

**Upcoming Wellness Events**

- **Upcoming Potlucks**—  
Ainsworth, April 27 in  
Room 342, 12pm-1pm.  
Wheatley potluck: May 3
- **Yoga at Ainsworth**—  
Wednesdays 11:35am-  
12:20pm (drop-in \$7)
- **Yoga at Wheatley**—  
Tuesdays at 4:15pm  
(drop-in \$5)

**Inside this issue:**

Recipe	2
Helensview Community Cycle Event	2
Hydration Challenge Results	3
Farmers Market	3
Upcoming Wellness Activities	4

# Journey to the WELL



**Volume III, Issue VI**

**April 18, 2017**

## It Works for Me! Ann Occhi

*Submitted by Elana Emlen*

MESD knows Ann Occhi as a Nurse Supervisor... but in her off-hours time, Ann races dragon boats with Amazon Dragon Paddlers.

Ann has been paddling since four years ago, when she spent some time reflecting on what she wanted to do that would be a challenge, both physically and mentally. She signed on with Amazon Dragon Paddlers because it is a club (25 years old!) that has been promoting visibility in the LGBTQ community. They race 7 times per year, up and down the west coast, and, as a club, they also provide community service.

This sport takes commitment! The club practices 3 times per week, when they take out two boats with 18-20 people on each one. They train on each side, which keeps them ready to race in any position. Paddling relieves

core and leg strength more than arms (even though that's what you see as a spectator). The club begins conditioning in January with cardio and muscle strength exercises. Ann also runs, uses the rowing machine, stretches, and uses free weights.



Many of the club members go on the Whole 30 diet in January, too.

Ann says that it is not too late to join a dragon boat team to race in Rose Festival. You can go to <http://www.dragonsports.org/> and

check out the teams and who needs paddlers. Also, you can call send emails to [pkscad-brace@gmail.com](mailto:pkscad-brace@gmail.com) and/or [info@dragonsports.org](mailto:info@dragonsports.org) if you would like to just try it out and see if it's a sport you'd like to pursue. You don't have to have previous experience to be a dragon boat paddler, but Ann says that you need to be engaged, do your best, and be focused.

Ann lights up when she describes the feeling she often gets in the boat – when she is aware of the water and sunshine around her, focused on paddling the boat, and everyone is in unison. The boat is moving, and it's "zen".

You can contact Ann if you are interested in dragon boat paddling, at [aocchi@mesd.k12.or.us](mailto:aocchi@mesd.k12.or.us) You can enjoy being a spectator at Tom McCall Waterfront Park on June 10-11.

## Get out this month around Portland

Out and about in the Portland area:

Walk for Wishes - 9 a.m.–12 p.m. Sat, Apr 22, Oregon Zoo, \$15  
Raise funds for Make-A-Wish—and celebrate more than 3,500 local wishes that have already been granted—at this family-friendly event filled with children's activities, snacks, and prizes. Kids will love the behind-the-

scenes walk through the zoo, and walk registration includes Oregon Zoo admission for the day. <https://goo.gl/guDjnf>

The Spring Classic Duathlon – walk, run, bike varying distances starting at the Home Depot off Airport Way. April 23. See link for more information <http://regtorace.com/event/207>

Plan ahead for the NAMI Walk on May 21 <https://goo.gl/6k7fcL>

## Recipe: Fettuccine Alfredo with Asparagus

Submitted by Jennifer Basham

The PSU Farmers Market is booming with fresh veggies and fruits. What a perfect time to add some more veggies to your dinner repertoire. This light take on an old favorite might be just the thing. Asparagus, less-fat cream cheese, and milk make for a delicious pasta dish for a weeknight meal.

RECIPE FROM: [Cooking Light](#)

Hands-on time 23 mins

Total time 23 mins

Yield Serves 4 (serving size: about 2 cups)

### Ingredients

- 8 ounces uncooked fettuccine
- 1 teaspoon olive oil
- 1 pound fresh asparagus spears, trimmed and cut into 2-inch pieces
- 3/4 teaspoon kosher salt, divided

- 1/2 teaspoon black pepper, divided
- 1 teaspoon grated lemon rind
- 2 teaspoons fresh lemon juice
- 1 tablespoon butter
- 1 tablespoon vodka or water
- 4 garlic cloves, minced
- 2 ounces 1/3-less-fat cream cheese
- 1/4 cup fat-free milk
- 1.5 ounces vegetarian Parmesan cheese, grated (about 6 tablespoons)
- 1 tablespoon chopped fresh chives

### How to Make it

Cook pasta according to package directions. Drain in a colander over a bowl. Reserve 1/4 cup pasta water. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add asparagus, 1/4 teaspoon salt, and 1/4 teaspoon pepper; sauté 6 minutes or until crisp-tender. Re-

move from heat. Add rind and juice; toss. Keep warm. Melt butter in a medium saucepan over medium heat. Add vodka and garlic; cook 1 minute. Add cream cheese, stirring until smooth. Stir



in milk, Parmesan cheese, remaining 1/2 teaspoon salt, and remaining 1/4 teaspoon pepper. Stir in reserved pasta water, pasta, and asparagus; toss to coat noodles. Sprinkle with chives.

