

" To succeed...
You need to
find something
to hold on to,
something to
motivate you,
something to
inspire you."
~Tony Dorsett

From Your District Wellness Coordinator

Welcome Back!

The Blue Springs School District is proud to present, "The Motivator", a health and wellness newsletter created by and for Blue Springs School District employees. Through the use of this internal newsletter we will be able to provide you with quarterly information on programs, events, and resources that pertain to you and the community.

We would love to have your opinion! If you have a great idea for an improvement to the program, please let us know. You can simply email the district wellness coordinator at sroderick@bssd.net, or you can use the contact us function on the Wellness Program webpage.

Also included in this newsletter, you will find a WellPoints cover sheet.

Please print this cover sheet and attach to your proofs of participation when you submit your WellPoints Logs.

We are looking forward to an exciting year and we hope that you choose to join us in living a healthier more productive life.

Have a fantastic school year!

Shawn Roderick
District Wellness Coordinator



Shawn Roderick,
Wellness Coordinator

INSIDE THIS ISSUE:

Message From Shawn Roderick	1
Well-Being Nominations	1
WellPoints Cover Sheet	2
Goal Setting	3
Well Points	
Wellness Ambassadors	4
Cancer Awareness	5
News Anchor Battles Cancer	5
10,000 Steps	5
White Chicken Chili	6
WellPoints Totals	7
KCFit.net	7
Wellness On-line	8
Calendar of Events	8

Nominate a Well-Being!

The Blue Springs School District Well-Being Awards program would like to recognize individuals and who carry the healthy lifestyle "torch" in their work area and who demonstrate a commitment to wellness through participation in Blue Springs School District Health and Wellness Program & district sponsored activities.

Awardees will receive a special gift bag from the Health & Wellness program filled with items geared toward a healthy lifestyle.

To submit your Well-Being nomination please email District Health & Wellness Coordinator, Shawn Roderick at sroderick@bssd.net. Please included details as to why you believe the nominee fits the Well-Being ideal.

Deadline for nominations for the first Well-Being is September 14, 2007. Winner will be featured in the next issue of the Motivator.

NAME: _____ BUILDING _____ DATE _____

CATEGORY	POINTS POSSIBLE	POINTS ACCUMULATED	DATE COMPLETED
HEALTH EDUCATION			
PERSONAL HEALTH PROFILE	15 pts		
ONLINE PULSE LECTURES	10 pts		
DISTRICT WIDE SPEAKER	05 pts		
COMMUNITY EDUCATION	03 pts		
BSSD WELLNESS WEBSITE	07 pts		
WEBMD	05 pts		
TOTALS	45 pts		
PHYSICAL ACTIVITY			
DECA 5K RUN	10 pts		
SEM 1 PHYS. ACTIVITY LOG	10 pts		
SEM 2 PHYSI. ACTIVITY LOG	10 pts		
CARDIO TRAINING	05 pts		
RESISTANCE TRAINING	05 pts		
BIGGEST LOSER COMP.	05 pts		
UNSPONSORED PA CLASSES	05 pts		
TOTALS	50 pts		
DIETARY HABITS			
MyPYRAMID.GOV	10 pts		
HEALTHY EATING LOG 1	10 pts		
HEALTHY EATING LOG 2	10 pts		
HEALTHY DIET RECIPE	01 pt/per		
5/DAY FRUITS AND VEG.	05 pts		
FIBER FOR HEALTH	05 pts		
WATER INTAKE	05 pts		
TOTALS	50 pts		
HEALTHY BEHAVIORS			
100% ATTENDANCE	12 pts		
SMOKING CESSATION	10 pts		
< 3 SICK DAYS	08 pts		
HEALTH FAIR PARTICIPATION	10 pts		
TOTALS	40 pts		
PREVENTIVE SCREENINGS			
YEARLY PHYSICAL EXAM	12 pts		
ALTERNATIVE PHYSICALS (DENTAL AND VISION)	15 pts		
FLU SHOTS	05 pts		
CHOLESTEROL CHECK UP	05 pts		
FITNESS ASSESSMENT	05 pts		
DIST. SPONSORED SCREEN.	05 pts		
SCREENING FORM	03 pts		
TOTALS	50 pts		
GOAL ACHIEVEMENT			
GOAL AWARENESS	05 pts		
STEPS TO ACHIEVEMENT	03 pts		
GOAL ACHIEVEMENT	07 pts		
TOTALS	15 pts		
	POINTS POSSIBLE	YOUR TOTAL POINTS	DATE SUBMITTED
TOTAL POINTS EARNED	250 PTS		

Setting Your Goals

Summer may be quickly drawing to a close, but your devotion to fitness and healthy eating does not need to end. You may want to consider thinking about what you accomplished either during the summer. Then think about where you want to be at the end of the semester or even next summer.

