

WELLNESS NEWS

Wellness Colors the Future of SAD 22

MSAD #22 HAMPDEN, NEWBURGH, WINTERPORT

FEBRUARY 2010

Teachers in the Spotlight

Ping Pong Tournament

This Winter Reeds Brook offered after school ping pong for the months of January & February 2010. Groups were split into 6th, 7th and 8th grade for regular game play and will end up in a schoolwide ping pong tournament. The championship game will be held on Feb. 10 after school. The purpose of this program is to provide students the opportunity to take part in after school activities during the winter months. Thanks to Alverna Plourde and Marcus Nadeau for providing this opportunity.



School in the Spotlight McGraw School

It's that time of year. You guessed it. It's the Flu Season! Yuck! Look what the McGraw School did to spread the word about keeping germs away from you. There were several posters in the hallway encouraging kids to stay healthy during the flu season. Way to go McGraw!

If you'd like to have a HiNi Flu Shot it's not too late. Please see your doctor.



Walk A Marathon

A Wellness Challenge

How are you doing with the Wellness Challenge *Walk A Marathon*? It's not too late to join in on the fun. Simply e-mail Kerrilyn each time you walk 26.2 miles. Your name will be placed into a prize drawing. The challenge goes until the actual Boston Marathon on Patriots Day April 19th, 2010. To get an extra entry into the drawing, check out the Heartbreak Hill Challenge. So far we have 23 participants. Good Luck! Please watch for the training tip of the week from Mr. Lyons who plans on running in the Boston Marathon this year!

CHECK IT OUT!

Upcoming Activities

Adult Ed Exercise Classes

Energy Fitness - ReedsBrook

Mondays 3:30 p.m. Feb. 8, 22, March 1, 8, 15, 22.

Aerobic Exercise

Monday & Wed. McGraw 6 - 7 p.m

Men's Basket Ball

1st Class T Jan 12 8 - 9:30 p.m. RB Gym

Ballroom Dance

Beginner 1st Class W Jan 27 8 - 9:30 p RB

Intermediate 1st Class Jan 27 6:30 - 8 p RB

Special Offering

Hampden ATA offers half price tuition to all SAD #22 staff and students. Contact Marjorie Earl at 862-5123 or mearl@sad22.us for more information.

Wellness Team Round UP

The Wellness Team needs YOU! We are looking for new members. If you are interested in wellness, notify Kerrilyn at kmarzullo@sad22.us.

Sugarloaf Wellness Conference

We are looking for a few individuals to attend the Wellness Conference June 28, 29, 30, July 1. You receive 30 continuing education credits by attending. Contact Kerrilyn if you are interested. Thanks.

SAD 22 Wellness Fun

February is National Heart Month. We'd like to provide some information on heart health so we have included a fun Bingo Card Game. Please try for Bingo across, down, or diagonal by completing the task (e.g. if the square says quitting tobacco, you just go online to find where in Maine there are resources for such. If the square says control your weight, you go on line to find out your healthy weight range). Please return card to Kerrilyn by interoffice mail at Weatherbee by February 15 before the break to be entered into a Prize Drawing for \$20 Gift Cert. Go to www.maineheartcardiohealth.org for a larger card.

Bingo in the Heart of Maine



For more information on heart disease, contact:

Stacy Meyer Jochem
Cardiovascular Health Specialist/Lead Blood Pressure Master Trainer
Maine CDC's Cardiovascular Health Program
Medical Care Development
11 Parkwood Drive
Augusta, ME 04330
207-622-7566, ext. 302 ~ sjochem@mcd.org

B	I	N	G	O
Sudden Dizziness or Loss of Balance	Go Red	Overwhelming Unexplained Fatigue	Quitting Tobacco	Take Your Medication
Eat Healthy	Family History	Control Your Weight	Start Physical Activity	Diabetes
High Cholesterol	Call Maine Tobacco HelpLine		Pain or Discomfort in the Jaw, Neck, Back, Shoulders or Arms	Stroke
Heart Attack	Sudden Severe Headache	Sudden Numbness in the Face, Arm or Leg	High Blood Pressure	Call 9-1-1
Sudden Blurred Vision	Sudden Slurred Speech	Check Your Blood Sugar	Chest Pain or Discomfort	Shortness of Breath

PLAY BINGO HAVE FUN, LEARN AND WIN!

Join in and play *Bingo in the Heart of Maine*. You will get information on the symptoms of heart attack and stroke and learn there is a lot you can do to make a real impact on your heart health. And you can **WIN** some **PRIZES!**

Cardiovascular disease, which includes heart disease, heart attack and stroke, is the number one killer for men and women, both nationally and in Maine. If you are a woman, you may not believe you're as vulnerable to a heart attack or stroke - but you are. Women account for nearly half of all heart attack deaths, and more women die of stroke than men. Prevention is important!

The good news is you can prevent cardiovascular disease by learning about your risk and making heart healthy choices and changes. And, even if you already have cardiovascular disease, you can take steps to improve your health and live a long life.

- ♥ Know your numbers - blood pressure and cholesterol.
- ♥ Take medication if it has been prescribed.
- ♥ Limit the amounts of salt, sugar, and fats in your diet.
- ♥ Be more physically active - walking is a great way to be active.
- ♥ Quit smoking: Talk with your doctor or call the Maine Tobacco HelpLine at 1-800-207-1230. They can help you quit.
- ♥ Get regular checkups from your health care provider.

You don't have to make all these changes overnight ... but together they will go a long way toward a stronger healthy heart.

For more information, go to:

www.goredforwomen.org
www.womenshealth.gov/hearttruth



Women and Heart Health Committee
Maine Cardiovascular Health Council



Chris's Recipe Corner

February is Heart Month

25 Top Heart-Healthy Foods

1. Salmon – Omega-3 fatty acids
2. Flaxseed (ground) – easy to “hide” in food
3. Oatmeal – perfect breakfast with berries
4. Black or kidney beans – add to any soup
5. Almonds – high calorie, so a little goes a long way
6. Walnuts – same as almonds, go lightly
7. Red wine – toast to your good health, in moderation!
8. Tuna – watch the mayo!
9. Tofu – marinate and stir fry
10. Brown rice – whole and wholesome grain
11. Soy milk – great in fruit smoothies
12. Blueberries – super food, as are other berries!
13. Carrots – inexpensive and easy to carry as a snack
14. Spinach – Popeye knew what he was doing
15. Broccoli – dip in hummus for a power snack
16. Sweet potato – just perfect alone
17. Red bell peppers – eat your colors!
18. Asparagus – perfect grilled
19. Oranges – eat them whole to get fiber plus vitamin C
20. Tomatoes – canned is great
21. Acorn Squash – dark orange filled with nutrients
22. Cantalope – More colorful nutrition
23. Papaya – makes great salsa
24. Dark Chocolate – the darker the better – yum
25. Tea – make sun tea!