



2020 Reasonable Alternative Standards (RAS) Calendar of Events



A good mind. A good heart. A strong fire.

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All activities listed below will be awarded one (1) RAS point. Proof of attendance will be entered based on sign-in sheet.

Health Risk Assessments (HRA) is annual and required to participate in Reasonable Alternative Standards (RAS)

If your 2019 HRA score is 71 or lower, you are encouraged to complete 10 RAS points to maintain your zero premium for 2021.

(Employee is responsible for any cost associated with activity. Any certificates acquired must be hand delivered in person to EHN)

****RAS activities must be done on your own time****

Employee is limited to one (1) point per presentation/No duplicate presentations

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
December				
Adventure Hike <i>(possible snowshoe)</i> <i>Registration Required: 490-3803</i>	Oneida Adventures	Sunday, December 1	10:00 am - 1:00 pm	Mountain Bay
Know Your Money <i>Registration Required: 496-5260</i> https://oneidacommunityeducationcenter.org/	CEC Presentation	Thursday, December 5	10:00 am - 11:00 am	Community Education Center
Mindfulness Walk/Snowshoe <i>Registration Required: 490-3803</i>	Oneida Adventures	Thursday, December 5	12:00 pm - 1:00 pm	Little Bear Development Center
Wellness - Focus on Oral Health	Dental Associates <i>Brenda Boyd & James Schmitz</i>	Thursday, December 5	12:10 pm - 12:50 pm & 3:10 pm - 3:50 pm	Employee Services <i>1940 West Mason</i>
RAS/HRA 2019-2020	Oneida Presentation <i>Karen Beke, RN</i>	Tuesday, December 10	7:10 am - 7:50 am	Employee Services <i>1940 West Mason</i>
RAS/HRA 2019-2020	Oneida Presentation <i>Karen Beke, RN</i>	Wednesday, December 11	12:10 pm - 12:50 pm	Employee Services <i>1940 West Mason</i>
Just Move it Oneida (JMIO)	Jingle Walk	Wednesday, December 11	4:00 pm-6:30 pm	Elementary School
Mindfulness Walk/Snowshoe <i>Registration Required: 490-3803</i>	Oneida Adventures	Thursday, December 12	12:00 pm - 1:00 pm	Little Bear Development Center
Family Hike/Craft <i>Registration Required: 490-3803</i>	Oneida Adventures	Saturday, December 14	9:00 am - 12:00 pm	To Be Determined
Mindfulness Walk/Snowshoe <i>Registration Required: 490-3803</i>	Oneida Adventures	Thursday, December 19	12:00 pm - 1:00 pm	Little Bear Development Center
Mental Wellness Topic: <i>Sobriety & the Holidays</i>	OBH Education Series	Thursday, December 19	4:30 pm-5:30 pm	BH-Community Purple Room (Enter in Social Services Entrance)

