

# The Healthy Facts

## M.S.D.W.T. Monthly Wellness News



Indiana University Health



Presented by

January 12, 2017

Issue 3.5

Greetings M.S.D.W.T. Staff!

Happy 2017! We hope that everyone had a wonderful holiday season and break!

We are so excited about the semester ahead and the opportunities to support each of you on your personal journey of living a happy and healthy life. Titled New Year!-New You! We will be sharing a variety of resources that will help you to reach your goals personally and professionally.

As a reminder, our committee appreciates your feedback. If you have any questions or feedback please send them to [szybert@msdwt.k12.in.us](mailto:szybert@msdwt.k12.in.us) This includes sharing resources or offerings for local gyms and wellness opportunities.

We hope you are ready for the best semester and year yet!

Healthfully yours,  
The M.S.D.W.T. Wellness  
Committee

Like us on FB



Follow us on Twitter



MSDWT/IU Wellness

### Coach's Corner....

#### Your Wellness Vision

Happy New Year! To get your January off to a great start, ask yourself all or a few of these questions to get in the right mindset to have a successful 2017:

- If I were at my optimum level of health and wellness, what would that look like and feel like?
- Why does this truly matter to me?
- Why now?
- What actions will I need to take to achieve this vision?
- What will motivate me to keep taking action and sustain my vision?
- How confident am I that I will achieve this vision?
- How committed am I to achieving my vision?
- What obstacles will I need to overcome to stay in action?
- What strategies will I use to overcome my obstacles?
- In what ways will my life and relationships be enhanced by achieving my vision?
- What single step am I committed to taking today to begin walking towards my vision?

***Bonus: If you answer any of these questions and email to Health Coach Tania, you could win a prize!***

**As always, please let me know how I can support you.**

**- Coach Tania McNab 317-695-3981 [tmcnab@iuhealth.org](mailto:tmcnab@iuhealth.org)**

### Mark Your Calendars

#### January

15-Last Day-Great North Run Flash Sale-See attached flyer.

16-Martin Luther King, Jr. Day-Holiday-No School

31-Due Date for Biometric Screenings

#### Planning Ahead...

March 11-Great North Run & Fitness Fair

April 29-2017 Neuroscience Conference

### M.S.D.W.T. Health and Wellness Center

#### Hours

**Monday: 8 am - noon**

**Tuesday: 2 - 6 pm**

**Wednesday: Closed**

**Thursday: 2 - 6 pm**

**Friday: 7 - 11 am**

**Saturday and Sunday: Closed**

<http://www.msdwt.k12.in.us/health-and-wellness-center/>

## From the Desk of Dr. Lori Desautels...

This month we are excited to share NEURO-DIVERSITY-Peering Through a Lens of Strength! Don't forget to **follow** Dr. Lori on **Twitter** (Lori Desautels@desautels\_phd) and on **Facebook** at Lori L. Desautels.

## Did you know.....?

**As an M.S.D.W.T. Staff Member you will have access to some amazing offerings for you and/or your family. Please be sure to check out this section each month to learn about the offerings.**

**\*M.S.D.W.T. Fitness Classes** are available at <http://www.msdtwce.com/> or contact Diana Cochran at Ext. 34310 or email at [dcochran@msdwt.k12.in.us](mailto:dcochran@msdwt.k12.in.us) Included with this edition you will find the January flyer for **Total Body Conditioning** offered by M.S.D.W.T. Teacher Missy McAllister.

**\*FREE YOGA Classes for M.S.D.W.T. Staff.** Contact Andria Pipkin at [apipkin@msdwt.k12.in.us](mailto:apipkin@msdwt.k12.in.us) to register.

**\*Jordan YMCA at 8400 Westfield Blvd.-Corporate Membership Opportunities-VALID at all YMCAs of Greater Indianapolis Area.**

**From the M.S.D.W.T. Health and Wellness Center...**

**\*Flu Shots...FREE** for those employees and their families on the MSDWT Health plan and **\$15** for employees only not on the health plan. (Please check out the attached flyer).

