

Upcoming Wellness Events

- **Upcoming Potlucks—**
Ainsworth, March 23,
noon to 1pm, Rm. 346.
Theme: Salad Bar! We
provide the greens, you
bring the toppings.
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)

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Journey to the WELL



Volume III, Issue V

March 23, 2017

It Works for Me! Dammes Hoogendijk, Helensview

By Elana Emlen

Dammes (rhymes with Camas) has been the Science teacher at Helensview for two years, and also coordinates the Bike Program.

Dammes had run cross-country in high school, but after he left school, he stopped running. Then he woke up one day and felt like it hurt his feet just to walk. He decided right then that he needed to lose weight, and went out for a jog. He lost 30 pounds in a year by running and eating better.

Running has proven to be a big stress relief. "It's cathartic", he says. It has also been a great way to keep conditioned, and he enjoys the physical demands of running.

Dammes runs five miles every single day, and has been doing it for about five years (except for just one day this winter when he

was sick.) When he goes on vacation, he maps out places to run. He is an avid treadmill user. He likes it because it helps him maintain his pace. During the summer, he also runs on the Springwater trail.

Dammes is "self-competitive", so he times his runs, but he also likes running with friends. About 4 years ago, he had a flare of hip bursitis, but it went away and he has been injury-free since. He does some exercises to strengthen his core, and notices that it has reduced fatigue.

Dammes gets a new pair of shoes every six months, and wears basic shorts and shirts (living proof that running does not have to involve a lot of shopping and fancy gear). He tends to prefer Nike because of the weight and fit, and also because the Nike outlet stores have great shoes at a reduced price.

Dammes' love of running is leading him to collaborate with Dontae at Helensview to start a Track and Field team. If you are interested in donating or volunteering, contact him at dhoogend@mesd.k12.or.us He is also part of the brand new *MESD Running Committee!*



Get out this month around Portland

Want to learn to knit? Register in advance for Starlight Knitting Society's workshop (\$30) April 9, 12:00-3:00 <http://bit.ly/2nVHJVE>, at 7028 SE 52nd Avenue, Portland, OR. Or consider Knitting: Beginning and Beyond, \$60 for classes on April 6, 13, & 20 6:30-8:30pm at <http://bit.ly/2nobtNi> 2140 NE Alberta Street, Portland, OR.

Great opportunity to **run or run/bike** right near the MESD Ainsworth building, April 23! Check

out <http://regtorace.com/event/207> for a 5K, 10K, Half Marathon, Duathlon or Duathlon Relay! Registration includes a T-shirt, medal, and post-race refreshments.

How about car-free **hiking in the Gorge?** Join REI March 27, 6:30-8:00pm at Lucky Lab (NW Quimby) for Hoppy Adventure Hour. "Friends of Columbia Gorge will share trip itineraries to some of the best hiking in the Gorge-the best part? You don't need a car to get there." Register here:

<https://www.rei.com/event-cart>

Seasonal Recipe: Rhubarb-Lentil Soup!

Submitted by Elana Emlen

It's rhubarb season! Strawberry-Rhubarb pie, topped with vanilla ice cream is a terrific seasonal treat. Here's a surprising way you can use rhubarb in your entrée: Rhubarb-Lentil Soup. It's tangy, hardy, and makes great leftovers you can bring for lunch. Plus, you get the "Wow! What a surprise!" factor, when you tell people it has rhubarb in it. This soup is a favorite at our house. The recipe is from [Cooking Light Magazine](#).

Ingredients

- 1 1/2 cups boiling water
- 3/4 cup dried petite green lentils
- Cooking spray
- 2 cups finely chopped carrot
- 1 3/4 cups finely chopped celery
- 1 1/2 cups finely chopped red onion
- 1/4 cup chopped fresh parsley
- 2 cups chopped rhubarb (about 12 ounces)

- 4 cups fat-free, less-sodium chicken broth
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon chopped fresh dill



- 6 tablespoons crème fraîche
- Dill sprigs (optional)

How to Make It

1. Pour 1 1/2 cups boiling water over lentils in a small bowl; let stand 10 minutes.
2. Heat a Dutch oven over medium-high heat. Coat pan with cooking spray. Add carrot, celery, onion, and

parsley to pan; sauté for 4 minutes. Add rhubarb, and sauté for 3 minutes. Drain lentils, and add lentils to pan. Stir in chicken broth and salt; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until lentils are tender.

3. Remove from heat; let cool 5 minutes. Place 3 cups lentil mixture in a blender or food processor – or use an immersion blender if you have one. Remove center-piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Return pureed mixture to pan; stir in pepper.

4. Combine chopped dill and crème fraîche in a small bowl. Serve crème fraîche mixture on top of soup; garnish with dill sprigs, if desired.