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
December				
Adventure Hike (<i>possible snowshoe</i>) <i>Registration Required: 490-3803</i>	Oneida Adventures	Thursday, December 19	5:00 pm - 6:30 pm	Oneida Veteran Memorial Parking Area
January				
Mindfulness Walk/Snowshoe <i>Registration Required: 490-3803</i>	Oneida Adventures	Thursday, January 2	12:00 pm - 1:00 pm	Land Management
Suicide: How to Recognize the Risk & Help	Prevea Presentation	Friday, January 3	12:10 pm - 12:50 pm	Employee Services <i>1940 West Mason</i>
Oils for Sleep <i>Registration Required: 490-3651</i>	EAP Presentation	Tuesday, January 7	12:10 pm - 12:50 pm	Ridgeview Suite 4
Managing Stress for the Long Term <i>Registration Required: 490-3651</i>	EAP Presentation <i>Heather Herdman</i>	Tuesday, January 7	5:30 pm - 7:30 pm	Ridgeview Suite 4
Just Move it Oneida (JMIO)	New Year Walk	Wednesday, January 8	4:00 pm - 6:30 pm	Elementary School
Mindfulness Walk/Snowshoe <i>Registration Required: 490-3803</i>	Oneida Adventures	Thursday, January 9	12:00 pm - 1:00 pm	Land Management
Suicide: How to Recognize the Risk & Help	Prevea Presentation	Friday, January 10	12:10 pm - 12:50 pm	Employee Services <i>1940 West Mason</i>
You Can't Be Serious <i>Registration Required: 490-3803</i>	Oneida Adventures	Tuesday, January 14	12:00 pm - 1:00 pm	Social Services Community Room
Mindfulness Walk/Snowshoe <i>Registration Required: 490-3803</i>	Oneida Adventures	Thursday, January 16	12:00 pm - 1:00 pm	Land Management
Mental Wellness Topic: <i>Making Changes that Stick!</i>	OBH Education Series	Thursday, January 16	4:30 pm-5:30 pm	BH-Community Purple Room (Enter in Social Services Entrance)
Adventure Hike (<i>possible snowshoe</i>) <i>Registration Required: 490-3803</i>	Oneida Adventures	Saturday, January 18	10:00 am - 2:00 pm	To Be Determined
Adventure Hike (<i>possible snowshoe</i>) <i>Registration Required: 490-3803</i>	Oneida Adventures	Tuesday, January 21	5:00 pm - 6:30 pm	Oneida Adventure Area Woods
Mindfulness Walk/Snowshoe <i>Registration Required: 490-3803</i>	Oneida Adventures	Thursday, January 23	12:00 pm - 1:00 pm	Land Management
Substance Abuse - What You Need to Know	Prevea Presentation	Thursday, January 23	3:10 pm - 3:50 pm	Employee Services <i>1940 West Mason</i>
Mindfulness Walk/Snowshoe <i>Registration Required: 490-3803</i>	Oneida Adventures	Thursday, January 30	12:00 pm - 1:00 pm	Land Management

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
January				
Emotional Health Navigation	Oneida Presentation <i>Tammy Weyenberg, NP</i>	Thursday, January 30	12:10 pm - 12:50 pm & 3:10 pm - 3:50 pm	Employee Services <i>1940 West Mason</i>
February				
Breathing Away Stress <i>Registration Required : 490-3651</i>	EAP Presentation <i>Crystal House</i>	Tuesday, February 4	12:10 pm - 12:50 pm	Ridgeview Suite 4
Let Your Food Be Your Medicine <i>Registration Required : 490-3651</i>	EAP Presentation <i>Heather Herdman</i>	Tuesday, February 4	5:10 pm - 6:00 pm	Ridgeview Suite 4
Winter Blues	Bellin Presentation	Wednesday, February 5	3:10 pm - 3:50 pm	Employee Services <i>1940 West Mason</i>
Opioid Abuse - What You Need to Know	Prevea Presentation	Thursday, February 6	3:10 pm - 3:50 pm	Employee Services <i>1940 West Mason</i>
Coping with Stress Through Journaling <i>Registration Required: 496-5260</i> https://oneidacommunityeducationcenter.org/	Oneida Presentation	Monday, February 10	5:00 pm - 6:00 pm	Community Education Center
Winter Blues	Bellin Presentation	Wednesday, February 12	3:10 pm - 3:50 pm	Employee Services <i>1940 West Mason</i>
Just Move it Oneida (JMIO)	Heart Walk	Wednesday, February 12	4:00 pm - 6:30 pm	Elementary School
Coping with Stress Through Journaling	Oneida Presentation	Thursday, February 20	12:10 pm - 12:50 pm	Employee Services <i>1940 West Mason</i>
Substance Abuse - What You Need to Know	Prevea Presentation	Thursday, February 20	3:10 pm - 3:50 pm	Employee Services <i>1940 West Mason</i>
Mental Wellness Topic: <i>The Five Love Languages</i>	OBH Education Series	Thursday, February 20	4:30 pm-5:30 pm	BH-Community Purple Room (Enter in Social Services Entrance)
Wellness Onsite Services	Oneida Presentation <i>Suzanne Eickert, NP and Margaret Vandenheuvel, MSN RN</i>	Monday, February 24	12:10 pm - 12:50 pm & 3:10 pm - 3:50 pm	Employee Services <i>1940 West Mason</i>
March				
Tapping Your Way Out of Stress <i>Registration Required : 490-3651</i>	EAP Presentation <i>Carol Bauman</i>	Tuesday, March 3	12:10 pm - 12:50 pm	Ridgeview Suite 4
Herbal Allies to Support Your Immune System <i>Registration Required : 490-3651</i>	EAP Presentation <i>Heather Herdman</i>	Tuesday, March 3	5:30 pm - 7:30 pm	Ridgeview Suite 4
Mental Health: What if We Talked About It?	Oneida Presentation	Thursday, March 5	12:10 pm - 12:50 pm	Employee Services <i>1940 West Mason</i>

