

# Journey to the WELL



## Upcoming Wellness Events

- April 15—Healthy Eating Together @ Ainsworth Monthly Potluck Series This month is: 'Meatless Meals' 12:00-1:00pm
- **EVERY FRIDAY**— 11:30am-1:30pm Friendly Friday lunchtime experience in your site's lunch area.
- April 19—4:15pm Yoga @ Wheatley School
- Every Kid Healthy Week April 25-29
- April 26—4:15pm Yoga @ Wheatley School
- May is 'Walk & Bike Challenge Month'
- May 3—4:15pm Yoga @ Wheatley School
- May 10—4:15pm Yoga @ Wheatley School

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## It works for me!

*A highlight each month about what one MESD employee enjoys doing for wellness.*

Rich Wehring is the Facilities Director at MESD. Over the past year, he and his wife had talked about getting healthier and eating better. His wife overheard a group at her job talking about "The Taco Cleanse". She and Rich decided to get the book, but it was so popular that there was a one-month backorder at Amazon! They set a date in February and began the 30-day program.

With The Taco Cleanse, they ate a vegan diet that included tacos for breakfast, lunch, and dinner. This might sound like it could get boring, but it did not. The book has lots of recipes, and Rich perfected homemade salsa. They liked the plan so much that they have kept it up, and only modified it by adding in some fish. They eat more fruits and vegetables than before, and they appreciate the flavors more. "Taste more, eat less."

As a result of The Taco Cleanse,

Rich and his wife have lost weight (he lost 20 pounds since February 8). Rich says he has way more energy and feels great. It was life changing! They also have less food waste because they plan for specific meals. Rich says that it is easy to be vegan because stores offer a lot of non-dairy and non-meat options now that taste great.

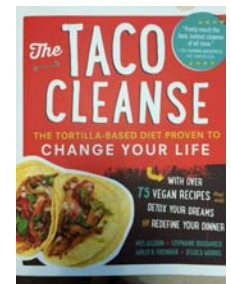
Rich and his wife also incorporate "23½ Hours" into their life (<https://www.youtube.com/watch?v=aUalnS6HIGo>) by walking their dogs 2.5 miles every morning, rain or shine at 4:30am! He is also an avid hiker, and is planning to climb Mt. Adams this September with his daughter.

Thoughts on employee wellness at MESD: **In order to take care of students, we must take care of ourselves too."**

Submitted by Elana Emlen



MESD Facilities Svcs Director, Richard Wehring



## App of the Month: Fooducate

Confused about what to buy in the grocery store? Make better decisions with an assist from <http://www.fooducate.com/>

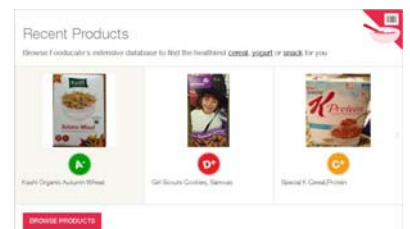
**What Is It?** A database of nutritional information for approximately 200,000+ unique products. Scan the barcode of any item and receive instant access to the ingredients used, nutrition facts, and healthier alterna-

tives. Features include fitness, progress and food tracking tools in addition to grocery shopping lists.

**Who Should Use It?** People who would like to make better decisions in the grocery store.

**Where Can I Get It?**

Android/iPhone





Pictured above: Katie Jo Swasey, June Briggs-Morgan and Tiffany Briggs-Lenocker

**Undy Run, June 18, 2016 at Portland Meadows.**  
[http://support.ccalliance.org/site/TR?pg=personal&px=1767211&fr\\_id=2395](http://support.ccalliance.org/site/TR?pg=personal&px=1767211&fr_id=2395)

## June's Forget-Me-Nots by Tiffany Briggs Lenocker, MESD Education Assistant @ Centennial SD

Life changer!  
10 years ago my life changed dramatically. My mom, my best friend, and strongest person I knew was diagnosed with colon cancer stage 4. At that time she was only given a 2% chance of survival. Well, that was not the end of my mom. She always said, "Things happen for a reason"; if her getting cancer was a reason for them to find a cure then that's all that was needed. After multiple surgeries, 10 years of chemotherapy and every research clinic that she could get into, she lost her

battle May 4, 2015. She was an amazing person. I miss her every day.  
All the years that she was sick, she was a grandma. She went to soccer games, football games, camping, ran with her 4 grand babies, and worked full time. She never missed an event. She taught my sister and I all of our family traditions, recipes and secrets. Although she taught us everything we needed to know to carry on the traditions, she never quite let go.

