



2019 Reasonable Alternative Standards (RAS) Calendar of Events



All activities listed below will be awarded one (1) RAS point. Proof of attendance will be entered based on sign-in sheet.
(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				
Mindfulness Hike (Snowshoe if applicable) <i>Registration Required: 490-3803</i>	Oneida Adventures	Thursday, December 6	12:00 pm - 1:00 pm	Little Bear Development Center
Emergency, Urgent, Retail...	Oneida Presentation <i>Karen Beke, RN</i>	Thursday, December 6	3:10 pm - 3:50 pm	Employee Services
Guided Imagery <i>Registration Required: 490-3706 or 3716</i>	EAP Presentation <i>Crystal House</i>	Tuesday, December 11	12:10 pm - 12:50 pm & 3:10 pm - 3:50 pm	Cottage 1240
Just Move it Oneida (JMIO)	Jingle Walk	Wednesday, December 12	4:00 pm-6:30 pm	Elementary School
Mindfulness Hike (Snowshoe if applicable) <i>Registration Required: 490-3803</i>	Oneida Adventures	Thursday, December 13	12:00 pm - 1:00 pm	Little Bear Development Center
Getting to Know Your Wellness OnSite Services	Oneida Presentation <i>Tammy Weyenberg, NP</i>	Thursday, December 13	12:10 pm - 12:50 pm & 3:10 pm - 3:50 pm	Employee Services
Family Winter Hike <i>Registration Required: 490-3803</i>	Oneida Adventures	Sunday, December 16	12:00 pm - 2:00 pm	To Be Determined
Can't Be Serious <i>Registration Required: 490-3803</i>	Oneida Adventures	Wednesday, December 19	12:00 pm - 1:00 pm	To Be Determined
Mindfulness Hike (Snowshoe if applicable) <i>Registration Required: 490-3803</i>	Oneida Adventures	Thursday, December 20	12:00 pm - 1:00 pm	Little Bear Development Center
RAS 2018-2019	Oneida Presentation <i>Karen Beke, RN</i>	Thursday, December 20	3:10 pm - 3:50 pm	Employee Services

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
December				
Mental Wellness Topic: <i>Managing Holiday Stress: Fun Family Holiday Traditions</i>	OBH Education Series	Thursday, December 20	4:30 pm - 5:30 pm	Parish Hall
Snowshoe Hike <i>Registration Required: 490-3803</i>	Oneida Adventures	Sunday, December 28	11:00 am - 1:00 pm	To Be Determined
January				
Mindfulness Hike (<i>Snowshoe if applicable</i>) <i>Registration Required: 490-3803</i>	Oneida Adventures	Thursday, January 3	12:00 pm - 1:00 pm	Land Management
Herbal Cold & Flu Support <i>Registration Required: 496-5260</i>	CEC Presentation	Monday, January 7	5:30 pm - 7:30 pm	Community Education Center
Oils for Sleep <i>Registration Required : 490-3706 or 3716</i>	EAP Presentation <i>Carol Bauman</i>	Tuesday, January 8	5:10 pm - 6:00 pm	Cottage 1240
Can't Be Serious <i>Registration Required: 490-3803</i>	Oneida Adventures	Wednesday, January 9	12:00 pm - 1:00 pm	To Be Determined
Just Move it Oneida (JMIO)	New Year Walk	Wednesday, January 9	4:00 pm - 6:30 pm	Elementary School
Mindfulness Hike (<i>Snowshoe if applicable</i>) <i>Registration Required: 490-3803</i>	Oneida Adventures	Thursday, January 10	12:00 pm - 1:00 pm	Land Management
Basic Budgeting & Credit	BMO Presentation <i>Timothy Ascher, BMO</i>	Thursday, January 10	12:10 pm - 12:50 pm & 3:10 pm - 3:50 pm	Employee Services
Stroke	Aurora Presentation <i>Dr. Darkhabani</i>	Friday, January 11	12:10 pm - 12:50 pm	Employee Services
Headache & Stress Remedies <i>Registration Required : 496-5260</i>	CEC Presentation	Monday, January 14	5:30 pm - 7:30 pm	Community Education Center
Depression	Bellin Presentation	Tuesday, January 15	3:10 pm - 3:50 pm	Employee Services
Mindfulness Hike (<i>Snowshoe if applicable</i>) <i>Registration Required : 490-3803</i>	Oneida Adventures	Thursday, January 17	12:00 pm - 1:00 pm	Land Management

