

NEW U NEWSLETTER

▪ MAY 2024



NEW U is a wellness committee responsible for promoting health and wellness among staff and faculty. We strive to provide information, events and ideas to educate and motivate you into a healthier lifestyle.

*PAISBOA Workshops for May

Visit the PAISBOA HBT [Wellbeing Hub](#) to register.



Somatic Body Breaks—Our bodies, like our brains, have their own wisdom. In this month's Global Workshop Series, we'll dive into somatic body-centric practices to release stress, re-center, and reconnect.

PAISBOA Health Benefit Trust is proud to partner with the [National Council for Mental Wellbeing](#) to offer a series of webinars, led by expert facilitators, designed to help you learn more about managing behavioral health issues.

*Earn A Wellness Point



What a beautiful day for a walk to the Farm!

Thank you to Reese Goodlin,
the Sustainability Solutions Post-Baccalaureate Fellow,
for the tour and thank you to all who participated.

Wellness Commitment 2024—Available Monday, May 13 to Friday, June 7

The Requirements to being a Wellness Participant in 2024:

1. Complete a Health Risk Assessment at ibxpress.ibx.com/csportalibx/wellness-profile
2. Receive one dental screening/cleaning or an annual vision screening.
3. Receive one preventative service. (Annual routine exam, mammogram, colonoscopy, etc.)
4. Participate in at least 5 activities throughout the year in a wellness activity sponsored by NEW U or individual activities. These 5 activities must be in at least (2) of the following categories: Nutrition, stress management, fitness & wellness education.

Wellness participants will receive an additional \$300 in their health savings accounts during the year. Those who satisfy the wellness requirement by June 7, 2024 will receive the \$300 in June. Otherwise, those who satisfy the wellness requirement by December 6, 2024 will receive the \$300 in December.

MAY IS MELANOMA AND SKIN CANCER AWARENESS MONTH

There are many different kinds of skin cancer. Nonmelanoma skin cancer is very common and includes basal cell carcinoma and squamous cell carcinoma . Nonmelanoma skin cancers rarely spread to other parts of the body.

Melanoma is an aggressive form of skin cancer and is more likely to invade nearby tissues and spread to other parts of the body.

Melanoma may also occur in mucous membranes—thin, moist layers of tissue that cover surfaces such as the lips or in the eye.

You should always protect your skin from the sun not matter what the season.

1. Limit your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are the most intense.
2. Wear clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses, and broad-brim hats.
3. Liberally apply a broad spectrum sunscreen with an SPF value of 15 or higher to all uncovered skin, including your nose, ears, neck, hands, feet and lips. Remember to reapply every two hours and more often if you are swimming or sweating. Read the label to ensure you are using the sunscreen correctly.
4. Wear sunglasses that can help protect your eyes. Sunglasses should have a UV400 rating or "100% UV protection" on the label. Do not mistake dark-tinted sunglasses as having UV protection.



Skin Cancers can be found early by conducting a monthly skin self-exam. You should know the pattern of moles, blemishes, freckles and other marks on your skin so that you will notice any new growths or changes in existing moles or other spots. Any changes in size, shape or color should be seen by a doctor promptly.

If your primary doctor does not do a skin exam as part of your annual physical, you should see a dermatologist for a skin exam. Regular skin exams are important especially for those who are at a higher risk for developing skin cancer.

SAVE THE DATE:

Wellness Fair—Wednesday, October 23, 2024—10: 30 a.m. to 1:30 pm

Checking Your Skin for Signs of Cancer

Anyone can get skin cancer. Many spots people find on their skin are not cancer. But some might be cancer or pre-cancer. Skin cancers can often be found early when they may be easier to treat. You can help by checking your own skin.

Checking your skin and getting it checked by a doctor or nurse is important for everyone. But these checks are even more important if you have a higher risk of skin cancer.



Know Your Risk for Skin Cancer

Talk to your doctor about your risk and how often you should check your skin. Here are some risk factors that can make a person more likely to get skin cancer:

- Being exposed to ultraviolet (UV) light from spending time in the sun or using tanning beds
- Having many moles
- Having fair or lighter skin, freckles, and light hair
- Having a history of skin cancer in your family
- Having a weak immune system
- Getting older



How to Do a Skin Check

Many doctors tell their patients to check their skin once a month. Skin checks are best done in front of a full-length mirror. A handheld mirror is also helpful. Make sure the room is well lit. You may need a spouse, partner, or close friend or family member to check your back and scalp.



