NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

Skin cancer is very common, so practice sun safety to prevent it!

NDPERS Wellness
building healthy members

Coordinator Newsletter

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Bright tips on sun safety

Skin cancer is very common, yet smart sun safety can prevent it.

Here are some tips to help with sun safety:

- Last year's sunscreen is OK to use, but if you use sunscreen generously and frequently, a bottle of sunscreen shouldn't last that long! Get sunscreen with UVA and UVB protection, water resistant for at least 40 minutes and an SPF of 30 or greater.
- Wear sunscreen on cloudy days, too, since harmful UV rays get through clouds.
- A "base tan" does not protect your skin: Wear sunscreen all the time.
- Reapply "water resistant" sunscreen after swimming to prevent skin damage.
- Be sure to get your vitamin D requirements through nutritious eating and supplements.
- Tanning salons are not safer, since indoor tanners have a higher risk of all forms of skin cancer.

To be safe in the sun, you can also remember this motto from the National Council of Skin Cancer Prevention: Slip, Slop, Slap, Wrap.

- Slip on a shirt
- Slop on sunscreen
- Slap on a wide-brimmed hat
- Wrap on sunglasses

Remember to stay in the shade between 10 a.m. – 4 p.m.

Arthritis affects children too

Juvenile arthritis affects 300,000 kids in the U.S. One in every 250 kids—from toddlers to teens—has the disease, according to the Arthritis Foundation.

Simply put, arthritis is inflammation in the joints.

Sometimes the first indication that a child had the condition can be a swollen joint, such as the knee. A child may limp in the morning or after taking a nap. The child may not mention that he or she is in pain, but the limp is noticeable. Clumsiness is another indicator. Again, in the morning or after a nap, a child may appear clumsy (or clumsier than normal) due to stiffness.

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Children can go through periods when the symptoms flare up and other periods when the symptoms go away. Juvenile arthritis can affect one joint or many. Sometimes, a child may experience swollen lymph nodes, rash and fever.

July is National Juvenile Arthritis Awareness Month. You can learn more from the Arthritis Foundation website.

Apply for the Healthy North Dakota Worksite Wellness Lt. Governor's Award

Date of the Summit in October: October 6, 2014 at the Holiday Inn, Fargo (per request of PERS Admin)

The Healthy North Dakota Worksite Wellness Lt. Governor's Award recognizes NDPERS agencies that have demonstrated a commitment to creating a healthy worksite. The application form focuses on the benchmarks of a successful worksite wellness program. Each answer is assigned a point value. Award levels of Bronze, Silver and Gold will be based on meeting baseline requirements and any additional points.

Wellness award levels are:

- Bronze. Recognizes agencies meeting baseline strategies for a healthy workplace.
- Silver. Recognizes agencies meeting baseline requirements plus additional strategies to create a culture of health.
- Gold. Recognizes agencies meeting baseline requirements with comprehensive wellness strategy in place.

The deadline for applications is Aug. 1, 2014. Award winners will be notified by Sept. 2, 2014.

Award winners will:

- Receive recognition at the Healthy North Dakota Worksite Wellness Summit in October
- Receive a plaque for their agency at the Healthy North Dakota Worksite Wellness Summit on Oct. 6 at the Holiday Inn in Fargo
- Receive recognition through a statewide press release

Consider planning a scavenger hunt or trying Geocaching.

Healthy Activities Spotlight

Plan to host a scavenger hunt now that the warmer weather is here! You can do this activity as an office or with family members.

You can try Geocaching and do it outdoors. The participants will use a GPS-enabled device such as a smartphone to find hidden containers, called geocashes. They can record their experience online.

For more information, visit www.geocaching.com. You can even find an app for Geocaching. Just go to your app store on your smartphone for more information. Remember, download rates may apply.

Here are some ideas for a scavenger hunt idea from Diane in Minot:

Scavenger Hunt	Clue	Answer
I am the symbol for "Go Red"	Red dress	Sticker found by door B
Wherever I go, I count your mileage, step by step.	Pedometer	Placed somewhere in the building

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Scavenger Hunt	Clue	Answer
Where's Waldo?! No, where is Larry?	Picture of Larry	Placed somewhere in the building
Made of concrete, meals served on me are well attended not by uncles, but by the uncles' spouses.	Picnic table	Found outside in the front lawn
This phrase was made popular in a Beatles' song, "_____ Fields Forever."	Strawberries	Food model placed somewhere
People sometimes are said to "lose their marbles." Maybe you could find replacements at this location.	Jars of marbles	Found on a ledge outside of the office
I use carbon dioxide and turn it into oxygen	A plant	One of the plants in the building
Some call me frigid, but I think I am cool, especially when I am the "cool foods" snack bin	Refrigerator	The healthy snack fridge in the break room
I'm always on the go, up and down, but everyone seems to weigh me down.	Scale	A selected scale in the building
To some I seem to strap them down, but to others I give a boost	Booster seat	A booster seat in the car seat room

Tomatoes have never tasted so delicious!

Healthy Recipes

Guacamole stuffed cherry tomatoes

Try this fun, nutritious snack from the American Diabetes Association.

For an even shorter prep time, use store-bought guacamole to make this recipe.