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
March				
Opioid Abuse - What You Need to Know	Prevea Presentation	Thursday, March 5	3:10 pm - 3:50 pm	Employee Services <i>1940 West Mason</i>
Mental Health: What if We Talked About It? <i>Registration Required: 496-5260</i> https://oneidacommunityeducationcenter.org/	Oneida Presentation	Monday, March 9	5:00 pm - 6:00 pm	Community Education Center
Just Move it Oneida (JMIO)	Marching Toward Health	Wednesday, March 11	4:00 pm-6:30 pm	Elementary School
Mental Wellness Topic: <i>TBA</i>	OBH Education Series	Thursday, March 19	4:30 pm-5:30 pm	BH-Community Purple Room (Enter in Social Services Entrance)
April				
Lifestyle Modifications to Reduce Risk of Diabetes & Heart Disease	Aurora Presentation <i>Amanda Smith, NP</i>	Wednesday, April 1	3:10 pm - 3:50 pm	Employee Services <i>1940 West Mason</i>
Opioid Misuse Prevention: What's in Your Medicine Cabinet?	Oneida Presentation	Thursday, April 2	12:10 pm - 12:50 pm	Employee Services <i>1940 West Mason</i>
Laughing Yoga <i>Registration Required : 490-3651</i>	EAP Presentation <i>Crystal House</i>	Tuesday, April 7	12:10 pm - 12:50 pm	Ridgeview Suite 4
Creating Herbal Sleep Supports <i>Registration Required : 490-3651</i>	EAP Presentation <i>Heather Herdman</i>	Tuesday, April 7	5:30 pm - 7:30 pm	Ridgeview Suite 4
Oh My Achy Head	Aurora Presentation <i>Jill Dean, NP</i>	Wednesday, April 8	12:10 pm - 12:50 pm & 3:10 pm - 3:50 pm	Employee Services <i>1940 West Mason</i>
Just Move it Oneida (JMIO)	Spring Into Action	Wednesday, April 8	4:00 pm-6:30 pm	Elementary School
Opioid Misuse Prevention: What's in Your Medicine Cabinet? <i>Registration Required: 496-5260</i> https://oneidacommunityeducationcenter.org/	Oneida Presentation	Monday, April 13	5:00 pm - 6:00 pm	Community Education Center
Mental Wellness Topic: <i>TBA</i>	OBH Education Series	Thursday, April 16	4:30 pm-5:30 pm	BH-Community Purple Room (Enter in Social Services Entrance)
Healthy Recipes	Bellin Presentation	Wednesday, April 22	7:10 am - 7:50 am & 3:10 pm - 3:50 pm	Employee Services <i>1940 West Mason</i>
Lifestyle Modifications to Reduce Risk of Diabetes & Heart Disease	Aurora Presentation <i>Amanda Smith, NP</i>	Wednesday, April 29	3:10 pm - 3:50 pm	Employee Services <i>1940 West Mason</i>