Why back off from any of the great goals you have already accomplished? Now is the time to continue your success story in the making. Don't make fitness and health less of a priority because you know that shortly you will be dressing to cover more figure flaws. Realize all that you have accomplished so far, congratulate yourself and keep the momentum going.

Goal-setting is another great way of staying motivated. Goals focus your workout program and clarify what you are trying to achieve. As you attain

each goal, you gain encouragement and further motivation.

Here is how to achieve the goals you set and obtain the results you deserve.

1. Make sure your goals are measurable: A vague goal, such as "I want to be fit," gives you nothing to shoot for. Decide when and what you are going to achieve, such as "I want to lose 2 percent of my body fat by December 1st."
2. Be realistic: Make sure your goals are attainable. If you set your expectations too high, you will get frustrated and will be more likely to quit. Make sure, however, that your goals are not too easy; they should be challenging. When you achieve a challenging goal, your pride and satisfaction will create more motivation.

3. Set short-term goals as stepping stones to your "ultimate" (long-term) goals: If your long-term goal is to bench press 200 pounds in one year, then set short-term weekly or monthly goals of the weight you will need to bench press to achieve your long term goal--develop a plan.

It is a lot easier to accomplish a goal one day or week at a time, such as increasing 2.5 or 5 pounds a week, than it is to think that you need to increase your bench press by 50 pounds.

DID YOU KNOW? Goal setting is also a part of the WellPoint incentive program earning you 5 points.

What's your goal?

"Goals help you channel your energy into action." ~~Les Brown

WellPoints



WellPoints is a comprehensive point-based incentives program that rewards participants for various preventive health behaviors. To participate, employees must have **either** completed the personal health profile during the previous years' benefits open enrollment period **or** submitted an enrollment fee. This year all employees completed this during insurance re-enrollment.

WellPoints members participate and track progress in various health behaviors. Each behavior is awarded a specific point value which can be viewed under "Point Distributions". Participants will only be awarded points upon providing proof of participation.

Proof of participation requirements can be found under "Activity Descriptions". Participants are eligible to earn a maximum of 100 points per year

which can be redeemed by following the simple steps found under "Redeeming Points". Certificates will only be sent upon reaching 25 points, 50 points, 75 points, or 100 points. Participants can redeem their points once per year, hence participants should only redeem their points if they do not believe they will progress to a higher level. Points will not carry over to the following year.

Certificates will be redeemable online through Hallmark Insites at over 400 stores like Coach, Eddie Bauer, & Gap.

Please refer to your 2007-2008 Employee Health & Wellness Guide or the BSSD website for a detailed list of available WellPoints.

2007-2008 Wellness Ambassadors

Administrative Services	Susie Tieman
Brittany Hill Middle School	Shelly Neuweg
Blue Springs High School	Heather Knudsen
Blue Springs South High School	Maria Caputo
Chapel Lakes Elementary	Kyle Mclaughlin
Cordill-Mason Elementary	Tony Meyer
Daniel Young Elementary	LeAnn Dill
Delta Woods Middle School	Heather Edmundson
Franklin Smith Elementary	Jeff Dorris
Freshman Center	Becky McKelvey
Hall-McCarter Education Center	David Foster
James Lewis Elementary	Kathy Clark
James Walker Elementary	Seth Shippy
John Nowlin Elementary	John Theiss
Liggett Trail Education Center	Annette Collison
Lucy Franklin Elementary	Terri Lee
Moreland Ridge Middle School	Catarina Kennedy
Parents As Teachers	Penny Williams
Public Safety	David Foster
Sunny Pointe Elementary	Aubrey Tsevis
Sunny Vale Middle School	Leila DeMayo
Thomas Ultican Elementary	Mary Biniki
Transportation	Sharon Garrett
Voy Spears Elementary	Nancy Piedimonte
William Bryant Elementary	Ryan Crum

WHAT IS A WELLNESS AMBASSADOR?

Wellness Ambassadors for the Blue Springs Employee Health and Wellness Program play an important role in reaching out and engaging Blue Springs School District employees within their building. Their ability to effectively communicate with their staff about the programs and resources available, to encourage them to take advantage of these services, and to champion the creation of a healthy workplace culture in their building will be key to our success in improving the health and well-being of Blue Springs School District employees.

"You have to expect things of yourself before you can do them." Michael Jordan

OCTOBER IS CANCER

Breast Cancer Can't Be Ignored

Each year, 182,000 women are diagnosed with breast cancer and 43,300 die. One woman in eight either has or will develop breast cancer in her lifetime. In addition, 1,600 men will be diagnosed with breast cancer and 400 will die this year.

More than 2 million women in the U.S. have been treated for breast cancer.

