

Wellness: A Goal For Everyone

"Wellness" is a term we've heard much about lately. And we'll probably hear much more in the future. We all need to pay attention to wellness and follow guidelines to better health to get more enjoyment out of all aspects of life — home, family and work.

At Adams-Millis a walking program, health screening clinics, health fairs, flu vaccine program and first aid and CPR training have been offered and employees have responded enthusiastically.

There are many other programs available through community organizations.

Exercise classes are available at local YMCAs, YWCAs and community centers. If there is a fee, it usually is

nominal.

Stop smoking programs are conducted by the American Lung Association, American Cancer Society and civic groups.

Weight control programs are conducted by such organizations as Weight Watchers and Overeaters Anonymous.

Check your local newspaper for information about these programs or call any of the organizations directly.

Governor James G. Martin, in a proclamation of "Wellness In Business Week" (September 6-12) noted, "Businesses have discovered that promoting health is a key element in cutting rising health care costs, a prime means of rais-



Ellen Scott

ing productivity and worker morale, and a new-found tool to recruit employees... Wellness is a way of life through which we can achieve our highest potential for well-being."

There are some health factors such as heredity, environment, sex and age,

we cannot control. However, there are many which we can including diet, exercise, rest, stress, bad habits and attitude.

Here are some tips to remember in adapting your lifestyle to a more productive and enjoyable life.

1. Don't smoke. It is linked to many diseases such as cancer, stroke, heart disease and emphysema.

2. Limit alcohol use. Overuse can result in serious health problems such as some types of cancer, heart problems, liver and brain damage and ulcers.

3. Get enough exercise. Walking, swimming, jogging and bicycling are excellent

activities to provide a health exercise program.

4. Eat the right foods, in the right amounts. Reduce your intake of sugar, fatty foods and salt while concentrating more on fiber, fish, poultry, fresh fruits and vegetables.

5. Manage stress. Some stress can be good but too much can interfere with your normal activities and contribute to many medical problems.

Working for better health is a goal we all should set. Success will assure that we feel better, have more energy and endurance, spend less time feeling tired or ill, sleep better and feel calmer and more confident.



Complete GED Program

Five Adams-Millis employees proudly display certificates noting graduation from the GED Program. Adams-Millis Chairman J.H. Millis, right, presented the certificates to, from left, Joyce Haley, Plant 1; Margaret Burgin, Plant 7; Connie McCoy, Plant 1; Mary Knighten, Plant 1; and Shirley Lambeth, Plant 7. Gloria White, Sample Department, also graduated from the program.



Many Adams-Millis employees have participated recently in health screening clinics. Above, optician Harry Allen talks with

Yvonne McCluney, Sherry Starkey and Vonda McLendon. Below, Dr. David Horton, optometrist, checks Pat Owens' vision.



Hosiery Week Tour

National Hosiery Week in August included tours of Adams-Millis facilities by President Robert Bundy Jr. and other company officials. From left, Plant Manager Cliff Inman, Plant 2, accompanies Bundy and Jon Wallner, Senior Vice President of Manufacturing, on a Plant 2 tour.

Fire Prevention Week
Oct. 4-10



401(k) Plan To Change

By Elaine Teague
Director of Employee Benefits

The plan year for the Adams-Millis Savings and Security Plan, known as the 401(K) Plan, will change effective January 1, 1988.

As announced to Plan participants in August, the change will simplify administration and will make it possible for participants to adjust elections on a calendar and tax year basis.

Employees currently participating as well as those employees with participating date effective October 1, 1987 will have the opportunity to make changes to become effective January 1, 1988 for the Plan year January 1 - December 31, 1988.

Employees who want to make a change for this period should contact their Personnel Department or the Employee Benefits Department in High Point no later than December 1, 1987.



Retire

Addline Hill, left, and Ruth Paige were honored by their fellow employees September 14 before their retirement from the Adams-Mills Print Shop September 15. The two represented a total of 76 years of service to the company.