MAPSD Wellness Infogram

SEPTEMBER 2017

Inside this issue:

Oral Health	1
Positive Thinking Techniques	2
September Recipe	3
Wellness Reminders	3
Upcoming Wellness Events	4
Wellness Team Contact Info	5

oral health

Oral health touches every aspect of our lives but is often taken for granted. Your mouth is a window into the health of your body. It can show signs of nutritional deficiencies or general infection. Systemic diseases, those that affect the entire body, may first become apparent because of mouth lesions or other oral problems.

Whether you are 80 or 8, your oral health is important. Most Americans today enjoy excellent oral health and are keeping their natural teeth throughout their lives; however, cavities remain the most prevalent chronic disease of childhood. Some 100 million Americans fail to see a dentist each year, even though regular dental examinations and good oral hygiene can prevent most dental disease. Many people believe that they need to see a dentist only if they are in pain or think something is wrong, but regular dental visits can contribute to a lifetime of good oral health. If you are experiencing dental pain, don't put off seeing a dentist. With dentistry's many advances, diagnosis and treatment are more sophisticated and comfortable than ever.

- You can practice good oral hygiene by always brushing your teeth twice a day with a fluoride toothpaste, cleaning between your teeth once a day with floss or another interdental cleaner, replacing your toothbrush every three or four months and by eating a balanced diet and limiting between-meal snacks. Don't forget to schedule regular dental check-ups to keep your smile, and yourself, healthy.

Check out this great resource on oral health provided by Delta Dental: https://deltadentalwi.cld.bz/Delta-Dental-LifeSmile-Catalog

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Positive Thinking Techniques

Our minds are incredibly powerful tools. If your thoughts are positive and uplifting, you will increase the likelihood of seeing your goals through to fruition. If they are negative, however, you can have just the opposite effect. Obviously it is in our best interest to keep our minds thinking positively. Engage in the following for a consistent stream of positive thinking.

Start with a Plan: You are far more likely to think positively about your day if you have a specific plan for what you want to accomplish. Make them simple enough to get done in one day, but challenging enough to keep you motivated.

Positive Vibes: Positivity can be contagious. Make it a point to surround yourself with people who think and act in an uplifting manner.

Give Thanks: Stopping to realize everything you appreciate in your life makes you automatically feel more positive of all the good that surrounds you.

Exercise: Maybe the most powerful tool in continuing to think positive is a consistent habit of physical activity. Your brain produces chemicals called endorphins during exercise which gives the body a natural high.

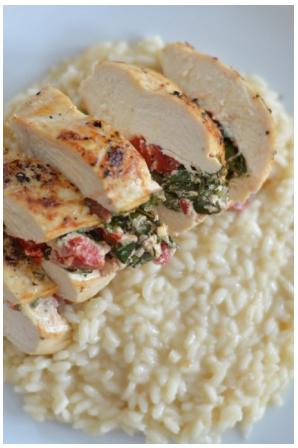
Take Charge: By stepping out and being in control of a situation, you will be more inclined to feel positive about it. Don't be afraid of failure.

Keep At It: Positivity is quick to fade. Thinking positively means understanding you will face obstacles, and having the confidence and energy to overcome them.

Meditate: Negative thinking often occurs in cycles. Meditation allows your mind to clear and think logically about your life without the distractions of life. The calm inside yourself will bring you back to reality and get your thought process back on track.

–Excerpts from the article Seven Useful Positive Thinking Techniques found at operationmeditation.com

Recipe Spinach and Roasted Red Pepper Stuffed Chicken



Ingredients:

- 2 chicken breasts (1.5-2 lb)
- Handful of spinach, chopped
- 1 roasted red pepper, chopped (from a jar)
- 2 tbsp. Greek yogurt
- 1 dash of Worcestershire sauce
- Salt
- Pepper
- 2 tbsp. shredded parmesan cheese

Directions

1. Preheat oven to 375.
2. Heat cast iron over medium-high heat.
3. In a small bowl, mix chopped spinach, chopped roasted red pepper, Greek yogurt, parmesan cheese, and a pinch of salt and pepper. Set aside.
4. Using your sharpest knife, place your palm on the top of the chicken breast and very carefully slice a pocket in the side of the breast.
5. Divide the spinach mixture between the two breasts, stuffing as much into the pockets in your chicken breasts as possible. Use toothpicks to seal the pockets, about 3 for each breast. Liberally season chicken with salt and pepper.
6. Sear chicken in hot cast iron for three minutes (be sure to season bottom side). Turn chicken over and move pan to oven. Cook chicken 30 minutes or until cooked through. Once chicken is cooked, remove from oven and cover with foil or a lid to keep warm and let it rest before slicing.
7. Remove the chicken from the oven and allow it to rest.
8. Slice the chicken breast and serve.

Wellness Reminders

Biometric Results Available Soon!

Biometric results will be available via the ManageWell wellness portal this year. If you have any questions about logging in, please ask! In addition, those participants that qualify for the Healthy Test Out Option for this year's program will be able to see this in the portal as well.

Biometrics – all results should have been submitted by August 31st!

If you have missed this deadline, please contact the Wellness Coordinator for next steps!

