



**Upcoming
Wellness
Events**

See page 4.

**Inside this
issue:**

Upcoming Wellness Events	1
9 Spring Cleaning Tips for a Healthier Home	1
7 Healthy Reasons to Love Spring	2
April Recipe	3
Wellness Reminders	3
Upcoming Wellness Events	4
Wellness Team Contact Info	5

9 Spring Cleaning Tips for a Healthier Home

1. Thoroughly dust your home and clean or replace air conditioning and heating filters; clean all ducts and vents to decrease your exposure to pollutants and other airborne allergens.
2. Organize your medicine cabinet, discarding expired medications and old prescription medications no longer in use.
3. Check the garage, basement, and under the sink for old cans of paint, thinners, oils, solvents, cleaning products, stains, and other forms of "toxic" trash. Get rid of any you will not use.
4. Have your chimney cleaned. This will reduce the chances of carbon monoxide exposure when it's fire season again.
5. Clean any mold or mildew from bathrooms and other damp areas.
6. Check your rugs to be sure that rugs on bare floors have non-skid mats. Older mats that have become dusty may need to be washed or replaced to provide effective protection from falls. Outfit your bathrooms with non-skid bath mats.
7. Inspect outdoor playground equipment and be sure that it remains sturdy and in good repair. Pay particular attention to guardrails, protruding bolts, and other potential sources of injury.
8. Change the batteries in your smoke detector and carbon monoxide detector.
9. Collect old batteries throughout the house for disposal in a battery recycling or hazardous waste center.



7 Healthy Reasons to Love Spring

Extra daylight. Springing forward for daylight savings time feels rough the day after, but once you're recovered from a night of sleep deprivation, the benefits are far-reaching. In addition to giving us more time to spend outdoors and serving as a natural mood booster, that extra hour of light may help reduce traffic accidents and fatalities. **A healthier home.** During warmer weather, open your windows and let the sunshine in while you spring clean, declutter, and organize your home. Not only will a more streamlined space help you feel more in control of your day-to-day life, it could also make you fitter. Owners of tidy homes are more likely to be physically fit than those who live in messy environments. **A spring-cleaned diet.** Sweep the cobwebs out of your cold-weather diet with a dose of fresh spring produce. Peas, asparagus, kale, radicchio, and rhubarb are just a few of the fresh foods that reach their peak during spring. Chances are, you'll find yourself wanting to eat less during warmer weather than you did during the dark winter months, so use your body's natural cravings as a way to focus on filling up with whole, fresh foods. **Outdoor exercise.** If winter is too cold and summer is too hot, spring is just right for outdoor exercise, which can actually improve your mental and physical well-being better than an indoor sweat session. Whether it's an after-dinner walk, an adult rec league, or an early-morning run, longer days and moderate temperatures are perfect reasons to take your workout outside. **America's favorite pastime returns.** For sports fanatics, no season is sweeter than the one that starts with NCAA March Madness and goes through opening day of Major League Baseball. And all that time obsessing over team sports has benefits, such as the emotional perks that come with social interaction and feelings of community around a sports team. Sports fans are less likely to experience feelings of depression and alienation than their uninterested peers. **No more dry winter skin.** Gone are the freezing temps and harsh winds that wreak havoc on your skin and hair — and summer's heat hasn't yet arrived to turn up the frizz factor. It can be tempting to skip moisturizing once you no longer feel like you need it, but remember that sun protection with a daily SPF of at least 15 is essential year-round. **Spring break.** Spring break often calls for a relaxing staycation, and getting away at the end of winter has definite health benefits. Leisure activities — whether at home or away — can reduce risks for diseases such as breast cancer and cardiovascular disease, as well as help manage stress long-term.

