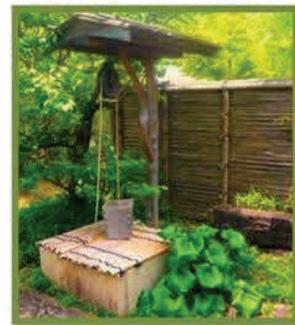


Journey to the WELL



Volume III, Issue I

September 16, 2016

Upcoming Wellness Events

- **EVERY FRIDAY**—
 11:30am-1:30pm Friendly
 Friday lunchtime experi-
 ence in your site's lunch
 area.

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It Works For Me!

Jeremy Berliss is the Principal at Wheatley School, which is a busy and sometimes stressful place. Jeremy practices meditation every morning to set himself up for the day. He shares some tips that follow up on Dr. Boardman's presentation at the MESD Back to School Wellness Summit.

Jeremy used to do an active burst of exercise in the morning before work, but he felt too "amped up." A friend, who was a Special Education director, suggested meditation. The friend said that he felt less stressed at work and at home after meditating. Jeremy got an app called *Insight Timer – Guided Meditations*, which is free and provides guided meditation. Since April, Jere-

my's morning routine is this: He is the first one up in the house and as soon as he wakes up, he opens the app and does 15 minutes of guided meditation. He has found that it has helped him be more relaxed through the day. Also, if he ever has trouble sleeping, he uses the app then, too.

Insight Timer has over 2,000 free guided meditation in various lengths of time and focus areas. You can also choose a male or female voice.

<https://insighttimer.com/>



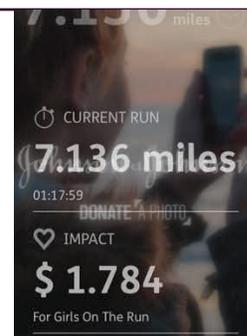
Jeremy Berliss

The New York Times just put together a nice guide for how to start meditating. <http://www.nytimes.com/well/guides/how-to-meditate>

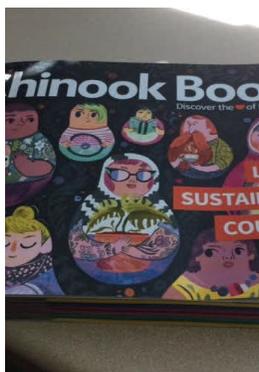
App of the Month—Charity Miles

Earn money for charities every time you run, walk, or bicycle by using the free Charity Miles app. Corporate sponsors (whose information you'll see as a backdrop image in the app) agree to donate a few cents for every mile

you complete. Browse the app's list of charities, find the one that you support, and then hit the road. When a lot of people use Charity Miles, those little bits of money add up.



Free
 Available on Android,
 iOS



Chinook Book

Support Outdoor School with Chinook Book

Get a head start on your wellness resolutions and support Outdoor School at the same time! The latest Chinook Book has hundreds of coupons, including many that will help you achieve your wellness goals with less strain on your wallet (including bike stores, yoga and fitness classes, chiropractic, acupuncture, mind/body alignment, healthy grocery options, and much more). Increase your step count by exploring local attractions like the Oregon Zoo, the Portland Art Museum, OMSI, Oregon Coast Aquari-

um, Oaks Park and Lan Su Chinese Garden. Get even more active with a discount for an annual Metro parks pass, several different rock climbing gyms and great local companies like Columbia Sportswear for stocking up on outdoor gear. Plus, there are enough massage coupons in this year's Chinook Book for a discounted massage every month for a year!

In addition to wellness-related coupons, there are hundreds more for local business and restaurants. Using just a few of

them will more than cover the \$22 cost of the book. Get yours at the Outdoor School office on the 3rd floor of the Ainsworth Building, or email Lafcadio Adams at ladams@mesd.k12.or.us.

Weight Management



Weight Watchers is based on the philosophy that successful weight loss is achieved through the attainment of a series of realistic goals. The program incorporates healthy eating, physical activity, behavior modification, and for those who attend meetings, a supportive atmosphere. Anyone enrolled in an OEBC medi-

cal plan can enroll in their first 13-week session at NO COST (age restrictions may apply to children), either with At-Work Meetings, Community Meetings, or OnlinePlus. Those who maintain participation requirements could qualify for up to four 13-week sessions per plan year.

To learn more or

Offered by OEBC

enroll, [download the PDF instructions](#), or call 866-531-8170. If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath County call 800-651-6000.

Yoga at MESD

You asked for it – you got it! Yoga classes will be available at Wheatley and Ainsworth starting this month. Will Borden, who taught some classes last year at Wheatley, will be teaching at both locations.

The classes at Wheatley will start on September

27 and will continue on Tuesdays, 4:15 to 5:15 through November 29 for a drop-in fee of \$5 per class. The classes at Ainsworth will begin on September 21 and will require advance registration and payment for a 5-week series. The plan is for yoga to continue at both sites through the

school year.

Participation in yoga classes is voluntary and for your own enjoyment. If you have questions about yoga, contact eem-len@mesd.k12.or.us

Namaste!