When breast cancer is found early, your chance for survival is the greatest. So keep these things in mind:

- Remember to perform monthly breast self-exams.
- After age 40, go in for annual health exams and mammograms.
- If you are under the age 40 with a

family history of breast cancer, discuss risk and mammograms with your doctor.

- If any change occurs in your breast, such as redness, pain, swelling or discharge, visit your doctor.
- Help protect yourself with regular exercise and a healthy diet.

Testicular Cancer Facts

- Testicular cancer is the most common cancer/malignancy in young men between the ages of 20 and 34.
- Testicular cancer only accounts for 1% of all types of cancer.
- There are about 7500 new testicular cancer cases yearly.
- Always do frequent self checks for testicular cancer.

AWARENESS MONTH

If found early, testicular cancer is almost always curable. The prognosis for men with testicular cancer is very good, even with late stage disease.

Visit these links for more information and how to do a self exam:

How to do a self breast exam

<http://www.komen.org/bse/>

How to do a Testicular self exam

<http://www.tc-cancer.com/selfexam.html>



ABC's Good Morning America Reporter Wages Personal War on Cancer



ABC News' "Good Morning America" anchor Robin Roberts recently announced that she has been diagnosed with breast cancer following a report she did on early detection.

Roberts said she'd found a lump in her breast and promptly sought

medical attention. She said a mammogram failed to show the cancer, but an ultrasound ordered by her physician did find the lump and a biopsy confirmed the diagnosis. Roberts underwent surgery on August 3rd.

"It all started a few weeks ago. We had gotten the news that our dear colleague and friend Joel Siegel had passed away and we began preparing for our special tribute show for him. I did a piece about Joel's courageous battle with cancer, reporting on the way my friend had lived his life and been such a

successful advocate for the importance of early cancer screenings." said Roberts.

"That very night when I went to bed, I did a self breast exam and found something that women everywhere fear: I found a lump. Now I join the ranks of millions of Americans who are fighting this same battle each and every day. I appreciate YOUR courage and YOUR example. Thank you for showing me the way. "

Roberts emphasized the importance of early detection and access to quality medical care. For her, the system worked. Roberts returned to GMA on August 13th.

For more information on Robin Roberts and her story you can visit the GMA website at: <http://abcnews.go.com/gma>

Take an Extra Step Towards Better Health

The 10,000 Step Challenge:

Walking is one of the easiest and most inexpensive ways to incorporate physical activity into your life.

The ultimate goal is 10,000 steps a day which is equivalent to walking about 5 miles. You can use a pedometer to record the steps you normally take in a day and

monitor your progress.

If 10,000 steps seems like too much for you to start, challenge yourself to increase the number of steps you take each day by 200-500 steps working toward the goal of 10,000 steps.

Taking 10,000 steps a day will help burn between 2,000 and 3,500 calories a week.

So grab a pedometer and take your first step today.

You may obtain a walking chart to track your miles on the *BSSD H&W* website.



White Chicken Chili



Submitted by: Laura Curtis, Brittany Hill Middle School

Ingredients

1 can (10 oz) white chunk chicken
 3 C cooked white beans
 1 can (14.5 oz) low-sodium diced tomatoes
 4 C low sodium chicken broth
 1 medium onion, chopped
 ½ medium green pepper, chopped
 1 medium red pepper, chopped
 2 garlic cloves, minced
 2 teaspoons chili powder
 1 teaspoon ground cumin
 1 teaspoon dried oregano
 Cayenne Pepper, to taste
 6 tablespoons, shredded reduced fat Monterey Jack Cheese
 2 tablespoons chopped fresh cilantro
 6 oz baked tortilla chips (about 65 chips)

In large pot add chicken, beans, tomatoes and chicken broth. Cover and simmer over medium heat. While simmering, spray a nonstick frying pan with cooking spray. Add onions, peppers and garlic and sauté until veggies are soft, 3 – 5 minutes. Add onion and pepper mix to pot. Stir in chili powder, cumin, oregano, and as desired, cayenne pepper. Simmer for about 10 minutes, or until all veggies are soft. Ladle into warm bowl. Serve with one tablespoon of cheese and 1 teaspoon of cilantro. Serve with baked chips.

Nutrition

Serving Size:	2 Cups	Total Fat	5 g
Servings:	6	Sat Fat	2 g
Calories:	376	Monounsaturated	1 g
Protein	25 g	Cholesterol	22 mg
Carbohydrate	60 g	Sodium	474 mg
		Fiber	12 g

White Chicken Chili

HAVE A GREAT RECIPE?

