MAPSD Wellness Infogram

MEDFORD AREA PUBLIC SCHOOL DISTRICT

APRIL 2018

Inside this issue:

Workplace Engagement Hacks	1
Exercise as a Prescription	2
April Recipe	3
Wellness Reminders	3
Upcoming Wellness Events	4
Wellness Team Contact Info	5

Workplace Engagement Hacks

Engagement is the passion you have for your job as well as the regard you have for your co-workers and company. Becoming engaged translates into focus, energy, and commitment – positive results for you and your company. The process requires small steps towards realizing the benefits that will come your way:

1. Make a decision to become engaged. Putting that thought out there really does help. By making a conscious choice to become more engaged you're electing to put your energies and focus into improvement.
2. Connect with your work and the organization. Find something about what you do that is interesting and focus on it. Do the same with your organization and co-workers.
3. Determine what you can control in your work life. You may feel like you are controlled completely by your boss or your company, but everyone has some flexibility. Focus on how your work can be more positive and productive for you and those around you.

Getting Organized

Developing good organizational skills is a key ingredient for success in life. Although some people by nature are more organized than others, anyone can put routines and systems in place to help themselves become more organized. Here are four general techniques to help manage clutter:

- Discard
- Delegate
- Take immediate action
- Follow-up

Some strategies that can help you get organized are to keep a calendar handy for schedules and family activities. Use checklists; develop a "to do" list. Create a special filing cabinet for bills, tax information, household needs, pet needs, etc. Remember, prioritizing tasks and time management is key to getting and staying more organized in your life.

ASPIRUS
Passion for excellence. Compassion for people.

Exercise: FREE Prescription for Stress & Anxiety

Stress - The subjective response to a stimuli and how someone perceives the demands.

Anxiety - The greater result of prolonged stress that includes extreme worry or apprehension, occurring frequently without any real threat. Includes a group of disorders: phobias, obsessive compulsive disorder (OCD), posttraumatic stress disorder (PTSD), panic disorder, and generalized anxiety disorder (GAD).

Recommended Exercise:

Cardiovascular and aerobic style exercise is preferred from moderate to high intensities (ex. walking, jogging, or cycling). Gradually increase the number of days per week and time you exercise as able for progression. Strive for a goal of 3-5 days a week for 20-30 minutes of exercise per day.

Exercise Benefits Include:

1. Reduces the intensity or number of symptoms associated with stress.
2. Enhanced mood following short term exercise sessions. 20-30mins
3. Reduced physiological responses: reduced heart rate and blood pressure in response to a perceived stressor.
4. Reduced physical tension in the head, neck, shoulders and lower body.
5. Can significantly decrease state anxiety, the type of anxiety that is a temporary emotionally negative reaction to a perceived disturbing stressor.
6. Acute sessions of consistent and steady exercise can be as effective as meditation and antianxiety prescription drugs in reducing the level of anxiety.
7. Exercise can offer a distraction from the stressor.

A realistic view of exercise and healthy activities is essential. Be on guard of the negative effects of excessive exercise or over training and not fall into these destructive patterns. It is recommended to work with a health and wellness professional to help identify your fitness goals for healthy on-going success.

Source: Durstine, J. Larry, Geoffery E. Moore, Patricia L. Painter, and Scott O. Roberts, eds. ACSM's Exercise Management for Persons with Chronic Disease and Disability

Recipe Cucumber Salsa

Ingredients:

- 1/2 Cucumber
- 1 Large Tomato
- 1 Jalapeno
- 2 Cloves Garlic
- 2 Tbsp. Cilantro Leaves
- 1 Tbsp. Lime Juice
- 1/2 tsp Kosher Salt

DIRECTIONS:

1. Place all ingredients into a food processor, and pulse until evenly chopped.
2. Add additional lime juice or salt to taste.
3. Serve over tacos or with chips for dipping.

Wellness Reminders

Health Coaching – Due June 30, 2018!!

Completion of one Health Coaching session is required for the 2017-18 wellness year and can be completed immediately following online Health Risk Assessment completion.

- Onsite Health Coaching: Please sign up for your onsite health coaching session using the wellness portal under the "Activities" tab.
- Telephonic Health Coaching: Please contact: 844-309-1269 to schedule.
    - As a reminder, please reserve telephonic sessions for spouses and employees who are not as able to complete their sessions onsite.
- More appointments will be made as the year progresses.

Wellness
MEDFORD AREA PUBLIC SCHOOL DISTRICT

ASPIRUS
Passion for excellence. Compassion for people.

Upcoming Wellness Events

April Challenge: Drink More Water, Stretch of the Month, 6 Week Weight Loss Challenge Throughout Month: Health Coaching

April 2: Back in the Groove—Aspiring Women

5:00-5:30pm Refreshments; 5:30-7:15pm Presentation, Medford Area Senior High School Cafeteria & Red/White Theater, 1015 West Broadway Ave., Medford. Join Aspirus Physical Therapist DeDe Strama as she discusses the importance of good posture, how to keep a healthy back, ways to reduce chronic back pain, and more. Ladies will also sample healthy appetizers and take home recipes and an Aspiring Women gift. Registration is Required for this Free Event: call 715.748.8189 to register.

April 4: Blood Drive

1:30—5:30 PM Medford Area Fire Department Fire Hall; Call 715-748-8762 to register.

April 9: 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.

April 16: Medication Monday

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.

April 23: Mommy & Me

5:00 PM - 6:00 PM 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.

April 24: 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.

April 24: Honoring Choices - Advance Care Planning

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.

April 28: Pine Line Marathon

Sign up at the Medford Chamber of Commerce or call 715-748-4729 for more information.

April 30: Walk for Autism

5:00 PM Taylor County Courthouse Parking Lot. Walk to help educate, support and advocate.

May 1: March Against Meth

5:30—7:00 PM Taylor County Courthouse Parking Lot. Join the Taylor County Drug Opposition Partners on a 1.75 mile walk (or run) around Medford to raise awareness of the Meth issue that plagues our community. After the walk there will be snacks, talks with community leaders and a K9 demonstration.

May 3: Medford Rotary Auction

5:30—8:00 PM The Veranda, Medford. Live/Silent Auction Fundraiser. For more information email: medfordmorningrotary@gmail.com

May 18: Taylor County Moving for a Cure

Medford City Park. 5K Run/Walk to raise funds and support cancer patients within Taylor County. Visit: www.tcmoving4cure.com for more information.

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.
- Thursdays—6:50am; Medford Senior High School Library; Everyone is welcome, you don't have to be a staff member!

Wellness

MEDFORD AREA PUBLIC SCHOOL DISTRICT

MEDFORD AREA PUBLIC SCHOOL DISTRICT

Thoughts? We want to hear from you!

Amanda Lange,
Wellness Coordinator
Aspirus Medford Hospital & Clinics
135 S Gibson Street
Medford, WI 54451
P: 715-748-8128
F: 715-748-8763
E: wellness@medford.k12.wi.us

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: Sam Eckert

SES: Carol Couillard

MAMS: Carrie Frahm

District Office: Anne Fleegel

MAES: Janelle Karsten

District Wide: Mindy Schwarz

TCEB: Sandy Pope

Aspirus—Medford

Amanda Lange, Wellness Coordinator

Spectrum

Cory Toth

ASPIRUS
Passion for excellence. Compassion for people.