

**Upcoming Wellness Events**

- **Yoga at Ainsworth**— Wednesdays 11:35am-12:20pm (drop-in \$7)
- **Yoga at Wheatley**— Tuesdays at 4:15pm (drop-in \$5)

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# Journey to the WELL



Volume III, Issue VII

June 7, 2017

## It Works for Us! Karla Hobbs, Cheryl Craig, Karen Finch, Clay Kelleher

By Elana Emlen

Karla, Cheryl, Karen and Clay all work in Technology Services in Ainsworth. Another thing they have in common is that they are big fans of Weight Watchers.

**Anyone covered on an OEBB medical plan can use Weight Watchers Meetings and Online at NO COST.**



This is how it works: You sign up for a 13-week series and attend the 30-minute weekly meetings (or, if you sign up to do

Weight Watchers Online, check in weekly.) When you get to the meeting, you are weighed in a private area. The first time you go, the leader will help you figure out how many “points” you get per day and also your weekly bonus points. Basically, you check in weekly, get weighed, and discuss the week’s topic with the leader and each other. There is no guilt at the meetings – no shaming. The talk might cover topics like “What to do when you’re struggling”, or “Holidays”. It is motivational.

Two of the people interviewed get about 30 points per day, and then 25 extra points during the week for special treats. For perspective, a glass of wine is 4 points. A chicken breast will have less points than a cupcake. You can get extra points for activity. For example, if you walk 31 minutes at lunch, that

will get you an extra 5 points! As with everything these days, there is an app to make it easy, and you can also sync your Fit-Bit.

Once you reach your goal, you can become a life member and just weigh in monthly. Weight Watchers recommends a goal of losing 1 to 2 pounds per week. “The difference between Weight Watchers and other programs is that nothing is off limits. **You learn how to live and eat well!**”

If there are enough people interested in setting up a Weight Watchers group at a MESD site, contact MESD Employee Wellness to help set it up. Otherwise, you can find a convenient location or plan to do the program online. More information from OEBB [here](#).

### A message from MESD Superintendent Sam Breyer

The impact MESD has on students is amazing. We work in parts of education that other districts can’t or won’t. This challenging aspect of our jobs make the work both fulfilling and stressful at times. It’s important that we also take care of ourselves. This need was emphasized again and again throughout the strategic planning process.

That’s why I’m thrilled that employee wellness is such an important, and growing, part of MESD culture. I’m proud to be part of an agency that is truly investing in wellness and recognizes that employees must drive the program. I’m impressed by our Employee Wellness Committee and the commitment they have to helping sup-



port all of us. Wellness needs differ for everyone. I can’t take part in all of our activities, but appreciate having so many options. The recent staff bike rides let me combine my favorite stress reduction activity and connect with others. I can’t wait to see the opportunities we have next year.

I encourage you to get involved in MESD employee wellness in whatever way works best for you. Find an activity. Join the Employee Wellness Committee. Make a solo healthy choice. The work we do is important, and so is your health and wellness!

## Recipe: Faye's Apple Cinnamon Oatmeal Cups

Submitted by Anna Dinwiddie

My two year old loves hot oatmeal, but it's more work (with a messier kid!) than I can handle on week-days. I searched oatmeal cup recipes on Pinterest, and played with the ingredients until I found a combination that works for us. It only takes about 10 minutes of prep and I have several weeks of breakfasts ready to go. Oatmeal cups can be customized in a million different ways. I've used ripe banana or frozen berries depending on what I have on hand. You can make them vegan, sugar free, dairy free - whatever healthy means for you!

(Makes 12)

### Ingredients

2 Cups Old Fashioned Oats  
3 Cups Milk (or liquid of your choice, the fluid to oat ratio will depend on what kind of oats you use)  
1 Apple, Cored and Diced Small  
2 Eggs  
1/4 ground flax meal  
1 Tsp Cinnamon  
1/4 brown sugar

Preheat oven to 350 degrees  
Grease (or use paper cups) a 12 cup muffin tin  
Combine milk and oats in a medium bowl  
Stir in eggs, flax meal, cinnamon, brown sugar, and apples.

Spoon into prepared cups and bake at 350 10-15 minutes, they will be firm to the touch when done.

Freeze individually then you can toss them together in a freezer bag. Reheat in the microwave before serving.



## MESD Educators Softball Season Starts

The new **MESD Educators** Co-ed Slow-Pitch Softball Team will begin their season of play in the Portland Metro Softball League on Thursday June 8<sup>th</sup> at Delta Park in North Portland. (See season schedule below)

Funding to organize and subsidize the team in its initial season has come from the Wellness Grant awarded to MESD by the OEA Choice Trust Wellness Grant.

Twenty people have signed-up to play. League rules require an equal number of men and women on the field each week, not just on the roster. Players are MESD employees plus a few spouses and friends.

The team is a mixture of rookies and seasoned softball veterans – including a few coming out of retirement! The goal is to exercise and to have fun. Winning is optional.

MESD team members include: Stephanie Stenton, Ricky Lankford, Tim Parker, Teresa Lay, Danny Moreno, James Barnett, Vicky Genge, Patrick McArthur, Elana Emlen, Heidi Schmidt, Joni Tolon, Melissa Davis, Chris Brown, Brian Altman, and Sean Woodard. The team's co-managers are James Barnett and Suzanne Briggs.

Come enjoy the good cheer! Let's start a tradition!