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
May				
Stress	Bellin Presentation	Wednesday, May 6	7:10 am - 7:50 am & 12:10 pm-12:50 pm	Employee Services <i>1940 West Mason</i>
Essential Oils for Focus <i>Registration Required : 490-3651</i>	EAP Presentation <i>Carol Bauman</i>	Tuesday, May 12	12:10 pm - 12:50 pm & 5:10 pm - 6:00 pm	Ridgeview Suite 4
Just Move it Oneida (JMIO)	Memorial Walk	Wednesday, May 13	4:00 pm-6:30 pm	Elementary School
Mental Wellness Topic: <i>TBA</i>	OBH Education Series	Thursday, May 21	4:30 pm-5:30 pm	BH-Community Purple Room (Enter in Social Services Entrance)
June				
Journaling Away Stress <i>Registration Required : 490-3651</i>	EAP Presentation <i>Crystal House</i>	Tuesday, June 9	12:10 pm - 12:50 pm & 5:10 pm - 6:00 pm	Ridgeview Suite 4
Label Reading	Bellin Presentation	Wednesday, June 17	7:10 am - 7:50 am	Employee Services <i>1940 West Mason</i>
Just Move it Oneida (JMIO)	Kickoff to Summer Fun	Wednesday, June 17	4:00 pm-6:30 pm	Oneida Lake
Label Reading	Bellin Presentation	Thursday, June 18	3:10 pm - 3:50 pm	Employee Services <i>1940 West Mason</i>
Mental Wellness Topic: <i>TBA</i>	OBH Education Series	Thursday, June 18	4:30 pm-5:30 pm	BH-Community Purple Room (Enter in Social Services Entrance)
July				
Mandalas <i>Registration Required : 490-3651</i>	EAP Presentation <i>Carol Bauman</i>	Tuesday, July 14	12:10 pm - 12:50 pm & 5:10 pm - 6:00 pm	Ridgeview Suite 4
Mental Wellness Topic: <i>TBA</i>	OBH Education Series	Thursday, July 16	4:30 pm-5:30 pm	BH-Community Purple Room (Enter in Social Services Entrance)
Just Move it Oneida (JMIO)	Summer Walk	Wednesday, July 22	4:00 pm-6:30 pm	Oneida Lake
August				
Meditation <i>Registration Required : 490-3651</i>	EAP Presentation <i>Crystal House</i>	Tuesday, August 11	12:10 pm - 12:50 pm & 5:10 pm - 6:00 pm	Ridgeview Suite 4
Just Move it Oneida (JMIO)	Beat the Heat Walk	Wednesday, August 19	4:00 pm-6:30 pm	Oneida Lake

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
August				
Mental Wellness Topic: <i>TBA</i>	OBH Education Series	Thursday, August 20	4:30 pm-5:30 pm	BH-Community Purple Room (Enter in Social Services Entrance)
September				
Crystals for Work <i>Registration Required : 490-3651</i>	EAP Presentation <i>Carol Bauman</i>	Tuesday, September 8	12:10 pm - 12:50 pm & 5:10 pm - 6:00 pm	Ridgeview Suite 4
Mental Wellness Topic: <i>TBA</i>	OBH Education Series	Thursday, September 17	4:30 pm-5:30 pm	BH-Community Purple Room (Enter in Social Services Entrance)
Tobacco Cessation including Vaping	Bellin Presentation	Thursday, September 24	3:10 pm - 3:50 pm	Employee Services <i>1940 West Mason</i>
Tobacco Cessation including Vaping	Bellin Presentation	Friday, September 25	7:10 am - 7:50 am	Employee Services <i>1940 West Mason</i>
Just Move it Oneida (JMIO)	Diabetes Walk	Saturday, September 26	9:00 am-11:30 am	Elementary School
RAS Activity Points/Documentation due 4:00 pm Wednesday, September 30, 2020				