If you have a healthy recipe that you would like to share with the district please send to Shawn Roderick at the Freshman Center or email to : sroderick@bssd.net

BSSD Health & Wellness Cookbook Update

Response was great to last years request for district employees to submit their favorite health inspired recipes. We are proud to say that the first edition of the Blue Springs Health & Wellness Program's cookbook has gone to press! Books should be arriving soon. Be watching your e-mail for information on how to purchase your copy.

Price for the cookbook will be \$ 8.00 each or two for \$15.00.

"I've been on a constant diet for the last two decades. I've lost a total of 789 pounds. By all accounts, I should be hanging from a charm bracelet." Erma Bombeck

WellPoints Participant Totals Are In

2006-007 Participation Totals by Building

Total Eligible Employees **2085**
Total Participation **942**
% of Participating Employees **45%**

Building Totals	# of Participants
Administrative Services Center	32
Blue Springs High School	99
Blue Springs South High School	63
Brittany Hill Middle School	60
Chapel Lakes Elementary	15
Cordill Mason Elementary	33
Daniel Young Elementary	27
Delta Woods Middle School	39
Food Service	04
Franklin Smith Elementary	16
Freshman Center High School	76
Hall McCarter Education Center	33
James Lewis Elementary	25
James Walker Elementary	20
John Nowlin Elementary	30
Liggett Trail Education Center	18
Lucy Franklin Elementary	34
Moreland Ridge Middle School	52
Parents As Teachers	06
Sunny Pointe Elementary	38
Sunny Vale Middle School	49
Thomas Ultican Elementary	27
Transportation	46
Voy Spears Elementary	40
William Bryant Elementary	26
William Yates Elementary	34
Total Participation	942

KCFit.net *A Great Resource, & You're Already a Member!*

The Blue Springs School District is a proud partner of KCFit.net. KCFit.net is a web based health and wellness resource. With your membership to KCFit.net you receive discounts at hundreds of local health and wellness retailers. Whether you would like a gym membership discount or you are in need of a great massage therapist, you will find a credible experienced provider at KCFit.net.

Are you just beginning your journey to wellness? KCFit.net has many resources such as the Event Finder and the Parks and Recreation page to make your transition simple and effective. Go to www.KCFit.net and activate your membership now!

If you do not have a KCFit.net membership card please contact the Blue Springs School District Wellness Coordinator at sroderick@bssd.net.



MISSION STATEMENT

The Blue Springs School District Health and Wellness Program is designed to aid employees in living healthier lives by providing opportunities and resources that focus on preventive health. The Blue Springs School District realizes the potential that healthier employees will lead to better education for the students that reside in the district.

The Blue Springs School District Health and Wellness Program is a voluntary program provided as a benefit of employment with the Blue Springs School District. All current employees, full or part time, are eligible to partici-

Blue Springs School District Health & Wellness Program

Shawn Roderick, District Coordinator sroderick@bssd.net

Freshman Center Office 816-224-1325 ext 367

www.bluesprings-schools.net/wellness

BSSD HEALTH AND WELLNESS PROGRAM IS ONLINE!

New information will be posted on the website monthly. Please check frequently for information regarding events, screenings, current & past Motivator issues, helpful links, and all things wellness.

The district health and wellness webpage can be found by going to the Blue Springs School District Home-page located at: www.bluespringsschools.net. Click on District, then click Programs and Services, and finally click Wellness Program.

Or you can simply type this URL into your address bar:

http://www.bluespringsschools.net/bluesprings/gen/blue_springs_generated_pages/Health_and_Wellness_Login_p2404.html

Once you reach the login page you will need to use the following username and password to access the internal pages.

Username: bssdstaff

Password: wellness

Get surfing for your health!

Health & Wellness Program District Schedule

Aug - Sept - Oct 2007

EVENT	DATE	TIME	LOCATION	WELLPOINTS
Wellness Screening	8/22/07	7:00 - 8:15 am	BSHS PAC Band Room	5
Biggest Loser Building Competition	9/7/07	N/A	ALL District	5
Pulse Training 1	9/10/07	N/A	On-Line	10
Zumba	9/17/07	4:30 - 5:30 pm		15
Metabolic Research Institute	9/25/07	4:30 - 5:30 pm	Freshman Center	10
Grief Recovery Program	9/26/07	7:00 - 9:00 pm	Episcopal Church 15th & RD Mize Rd, Blue Springs	10
Pulse Training 2	10/15/07	N/A	On-Line	10
District Wide Speaker	11/7/07	6:00 - 7:00 pm	BSHS Commons	5
Pulse Training	11/12/07	N/A	On-Line	10

Events are presented by the BSSD Health & Wellness Program and all current and retired district employees are welcome to attend. If there is a specific health or wellness topic that you would like to see presented, please let Shawn Roderick, district Wellness Coordinator or Becky McKelvey, newsletter editor know. Attendance at any of the listed activities counts towards your WellPoints.