**\*Biometric Screenings** for those employees and spouses on the MSDWT Health Plan. For further information go to: <http://www.msdtw.k12.in.us/biometric-screening/>

**ST. VINCENT'S MOBILE MAMMOGRAPHY VAN**-The St. Vincent's Mobile Mammography Van is coming to MSDWT January 18 (North Central High School) and January 19 (Westlane Middle School). The attached letter contains all eligibility requirements, information and the history/registration online link. The deadline for registration is January 13, 2017.

## What's Cooking?...

### Easy-to-Prepare Tomato Soup That Satisfies and Comforts

#### Ingredients

- 28 oz can tomatoes (whole or crushed)
- 1 Tbsp. roasted garlic paste\*
- 1 dozen leaves fresh basil or 1 tablespoon dried basil
- Pinch of salt (optional)
- Freshly ground black pepper
- Cayenne or red pepper flakes
- 1 Tbsp. extra-virgin olive oil

\* Roasted garlic paste recipe – If you don't have roasted garlic paste on hand, use two teaspoons minced or crushed fresh garlic, sautéed lightly (10 to 20 seconds) in one tablespoon extra-virgin olive oil.

#### Directions

1. Combine the tomatoes, roasted garlic paste or sautéed garlic, and basil in a blender or food processor, and puree to your desired texture.
2. Transfer to a pot and place over medium heat. Bring to a boil, lower the heat to a simmer, and cook, partially covered, until done, about five minutes.
3. Season to taste and drizzle in the extra-virgin olive oil. Serve hot.

Yield: 3 servings (a generous 3/4 cup per serving)

#### Nutritional Analysis (per serving):

Calories: 112

Saturated Fat: 1 g

Polyunsaturated Fat: 1 g

Monounsaturated Fat: 4 g

Fiber: 3 g

Protein: 3 g

Recipe provided by *Eat, Drink, and Weigh Less: A Flexible and Delicious Way to Shrink Your Waist Without Going Hungry*, by Mollie Katzen and Walter Willett, MD, Harvard School of Public Health

## M.S.D.W.T. Wellness Mission Statement

The Washington Township Health and Wellness Program's mission is to increase health awareness, promote positive lifestyles, decrease the risk of disease, and empower employees to make decisions that will enhance the quality of life for themselves and their families.

## **From the Desk of Dr. Lori Desautels...**

### **Neuro-Diversity**

#### **Peering Through a Lens of Strength!**

I am so excited to share a fresh perspective exploring how we can embrace learning and behavioral challenges on the Autism Spectrum from a strength, interest, and passionate angle inside our classrooms and schools. Autism Spectrum Disorder refers to a group of neurodevelopmental disorders on a continuum and is the fastest growing developmental disability in this time in the United States. It affects approximately 1 out of every 68 children in the country. There is a significant increase in the diagnosis of boys, but we still know very little about the origins of this neurological challenge. We also understand that ASD can occur in all racial, ethnic and socioeconomic groups. We understand that communication skills may be significantly affected which can interrupt social relationships and the expression and reception of verbal and nonverbal language. My intention is to not expound upon the symptoms of ASD but to challenge the reader with a shift in perspective in how we can build relationships, strategies and engagement in creative ways with all children and youth in our schools who learn, communicate and behave differently.

Children and adolescents on the autism spectrum are as unique as an individual's fingerprint and there are no universal strategies that could ever attempt to teach in standardized ways when we sit beside these diverse genius learners! In this blog, we will explore some common innate characteristics on this spectrum and how these individualities can shift into strengths with a change in perspective! Neuroplasticity is the brain's ability to rewire and modify based on environment and experiences. This is fabulous news for educators and parents as we begin to provide hope and optimism in understanding and teaching to the neuro-diversity of all children and adolescents. According to Peter Senge, from "Schools that Learn," when we teach in the "gap," we are teaching between our vision of what could be and what is-and here lies a great source of energy. We must learn to intentionally look for, find and move toward that gap!