Ainsworth Exercise Rooms

Thanks to the OEA Choice Grant, the exercise room in the Ainsworth Building has been refurbished with new equipment for all MESD employees to enjoy. The highlight is a rowing machine which actually sounds like rowing in water! There is also a new set of weights, a plyo box, new mats, bands and yoga props. If you're not sure exactly what to do, we will soon have posters up with suggested exercises to try. You can also try out the 7-Minute Workout: <http://well.blogs.nytimes.com/2013/05/09/the-scientific-7-minute-workout/>.

<http://well.blogs.nytimes.com/2013/05/09/the-scientific-7-minute-workout/>.

Nike donated equipment to MESD From its athletic centers. In the "cafeteria conference room" we have a treadmill, elliptical and spin bike.

During the next few months, we will have a trainer in occasionally to give orientations to the equipment.

If you're short on time, you might try the 10-20-30 workout, which you can do on your own, walking or running

or on any of our new machines. More information is available here: <http://well.blogs.nytimes.com/2015/07/29/a-way-to-get-fit-and-also-have-fun/>

Use of the exercise rooms is voluntary and for your own enjoyment.

Questions?

Contact Elana Emlen at eemlen@mesd.k12.or.us.



Elana, trying out the new rowing machine

Join us for a MESD group bike ride at Sunday Parkways!

We have started a new biking group, and would like to invite you to get to know your colleagues and join us for our first ride—the **Sellwood-Milwaukie Sunday Parkways** ride on **October 2nd**. What is Sunday Parkways? On these days, the city closes a route through a neighborhood to automobile traffic making for a most peaceful bike ride. Each ride connects to multiple parks, where you'll find music, food and vendors.

We'll meet at **Southeast Tacoma/Johnson Creek Max Station underneath the covered bike parking structure**. To get there, take the Orange Line, ride a bike along the Springwater Trail, or park your car at the station's Park and Ride. (If the lot is full, there is on street parking in the Sellwood neighborhood). **Please be there by 11am**. The ride is a loop and we'll end up back at the station around 1pm. Along the way, we will take

short stops at the parks, and have a longer break to tour the Milwaukie Farmer's Market for lunch. Your families and loved ones are welcome too! For more information, contact Ovid Boyd (oboyd@mesd.k12.or.us) or Jennifer Basham (jbasham@mesd.k12.or.us).

"Each ride connects to multiple parks, where you'll find music, food and vendors."

Get Out This Month Around Portland

- ◆ Sept 17, 2016: The Color Run 5K @ Portland International Raceway—Featuring the Tropicolor World Tour, Rainbow Beach Finish Line, Massive Color Throws & More!
- ◆ Sept 17, 2016: History Night—Bring a flashlight for the evening [Willamette Living History Tour](#), which features a one-hour walk and carriage ride in a recreated 1913 town, with actors in costume and a barbershop quartet in West Linn.
- ◆ Sept 24, 2016: Free Entrance Days in National Parks for National Public Lands Day—Visit Crater Lake National Park & Lewis & Clark National Park
- ◆ Oct 2, 2016: Portland Sunday Parkways: Sellwood/Milwaukie—Info: Schedule, Route Map, Pictures & More!
- ◆ Oct 6, 2016: Free Admission to Portland Art Museum—5-8pm (First Thursday of every month)
- ◆ Oct 7, 2016: Free Admission Days @ Portland Children's Museum—4-8pm (First Friday of every month)



Lewis & Clark National Historical Park

**MULTNOMAH
EDUCATION
SERVICE DISTRICT**

11611 NE Ainsworth Circle
Portland, OR 97220

Phone: 503-255-1841



Cucumber and basil
from the garden
make water taste
especially good!

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

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.

Would you like to join the Wellness Committee?

We meet the first Thursday of each month, from 3:15 to 4:15pm at Ainsworth. And if you're unable to attend, you can join us by phone. If you'd like to be added to our mailing list, please let Suzanne Briggs know! sbriggs@mesd.k12.or.us.

Cycling with Sam

On the day this was written (September 14), Superintendent Sam Breyer enjoyed his first commute by bike to MESD. His goal is to commute by bike 20% of the time. This is nothing new for Sam, he routinely rides long distances. Last year he rode his bike about 4,000 miles! Sam has done Seattle To Portland four times, and has ridden all the way from Gresham to San Francisco twice. He said that there is an organization called Adventure Cycling, which provides maps of bike routes that traverse the country.

"For me, I feel physically and mentally at my best when I can get out on the bike. It helps me decompress and process. One of my favorite rides is up Larch Mountain. It's a hard ride, but easier when I'm figuring out a problem."

Sam won't be able to join the MESD group for Sunday Parkways on October 2 because he will be riding down Highway 101.



MESD Superintendent (and cycling enthusiast) Sam Breyer

Sam's personal understanding of the importance of wellness influences his perspective on employee wellness at MESD. "Everyone in education works hard, and stress levels can be high. Everyone has the best of intentions, but if there isn't a balance and a way to release stress, it can lead to burnout."

Looking ahead, Sam is excited about the number of people connected to employee wellness at MESD and the energy of the Employee Wellness Committee. He looks forward to supporting this work and expanding it across the agency.