

Upcoming Wellness Events

- June 8, 2016 12:00-1:00 pm—Ainsworth Auditorium brown bag lunch and presentation from Portland Bureau of Transportation
- June 10, 2016 11:30-1:00 pm—Ainsworth Auditorium Healthy Eating Together Potluck, “Summer” theme
- Sunday, July 10—OEBB Fitness Rewards Quarterly Reimbursement Request
- Monday, Aug 22 11:30am—4pm MESD ‘New Beginnings’ Wellness Summit @ Parkrose High School

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Journey to the WELL



Volume II, Issue V

June 8, 2016

It works for me! Submitted by Elana Emlen

By the time this Newsletter goes out, Jennifer Basham (Outdoor School) will have finished her 6th triathlon! Summer is a great time to consider triathlons, which include swimming, cycling, and running – and there are a range of distances and locations for everyone from novices to experienced athletes.

Jennifer got her start after a sprained ankle sidelined her. She wanted exercise, so she started swimming for the first time in years. Before the injury, she had run some short races and occasionally commuted to work by bike. A friend suggested she think about a triathlon, and her response was, “No way!” but she got a book called Your First Triathlon, by Joe Friel, which has the subheading,

“Race-Ready in 5 Hours A Week”. She used this book to help her prepare for her first triathlon; a ½-mile swim, a 12-mile bike ride, and a 3.1-mile run. She was hooked!

What she likes most about triathlons is the feeling of accomplishment and excitement after a race. When she registers for a “Tri”, it motivates her to swim, bike, and run. Jennifer also joined the Portland Triathlon Club.

<http://www.pdxtriclub.org/>

Jennifer’s thoughts on triathlons: “You get to do cross-training, so I’d say, give it a shot. There are so many great programs to help get you started.”



Jennifer Basham, Triathlete

App of the Month: [mapmywalk](#)

THE #1 WALKING APP

- MapMyWalk is a fitness tracking application that enables you to use the built-in GPS of your mobile device to track all of your fitness activities. Record your workout details, including duration,

distance, pace, speed, elevation, calories burned, and route traveled on an interactive map. You can effortlessly save and upload your workout data to MapMyWalk, where you can then view your route



workout data and comprehensive workout history.

- FREE for Android and iOS

MESD 'New Beginnings' Wellness Summit Kicks Off 2016-17 School Year submitted by Suzanne Briggs



MESD 'New Beginnings' August 22, 11:30am to 4pm @ Parkrose High School

The start of a new school year provides a good opportunity for each of us to become conscious of our ability to make positive changes in our personal and professional lives. The 'New Beginnings' Wellness Summit for MESD staff on Monday, August 22nd at Parkrose High School will be infused with this spirit of renewal and conscious change. Registration opens at 11:30am, with a healthy lunch available until 12:45pm. The Summit program will begin at 1:00pm. All staff are expected to participate, so please mark your cal-

endars!

We will start with a delicious and healthy lunch, a chance for people to welcome each other back after the summer and to make new connections. Sam Breyer, our new Superintendent, will introduce the MESD Management Team and describe his vision and goals for the upcoming year. Superintendent Breyer has been a champion for promoting employee wellness during his tenure at Centennial School District. Our keynote speaker will be Dr. David Boardman, a Kaiser

Permanente (KP) surgeon and proponent of Mindfulness. Mindfulness is a meditation program developed and popularized by Dr. Jon Kabat-Zinn (<http://www.mindfulnesscds.com/>) to reduce stress and improve health. KP has incorporated Mindfulness training in its health management programs. Dr. Boardman has presented for the OEA Choice Trust multiple times with great acclaim. This will be an opportunity for us all to gain new skills going into the new year.



<http://www.oregon.gov/oha/OEBB/Pages/OEBB-Fitness-Rewards.aspx>

Fitness Rewards

OEBB's new "Fitness Rewards" program will reimburse eligible members up to \$15 per month of membership/participation fees paid to a qualifying facility.