<http://www.everydayhealth.com/>

Lemon-Parsley Green Beans

Ingredients

-1 pinch white sugar	-2 t. olive oil	-1/4 c. chopped fresh parsley
-1 pound fresh green beans, trimmed	-3 cloves minced garlic	-1 lemon, cut into wedges
-2 T. butter		

Directions

1. Bring a large pot of salted water to a boil over high heat. Add sugar and beans. Cook until beans are bright green and tender, 3 to 5 minutes. Drain and place in a large bowl of ice water to stop cooking.
2. Combine the butter and olive oil in a large skillet over medium-high heat; cook until butter melts. Stir in the garlic; cook until pale beige and fragrant. Stir in the beans; cook until wilted, and garlic is dark brown, about 4 minutes. Toss beans with parsley and lemon zest, and cook 1 to 2 minutes more. Season to taste with salt and pepper. Transfer beans to a serving dish, and garnish with lemon wedges. <http://allrecipes.com/>

Wellness Reminders

Quarter 3 Point Logs—Due April 15th!!!

You can access a printable copy of the log via the MAPS District website under “Wellness Information”. An online form is also available via the following web link: https://docs.google.com/forms/d/1OM6XoHMWFgW4ESrrS8mBHUK05Fn4RWZAqrOD7pwSHfk/viewform?usp=send_form

Schedule Your Health Coaching Session

- Health Coaching schedules can be accessed via the following link: <https://docs.google.com/spreadsheet/ccc?key=0ArsLgi3XPxX5dHFGSFlhcjBxTk84Y0pjSHk2d1pIWGc&usp=sharing>
- A minimum of one health coaching session must be completed by **June 30, 2015**.
- Please sign up for a time that works for you, but please reserve the limited telephonic sessions for employees and spouses who are absolutely unable to make the

Upcoming Wellness Events

April Challenge: Exercise at Home

April 1: Blood Drive

Medford Fire Hall; 1:30 pm-5:30 pm

Call 715-748-8762 to register.

April 13: Basic CPR & First Aid

Classroom A & B - Aspirus Medford Hospital & Clinics

Call to sign up: 715-748-8100

April/May DTBD: Incontinence & Pelvic Organ Prolapse — (Watch for flyer...)

5:00 pm? At the District Office Conference Room

Join Kirsten Hayes, Physical Therapist at Aspirus Medford Hospital & Clinics, as she shares what she learned at a recent women's health course on Incontinence & Pelvic Organ Prolapse.

April 23: My Real Life Emergency: A Health Forum Series

Locations: Aspirus Medford Hospital

5:45 pm Free Boxed Lunch 6:00 pm Program

Seating is limited. Registration is required. Call: 715-748-8886 by April 17.

April 25: Pine Line Marathon

For more information and to download Registration Form off of the Medford Chamber of Commerce's website:

<http://medfordchamber.org/> Race start for Marathon and 1/2 Marathon 8:00 am, 5K Run/Walk 8:30 am

April 27: Alzheimer's Support Group

Aspirus Country Gardens; 1:30 pm

Support group for family and friends of those afflicted with Alzheimer's disease or other dementias.

Ongoing: Weight Watchers at Work

Weekly Meetings: Tuesdays—6:45am

Aspirus Medford Hospital; Paid Enrollment Required

Call Kathy Stamos at 715-748-0802 for details and registration information



Thoughts? We want to hear from you!

MEDFORD AREA PUBLIC SCHOOL DISTRICT

**Amanda Lange,
Wellness Coordinator
Aspirus—Medford Hospital
& Clinics**

135 S Gibson Street
Medford, WI 54451
P: 715-748-8128
F: 715-748-8792
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: Tracy Swedlund

SES: Jerri Suchomel

MAMS: Eliza Decker

District Office: Luanne Olson

MAES: Elizabeth Orth

District Wide: Jill Koenig

Taylor County Education Building: Sara Holewinski

Aspirus—Medford

Amanda Lange, Wellness Coordinator; Angela Hupf

Spectrum

Greg Schmidt; Clark Theilig; Cory Toth