Four questions that engage the strengths of all children and youth:

1. Am I important to someone here?
2. Can I share my gifts with someone here?
3. Can I influence and serve my world here?
4. Are my efforts recognized here?

Many of our students with ASD hold strengths in learning through pictures, pay great attention to details, excel with hands on activities and have strong memories for specific subjects. Many students are able to stay focused, persistent and intentional with subjects and disciplines of interest. Many older children and adolescents I have worked with are solution oriented and are not as clouded with emotion and drama when completing a task or project that is of interest to

them. Below are strategies that can enhance learning and relationships in the classrooms with children and adolescents who have been identified with ASD.

1. Interest and expertise inventories could be given to the students ahead of time with small group planning and brainstorming for the sharing of expertise for a “Neuro-Diverse” Fair day! Once a week or month, showcase student strengths through a medium of the student’s choice. This could be a live video, podcast, or poster display. Students could bring in special guests, hobbies, or share areas of interest with parents, other educators, or community members highlighting their areas of interest and strength.
2. What are some systems or projects in your classroom or school that would benefit from reordering, reorganizing and a new design? Schedules, daily planning, repairing or recreating areas in the room or school with new features, or changing and modifying routines will provide concrete ways for the students to feel empowered and part of the classroom in a leadership role.
3. New class roles and responsibilities that address learning and student expertise could include class photographer and film interpreter. We all learn best through visual images and many students with autism see the details and patterns that many of us miss because our brains are not tuned in to the details and facts that pictures and movies provide.
4. Design a living area for a new class pet or garden could be an excellent opportunity to strengthen social skills and utilize a student’s creativity and abilities to innovate and produce a tangible project.
5. Serving others is an excellent vehicle to increase good feelings in the brain while practicing social skills that are often times challenging for students with autism. I have always been a proponent and dreamed of how we can pair teachers, administrators and students together where students serve an adult? Across our schools, nationwide there have always been student buddy systems or teachers partnering with one another to serve children and youth more effectively, but all students could be an invaluable asset to educators and staff across grade levels and throughout the building paying it forward and caring for an educator’s heart! When we serve another, our brain chemicals designed for pleasure and motivation increase and we become stronger in our empathy and cognition! For a period of two or three weeks students could create: kindness notes or drawings, help teachers solve a problem, attend a staff meeting sharing celebrations or details from a variety of students that teachers have not noticed! Students could create a piece of art or share a gift aligned with his or her passion. By serving another our students will indirectly exercise their social skills!

# TOTAL BODY CONDITIONING CLASS

This class is fun and effective! The instructor will lead you through a routine that can be done high or low impact. This class stresses conditioning of the cardiovascular system along with the added benefits of strength training.

\*Please wear flexible clothing and good aerobic shoes. Bring hand-held weights, a towel, exercise mat, and a water bottle.

Instructor: Missy McAllister (AFAA Certified in Group Exercise)

Dates: Tuesdays and Thursdays  
January 10- March 2 (16 classes)

Time: 5:30-6:30 p.m.

Location: Hilltop Gym (on the North Central High School Campus)

Fee: \$80.00 (for 16 classes)

For more information or to register: Please call 317-259-5275.


**St. Vincent**  
**INDIANAPOLIS**  
**Mobile Screening Program**  
**8550 Naab Road #300**  
**Indianapolis, In 46260**

Dear Participant:

The St. Vincent – Indianapolis Mobile Screening Program is pleased to partner with **Washington Township Schools** to offer you an on-site screening mammogram on the following dates and times:

Screening Date	Location	Time
Wednesday, January 18	North Central High School	9am-3:30pm
Thursday, January 19	Westlane Middle School	8:30am – 2:30pm



**Participation Information:**

- Review the screening guidelines to determine if you are eligible to participate.
- If you are eligible, please register for an appointment by using the following secured link:  
[https://stvincent.formstack.com/forms/mobile\\_mammography\\_van\\_registration\\_form](https://stvincent.formstack.com/forms/mobile_mammography_van_registration_form)  
*If you experience difficulty using the link, please change your browser to Chrome or Firefox.*
- Also, please remember to include an email address with your registration information. You will receive an email to confirm the receipt of your registration information and your scheduled appointment time.