Since her passing I have worked hard to be a person she would be proud of. I have done things I didn't think I could. She showed me real strength, to fight for what I want. Now I want to honor my mom. My sister, my brother, the rest of the family and I want to continue her fight to help find a cure, and to honor her. So I have formed my first team: June's Forget-Me-Nots! I will be doing a 5k and raising money for the Colon Cancer Alliance.

Click the link below the picture

**“developed by  
Stanford  
University to  
assist people in  
dealing”**

## Better Choices, Better Health® - Chronic Conditions

Better Choices, Better Health is an online self management course developed by Stanford University to assist people in dealing with problems associated with chronic medical conditions. Workshops are led by trained facilitators and include approximately 25 participants. You can participate in the six-week interactive workshop at your own

pace from any computer. OEBB members and dependents age 18 or older enrolled in an OEBB medical plan can participate at NO COST.

Learn more or sign up now:

<https://oebb.enroll.selfmanage.org/>

**Offered by OEBB**



**Meatless pizzas made with eggplant and fresh tomatoes and spinach**

## Monthly Potluck Series by Leanne Mixa Bettin

Are you interested in trying new healthy recipes? Having a hard time thinking outside the box, or getting away from your "tried and true" meals? The Wellness Committee is starting a monthly potluck series: Healthy Eating Together. The idea is to try new recipes, engage with colleagues and encourage each other in making healthy lunch choices. The Ainsworth building will host the first potluck on April 15th in OTS-40 and we will continue

on the third Friday of each month, during the school year, in the Auditorium. We encourage all MESD sites to consider hosting monthly/quarterly potlucks as well. Want to get a better understanding of what to expect before committing? Feel free to bring your own lunch to any potluck to see if you would like to join us in the future.

For more information, sign up details and future potluck

dates, visit the Wellness Committee Website, or contact Leanne Mixa Bettin at [lmixa@mesd.k12.or.us](mailto:lmixa@mesd.k12.or.us).

## Join MESD's New Beginnings NAMI Walk Team!

Daily, we encounter those that live with anxiety, depression, and countless other forms of mental stressors. MESD is proud to make a difference in the lives of our students and we recognize that NAMI Multnomah is an amazing free resource for our community. NAMI (the National Alliance on Mental Illness) will be hosting their 14<sup>th</sup> annual walk on Sunday, May 15, 2016 at the Eastbank Esplanade in Portland. This

is the largest mental health event in Oregon and Southwest Washington. NAMI never charges for the services they provide for individuals living with illness and their family members. These include education classes and support groups that have been described as "live-saving" and "life changing". Mental illness affects 1 in 4 adults and 1 in 10 children. With prompt access to the right treatment, people can live fulfilling, produc-

tive lives; without it, they often become statistics. Please join MESD to make a statement that mental health matters. Our team will be raising funds to support NAMI programs and services that affect our students, programs and our community. Become a MESD NAMI Walk Team member today at [www.namiwalks.org/team/MESDnewbeginnings](http://www.namiwalks.org/team/MESDnewbeginnings)



**NAMIWalks Northwest 2015—Join Suzanne at the NAMIWalks 2016 on Sunday, May 15, 2016 at the Eastbank Esplanade in Portland.**

## OEA Choice Trust Update by Elana Emlen

MESD is in its second year benefitting from the OEA Choice Trust Grant for school employee wellness. The grant is designed to create a sustainable system at MESD to support wellness, including nutrition, exercise, and stress management.

In the 2014 All Agency Employee Wellness Survey, nearly 80% said 'yes' when asked, "Have you recently given serious thought to making a personal

lifestyle change related to better health? (For example, lose weight, change the kinds of foods you eat, become more physically active, reduce stress, stop smoking.)" And nearly 74% said 'yes' when asked, "Would you participate in a wellness program if it was offered to you at work?"

