

MaineHealth

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Library Support of Employee Engagement and Wellness

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Introduction

Workplace wellness programs aim to decrease healthcare costs while increasing productivity and employee health. Literature from academic medical and hospital libraries provides examples of programs and resources to promote well-being in the health care community. Yoga sessions, therapy dogs, puzzles, coloring supplies and mindfulness exercises are some of the offerings that libraries have made available to support health and wellness at their institutions.^{1,2}

At MaineHealth Maine Medical Center - Portland, a medical librarian joined a Wellness Council in offering two years of programs and activities with the intention of building a positive workplace culture while increasing staff engagement and well-being. The experience provided valuable insight to the potential role that the library can play in expanding access and increasing awareness of these activities with frequently used library technologies.

Wellness Council Programs 2023 – 2024

Late Summer – Early Fall

- Garden Decorating Contest*
- Pumpkin Decorating Contest*
- Fall Book Club Activity*
- Chapstick Challenge
- Knitting Class*

Fall - Winter

- Basic French*
- Rock Painting
- Valentine's Day Origami

Winter - Spring

- Interior Design 101*
- Therapy Dog Photo Booth
- Medication Cap Art Activity*
- Earth Day Bamboo Utensil Giveaway
- Preventative Care - Eclipse Glasses
- Preventative Care – Toothbrushes
- BEFAST 1K*
- Spring Book Club Activity*
- Hand Hygiene Dance Challenge*