### MESD Educators Season Schedule.

All games are at [Delta Park](#) in North Portland. ([Map of Delta Park fields](#))

June 8	8:40	Leatherman 1 vs MESD Educators	Budweiser Field
June 15	6:30	MESD Educators vs Aluminators	Budweiser Field
June 22	8:40	MESD Educators vs GBI	Budweiser Field
June 29	6:30	Leatherman 2 vs MESD Educators	Budweiser Field
July 6	8:40	MESD Educators vs Past Our Prime III	Delta #4 Field
July 13	8:40	OCHIN vs MESD Educator	Delta #4 Field
July 20	6:30	MESD Educators vs The Uninsurables	Budweiser Field
July 27	6:30	Aluminators vs MESD Educators	Budweiser Field

## 2017 Back to School Event

Submitted by Stephanie Stenton

Mark your calendars MESD! The Back to School event for the 2017-18 school year is set for Thursday, August 24th. Be ready to rise and shine as this year's event is bright and early. Join us from 8:00-10:00 for a morning that is sure to be both fun and informative! This event is mandatory- however hot coffee, snacks, and lots of laughs will be provided to make it worth your while. In the past couple of years you may have known it as a Wellness Summit

- but this year we are mixing it up. There is sure to be a Wellness element, but the event as a whole will be focused connectedness, excellence, and what makes MESD great- you! More details regarding location, activities, etc. to follow. We can't wait to see all of your smiling faces as we kick off yet another successful school year at MESD.

## Thank you, Margo!

In October 2014, Margo Lalach assembled a team to put together a proposal to OEA Choice Trust to support employee wellness at MESD. The proposal was a success, and since January 2015, we have seen the MESD Employee Wellness Program blossom. Margo's role in making this happen is huge. We will continue to grow the program, but will miss Margo's input and enthusiasm at every Wellness Committee meeting, when she always says, "This is one of my favorite meetings." Much appreciation to Margo for getting this work started!

-The MESD Employee Wellness Committee



## Pedalpalooza 2017

Submitted by Ovid Boyd

Join some bikey fun at Pedalpalooza! I love group bike rides! You get to meet people, get out in the nice weather and there's just something so comfortable about biking with others. So, I'm so excited that Pedalpalooza, Portland's annual group biking festival has just kicked off. During Pedalpalooza, anyone can organize a group bike ride and add it to the Pedalpalooza calendar. Rides come in all varieties and themes. There's silly rides, educational rides, intense rides, casual rides, rides about food, rides about, well just about anything you could think of.



Some of ones I joined last year included a "tour of parking lots" ride, a theater performance ride (where you ride bikes with the actors while they perform), and a wet fountain ride (where you ride to, and through, a bunch of fountains). One of the more famous Pedalpalooza rides attracts tens of thousands of riders (you know which one I'm talking about) and is one of the biggest group bike rides in the world! So check out the calendar and find something to join! Pedalpalooza Calendar: <http://www.shift2bikes.org/cal/viewpp2017.php> Want someone to go with? Contact me, and maybe we can find one to take part in! Ovid Boyd, [OBoyd@mesd.k12.or.us](mailto:OBoyd@mesd.k12.or.us)

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## A look back at Magnificent May

For the month of May, we tried something ambitious. We had 20 wellness activities to choose from, and participants who did at least 15 were invited to send in their results to be eligible to win a prize. Only 11 people sent in their *Magnificent May* punch-cards, which tells us that maybe this was too big a challenge – too much for just one month. That said, respondents all said that they would be likely to do a challenge like this again. One person said “It was fun planning the activities and checking them off.” Two of the boxes involved a standalone challenge (Bike More and Plank 2.0), and only 4 respondents did those. However, all of the respondents completed

- Go for a hike
- Get out of your comfort zone
- Perform a random act of kindness
- Eat 3 servings of vegetables daily for 5 consecutive days
- Exercise for 30 minutes three times in one week
- Do a mini de-clutter by donating 3 things from your closet

So, consider that a select list of wellness activities, curated by your colleagues, and certified “doable”. You can make any month “magnificent” by using the punch-card again. Here is the link: [Magnificent May punch-card](#)

## The Bike More Challenge

This May, MESD employees participated in the Bike More Challenge, a month long bike riding event where businesses compete to get the most employees hitting the roads on two wheels. We had 14 people join our team from all over the MESD sites, Helensview, Ainsworth, and Wheatley to name a few. Some folks commuted to work, others took joyrides on weekends, and some folks biked everywhere! During May, our team logged 240 trips totaling 1,339 miles. (That’s like biking to San Francisco... and back again!) All in all, we had a great time being outside, and catching the breeze while we rolled through the streets.



Please consider joining our team next May and be on the lookout for some future MESD bike rides next school year.

## The 4T (Trail, Tram, Trolley & Train) Trail in Portland!

Do you know about the 4T? It’s a perfect way to enjoy Portland this summer. An excerpt from this link <https://4ttrail.wordpress.com/>

“Looking for a great way to spend a Saturday? Or any other day? Experience an adventure on Portland’s Famous 4T Trail Loop — where a trail, a tram, a trolley and a train combine for a one-of-a-kind, multi-modal way to enjoy Portland, Oregon, one of the nation’s most walkable cities!



First, get your blood moving with a brisk hike uphill among the trees from the Oregon Zoo to Council Crest Park—at 1,073 feet, the highest point in the city—and then enjoy an easy stroll down to Oregon Health and Science University (OHSU), where you will board the Portland Aerial Tram and glide 3,300 linear feet downhill—in 3 minutes!—to the riverfront. From there, board the trolley (aka the Portland Streetcar) and ride to the heart of downtown Portland. Enjoy downtown’s shops, restaurants and food carts and then hop on the MAX light rail train back to the start to complete the loop. Or do it in reverse!”

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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