Prep Time: 15 minutes

This recipe serves 12

Ingredients

24 cherry tomatoes (round, not grape style)
1 ripe avocado
1 lime, juiced
1 clove garlic, minced or grated
2 tablespoons chopped cilantro, divided
½ teaspoon salt (optional)
½ teaspoon ground black pepper

Instructions

Cut out the stem of each cherry tomato, cutting deep enough to make a hole into the middle of the tomato without going through the other end.

Scoop the insides of the tomato out and finely chop the insides of tomato and reserve for the guacamole. Place each scooped out tomato upside down on paper towels to drain.

In a medium bowl, mash the avocado with a fork and mix in the scooped out tomato pieces, lime juice, garlic, 1 tablespoon cilantro, salt (optional), and pepper.

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Scoop or pipe the guacamole into the hollowed out tomatoes, dividing it equally among each tomato. Sprinkle the remaining cilantro on top of each tomato.

Nutritional Facts

Serving Size: 2 tomatoes

Calories	Carbohydrate	Protein	Fat	Saturated Fat
25	2 g	1 g	2.0 g	0.3 g
Sugar	**Dietary Fiber**	**Cholesterol**	**Sodium**	**Potassium**
1 g	1 g	0 mg	0 mg	130 mg

Monthly Wellness Coordinator call/webinar schedule

Mark your calendar for these WC calls and webinars:

- **Wednesday, July 9, at 1 p.m. CST**
  To join the July call/webinar: Go to (#797 344 965)
  https://meetingcenter33.webex.com/meetingcenter33/j.php?ED=195469032&UID=494098687&RT=MiM3
- **Wednesday, August 6, at 11 a.m. CST**
  To join the August call/webinar: Go to (#790 940 275)
  https://meetingcenter33.webex.com/meetingcenter33/j.php?ED=195469087&UID=494098687&RT=MiM3
- **Wednesday, Sept. 10, at noon CST**
  To join the September call/webinar: Go to (#798 423 633)
  https://meetingcenter33.webex.com/meetingcenter33/j.php?ED=195469212&UID=494098687&RT=MiM3

For audio: Dial 1-888-330-1716 Code: 704446

If you receive the error message "this meeting is cancelled," go to the home page of the meeting center and search for "NDPERS Wellness Coordinator Call."

Friendly reminder: Please mute your phones during the calls as a courtesy to other listeners. If your phone does not have a mute button, dial #0 and then select option 1. To comment or ask a question, you can un-mute by again dialing #0-1. We would also like to ask that you avoid putting your line on hold, as the background music can be heard by all other participants. Thank you.

NDPERS Wellness Coordinator workshops

Date	Location
July 15 (1 - 4 p.m. MST)	Dickinson City Hall, Dickinson
July 16 (8:30–11:30 a.m. CST) (and 1-4 p.m. CST)	BSC NECE Building Room 335, Bismarck
July 31 (8:30–11:30 a.m. CST)	County Office Building, Grand Forks

Remember, NDPERS Wellness Coordinators are strongly encouraged to attend the workshop closest to their location. To pre-register, contact Stacy Duncan, NDPERS Wellness Consultant at stacy.duncan@bcbsnd.com or call (701) 277-2884. Sessions require a minimum of five attendees; fewer than five may lead to cancelation of that location.

Looking for other Worksite Wellness ideas? Join the North Dakota Worksite Wellness Blog: https://www.ndworksitewellness.org/blog/

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Coming up in August

Consider promoting these events next month!

- Respiratory Health Month
- Cataract Awareness Month
- Psoriasis Awareness Month

NDPERS and BCBSND are working together to support and provide you and your fellow employees the opportunity to have a healthier and more engaged worksite through Worksite Wellness tools.

A Partnership for Worksite Wellness

NDPERS and BCBSND are working together to support and provide you and your fellow employees the opportunity to have a healthier and more engaged worksite through Worksite Wellness tools. We appreciate feedback on all our wellness tools to serve your worksite better and welcome your suggestions.

Please take time to fill out surveys we may submit to you from time to time to evaluate these programs.

Here is a list of contacts that will be useful to you as a Wellness Coordinator:

Stacy Duncan
NDPERS Wellness Consultant
701-277-2884
stacy.duncan@bcbsnd.com
Stacy is your main resource contact. She can help you with general wellness program questions and assist you with enhancing your worksite wellness programs.

Rebecca Fricke
NDPERS
rfricke@nd.gov
Rebecca can help you with 1% premium questions, points on programs, updating coordinator information and the status or questions about the application process or forms.

Kathy Allen
NDPERS
kallen@nd.gov
Direct funding program questions to Kathy.

Onalee Sellheim
BCBSND
701-282-1154
onalee.sellheim@bcbsnd.com
Direct questions about benefit plans or schedule Member Education programs through Onalee.

Jodi Crouse
BCBSND
701-277-2059
jodi.crouse@bcbsnd.com
To collect aggregate data on your employer from the Health Reimbursement Arrangements, HealthyBlue and Health Club Credit, contact Jodi.

Milissa Van Eps
BCBSND
milissa.van.eps@bcbsnd.com
701-795-5360
Contact Milissa to set up a Member Education program if you are located in eastern North Dakota.

Heather Horner
BCBSND
heather.horner@bcbsnd.com
701-200-3905 (cell)
Contact Heather to set up a Member Education program if you are located in western North Dakota.

More resources:

- www.ndworksitewellness.org
- www.ndpershealthyblue.com
- www.nd.gov/ndpers
- http://www.nd.gov/ndpers/insurance-plans/employer-based-wellness.html

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