



**NORTH DAKOTA  
PUBLIC EMPLOYEES  
RETIREMENT SYSTEM**



# Coordinator Newsletter

Volume 3, Issue 1  
September 2012

## NDPERS Wellness Coordinator summer networking workshops

A total of nine workshops were scheduled across the state and more than 100 NDPERS Wellness Coordinators attended. Discussions revealed common struggles, but also some really great opportunities. As you move forward in this new wellness plan year, keep working on the following goals:

1. