At no other time of year could inspiration for personal growth and betterment be more abundant. Everywhere one looks new life bravely pushes back a canopy of earth to harness the sun’s energy.

Whether it be daffodils, baby chicks, or jacket-free evening strolls that bring a smile to your face, we hope you agree that spring is a wonderful time for fresh starts. In honor of spring, this month's newsletter promotes healthy engagement in outdoor activities like hiking, biking, and gardening. Our specific health promotion goal is to mitigate the environmental risks encountered as we store our winter parkas and don our favorite cargo shorts.

**HEALTHY HAPPENINGS**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Lyme Support Group</td>
<td>May 23rd</td>
</tr>
<tr>
<td>United Way &quot;Give it Up Sale&quot;</td>
<td>May 27th</td>
</tr>
<tr>
<td>Skin Cancer Screening</td>
<td>May 31st</td>
</tr>
<tr>
<td>Bus Trip to NYC</td>
<td>June 3rd</td>
</tr>
<tr>
<td>Spirit of Gettysburg 5K</td>
<td>June 17th</td>
</tr>
</tbody>
</table>

For a complete list of all upcoming events and details, please visit the Wellness Program's monthly calendar.

**BENEFIT SPOTLIGHT**

**Contacting Highmark’s Blues On Call connects you to a Health Coach, who is a specially trained registered nurse. Your personal Health Coach is available 24 hours a day, as often as you want, to discuss questions about any health topic that concerns you – a rash, an earache, a recent diagnosis, medications, a scheduled medical test or surgery. [story continued on page 3]**

**Perspiration Inspiration**

Joe Lynch, Executive Director of Alumni Relations, provides this month’s perspiration inspiration.

**Joe’s battlefield ride:**

A 17-mile loop that departs from campus

- Traverses all major Gettysburg conflict battlefield sites.
- A flat ride, by Gettysburg standards.
- A grin sponsoring roll down Culp’s Hill.
- The panoramic vista of Adams County from Pumping Station Rd.

Email Joe to be placed on his riding group email list. For turn-by-turn directions of his route, click the map.

**Please be generous when passing cyclists.**

To see your favorite walk, run, ride, or workout in a future newsletter, email a map of your route, or workout routine, a candid picture of yourself and a brief description of what you love about your exercise routine to Leah Bernier.

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**Better Together.**

See why collaboration means better care and coverage for you.
WELLNESS DIMENSIONS IN FOCUS

This month’s in-focus wellness dimension is the Physical Environment. As the spring and summer months progress, members of our community will engage in a variety of outdoor activities. May’s three topics: deer ticks, sun exposure, and playground safety, all pertain to staying safe while enjoying our environment.

May is Lyme Disease Awareness Month. Lyme disease is a bacterial infection commonly transmitted by deer ticks. When detected early, the bacterial infection is treatable. However, lack of diagnosis and treatment can result in serious heart and nervous system problems.

Lyme disease infections rates are highest in the Northeast (see 2015 CDC map), something to keep in mind both at home and when traveling.

Biologists predict that the mild 2016-2017 winter will lead to more ticks and Lyme disease cases.

To help reduce your risk of being bitten by a tick, follow these guidelines from the CDC and LymeDisease.org:

- **Avoid tick habitats** (i.e., leaf litter, grasses, bushes and fallen logs).
- **Check for ticks** at least once a day.
- **Dress defensively** (e.g., wear shoes, socks, long pants and long sleeves)
- **Use repellent** on exposed skin and clothing (e.g., apply permethrin to boots). The EPA has a nifty tool to help you select a repellent.

- **Shower immediately** after outdoor activities conclude.
- **Have a prevention and removal plan** for pets.
- **Learn in advance** how to remove ticks from you, your children, and pets. Having this information on board when you discover a tick will greatly enhance your ability to remain calm.
- **Purchase tick removal tools** (e.g., fine-tipped tweezers and tick twister) Again, having these tools available when you find a tick, minimizes infection risks and the likelihood that the event negatively impacts your family outing.

Sun Exposure Safety

May is also Skin Cancer Awareness Month. Exposure to Ultraviolet radiation is a major risk factor for most skin cancers. The most obvious source of UV radiation is the sun, but indoor tanning salons are also a major source of UV exposure (learn more about UV radiation). People who chronically expose their skin to UV radiation, without protection, are at an increased risk of developing skin cancer (cancer.org). And we should keep in mind that while sunburns are short-lived, UV damage to the genetic information (i.e., DNA) that defines skin cell behavior can persist and accumulate throughout life. To protect you and your family from harmful UV radiation, please review the sun exposure safety recommendations disseminated by the American Cancer Society.
Playground Safety

Playground safety is an important topic for those in our community who currently raise young children (and grandchildren). American Emergency Departments see more than 200,000 playground-sustained injuries each year (CDC). Fractures, arguably the most serious of these injuries, are also most prevalent. Lack of, or improper, supervision is associated with up to 45% of playground related injuries (Safekids). Playground safety experts cite thoughtful, persistent supervision as one of the most effective ways to improve playground safety. To learn more about how you can reduce your child’s or grandchild’s risk of sustaining a playground related injury, we recommend brushing up on the three topics listed below (click for expanded content):

- Identify playground risks and adopt prevention strategies
- Use the Kid Checker checklist
- Plan for the worst: know what to do in the event of an accident

Stay safe and enjoy your summer!

[Blues On Call: continued from page 1]

If you have an appointment with your doctor and aren’t sure what questions to ask, your Health Coach can help. You don’t have to be ill to contact a Health Coach! You can learn about available programs and resources that address stress management, personal nutrition, weight management, physical activities, depression and more, to help you stay healthy and active.

Research shows that people who work with health coaches are more likely to adopt and maintain a healthier lifestyle (aafp.org).

- To connect with a Health Coach, call 1-888-258-3428.
- Learn more about the Blues On Call health coach service.
- See more health conditions addressed by health coaches.

A Health Coach can help you identify and achieve your personal health goals.

Wellness Program
at Gettysburg College

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