



MAPSD

Wellness Infogram

November 2015

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Why You Need Water

Except for oxygen, there's nothing your body needs more than an adequate supply of water. And the more you exercise, the more important it is to drink the right amount of water before, during, and after your workouts. Dehydration can make it hard to get the most out of your workout. In extreme situations, it can even be dangerous to your health. For intense sports and exercise activities, according to the American College of Sports Medicine, you should start drinking fluids about 2 hours before you exercise. They recommend that you drink water early on in your workout, and then regularly throughout and after your activity.

Water helps our body by:

- Regulating body temperature.
- Cleaning our body by removing harmful toxins from our body.
- Acting as a lubricant in different areas of our body (lubricates our joints, helps with metabolism, and provides moisture and lubrication for our eyeballs).
- Transporting nutrients and oxygen into our cells.
- Moisturizing the air in our lungs.

Random Facts about Water:

- Our brains are made up of around 95% water, blood is 85% water, bone is 22% water, and muscle is 75% water.
- A slight drop of 2% in our body's water supply can cause us to become dehydrated.
- An estimated 75% of Americans have chronic mild dehydration.
- You can tell if you are dehydrated by the color of your urine. The goal is to have your urine almost clear to light lemonade.

Signs of Dehydration:

- Tiredness or sleepiness
- Dry mouth, Thirst
- Constipation
- Headaches, dizziness, or lightheadedness
- Fuzzy short-term memory and difficulty focusing

So how much water do we need a day? A good recommendation is for every 20 pounds you weigh you should drink 1 cup (8 oz) of water. For example, a 200-pound person should aim for 10 cups (80 oz) of water daily. However, drinking beverages with caffeine or alcohol will have the opposite effect on keeping you hydrated. As both caffeine and alcohol act as a mild diuretic which promotes water loss from urination faster.



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Common Courtesy in the Workplace

Respect for co-workers is considered an expected standard in the workplace, regardless of a person's role or rank. Common courtesy is also considered an expected standard in our society, but, how can those successfully be merged together?

Daily personal interactions with others allow us to get to know each other and make connections. Though our comfort level may vary from person to person, those interactions still foster a basic degree of courtesy. No matter who we are, we all find it difficult to work with rude, obnoxious or unpleasant persons.

According to Harvard Business Review, many managers are reporting breakdowns in courtesy and respect. Some common examples:

- Last-minute request for “urgent” information without regard for what it will take to get it done.
- Workers ignoring emails and voicemails which delayed resolution of a customer problem.
- A team that worked all night to meet a significant demand and then received neither feedback nor thanks for their work.
- Passive-aggressive behaviors for small slights, that are felt by the entire team.

These examples may be only the tip of the iceberg. What's worse is that the continuation of these behaviors will eventually create a toxic environment reducing employee engagement. Further breakdown of courtesy and respect can be avoided

with two simple suggestions: First, get your team together and talk openly about the kind of workplace behaviors you expect from each other. Having an open dialogue on this subject can powerfully re-orient your team, making them more aware of workplace courtesy and when it's lacking. A few questions could be: What is our definition of courtesy and respect? Have there been incidences where we didn't use those two items? Assuming that people aren't intentionally trying to be difficult, what provokes these kinds of behaviors, and what are the consequences?

Second, encourage your team to courteously “push back” on bad behaviors when they occur. If you can find the right ways of calling out these behaviors, it may be possible to reduce their impact and prevent them in the future.



● Recipe Frozen Pumpkin Mousse Pie



● Ingredients

Crust:

- 3 small gingersnap cookies
- 2 Tbsp Raisins
- 1 Tbsp Canola Oil

Filling:

- 1 c. Canned Pumpkin Puree
- 1/3 C packed brown sugar
- 1/2 tsp ground cinnamon
- 1/4 tsp grated nutmeg
- 2 pints (4 cups) frozen low-fat vanilla ice cream, softened

● Directions

1. Preheat oven to 350°F. Coat a 9-inch deep-dish pie pan with cooking spray.
2. To prepare crust: Combine gingersnaps and raisins in a food processor and pulse until finely chopped. Add oil and pulse until blended. Press evenly into the bottom and up the sides of the prepared pan.
3. Bake the crust until set, about 10 minutes. Transfer to a wire rack to cool completely.
4. To prepare filling: Combine pumpkin, sugar, cinnamon, ginger and nutmeg in a large bowl and mix well. Add ice cream and stir until blended. Spoon the mixture into the cooled pie crust. Freeze until firm, at least 2 hours. Let the pie soften slightly in the refrigerator for 20 to 30 minutes before serving.

Wellness Reminders

Health Coaching Sessions are available!

You can schedule your health coaching session via the following link: https://docs.google.com/spreadsheets/d/1pom_1lxohfDpA5klQ9QRpKNYx_C80MUe_1_mDn-nLxU/edit?usp=sharing

There are tabs at the bottom of the spreadsheet to navigate between telephonic and monthly schedules.

You must have your HRA completed before you can complete a Health Coaching session.

If these times do not work for you, please let me know! There will be many more opportunities for coaching throughout the year as well.

Upcoming Wellness Events

November Challenge: Walk 40 Miles This Month; Monthly Stretch Throughout Month: Onsite & Telephonic Health Coaching Walking Routes @ Building will be established this month!

November 4: Community Blood Drive

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

November 5: Words with Friends Tournament

6:00—8:00pm Taylor County Education Center
Pre-register at taylorcountyliteracy@gmail.com or 715-748-4620 ext. 552

November 6-7: Medford Curling Club Dinner & Kick Off Spiel and Curling Tournament

Open Ice from 4:30—6:30 pm; Pork loin dinner starts at 4:30pm

November 16: Basic CPR

6:00 PM - 10:00 PM Classrooms A & B at Aspirus Medford
Call 715-748-8762 to register by November 9.

December 1: Honoring Choices: Advance Care Planning

1:30 PM - 2:30 PM Community Room at Aspirus Medford

This session can help you:

- * Think about your health care values and goals
- * Consider possible future choices
- * Talk to your provider and loved ones about your wishes
- * Make a written plan, an "advance directive"

Presented by Margie Hackbarth, Aspirus Senior Health Service Line Administrator. Reserve your seat. Call 715-748-8875.

December 8: Sleep Well Open House

3:00 PM - 7:00 PM Community Room at Aspirus Medford

Get answers from medical professionals about:

- * Current problems with sleep patterns
- * C-pap machine and other equipment
- * New advancements in sleep technology
- * The importance of scheduling a sleep study

Free. Light refreshments will be served. RSVP to 715-748-8886.

Ongoing: Weight Watchers at Work—CURRENTLY SEEKING NEW MEMBERS!

Weekly Meetings: Tuesdays—6:45 am

Aspirus Medford Hospital; Paid Enrollment Required; Call Lisa Blink at 920-819-5830 for details and registration information.



