



H.A.P.P.Y. Newsletter

David Douglas School District Employee Wellness

December 2021

Wellness Memes

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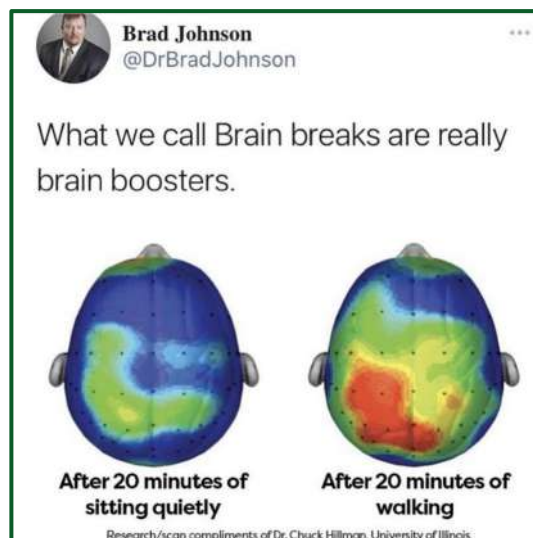
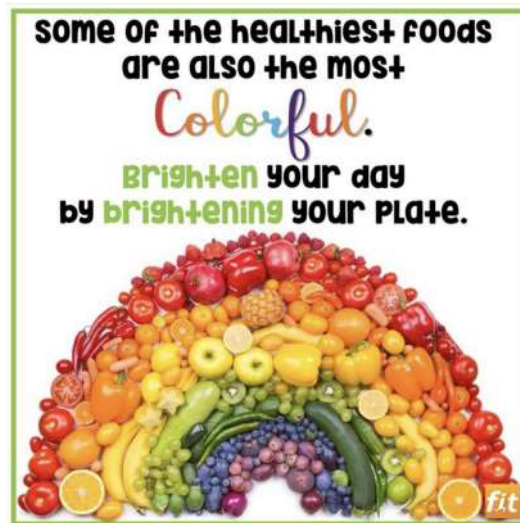
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Go on. Take a walk!

REGULAR BRISK WALKING CAN HELP YOU:

- Improve your mood
- Strengthen your bones
- Improve your balance & coordination
- Maintain a healthy weight

Join us on social media:

FACEBOOK



"David Douglas
Employee
Wellness
H.A.P.P.Y."

INSTAGRAM



search for
"ddsdwellness"

A healthy
outside
starts from
the inside.

— Robert Urich

Happy, Healthy Mornings!

Pause and Relax

Do nothing for two
minutes. Set a
timer and let your
mind and body
fully relax.



Employee Spotlight



Each month, we'll put a spotlight on employees throughout the district

A bit about Brock:

I graduated from David Douglas High School. I am a first year P.E. teacher at Menlo Park. I coach basketball and baseball at the high school.

What does wellness mean to you?

Taking care of your mind and body.

What do you do for your wellness, health, and stress relief?

I enjoy working out to keep my body healthy, but also being lazy at home for stress relief.

What is your favorite healthy snack?

Teddy Grahams

Wellness advice or favorite quote:

Healthy living is a daily habit.
You reap what you sow.



Brock Jackson
Physical Educator
Menlo Park Elementary



Moda Health Members

OEBB members enrolled in Moda Health medical plans can visit any in-network pharmacy to receive a flu shot at no cost. Use Moda's [Find Care](#) tool to discover an in-network pharmacy near you or call your Moda 360 Health Navigator at 1-844-776-1594.

- To search for in-network pharmacies, select the [2022 NW Prescription Drug Consortium Core Network](#)
- To find coverage detail around COVID-19 testing, treatment and vaccine – please visit Moda Health's [website here](#).

Kaiser Permanente Members

Flu shots will be available starting September 28. Kaiser Permanente members can schedule their flu shot appointment at kp.org/flu.

To help members get care safely while COVID-19 variants and the influenza virus spread throughout our communities, flu shots are available by appointment only, not available by walk-in.

