

Upcoming Wellness Events

- **Upcoming Potlucks—** Ainsworth, October 21, noon to 1pm. ; Wheatley, November 4, 11:30am
- **Yoga at Ainsworth—** Wednesdays 11:35am-12:20pm (drop-in \$7)
- **Yoga at Wheatley—** Tuesdays at 4:15pm (drop-in \$5)
- **Zumba at Wheatley—** Thursdays at 4:15pm, Free!

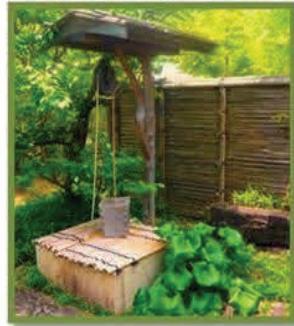
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Journey to the WELL

Volume III, Issue II

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It Works for Me! David Cramblett, Technology Services

By Elana Emlen

David is a regular in the exercise room at the Ainsworth Building - squeezing strength and mobility into his day in order to support his mountain climbing habit.

David participated in sports as a kid. During his adult life, his weight cycled up and down. About 6 years ago, he started mountaineering, which led him to learn and practice strength and endurance training.

Mountain climbing is what motivates David to get up at 5:00 am to run, exercise, and stretch. He follows a training program that, at its peak, will have him exercising 12 hours per week.

He had a nagging back injury last November and tried rest, physical therapy, acupuncture, and chiropractic care. Some of this alleviated pain, but didn't cure the problem. It didn't stop him from summiting Mt. Rainier, but it lingered. Then, he went to a mobility seminar at Cross Fit, and started to use a la crosee ball, a foam

roller, and other tools to improve mobility. He read three books by Kelly Starrett (see below). David started to do air squats and lunges at his desk every half-hour. *"Just ten repetitions makes a difference. Any stiffness goes away really quickly."*

David visits the exercise room for a 15-minute break at least once a day to work on flexibility and mobility. He also enjoys the yoga class at Ainsworth.

He says that it takes something motivating in order to get up early and do all of this. His advice? "Find your thing and be active!"

Books:

Training for the New Alpinism, by Scott Johnston and Steve House
Becoming a Supple Leopard and
Deskbound: Standing Up to a Sitting World and Ready to Run, all by Kelly Starrett



David Cramblett

Zumba at MESD!

All MESD employees are invited to participate in Zumba at Wheatley starting October 20! Kelly Moore, an MESD employee at Wynn Watts will teach this free class on Thursdays, 4:15 to 5pm.

Zumba has been described as "exercise in disguise." It is a fun class with great music that supports fitness in many ways. The pace supports cardiac systems, the movements support strength, and the music uplifts the spirit.

This class is for people at a range of fitness levels. Give it a try - and leave Wheatley feeling energized. Participation is voluntary and for your own personal enjoyment.

Questions? Contact eemlen@mesd.k12.or.us

Veggie “Chilly” Recipe

By Leanne Mixa Bettin

My sister gave me her “Veggie Chilly” recipe about 12 years ago, and it’s the first thing I make when the season changes to Fall. My meat loving friends always go back for more because it’s thick and hearty like a meat chili. My dog enjoys it because she gets to eat carrots and bell peppers during the prep.

I like to include a heartier veggie, like sweet potatoes or winter squash as part of the base, and then include different options depending on what I have on hand. I’ve used parsnips, a few end-of-season tomatoes, thrown in a handful of kale at the end, etc. The versatility is my favorite thing about this recipe and I hope that you can make it your own. Enjoy! Makes approximately 8 portions.



Base Chili

2 tablespoons olive oil
 ½ medium onion, chopped.
 1-2 “knuckles” of garlic, minced.
 1/2 butternut squash. Peeled and seeded, chopped into bite size pieces. Or you could use sweet potato 1 large or -2 small, peeled

and chopped.