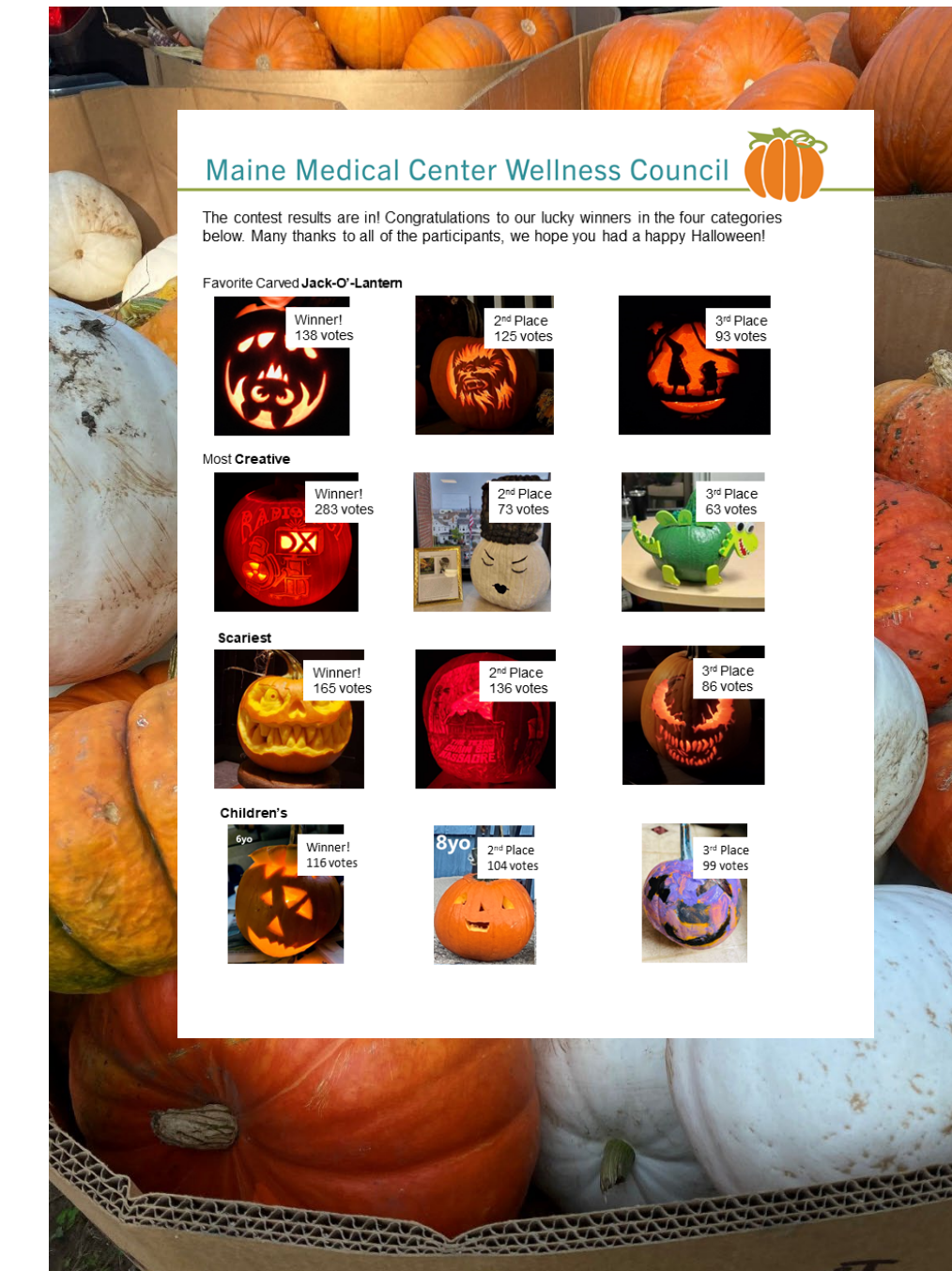
Spring – Early Summer

Year-Round Offerings

- Children's Museum Pass*
- Maine State Park Pass*
- Care Team Free Library

* Programs that utilized library technology

Activities



Medication cap design by Maegan Halica, MLIS

Wellness Council Book Club

Welcome to the Wellness Council Book Club!

This year, enjoy the many health benefits of reading and connect with your colleagues as you increase your awareness on health-related topics!

The MMC Wellness Council is pleased to be offering a NEW book club for 2023. Join us this winter and fall to read new health and wellness titles selected by our council from the NNLM Reading Club collection. All participants will be notified of the titles approximately 6 to 8 weeks before a virtual discussion takes place. Enter your name and email address below and a link to the discussion will be shared with you when the time and date is determined.

The selected title for January/February 2023 is *State of the Heart* by Dr. Haider Warraich.

Thank you to those that have signed up so far! The first 30 registered will receive their books soon. Enter your name and email address below to receive your book and a link to the discussion. [Click Here](#)



BEFAST Stroke Awareness 1K

Library Resources Used

ACTIVITY	DESCRIPTION	LIBRARY RESOURCE USED
Knitting Class	A single-session, three-hour class generously taught by a care team member and volunteers.	LibWizard forms was used for promoting and organizing class registration.
Pumpkin Decorating Contest	An online pumpkin decorating contest open to care team members and their families	LibWizard survey was used for voting on the winning pumpkins.
Book Club	The NNLM Reading List was used to identify themes and books of interest. The Wellness Council voted on the titles and a book giveaway kicked off the activity.	LibWizard survey was used for choosing a book and forms was used for organizing registration.
French Class	A Wellness Council Member donated her time to teach basic French words and phrases for front line staff.	LibWizard forms was used for promoting and organizing class registration.
Hand Hygiene Dance Challenge	A friendly dance competition involving the creation of a video that promoted hand hygiene.	The Library's YouTube channel hosted some dance videos. A LibWizard survey was used for voting on the winning videos.

Results

With the backing of library resources and the generous contributions of time and expertise from colleagues, our council initiated many new programs. These included a range of classes, interactive challenges, and enjoyable events to show appreciation for employees. Libraries can be pivotal in broadening access to and enhancing the visibility of these activities by using prevalent library technologies. The programs led to increased engagement and were well-received. The activities can be repeated and are scalable to different sized organizations.

References

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- Funaro MC, Rojiani R, Norton MJ. Improving community well-being through collaborative initiatives at a medical library. *J Med Libr Assoc.* 2019 Jul;107(3):425-431. doi: 10.5195/jmla.2019.486. Epub 2019 Jul 1. PMID: 31258449; PMCID: PMC6579586.

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