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Upcoming Wellness Events

September Challenge: Shake the Salt Habit, Stretch of the Month
Throughout Month: Health Coaching, Onsite Hours

September 11 – Mommy & Me

3:00 PM - 4:00 PM Community Room Moms and their babies (ages two weeks to one year) are invited to join the fun, fellowship, support, and encouragement of other new moms as part of this support group. Older siblings are welcome to attend with mom and baby. Some sessions will include lactation services and special speakers. A scale will be available to weigh your baby. Group meets the 2nd and 4th Monday of every month. No registration is required. Questions? Contact the Aspirus Birthing Center - Medford at 715-748-8156.

September 11 – Basic CPR & First Aid

6:00—10:00 PM; Aspirus Community Room; Call 715-748-8762 to register.

September 18 – Medication Mondays

30-minute appointments available from 4:00 PM - 6:00 PM. Aspirus Pharmacy-Medford (139 South Gibson St.) Questions about your medications? Do you... * Have trouble organizing and understanding your medications? *Get your medications by mail order or from more than one pharmacy? * Take more than 4 medications or have multiple health conditions? * Want to lower your medication costs? Call 1.800.847.4707 to set up a free appointment to review your medications one-on-one with an Aspirus Pharmacy-Medford pharmacist. You should bring all of your prescription medications, herbal supplements, and over-the-counter medicines with you to the appointment.

September 19—Give Every Student Hope—Terrence Talley

4:00PM; Medford Broadway Theater. Free. Terrence Talley travels the nation on a mission to give every young person hope, and empowers them to give hope to others. He'll share personal stories of overcoming ridicule in order to change the trend of bullying in schools and make the world a better place.

September 21—Commit to Quit

6:00—7:00 PM. Aspirus Community Education Room. Call 715-748-8886 to register.
Do you want to quit smoking? Have you tried quitting in the past only to fall back into your old routine? We'll give you the education, tools and support you need to quit for good.

September 25 – Mommy & Me

5:00 PM - 6:00 PM Community Room Moms and their babies (ages two weeks to one year) are invited to join the fun, fellowship, support, and encouragement of other new moms as part of this support group. Older siblings are welcome to attend with mom and baby. Some sessions will include lactation services and special speakers. A scale will be available to weigh your baby. Group meets the 2nd and 4th Monday of every month. No registration is required. Questions? Contact the Aspirus Birthing Center - Medford at 715-748-8156.

September 26 – Community Memory Café

9:30 AM - 11:00 AM Taylor County Multipurpose Room. A Memory Cafe is a social gathering place for persons with memory loss, mild cognitive impairment, early Alzheimer's, or other dementia and their family and friends. Please join us and share your stories and socialize with others who are living a similar journey with dementia. For more information, contact: Sherry Meyer, Aspirus Senior Care Services, at 715-748-8875 or Petti Mannel, Our House Senior Living, at 715-748-2901.

September 26 – Honoring Choices

12:00 PM - 3:00 PM Aspirus Medford Welcome Center Schedule a 45-minute appointment with a trained representative who will assist you to assess your health care values and goals, consider possible future choices, and make a written plan – an "Advance Directive." An Advance Directive is a document that enables you to appoint someone to make your health care decisions in the event that you become unable to make decisions for yourself. Call Sherry Meyer at 715-748-8875 to register.

September 27—Do you want to help struggling readers?

6:00—8:00 PM; Taylor County Education Center. Call 1-800-847-4707 to register.
Free Beginning Orton-Gillingham-Based Reading Instruction. Designed for adults who want to help struggling child or adult readers improve their skills. 8 sessions; Wednesdays, September 27 - November 15. Pre-registration is required by September 20.

September 30—Parenting the Love and Logic Way

9:00AM—12:00PM NTC, Phillips. Call 1-800-847-4707 to register. Parenting can be challenging. It's filled with unknowns, questions and concerns. Parenting the Love & Logic Way™ is designed to give parents practical parenting skills that can be used immediately.

October 1—Aspirus Color Run

3:00PM Start; Aspirus Therapy & Fitness. Visit https://www.aspirus.org/Main/Color-Fun-Run-Registration.aspx to register

Ongoing: Weight Watchers at Work

Weekly Meetings: Tuesdays—6:45 am; Aspirus Medford Hospital; Paid Enrollment Required; Call Lisa Blink at 920-819-5830 for details and registration information.

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Thoughts? We want to hear from you!

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Personal and Organizational wellness is an ongoing effort. If you have any thoughts about how your MAPSD Wellness Program can better support you, please share them with the Wellness Coordinator or your building representative. We welcome any ideas for program design, events, guest speakers, etc.

Know someone who has realized a personal success story? Please nominate them to be recognized in an upcoming Infogram! (Permission will be obtained from the nominated individual before the story is published.)

For more information on anything included in the infogram, including upcoming wellness events, please contact the Wellness Coordinator.

Medford Area Public School District Wellness Team

Building Representatives

MASH: Jill Fortin

SES: Carol Couillard

MAMS: Carrie Frahm

District Office: Nikki Clements

MAES: Ashley Jochimsen—McCarron

District Wide: Jill Koenig

TCEB: Sandy Pope

Aspirus—Medford

Amanda Lange, Wellness Coordinator; Anne Wolf, Health Coach,

Laura Lord, Health Coach

Spectrum

Clark Theilig; Cory Toth

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