day fundraising event in which participants journey by bicycle from Bethel to Belfast, a social trip full of rest breaks as well as a terrific way to get in shape. The event is for everyone, not just hardcore cyclists. We'll be offering training tips, group training rides, bike safety tips, and more. Members of the City Trek Team get \$15 off the registration fee (regularly \$65 but \$50 for City employees in this group) and are asked to raise \$550 each for the American Lung Association. Dorm rooms and camping sites are available for overnights at Sunday River, UMaine Farmington and Colby College. For more information, call Troy Moon at 874-8467 or [thm@portlandmaine.gov](mailto:thm@portlandmaine.gov)

## Yes, Winter Recreation's Good Here



**Welcome to Riverside Winter Fun Park** – Riverside Golf Course has winter sports facilities for the following at no charge: groomed cross-country ski trails; ice skating rink; snowboarding runs; sledding; and snowshoeing. Cross-country Ski Trails are groomed with skate and classic tracks. We have 8K of ski trails throughout 200 acres on the golf course. The ice skating rink is 80- x 150-foot with lights for night skating. In 2013 we added snowboarding runs called the Riverside Chutes. Many hills are wonderful for sledding. There are no groomed trails for snowshoeing but snowshoers may use the golf course. We do not offer rentals for any sport at Riverside, and we ask users to stay out of the roped off area. Go to [www.riversidegolfcourse.com](http://www.riversidegolfcourse.com) to check on the conditions. (Ryan Scott, General Manager, Riverside Golf Course)

Also, The City is excited to be working with the [Portland Gear Hub](#) and Camp Ketcha this winter as they will be renting hockey and figure skates every Saturday and Sunday from 11:00 AM – 3:00 PM (weather permitting) at the Payson Park skating pond. The cost for rentals is \$3 for kids and \$5 for adults.

Updates on Portland Recreation's winter activities, are on Facebook.



February 11<sup>th</sup> City Fit! Is hosting a blood drive in the State of Maine room from 9:00 am – 2:00 pm. Our goal is 50 pints. You can register online at <http://www.redcross.org>, and bring a friend. Every pint matters and you may help save someone's life!

## FEBRUARY IS HEART MONTH



Portland's Heart Health Month starts by lighting City Hall Red for February! Wear Red on February 6<sup>th</sup>, national Wear Red Day, to raise awareness of women's heart health. A press conference on the steps of City Hall is at 11:00, weather permitting, or in the State of Maine room. Come wearing something red to show your support for the mothers, sisters and friends in your life.

### Mini Grant Update

In May 2014, City Fit! made available to all City departments \$5,000 in worksite wellness mini-grants. Grants were awarded to 10 departments for programs and equipment that support employee health and productivity: here are three department minigrant stories.

**The Public Health Division** got an office bike with their City Fit! mini-grant. The bike is used for errands during the workday, running paperwork to City Hall or going to the post office. A new rear rack, allows safe transport of heavier items, and removes the need to use a car in safe weather. Each employee who uses the office bike provides his or her own helmet. We can't wait for spring and dry roads! (Stephanie Gagne, Community Health Promotion Specialist)

When the City Fit! mini-grants were made available, Police Officer, and Cooper Institute certified trainer, Christian Stickney, purchased some much needed tools to add to the current equipment in the police gym. Employees now use stretch rollers, resistant bands and other fitness equipment that incorporates wellness into employees' workouts with a focus on restorative and flexibility functions. (Clarkson Woodward, Principal Administrative Officer, Police Department)

A mini-grant for four stress-relief training sessions brought attorneys and support staff into the Law Library for novel meetings filled with silence and meditation. Instructor Deb Cook led sessions in walking meditation and body scans, a technique that guides thought around the body and away from distractions, giving the mind a real break. (Nancy English, Paralegal, Corporation Counsel)



A new Weight Watchers program is underway this year, with City Employees who signed up meeting together for 12 weeks. City Fit! is supporting the program and this group with prizes to the participants who lose the highest percentage of their body weight and complete the program. Jen Munson in Planning gathered the group together. Meetings are being held on Wednesdays at noon in City Council Chambers, 2nd Floor, City Hall.

City Fit! would be happy to support other City Weight Watchers groups with \$25 of the \$110.00 program cost for all who complete the course and three prizes to the persons who lose most, if the 15-person minimum can be met at any City facility.

### Success of "Pick Your Own Apples" Event



This event was held between September 13th and the 28th at five local orchards. Four hundred eighteen City employees participated in this event with representation from all departments. Please be sure to visit the City's staff internet website for photos and for great apple recipes!

### 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 Bourret