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
January				
Mental Wellness Topic: <i>To be Determined</i>	OBH Education Series	Thursday, January 17	4:30 pm-5:30 pm	OBH-Community Purple Room
Mindfulness Hike (<i>Snowshoe if applicable</i>) Registration Required: 490-3803	Oneida Adventures	Thursday, January 24	12:00 pm - 1:00 pm	Land Management
Food Journaling	Oneida Presentation <i>Karen Beke, RN</i>	Thursday, January 24	3:10 pm - 3:50 pm	Employee Services
Mindfulness Hike (<i>Snowshoe if applicable</i>) Registration Required: 490-3803	Oneida Adventures	Thursday, January 31	12:00 pm - 1:00 pm	Land Management
Depression	Bellin Presentation	Thursday, January 31	12:10 pm - 12:50 pm	Employee Services
February				
Attitude	Oneida Presentation <i>Karen Beke, RN</i>	Thursday, February 7	3:10 pm - 3:50 pm	Employee Services
Healthy Recipes	Bellin Presentation	Monday, February 11	12:10 pm - 12:50 pm	Employee Services
Journaling Registration Required: 490-3706 or 3716	EAP Presentation <i>Crystal House</i>	Tuesday, February 12	5:10 pm - 6:00 pm	Cottage 1240
Budget vs Cash Flow Registration Required: 496-5260	CEC Presentation	Tuesday, February 12	5:30 pm - 6:30 pm	Community Education Center
Healthy Recipes	Bellin Presentation	Wednesday, February 13	3:10 pm - 3:50 pm	Employee Services
Life Event Changes Registration Required: 496-5260	CEC Presentation	Tuesday, February 19	5:30 pm - 6:30 pm	Community Education Center
Just Move it Oneida (JMIO)	Family Fun Night	Wednesday, February 20	4:30 pm - 7:00 pm	Elementary School
Emergency, Urgent, Retail...	Oneida Presentation <i>Karen Beke, RN</i>	Thursday, February 21	12:10 pm - 12:50 pm	Employee Services
Mental Wellness Topic: <i>Dialectical Behavior Therapy</i>	OBH Education Series	Thursday, February 21	4:30 pm-5:30 pm	OBH-Community Purple Room

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
February				
Heart Healthy Eating	Prevea Presentation <i>Danielle Witbro</i>	Tuesday, February 26	12:10 pm - 12:50 pm	Employee Services
Getting Ready for Major Purchases <i>Registration Required : 496-5260</i>	CEC Presentation	Tuesday, February 26	5:30 pm - 6:30 pm	Community Education Center
Health Risk Assessments 2019	Oneida Presentation <i>Karen Beke, RN</i>	Thursday, February 28	3:10 pm - 3:50 pm	Employee Services
March				
Stay Motivated, Stay Active <i>Registration Required: 496-5260</i>	CEC Presentation	Monday, March 4	12:10 pm - 12:50 pm	Community Education Center
Just Move it Oneida (JMIO)	Marching Toward Health	Wednesday, March 6	4:00 pm-6:30 pm	Elementary School
RAS 2018-2019	Oneida Presentation <i>Karen Beke, RN</i>	Thursday, March 7	12:10 pm - 12:50 pm	Employee Services
Eat Your Herbs! <i>Registration Required: 496-5260</i>	CEC Presentation	Monday, March 11	5:30 pm - 7:30 pm	Community Education Center
Stress Reduction	Bellin Presentation	Tuesday, March 12	12:10 pm - 12:50 pm	Employee Services
Tapping for Stress <i>Registration Required: 490-3706 or 3716</i>	EAP Presentation <i>Carol Bauman</i>	Tuesday, March 12	5:10 pm - 6:00 pm	Cottage 1240
Stress Reduction	Bellin Presentation	Wednesday, March 13	3:10 pm - 3:50 pm	Employee Services
Diets	Prevea Presentation <i>Deb Guenterberg</i>	Thursday, March 14	12:10 pm - 12:50 pm & 3:10 pm - 3:50 pm	Employee Services
I've Run Out of Sheep & I Can't Sleep <i>Registration Required: 496-5260</i>	CEC Presentation	Monday, March 18	5:30 pm - 7:30 pm	Community Education Center
Health Risk Assessments 2019	Oneida Presentation <i>Karen Beke, RN</i>	Thursday, March 21	12:10 pm - 12:50 pm	Employee Services
Mental Wellness Topic: <i>To be Determined</i>	OBH Education Series	Thursday, March 21	4:30 pm-5:30 pm	OBH-Community Purple Room