1 large can of diced tomatoes. I like to get the kind with Italian seasoning or green chilies, but you can use whatever you have on hand.

1 tablespoon tomato paste.

2 Tablespoons chili powder

1 teaspoon cumin

1 teaspoon oregano

Spices to taste: turmeric, cinnamon, cayenne pepper, red pepper flakes, basil. Full disclosure: I’m not very precise with the spices. Use whatever spices make sense for you depending on your taste.

Veggies

1-2 carrots, peeled and chopped.

1-2 jalapenos or other milder pepper like anaheim, seeded and chopped.

1-2 bell peppers, seeded and chopped.

2-3 cans (14 oz) beans, rinsed (black, garbanzo, kidney, pinto, whatever you have on hand or prefer)

1 can (14 oz) corn

1 can (14 oz) peas

Garnishes

Plain greek yogurt, hot sauce, cheese, tortilla chips or cornbread. Maybe more hot sauce.

Instructions

Saute garlic and onion in olive oil or butter over medium heat in a large pot until the onion is translucent. Add the butternut squash and diced tomatoes, mix together. Add combination of spices and let simmer covered, stirring occasionally, until you can pierce the butternut squash with a fork. Add carrots and jalapenos, let simmer for about five more minutes uncov-



ered. Add the remainder of ingredients and about a ¼ cup of water. If it’s looking dry over the course of simmering, add more water, about ¼ cup at a time. It should be thick, not too watery. I always taste the

chili to see if it’s missing anything – more tomato paste, more spices, etc. Let the chili simmer uncovered for about an hour, stirring occasionally. The longer it simmers, the better. Garnish with cheese, yogurt and chips or cornbread. Enjoy!



Healthy Team Healthy You



Healthy Team Healthy You is a no-cost benefit offered by OEBB that helps you and your families meet the requirements for Healthy Futures (and cost savings on your health insurance.) However, if that’s the only way you are thinking about it, then you’re missing out on the content of this evidence-based program designed to help everyone improve his or her physical and mental health. When you enroll in HTHU, you will receive a pedometer

or exercise band and a 12-session workbook of wellness information and challenges. Also, a donation of three meals will be made to the Oregon Food Bank on your behalf just for signing up! If your team completes the program by logging in all 12 sessions, two additional donations will be made to the Oregon Food Bank.

If you’re interested in becoming a team leader for HTHU, you will be doing a great service as a wellness champion at MESD. Please understand that the team leader does not bear a

large burden, but simply orders the no-cost team leader manual and sets the times for future meetings. After the first session, the team leader manual should be passed around the group.

Setting goals and completing challenges is more effective and fun when you’re on a team. I’ve noticed that MESD has very few teams with more than one person, even though our overall enrollment rate is excellent. It would be most beneficial to have a team leader in each department and in each

building to get the teams started! Email eem-len@mesd.k12.or.us

Lastly, if you’re interested in participating in HTHU but aren’t interested in joining a team of coworkers, then you may instead start a team with family members who are 18 or over, or simply start a team of one. Go to oebb.hthu.com for more information.

Reasons to get a flu shot and how to get a flu shot

Now is the time to pop yourself (and your loved ones, if they are older than 6-months) into your health provider's office or your local pharmacy to get a flu shot. Here's why:

- Flu vaccination can keep **you** from getting sick from flu.
 - Flu vaccination can help protect **other people** (especially infants younger than 6 months old who are too young to get vaccinated).
 - Flu vaccination also may make your illness **milder** if you do get sick.
- In addition to vaccination, good hygiene makes a big difference. Washing your hands properly, covering your cough, avoid

hand contact with your face and eyes, and wiping down surfaces with disinfectant are all ways to help stop the spread of the flu. These are signs and symptoms of the flu: Sudden onset of high fever; Body aches; Headache; Fatigue; Sore throat; Cough and/or congestion; Runny nose.