Members can also get their flu and COVID-19 vaccinations at the same time during the same appointment. Members who already have an in-person primary or specialty care appointment scheduled on or after September 28 can get their flu shot during their appointment.

Starting October 1, 2021, members can visit any of the following retail pharmacies to get a flu shot at no additional cost to them:

- | | |
|--------------|-------------|
| • Albertsons | • Rite Aid |
| • Costco | • Safeway |
| • CVS | • Sav-On |
| • Fred Meyer | • Walgreens |
| • QFC | • Walmart |



DDSD Wellness Articles

Contributed by employees across our district



Your Brain on Music

Submitted by Jessica Juday, Music Educator at West Powellhurst

Sometimes all we need to feel better is to put on our favorite song! Studies have shown that listening to music can have a variety of positive health benefits including:

- relieving stress,
- decreasing anxiety, and
- improving mental alertness.



Musical skills are not necessary to reap the rewards music has to offer!



When deciding what music to listen to, consider what benefit you'd like to experience. **Maybe you want to relax before bed.** Your brain and heart can synchronize to the beat of the music. In order to achieve this:

- You should plan to spend at least 45 minutes in a relaxed position, listening to calm music.
- The song should have about 60 bpm (beats per minute) for your heart rate and brain waves to synchronize with the music.
- This whole body relaxation technique can be added to your meditation routine, and may help ease you into sleep at night.

On the flip side, **if you are feeling low energy**, you can listen to upbeat music to energize your body and mind.

Music can also be a fun way to bond with your family. Try having a dance party with people in your home. Each person can share their favorite song!

Listening to music activates every part of your brain, and can help your brain release the feel-good chemicals **serotonin** and **dopamine**, improving your mental focus and overall mood.

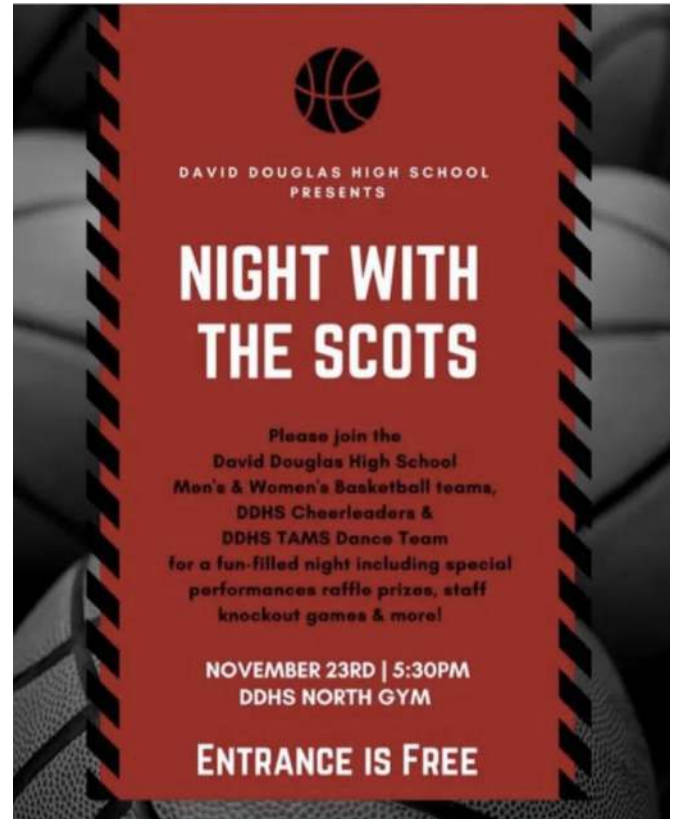


Incorporating Wellness at A Night With the Scots

Submitted by Brittany Weerheim, Secretary at David Douglas High School

A Night With the Scots is an annual event that the DDHS basketball coaches organize to kick off the season in a fun way. Games, music, performances, raffle prizes and basketball bring staff together for a fun night! During November, many of the high school staff participated in this event.

As a Wellness Committee, we decided to add another element to the night with a **catered dinner before the event**. We focused on lowering stress levels by encouraging spending time together along with healthy eating, which meant delicious sandwiches from the Wooden Chicken.