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
April				
Headaches	Aurora Presentation <i>Dr. Jean Dill</i>	Thursday, April 4	12:10 pm - 12:50 pm	Employee Services
Cholesterol	Bellin Presentation	Tuesday, April 9	12:10 pm - 12:50 pm	Employee Services
Cancer	Aurora Presentation <i>Dr. Patel</i>	Tuesday, April 9	3:10 pm - 3:50 pm	Employee Services
Laughing Yoga <i>Registration Required: 490-3706 or 3716</i>	EAP Presentation <i>Crystal House</i>	Tuesday, April 9	5:10 pm - 6:00 pm	Cottage 1240
Cancer	Aurora Presentation <i>Dr. Patel</i>	Thursday, April 18	3:10 pm - 3:50 pm	Employee Services
Mental Wellness Topic: <i>To be Determined</i>	OBH Education Series	Thursday, April 18	4:30 pm-5:30 pm	OBH-Community Purple Room
Cholesterol	Bellin Presentation	Tuesday, April 23	3:10 pm - 3:50 pm	Employee Services
Food Allergies	Prevea Presentation <i>Deb Guenterberg</i>	Wednesday, April 24	7:10 am - 7:50 am & 12:10 pm-12:50 pm	Employee Services
Just Move it Oneida (JMIO)	Spring Into Action	Wednesday, April 24	4:00 pm-6:30 pm	Elementary School
Eating Healthy	Prevea Presentation <i>Danielle Witbro</i>	Friday, April 26	7:10 am - 7:50 am & 12:10 pm - 12:50 pm	Employee Services
May				
Headaches	Aurora Presentation <i>Dr. Jean Dill</i>	Thursday, May 2	3:10 pm - 3:50 pm	Employee Services
Label Reading	Bellin Presentation	Thursday, May 9	3:10 pm - 3:50 pm	Employee Services
Essential Oils for Focus <i>Registration Required: 490-3706 or 3716</i>	EAP Presentation <i>Carol Bauman</i>	Tuesday, May 14	5:10 pm - 6:00 pm	Cottage 1240
Mental Wellness Topic: <i>To be Determined</i>	OBH Education Series	Thursday, May 16	4:30 pm-5:30 pm	OBH-Community Purple Room