If you have **Kaiser** insurance, for a limited time (October 8-21), you can walk into one of our flu shot clinics with no appointment needed. Starting October 24th, you'll be able to get a flu shot as part of a regular office visit. You can also visit your local Nurse Treatment Center.

If you have **Moda** coverage, flu

vaccines are covered under OEBB's preventive care benefit at 100 percent when you visit a contracted provider. Individual and family deductibles are waived for this preventative service. If a member goes to a Moda Health preferred provider for a flu vaccine, the provider will submit a bill to Moda Health for reimbursement, with no out-of-pocket expenses for the member. If you get a flu shot at a contracted OPDP network pharmacy, you will also have no out-of-pocket expenses. (see https://www.modahealth.com/oebb/members/flu_vaccine.shtml). For more information about flu, visit <http://www.cdc.gov/flu/>.

*Get
Flu Shot*

Save the Date: Financial Wellness Workshop on November 30

Teresa Muench, the Affiliate Relations Specialist with NEA in Seattle, will present two workshops for MESD employees on November 30. She will be at Wheatley 1:30-3:00 and at Ainsworth 3:30-5:00. All employees are encouraged to attend. Why? Because money is the #1 stressor for a lot of people, and that impacts our ability to do our best at work, home, and in the community.

Teresa's workshop is fast-paced and practical. Participants will do some work there and will take home a lot of information and resources, and the inspiration to tackle personal financial concerns. More information will be sent prior to this very practical financial wellness workshop.



"Money is the #1 stressor for a lot of people, and that impacts our ability to do our best at work, at home, and in the community."

Get Out This Month Around Portland

- ◆ October 22nd and 23rd, Portland Vegfest: <http://nwveg.org/vegfest>
- ◆ October 29: Zombie 5K Race: <http://energypevents.com/run2survive/>
- ◆ November 12, Veterans Day Race: http://veteransdayrun.com/#/register/portland?_k=j29zqr
- ◆ November 24: Turkey Trot at the Zoo: <http://orrc.net/events/event-list/turkey-trot-4-mile-run-and-walk-with-kids-tot-trot/>
- ◆ November 24: Tofurky Trot: <https://www.facebook.com/events/339806366365686/>

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

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App of the Month—Walker Tracker: Register Now!

Registration is now open for the OEA Choice Trust **Fall Backpack Europe Wellness Challenge!**

To get started, first go to:
mesd.walkertracker.com

Next, click “Register Now”

You will automatically be enrolled in the Fall Challenge, which starts on Tuesday, November 1st and ends on December 13th. Once registered you can choose your method of tracking (wireless device, smartphone app, or pedometer) and set it up on Walker Tracker. You can also upload a picture for your icon and make friends on the site. Check out the [Getting Started Guide](#) to learn more about getting set up and using the website.

Walker Tracker has been created for ease of use and it's a breeze to get started. Once registered, you can sync up your phone or wearable device with Walker Tracker.

If you are not one to sync up, you may choose to simply wear a pedometer and enter your steps manually on the website. Maybe walking isn't your exercise of choice? You can also enter other activities (even yard work) and the time you spend doing that activity and it will be converted into steps. When you register, choose your department, and that will help set up our teams here at MESD. It's really easy to register and get started.

Some MESD staffers have registered early and report that it's been fun, and a good incentive to keep moving. If you have questions, contact eemlen@mesd.k12.or.us



OEA Choice Trust

Backpacking EUROPE

November 1 - December 13, 2016
Goal: 7,000 steps a day!

Embark on a trek to some of the most iconic and well-known places in the world. We begin in London and traverse through France, Italy, Spain, and more.

Track your steps using a fitness device (such as Fitbit or Garmin), the Moves App, Apple Health, Google Fit, or any pedometer you choose. Convert other exercise (such as swimming, biking, weight training) into steps using the activity converter on the site. You can download the Walker Tracker app to stay up to date on the go!

Sign up today!