To be eligible, members:

Must be enrolled in an OEBB medical plan as either the primary subscriber (benefit-eligible employee or early retiree) or a covered spouse or domestic partner; Must be 18 years old or older; Must complete an annual online

health assessment through his/her OEBB medical carrier; Must submit the facility or instructor information to the OEBB Fitness Rewards program using the Registration Form; and Must provide verification of exercise at a qualified facility of at least eight times within the calendar month

To qualify for reimbursement, the facility attended:

Must be a registered business, nonprofit or academic institu-

Offered by OEBB

tion in the United States; Must offer regular cardiovascular, flexibility and/or resistance training exercises, or instructor-led classes (such as Zumba®, Pilates, "Step" classes, aquatics, etc.); Must have staff oversight or alternative verification system (i.e., ability to track and report on member attendance); and Must offer a financial membership/participation agreement or be able to provide proof of payment for services



Supt Scott Perry gardening during a recent "Tomato Talk".

Superintendent Perry on Wellness submitted by Elana Emlen

Scott Perry has been MESD's Interim Superintendent since December. Having been the Superintendent of Southern Oregon ESD, he came to us with experience and perspective. As his work with MESD is about to end, he agreed to share his thoughts on employee wellness. In Scott's view, *Workplace Productivity = Meaning (the work being meaningful) + Accountability + High Trust Work Environment + Employee Wellness.*

"People have to be well, both physically and psychologically, because if they aren't, that will interfere with their productivity". Southern Oregon ESD had Saturday hikes, a Walking Challenge, and other activities. Here, Scott participated in planting the garden bed at Ainsworth and attending "Tomato Talk." He thinks it's important to take breaks to walk, and to work in an ergonomically sound way. Scott says, "If we are not taking

care of ourselves, we can't serve our schools, children, and families." He is thrilled because incoming Superintendent Sam Breyer also knows the importance of employee wellness. He hopes that MESD employees receive continual invitations to wellness activities like gardening talks, hikes and bike rides, presentations about stress management, healthy eating, exercise, and financial health, and more. Wellness communication and activities should be part of the culture.

Employee Assistance Program

Sometimes we all need extra help. The Employee Assistance Program (EAP) is available to all of us. It's free, confidential, and it is sometimes easy to forget the many ways it can help.

Through EAP, employees and their families can access face-to-face counseling for just about any issue or challenge. And these are very qualified counselors! There is also 24-hour crisis help, child care information, adult and eldercare services information, health coaching, some legal and medi-

ation services, financial services, and much, much more.

Take a look at the EAP brochure outside the HR office, or go to www.MyRBH.com (access code: OEGB) or call 1-866-750-1327. You might be amazed at what they can do for you. (No private information will ever be reported to your employer.) Each one of us has to support our own work-life balance. EAP is a free tool to make that balance easier.



1-866-750-1327
www.MyRBH.com
Access Code: OEGB

Sunday Parkways

Do you know about Sunday Parkways? It's amazingly fun, and it's FREE! The City of Portland closes *miles* of streets to cars, and creates a *big loop* just for bikes and walkers, etc. There is no race and no start/finish line. And even better, these loops wind through neighborhoods and parks, with food, music, activities, and more in each of the parks.

It's one of the best things about Portland in the summer! To get more information, go to <https://www.portlandoregon.gov/transportation/58929> and mark your calendars anytime between 11am and 4pm for these upcoming Sunday Parkways: North Portland (9.5 miles) on June 26, Northeast Portland (8 miles) on July 24, Southeast

Portland (7 miles) on August 21 and Sellwood-Milwaukie (8 miles) on October 2. Remember, it's not a race. It's just **fun**.

**“It’s
amazingly
fun, and
it’s FREE!”**

Get Out This Month Around Portland

- ◆ Sand castles at the ocean: June 10-12, 2016. 79 miles NW of Portland—See dozens of elaborate creations on the Pacific Coast at the Sandcastle contest in Cannon Beach.
- ◆ Dragon boat races: June 11-12, 2016—Watch 80 teams compete in a series of races on the Willamette River at Portland Rose Festival Dragon Boat Race at Tom McCall Waterfront Park, south of Hawthorne Bridge.
- ◆ Portland Undy Run/Walk: June 18, 2016—A family and pet friendly 5K and 1-mile event for charity at Portland Meadows @ 9am.
- ◆ Pride festival & parade: June 18-19, 2016—The parade begins 11am Sunday at NW Park Ave & W Burnside Street. The festival is both days to Tom McCall Waterfront Park noon to 6pm.
- ◆ Yoga day: June 21, 2016—Register for a free class, or stop by to learn more on International Yoga Day at Pioneer Courthouse Square.
- ◆ Windsurfing festival: June 30, 2016—Check out gear, see demos and races, play games, hear live music in Hood River.