## Helensview's Community Cycling Event!

Submitted by Jenn Basham and Ovid Boyd

### Join Us for Some Spring Biking!

Helensview students will be leading two bike rides this spring. On **April 21<sup>st</sup> from 10-11am** the Helensview students will lead a **Community Cycling Event**. Even if you don't have a bike of your own (or can't bring it to work), the students will offer the bikes they have built this year to rent for \$5. Meet at the **entrance of Helensview School**. They will also lead a special MESD-exclusive ride around the neighborhood afterschool **on May 11<sup>th</sup>. Meet at 4:30pm at the entrance of Helensview School** to join. Again, students will have bikes they've built available for rent. As the sun is shining and days are get-

ting longer, that means it is a great time to Bike More! Dust off your bike and join our team in the **Bike More Challenge** during the **month of May** to win prizes, awards for our team, and feel great! Log ANY bike ride you take, to the store, park, around the neighborhood, anywhere (including the Helensview one)! Simply sign up at <http://bikemorechallenge.com/> and then search for the **MESD – Multnomah Education Service District** team to join your colleagues. To learn more, con-

tact Jennifer Basham, [jbasham@mesd.k12.or.us](mailto:jbasham@mesd.k12.or.us) or Ovid Boyd, [oboyd@mesd.k12.or.us](mailto:oboyd@mesd.k12.or.us)



## March Hydration Challenge Results!

Submitted by Leanne Mixa Bettin



For the month of March we challenged staff Hydrate! The challenge was designed to encourage employee's daily consumption of water. Not all experts agree on what, precisely, is the amount of water one needs to drink every day to maintain healthy hydration. However, the general recommendation is the 8x8 rule: an 8 ounce glass of water, 8 times a day.

The challenge included three tasks:

- At the beginning of the challenge, participating staff provided their current average water intake per day in ounces.
- Using a challenge tracking sheet, staff tracked how many 8oz glasses of water they consumed per day over 21 days.
- After 21 days, staff totaled up the number of glasses and submitted their tracking sheet.
- Staff that turned in their tracking sheets were entered to win a Hydroflask water bottle!

We then used the data to come up with some interesting stats:

58 MESD employees took on the challenge.  
51% (30/58) completed the challenge.  
30% (9/30) achieved the target goal of 64oz per day (avg). (4 staff drank more than that!)

73% (22/30) increased their overall water intake.



Congratulations to our raffle winners!  
Stephanie West – School Health Services (pictured in the first photo)  
Laura Holguin – Human Resources (pictured in the second photo, center, joined by Elana and Maureen Caldwell from

OEA Choice Trust.)

Stay tuned for our next challenge – Magnificent May – where we'll challenge ourselves to engage in self-care and other wellness activities in a bingo-style challenge. A great way to prepare ourselves for the end of the school year!

## Combine the pleasures of Spring: Cycle to the Farmers Market

Submitted by Suzanne Briggs

Join the fun. Farmers markets make healthy eating fun; and bicycling to the market makes exercise fun. Invite family and friends to join you on this weekly adventure.

Farmers markets are both a culinary and social experience. You will meet northwest's most dedicated farmers and fishers who bring to market their bountiful and beautiful harvests of fresh fruits, vegetables, flowers, meats and fishes. And, you will meet fellow shoppers who share your commitment to local nutritious foods. Bicycling adds to the sense of camaraderie and decreases car use. In Oregon, Metro and Ride Oregon cycle maps can help you plan your route (See below).

Many, but not all, farmers markets hibernate during the winter, but bloom again in the spring. In season, there are more than 160 weekly farmers markets in Oregon and southwest Washington. They are listed in the guides below. Some farmers take credit cards, but some take only cash. Many farmers markets will sell "tokens" that you can purchase with a credit card and use to buy from the farmers/vendors.

Farmers markets are a five-sense experience - full of color and texture, tasty food samples, sweet aromas (like basil) and, frequently, foot-tapping music. They are also full of smiles.

So for a fun and healthy destination this summer, strap-on your bike baskets and backpacks and make tracks to your local to your favorite farmers market. Celebrate the harvest!

Oregon Farmers Market Finder  
<http://www.oregonfarmersmarkets.org/market-finder/>

Washington Farmers Market Finder  
<http://wafarmersmarkets.org/washingtonfarmersmarketdirectory/#searchMarkets>

Metro Bike Maps  
<http://www.oregonmetro.gov/tools-living/getting-around/bike-there/bike-resources>

Ride Oregon Cycle Maps  
<http://rideoregonride.com/resources/print-materials/cycling->



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More info on the MESD Wellness web  
pages: [www.mesd.k12.or.us/wellness](http://www.mesd.k12.or.us/wellness)

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## Wellness activities are coming up!

You know how, when you go to a fireworks display, there is a steady flow and then all of a sudden there are a ton of fireworks going off at once? That's how you know you are toward the finale. And that is how employee wellness will feel this May and June. We have SO MUCH coming up!

Get ready for:

- The community bike ride at Helensview on April 21
- Walker Tracker – The Seven Wonders of Oregon, starting on April 27 and going to June 8. Prizes!
- Low-cost chair massage starting in May - first at Ainsworth and Wheatley (to get the system working) and then expanding to other MESD sites.
- Plank Challenge 2.0 (an easier version than our first try)
- Bike More Challenge starting May 1 – see article on page \_\_\_\_\_. If you ride even a little bit, you are eligible for prizes and you'll be part of the MESD team!
- "Magnificent May" challenge with lots of included activities, starting May 1 (Check your email in late May. There is another raffle J)
- MESD Employee Bike Ride on May 11 – you can rent a bike and helmet for \$5 from Helensview
- Starlight Run on June 3 – register now (see email) to run with the MESD group at a reduced price.
- MESD Softball begins the week of June 4 at Delta Park!



E-mail [mesdwellness@mesd.k12.or.us](mailto:mesdwellness@mesd.k12.or.us) to get involved or join the Employee Wellness Committee