**Registration deadline:**  
**Friday, January 13<sup>th</sup>**

**Appointment Information:**

- Screening appointments typically last for 20 minutes. It's important for you to be on time for your appointment. If you are late, your appointment time may be rescheduled.
- Please bring your insurance card(s) and driver's license or photo ID with you to your mammogram appointment.
- Please wear a two piece outfit.
- If you are wearing deodorant at the time of your appointment, you will be asked to wipe off. Deodorant distorts the images/x-rays. Fresh deodorant will be provided.
- If you have had a mammogram(s) completed in a facility out of state, please contact that facility to obtain past mammogram results and have that results sent to:

St. Vincent Breast Center  
 8550 Naab Road, Suite 300  
 Indianapolis, IN 46260

**Screening results:**

- The results of your mammogram will be sent to your physician.
- We will also send a letter to your home with the results from your screening. If additional tests are needed, we will contact you within 3-5 working days to discuss your follow-up recommendations.

Thank you for the opportunity to serve you!

Sincerely,

Michelle Mitchell, MSW, MEd  
 Community Outreach and Education Coordinator  
[Mmitc013@stvincent.org](mailto:Mmitc013@stvincent.org)  
 (317) 338-5434

# Mobile Mammography Screening Guidelines

---

## You are eligible for a screening mammogram if:

- ❖ You are a woman age 40 or older
- ❖ You are a woman age 39 or younger, with a family history of breast cancer and a referral from a physician
- ❖ You have a current primary care physician
- ❖ Your last mammogram was performed at least 11 months ago
- ❖ You do not have any symptoms
- ❖ You are previous breast cancer patient and 5 or more years from your original diagnosis, then you are eligible for a screening mammogram with a referral from a physician

## Women who are NOT eligible for screening mammograms include:

- ❖ Women who have had a mastectomy or lumpectomy for breast cancer and are less than 5 years from the original diagnosis.
- ❖ Pregnant women
- ❖ Nursing Mothers (Breastfeeding must have stopped completely at least 3 months prior.)
- ❖ Women who have had follow-up views recommended by a radiologist after a previous mammogram, but never obtained follow-up views
- ❖ Women who had their last screening mammogram less than 11 months ago
- ❖ Women between the ages of 30-39 with no history of breast cancer in their immediate family and no doctor's referral/order
- ❖ Women under the age of 30

## Additional information

Screening Mammograms are intended for women without symptoms of breast disease. If you have any of the following symptoms, you are **not eligible** for a screening mammogram and should follow-up with your primary care physician immediately:

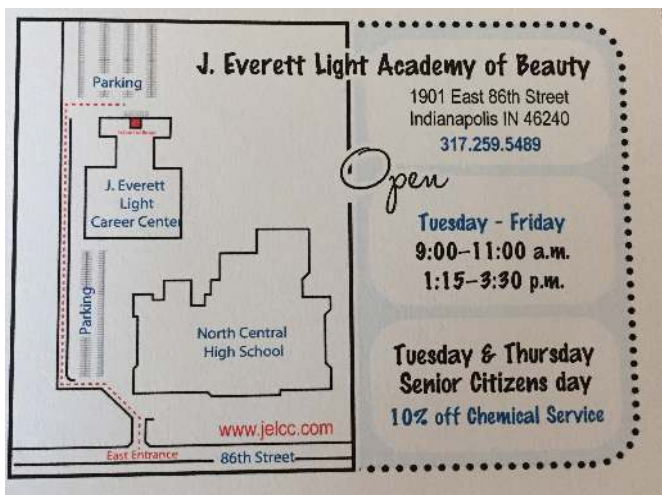
### Symptoms of Breast Disease\*

- ❖ Lump (or thickening) in a breast (with or without implants) or in an underarm area
- ❖ Dimpling or puckering of the skin anywhere on the breast
- ❖ Change in color (redness) or texture of the skin on the breast
- ❖ Retraction (sinking in) of the nipple
- ❖ Discharge or bleeding from the nipple
- ❖ Increase in size of one breast; change in shape or contour of the breast
- ❖ Changes in or around the nipple (i.e., dry, itchy or flaky skin; sores on the breast)
- ❖ Swelling in the breast or upper arm area





# Taking Care of YOU!...or a special person in your life!





# Eat Well...Live Well @



A public cafe, run by our students!

**Welcome to the Light Cafe!** Please join us for breakfast or lunch.

We are located at 1901 E. 86th Street, on the east side of JEL. As you pull into the JEL campus, go around the parking lot and follow signs towards the back of JEL. You will see designated parking signs for the Light Cafe.

## **Hours of Operation:**

Wednesdays and Thursdays 7:45 AM to 1:00 PM during normal [School Schedule](#)

**We have gift cards and souvenir Pint glasses available!**

**For Carry-out or more information, call us!**

317-259-5265 x44067

WEEKLY MENUS are available at <http://jelcc.com/quick-links/light-cafe/>

***We look forward to SERVING YOU soon!***



---

**FLASH SALE:**  
*Save 15% for 15 days!*

---

**Quick Links**  
[Our Website](#)  
[Donate Now](#)  
[Contact Us](#)

As you set your New Years resolutions and goals we want the Great North Run to be one of them!

Use the promo code **NEWYEAR2017** when you register online between January 1st and January 15th to get 15% off all individual and family race registrations.

These savings are in addition to the already low early bird pricing and the promo code won't be available after January 15th... [hurry and register today!](#)

**[Thank You to Our 2017 Sponsors](#)**

**[Graduate](#)**

- [Bose McKinney & Evans](#)
- [CIM Technology Solutions](#)
- [Endeavor Investment Solutions](#)
- [The National Bank of Indianapolis](#)
- [Skillman](#)

### **Senior**

- [Connect Think](#)
- [CSO Architects, Inc.](#)
- [Ice Miller](#)
- [ONI Risk Management](#)

### **Junior**

- [District Tap](#)
- [Ellison Electric](#)
- [HomeAdvisor.com](#)
- [Key Bank](#)
- [Teachers Credit union](#)

### **Major Support for the Fitness Fair**

### **Food Provided By**

- [First Watch](#)
- [Kroger](#)
- [Piazza Produce](#)
- [Chick-Fil-A](#)
- [McFarling Foods](#)

### **Prizes Provided by**

- [Athletic Annex](#)
- [Office Depot](#)
- [The Advancement Center](#)

Sponsorship opportunities still available! Please visit our [sponsor information page](#) to see your name added to this list!



Register online today:

[www.AdvancementCenterWTS.org](http://www.AdvancementCenterWTS.org)

## **GET READY FOR A NEW FAVORITE SHIRT** 2017 GNR RACE SHIRT IS THE BEST ONE YET!



It is always fun to see vintage Great North Run shirts out and about town. There is no better visual history of the support our community has for this incredible event than our coveted shirts. The shirts in the past have been great, but between product and design the 2017 shirt is hands down the BEST ONE YET!



We took your feedback seriously and scoured distributors to find a comfortable and stylish performance shirt that had the EXACT same product in adult and youth sizes. Additionally we are offering for the first time ever a 1/4 zip that is sure to become your go to top layer! Don't delay and [order your Great North Run gear today!](#)

Please visit our website at [www.AdvancementCenterWTS.org](http://www.AdvancementCenterWTS.org).

Questions: Email [ekaiser@msdwt.k12.in.us](mailto:ekaiser@msdwt.k12.in.us)