Each staff member who participated, signed in, which entered them into a **raffle drawing**. The winner received a winter blanket, coffee beans and other small prizes from the wellness team! I should also note that we had this event in our updated staff lounge, you would have found me sitting at the massage chair!

It was so nice having a night to **eat, laugh and participate in festivities together**. One thing that has been hard for many to manage this school year is their stress levels and finding



joy at work and within our buildings again. However when we make a committed effort to put ourselves there, physically and mentally, we find that wellness, joy and healthy minds and bodies can be found anywhere that we are looking!

Your Wellness Resources

Resources available to district employees

Employee Assistance Program (EAP)



<https://members.uprisehealth.com/>

Code: OEBC

Call: 1-866-750-1327



24-hour Crisis Help

Toll-free access for you or a family member experiencing a crisis.



Confidential Counseling

Face-to-face, video or telephone counseling sessions for relationship and family issues, stress, anxiety and other common challenges.



Work-Life Services

Help with a wide range of services to help you manage a variety of challenges including child and parenting, adult and eldercare, finances, and legal issues.

Your work-life portal provides additional resources

Financial Help

Legal Services

Online Legal Forms

Child & Parentings Support

Adult & Eldercare Resources

Webinars & Training

OEBC, Kaiser, and Moda Resources

Visit <https://www.oregon.gov/OHA/OEBC/Pages/Wellness-Programs.aspx> to access all these resources!

Physical Health

(diet, activities, health coaching, etc.)

Moda Health

- WW (Weight Watchers Reimagined)
Summary | FAQ | Learn More | Sign Up
- Healthy Team Healthy U
- Prevent Diabetes - OEBC Landing page
 - Prevent Diabetes - OEBC Sign up form
- Lifestyle coaching
- Active & Fit Direct - gym membership discount (in myModa under myHealth tab)
- Fit it In! - online educational information
- Health Shelf "Eat Well" - online articles and resources (in myModa under Momentum tab)
- Health Shelf "What's Cooking" - healthy
- Health coaching - Weight Care
- Health Shelf "Healthy Weight" - online articles and resources (in myModa under Momentum tab)
- Online quizzes and assessments

Health Assessment

- Moda's Health Assessment (in myModa under Momentum tab)

Kaiser Permanente

- WW (Weight Watchers Reimagined)
Summary | FAQ | Learn More | Sign Up
- Healthy Team Healthy U
- Prevent Diabetes - OEBC Landing page
 - Prevent Diabetes - OEBC Sign up form
- Active & Fit Direct - gym membership discount (at kp.org/choosehealthy)
- Health coaching
- Exercise and physical activity videos and online resources
- Healthy living classes and workshops
- Weight management online resources and video
- Kaiser Permanente Total Health Assessment

Emotional Health

(stress, anxiety, depression, etc.)

Moda Health

Depression & Stress Management

- NEW! Behavioral Health App "Meru"
- Healthy Team Healthy U
- Health coaching - Depression Care
- Lifestyle coaching - Stress
- Health Shelf "Cope Well" - online articles and resources (in myModa under Momentum tab)
- Online quizzes and assessments

Health Assessment

- Moda's Health Assessment (in myModa under Momentum tab)

Kaiser Permanente

Depression & Stress Management

- Healthy Team Healthy U
- Health coaching
- Podcasts & videos
- Mental health and emotional wellness apps
- Mindfulness and guided activities
- Understanding mental health information and online resources
- Depression self-assessment
- Reducing Stress Healthy Lifestyle Program

Sleep Management

(guides, articles, resources)

Moda Health

- Lifestyle coaching - Sleep Management
- Health Shelf "Sleep Well" - online articles and resources (in myModa under Momentum tab)
- Online quizzes and assessments

Kaiser Permanente

- Health coaching
- Chronic Insomnia Class
- Podcasts & videos
- Sleep and your health
- Insomnia: Improving Your Sleep resources and information
- Sleeping Better Healthy Lifestyle Program



Check out upcoming wellness events from OEBC:

<https://www.oregon.gov/OHA/OEBC/Pages/Wellness.aspx>