Affordable Massage at University of Western States

Submitted by Suzanne Briggs

Research shows that massage provides many positive benefits including reduced anxiety levels, lower blood pressure, improved motion, and enhanced attentiveness. Here in Portland, the University of Western States (UWS) massage therapy program introduces these healing contributions to a wide variety of people through their affordable **student massage program**. Massages are available at two locations: UWS Campus Health Center - 2900 NE 132nd and East Portland Clinic - 12611 NE Halsey.

<http://www.healthcentersofuws.com/clinic-locations/>

In February, I booked an appointment at the UWS Campus Health Center. Meditation music welcomed me as I

stepped into the massage therapy room. The massage setting is a respectfully quiet room with four curtained-off spaces, each furnished with massage table and chair. All massage therapists



in the room honor each other's space and worked efficiently to maximize the client's one-hour massage appointment. I appreciated being part of the collegiate learning environment where the students encouraged questions and if nec-

essary, eagerly and confidentially consulted with their advisor, Dr. Ebling. The massage student's attentive care and the **\$20 per hour fee** is truly a well-kept secret worth exploring.

UWS's East Portland Clinic offers student massages in private rooms for \$30 per hour. Unlike the UWS campus program, the East Portland Clinic is open on Saturdays as well as weekdays. In both locations, the student massage hours are limited, so book your appointments early.

MESD Employee Wellness and UWS currently are collaborating to start a MESD on-site Chair Massage program. Stay tuned for more details in the near future.

How to get started with running... and why!

Here is a guide for getting started with running

<http://nyti.ms/2mVH9q2>

Scroll down to get tons of information about training, form, and other good ideas.

You might want to get started by using the **Couch to 5K app**, which has helped thousands of people go from running 0 miles to running 3.1 (a 5K)

<http://www.active.com/mobile/couch-to-5k-app>



Why take up running?

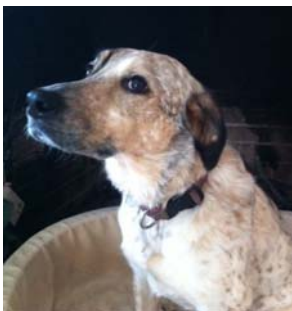
- Because you can do it anywhere
- To make new friends
- To spend some time alone
- To accomplish a goal
- Because you might live longer
- To burn calories
- For the smiles
- To remember
- Because you'll sleep better
- To feel more energized
- For your heart
- To relax
- Because you might reduce your cancer risk
- Because you'll get to spend more time outside
- To see more of new places
- Because you'll (probably) get to buy new shoes
- To protect your bones
- To stay sniffle-free
- To make a difference

See the list and the background information here:

<http://huff.to/1pMykMz>

Pets can be part of your wellness lifestyle!

A lot of MESD employees already know this to be true: Pets have a positive effect on wellbeing. Having a pet can improve your physical health by increasing your physical activity, which impacts cholesterol and triglycerides. See this article from CDC for stories <https://www.cdc.gov/features/walking-pets-healthy/>. Pets lower stress and depression, and they connect you with your community. There is something about the unconditional love from a pet that makes every day better.



Are you interested in finding a pet? Here are some good places to start, and with summer around the corner, it's perfect timing.



www.oregonhumane.org
www.multcopets.org
www.pixieproject.org
www.familydogsnewlife.org
www.catadoptionteam.org
www.rescuebird.com

Do you want to build more connections with your co-workers? Ask them about their pets!

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More info on the MESD Wellness web
pages: www.mesd.k12.or.us/wellness

MESD
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Tips on living better:

If something else works better – you should do that instead...

Morning

Have a large glass of water first thing in the morning and delay coffee until you arrive to work.

Avoid carbohydrates for breakfast, unless you exercise in the morning.

Your brain is most efficient after you wake up...

Spent this time organizing/prioritizing your day rather than doing reactive tasks, i.e. email, phone calls.

Focus on your most difficult tasks.

Afternoon

Save your reactive tasks for between 2-3pm. This is when your cortisol levels fall and you become less alert.

Try to limit how much time you spend on a given task.

Consider having a larger lunch and plan for a smaller dinner.

Evening

Avoid any alcohol after 7pm. This will ruin your sleep patterns.

No caffeine after 5pm.

Consider meditation, exercise or reading fiction to relieve stress.

Bedtime

Be kind to yourself. You're flawed. We are all flawed.

Nuts and vegetables make a great bedtime snack.

Baths are relaxing, but a hot shower may stimulate you.

Don't watch television 1½ hour before sleep.

Going to sleep after 10p may lead to cumulative over exhaustion.

Blue light from your computer/smartphone will keep you stimulated and unable to fall asleep.

Nighttime

If you wake up in the middle of the night, sit in a dark room upright without stimulation until you feel sleepy again.

Keep a pad of paper by your bed to write down any thoughts that may wake you from sleep.

Optimal sleep length is 7-8 hours per night; don't shortchange yourself.

-Riyad Fares MD
Cascade Physicians

This is not medical advice to replace any information you receive from your healthcare provider. It is shared here in the Newsletter as food for thought.