Face the mirror

- Check your face, ears, neck, chest, and belly. Women will need to lift their breasts to check underneath.
- Check the skin under your arms, both sides of your arms, and the tops and palms of your hands. Also check between your fingers and under your fingernails.



Sit down

- Check the front of your legs, tops of your feet, in between your toes, and under your toenails.
- Use a hand mirror to look at the bottoms of your feet and the backs of your legs.
- Use the hand mirror to check your buttocks, private (genital) area, lower and upper back, and the back of your neck and ears. It may be easier to look at your back in the wall mirror using a hand mirror.
- Use a comb or hair dryer to part your hair so that you can check your scalp.



What to look for

It is hard to know if a change in your skin might be cancer. Here are some things to look for. Finding one or more of these things does not mean you have cancer, but that you should be checked by a doctor.

- A new or changing growth, spot, lump, or bump on the skin
- A sore that bleeds or doesn't heal
- A rough or dry red area on your skin, which might crust or bleed
- New itchiness, soreness, or pain
- A rough bump
- A mole (or other spot) that's new or changing in size, shape, or color



If you find something new or different during a skin self-exam

- Draw a circle around the area with a marker or pen.
- If your phone has a camera, take a picture of it.
- Make an appointment to have a doctor look at it. The only way to know if it is skin cancer is to talk with an expert.

For cancer information, day-to-day help, and support, call the American Cancer Society at **1-800-227-2345** or visit us online at **www.cancer.org/skincancer**. We're here when you need us.





2024 PLANNING FOR RETIREMENT SERIES

Thinking About Retirement? PAISBOA Can Help!

Planning for Retirement Series

FREE to all employees of PAISBOA schools!

Thinking about retirement? You're certainly not alone, and PAISBOA, as always, is here to help! We will once again present two exclusive programs designed to help you effectively plan for your retirement. If you've been wondering what you need to consider, take advantage of our **2024 PLANNING FOR RETIREMENT** series.

Please join us at one of the following sessions:

Wednesday, May 15
10:00 am-12:30 pm
Scan code to register:



Thursday, May 16
5:00 pm-7:30 pm
Scan code to register:



Presenters:

ESTATES AND TRUSTS

Bonnie Smith Moses,
Supervising Attorney
Dessen, Moses & Rossitto

SOCIAL SECURITY

Grant Holdren,
Partner
Allied Financial Consultants

MEDICARE

Tracy Russo-Keesey,
President & CEO
HTA Insurance Services

RETIREMENT FUNDS

Brian Clark,
Managing Director
OneDigital

For more information, click on:
www.paisboa.org/retirement-24
Look Under "Latest News Links" for the Retirement Planning article!



BEARS ON THE STAIRS - 2024

Bears on the Stairs—2024

Thank you to everyone who participated in the 2024 Bears on the Stairs Challenge!

Total Outcomes:

There were 33 participants who did a total of 239,394 stair steps over the 3-week challenge!

Anthony Bruno was our highest stair stepper with a total of 32,100 steps!



Congratulations to the 8 participants* who reached the 10,000 total step challenge!

- Anthony Bruno—Campus Safety
- Karen Realbuto—HEP
- Eric Williamsen—Chemistry
- Mark Ouellette—Advancement
- Kim Magers—Human Resources
- Jennifer Frymiare—Psychology
- Elizabeth Coulter—Berman
- Lori Scharneck—Biology

*Each of the 10,000+ participants received a drink coupon to Jazzmans, Café 2020 or Natural!

Congrats to the following weekly random raffle winners* for the Bears on the Stairs Challenge 2024!

- Flavia Pietrobattista—Modern Languages—Week 1
- Anthony Bruno—Campus Safety- Week 1
- Steve Fuentes—Campus Safety- Week 1
- Suzanne Brady—Finance Office—Week 2
- Abbie Cichowski Kim—Advancement—Week 2
- Mark Ellison—Chemistry—Week 2
- Victoria Griffith- Health Sciences—Week 3
- Kerry Gibson—Library—Week 3