Summer is in the air in Portland. Get out this summer and enjoy all that our area has to offer!

MULTNOMAH
EDUCATION
SERVICE DISTRICT

11611 NE Ainsworth Circle
Portland, OR 97220
Phone: 503-255-1841

More info on the MESD
Wellness web pages

Help us choose paint colors for the new and improved exercise rooms! You may have heard we're improving the current exercise room and expanding into another room. The current exercise room will be primarily for yoga, stretching and light weights. The new exercise room will be in what is currently the cafeteria conference room, where we will have a new treadmill, elliptical and spin bike. We will be painting the rooms to give them a refresh, and we'd like your input on what color to paint them. We've chosen four colors for each room, and you'll choose which one you like the best. Both exercise rooms at Ainsworth will be available to all MESD employees!

Here's how it will work: **June 1-10**, posters will be up next to the current exercise room (in the hallway by the cafeteria) which will include the color choices and a place to put your vote .

MESD
Employee Wellness Initiative

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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.



Visit a Farmers Market this Summer!

SATURDAYS

Hollywood Farmers Market

December – March: 1st & 3rd Saturdays, 9 a.m. – 1 p.m.
April – September: 8 a.m. – 1 p.m.
October – November: 9 a.m. – 1 p.m.
NE Hancock St., between 44th Ave. and 45th Ave.
hollywoodfarmersmarket.org
Accepts cash, debit, credit, SNAP (up to \$5 match), and FDNP

Portland Farmers Market at Portland State University

March – October: 8:30 a.m. – 2 p.m.
November – February: 9 a.m. – 2 p.m.
South Park Blocks between SW Hall St. and Montgomery St.
portlandfarmersmarket.org/our-markets/psu
Accepts cash, debit, credit, and SNAP

St. Johns Farmers Market

June 4 – November 19
9 a.m. – 2 p.m.
St. Johns Plaza, N. Lombard St. and Philadelphia Ave.
www.stjohnsmainstreet.org/

[farmers_market](#)

Accepts cash, debit, credit, and SNAP

Woodlawn Neighborhood Farmers Market

May 21 – October 29
10 a.m. – 2 p.m.
NE Dekum St. and Durham Ave.
woodlawnfarmers-market.squarespace.com
Accepts cash, debit, credit, and SNAP (up to \$10 match)

SUNDAYS

Hillsdale Farmers Market

March 20, April 3 & 17
Weekly, May 1 – November 19
10 a.m. – 2 p.m.
SW Capitol Hwy. and Sunset Blvd.
hillsdalefarmersmarket.com
Accepts cash, debit, credit, and SNAP

Irvington Farmers Market

June 5 – October 30
9:30 a.m. – 2:30 p.m.
NE 16th Ave., between Broadway and Weidler
irvingtonfarmersmarket.org
Accepts cash, check, debit, credit, SNAP, and FDNP

King Portland Farmers Market

May 1 – November 20
10 a.m. – 2 p.m.
NE 7th Ave. and Wygant St.
portlandfarmersmarket.org/markets/king
Accepts cash, debit, credit, and SNAP (up to \$5 match)

Lents International Farmers Market

June 5 – October 30
9 a.m. – 3 p.m.
SE 91st Ave. and Foster Rd.
portlandfarmersmarket.org/our-markets/lents-international
Accepts cash, debit, credit, and SNAP (up to \$5 match)

Montavilla Farmers Market

May 15 – October 30
10 a.m. – 2 p.m.
7600 block of SE Stark St.
montavillamarket.org
Accepts cash, debit, and SNAP (up to \$10 match)

Woodstock Farmers Market

Sundays, June 5 – October 30
10 a.m. – 2 p.m.
S.E. 46th Ave. and Woodstock Blvd.
woodstockmarketpdx.com
Accepts cash, debit, credit, SNAP (up to \$5 match), and FDNP