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
May				
Label Reading	Bellin Presentation	Tuesday, May 21	7:10 am - 7:50 am	Employee Services
Just Move it Oneida (JMIO)	Memorial Walk	Wednesday, May 22	4:00 pm-6:30 pm	Elementary School
June				
Relax 101	Prevea Presentation	Wednesday, June 5	12:10 pm - 12:50 pm & 3:10 pm - 3:50 pm	Employee Services
Attitude	Oneida Presentation <i>Karen Beke, RN</i>	Wednesday, June 19	7:10 am - 7:50 am	Employee Services
Just Move it Oneida (JMIO)	Kickoff to Summer Fun	Wednesday, June 19	4:00 pm-6:30 pm	Oneida Lake
Mental Wellness Topic: <i>To be Determined</i>	OBH Education Series	Thursday, June 20	4:30 pm-5:30 pm	OBH-Community Purple Room
July				
Mandalas <i>Registration Required: 490-3706 or 3716</i>	EAP Presentation <i>Carol Bauman</i>	Tuesday, July 9	5:10 pm - 6:00 pm	Cottage 1240
Food Journaling	Oneida Presentation <i>Karen Beke, RN</i>	Wednesday, July 17	7:10 am - 7:50 am	Employee Services
Mental Wellness Topic: <i>To be Determined</i>	OBH Education Series	Thursday, July 18	4:30 pm-5:30 pm	OBH-Community Purple Room
Just Move it Oneida (JMIO)	Summer Walk	Wednesday, July 24	4:00 pm-6:30 pm	Oneida Lake
August				
Meditation <i>Registration Required: 490-3706 or 3716</i>	EAP Presentation <i>Crystal House</i>	Tuesday, August 13	5:10 pm - 6:00 pm	Cottage 1240
Shoo the Flu	Oneida Presentation <i>Karen Beke, RN</i>	Wednesday, August 14	7:10 am - 7:50 am	Employee Services
Just Move it Oneida (JMIO)	Beat the Heat Walk	Wednesday, August 21	4:00 pm-6:30 pm	Oneida Lake

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
August				
Mental Wellness Topic: <i>To be Determined</i>	OBH Education Series	Thursday, August 22	4:30 pm-5:30 pm	OBH-Community Purple Room
September				
Crystals for Work Registration Required: 490-3706 or 3716	EAP Presentation <i>Carol Bauman</i>	Tuesday, September 10	5:10 pm - 6:00 pm	Cottage 1240
Shoo the Flu	Oneida Presentation <i>Karen Beke, RN</i>	Tuesday, September 17	7:10 am - 7:50 am	Employee Services
Dermatology	Aurora Presentation <i>Katilyn Soukup</i>	Wednesday, September 18	12:10 pm - 12:50 pm & 3:10 pm - 3:50 pm	Employee Services
Mental Wellness Topic: <i>To be Determined</i>	OBH Education Series	Thursday, September 19	4:30 pm-5:30 pm	OBH-Community Purple Room
Just Move it Oneida (JMIO)	Oneida Diabetes Walk	Saturday, September 28	9:00 am-11:30 am	Elementary School
October				
Mental Wellness Topic: <i>To be Determined</i>	OBH Education Series	Thursday, October 17	4:30 pm-5:30 pm	OBH-Community Purple Room
Just Move it Oneida (JMIO)	Spooktacular Walk	Saturday, October 19	9:00 am-11:30 am	Elementary School
Dementia 101	Oneida Presentation <i>Debra Miller, CHN</i>	Thursday, October 24	12:10 pm - 12:50 pm	Employee Services
November				
Smoking Cessation	Bellin Presentation	Thursday, November 7	7:10 am - 7:50 am	Employee Services
Smoking Cessation	Bellin Presentation	Friday, November 8	12:10 pm - 12:50 pm	Employee Services
Essential Oils for Stress Registration Required: 490-3706 or 3716	EAP Presentation <i>Carol Bauman</i>	Tuesday, November 12	5:10 pm - 6:00 pm	Cottage 1240
Dementia 101	Oneida Presentation <i>Debra Miller, CHN</i>	Wednesday, November 13	3:10 pm - 3:50 pm	Employee Services

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
November				
Just Move it Oneida (JMIO)	Fall Walk	Wednesday, November 13	4:00 pm-6:30 pm	Elementary School
Mental Wellness Topic: <i>To be Determined</i>	OBH Education Series	Thursday, November 21	4:30 pm-5:30 pm	OBH-Community Purple Room
RAS Activity Points/Documentation due 4:00 pm Wednesday, November 27, 2018				