



MAPSD

Wellness Infogram

JUNE 2016

Detachment: Getting Away From it All

“Getting away from it all,” also known as detachment, is a powerful stress management technique. But, it may be the hardest to practice. Real detachment requires removing oneself from all sources of stress, including thinking about it, aided by engaging in unrelated enjoyable activities or distractions.

But, this can be tough to do. Detachment can feel a bit disloyal if you think your employer or family really doesn't want you to forget about them entirely while on vacation. Detachment can also be tougher if you play a pivotal role in your organization or family. And the more stressful your position the harder detachment can be. If detachment sounds out of reach, plan to experience it for shorter periods of time. Find opportunities to regularly detach, even for 15-20 minutes.

Leave the smartphone behind. Take away distractions and experience the benefits detachment can make.

Adapted from WorkExcel.com

Waiting for happiness to find you?

Stop waiting and start looking. Your choices, thoughts and actions can affect your level of being happy.

Get started on being a happier you:

- Surround yourself with people who have positive attitudes. It can help you to also look at things in a positive manner.
- Don't go it alone. Make time for friends and family. Celebrate successes as well as support each other when things are not going well.
- Share kind and positive words when around others. This will set the tone for conversations that are genuine in nature without bringing in negativity.
- Stop, breathe, and remind yourself to enjoy living in the moment.

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ASPIRUS
Passion for excellence. Compassion for people.

Before you Fire Up, Wise Up

Tips for grilling food:

- Refrigerate perishable food and leftovers within two hours of buying or setting out to eat.
- Discard any food left out for more than two hours. If the temperature is above 90 degrees, the time limit drops to one hour.
- Completely thaw meat before grilling to cook more evenly.
- Do not thaw meat on the counter. Instead, place meat in the refrigerator for slow, safe thawing overnight. Or, thaw sealed meat in cold running water. For quick thawing, defrost meat in the microwave (defrost setting) if the food will be placed immediately on the grill.
- Marinate meat in the refrigerator, not on the counter. If you plan to use the same marinade after cooking, either save some marinade prior to adding it to the meat, or bring your marinade to a full boil before using it again to kill the harmful bacteria.
- To help prevent food-borne illness, don't use the same platter and utensils for raw, cooked meat and/or poultry. Harmful bacteria present in raw meat and poultry (and their juices) can contaminate food cooked safely. Use two different plates and utensils, or wash them between placing your meat on the grill and taking it off the grill when your food is done cooking.

Tips for using a grill:

- Place your grill a safe distance from overhangs and buildings to decrease chance of fires. If your grill has a flame up or an explosion should occur.
- Clean your grill occasionally between uses to prevent grease build up that could cause a grease fire or explosion.
- Use proper grilling utensils to protect you from the heat and flames that might flare up.
- Teach your kids safety rules when around the grill and enforce them.

For additional information go online to USDA.gov and safekids.org.

● Recipe Roasted Grilled Vegetables



● Ingredients

- 1 small eggplant, cut into bite size chunks
- 1 red bell pepper, sliced
- 1 small onion, cut into bite size chunks
- 1 zucchini, sliced
- 1 ½ - 2 ½ Tbsp. of canola or olive oil
- Foil
- Seasoning to taste (ie. oregano, basil, salt and

● Directions

- Toss oil and vegetables in a bowl, and mix well.
- Take piece of foil and spray with non-stick cooking spray. Place vegetables on foil, leaving about 2 inches from edge uncovered, and spread out evenly.
- Sprinkle seasoning on vegetables, and cover with another sheet of foil. Fold the edges to make a seal all the way around.
- Place on preheated grill, using medium heat and roast for about 10-15 minutes (or until vegetables are tender).
- You may need to stir vegetables once for even grilling.

Wellness Reminders

If you have any questions about your compliance status for the wellness program, please let me know ASAP!

Health Coaching Sessions – Due: June 30, 2016

- You can schedule your health coaching session via the following link: https://docs.google.com/spreadsheets/d/1pom_I1xohfDpA5klQ9QRpKNYx_C80MUe_I_mDn-nLxU/edit?usp=sharing
- There are tabs at the bottom of the spreadsheet to navigate between telephonic and monthly schedules.
- If these times do not work for you, please let me know, we are running out of time!

Wellness Points – Due: June 30, 2016

- Accountability forms are a required component of this year's wellness program. You need to achieve 100 points per wellness year. 25 points must be earned from the physical activity category.
- 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: <http://goo.gl/forms/li19ZWeuaC>

Upcoming Wellness Events

June Challenge: Build Strong Bones

Summer Challenge: Bike Wisconsin

Throughout Month: Telephonic Health Coaching

June 1 --- Blood Drive

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

June 2 --- Girls Night Out in Phillips

4:00 PM - 8:00 PM Aspirus Phillips Clinic (625 Peterson Ave.)

Ladies, make Aspirus Phillips Clinic your first stop! Enjoy free chair massages and refreshments. Wild Tree food samples, Thirty One Gifts, Norwex, and Handmade Cards.

June 11 --- Lumberman's Day 4K Fun Run/Walk

Registration: 9:00 AM / Race Start: 10:00 AM Kennan Park

June 18 --- Osteoporosis Screening

9:00 AM - 1:00 PM Gilman Village Park (along the Yellow River walking path)

Offered as part of June Dairy Days' Market on the River.

June 20 --- 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.

June 21 --- Stroke Support Group

1:00 PM Community Room Call 715-748-8875 for details.

June 24 --- Stepping Stones TACS 5K

6:00 PM (registration) / 6:30 PM (start) Marilyn's Catering & Fire Station

June 27--- Alzheimer's Support Group

1:30 PM Aspirus Country Gardens Call 715-748-8875 for details.

June 28 --- Community Memory Cafe

9:00 AM - 11:00 AM Taylor County Multipurpose Room (845 E. Broadway, Medford) 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.

June 28 --- 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.

June 30 --- Seeing Spots

5:30 PM - 7:00 PM Community Room

Aspirus invites all ladies to Seeing Spots, a free Aspiring Women event. Go ahead, admire your birthday suit! Checking your skin each year on your birthday can be the first step in preventing skin cancer, the most common form of cancer in the United States. Aspirus Physician Assistant Sandra Hoogland will share the ABCs of skin care and how prevention is key! Ladies will also sample cancer-fighting refreshments and take home recipes and an Aspiring Women gift. Attendance for Seeing Spots is free, but advance registration is required. Call 1-800-847-4707 or visit www.aspirus.org/AspiringWomen to reserve your seat. (Attendees must register individually.)

July 15 --- Taylor County Moving for a Cure

Registration: 5:00 PM / Event Kick-Off: 6:30 PM Medford City Park

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.





MEDFORD AREA PUBLIC SCHOOL DISTRICT

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Thoughts? We want to hear from you!

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: Jeri Suchomel

MAMS: Eliza Decker

District Office: Nikki Clements

MAES: Ashley Jochimsen—McCarron

District Wide: Jill Koenig

TCEB: Sara Holewinski

Aspirus—Medford

Amanda Lange, Wellness Coordinator; Krista Meier

Spectrum

Clark Theilig; Cory Toth