We want our wellness efforts to have a positive impact on all of MESD. The majority of our staff are not housed at a single brick and mortar location. The

flexibility and mobility of MESD employees is a tremendous asset to the districts and children we serve. This means that MESD Employee Wellness not only needs to have a presence at our ESD Sites but also offer programs that all employees can enjoy, no matter where they are.

Check out our "Wellness Initiatives Under Construction" on the last page of this newsletter for more information.

***"We want our wellness efforts to have a positive impact on all of MESD"***

## Get Out This Month Around Portland

- ◆ Tulip Festival through May 1, 2016. See 40 acres of tulips and daffodils in bloom at the Wooden Shoe Tulip Farm in Woodburn but 35 miles south of Portland.
- ◆ Earth Day celebrations April 16-23, 2016. Various locations include Vancouver, WA, Portland State University, the Oregon Garden and Willamette University
- ◆ Kayak & canoe event April 22-23, 2016. 14.4 miles north of Portland. Attend classes and demos both days of the Spring Paddle Festival
- ◆ Family bicycle fair April 23, 2016 10am-2pm 8 miles SE of Portland. Safe Routes to School Walk & Roll Fair at the Portland Expo Center
- ◆ Agricultural festival April 23-24, 2016. 46 miles south of Portland. Experience life on the farm, plant a seedling, ride a pony during the Oregon Ag Fest at the Oregon State Fairgrounds in Salem.
- ◆ Garden fair April 30-May 1, 2016 25.1 miles south of Portland. It's the Spring Garden Fair at the fairgrounds in Canby. (Sorry no pets)
- ◆ Run downtown May 2, 2016 at the Cinco de Mayo Run/Walk
- ◆ Women's run May 7, 2016 14 miles NW of Portland it's the Hippie Chick Quarter & Half Marathon
- ◆ Mother's Day walk May 8, 2016 1.5 miles NW of Portland. Take a 5k Reigning Roses Walk to honor your mother

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More info on the MESD  
Wellness web pages

## MESD Employee Wellness

The MESD Employee Wellness Program promotes a culture of holistic, proactive and self-directed wellness for employees. The program will offer resources and support to encourage a healthy lifestyle, while also making an impact on the school community as a whole.

One of the main goals of this program is to act as a role model and catalyst for change within the culture of MESD and to encourage others within our community to pursue healthy habits.

The success of our program will depend largely on a collaborative effort of participants across a wide variety of departments and work sites. All employees are encouraged to take part in wellness programs but also to serve as change agents through volunteerism, participating within committees and modeling a healthy lifestyle.

## Wellness Initiatives “Under Construction”

The Wellness team is working hard behind the scenes to bring our staff more opportunities and creative ways to incorporate healthy lifestyles into our everyday work lives. The following are some recent initiatives that have been incorporated and possible things to come:

- Water bottle filling stations have been installed at many of our sites
- Connections with Wellness Coordinators throughout Multnomah County and the Portland area are being established to reach all MESD staff at all locations
- MESD site gardens are being considered for staff and students as a co-operative effort
- A sign-up sheet remains in the Ainsworth exercise room for anyone interested in providing input into improvements and



Reducing the need to water and allowing for a safe environment to walk as a community effort checks many boxes.

suggestions for best utilizing the space  
-Exploring how to establish

- Yoga classes at multiple sites for a sustainable fall schedule for employees
- Revamp of monthly newsletter with “news you can use”
- A new fun and easy tool called Walker Tracker coming in May
- \*Friendly Fridays a lunchtime experience at your location
- \*Healthy Eating Together: A monthly potluck series at each MESD site

\*We are looking for leaders that would coordinate the Friendly Fridays and Healthy Eating Together activities at all MESD sites. If you are interested in leading one or both of these initiatives at your MESD site please contact: Elana Emlen, [eemlen@mesd.k12.or.us](mailto:eemlen@mesd.k12.or.us)

MESD  
Employee Wellness Initiative

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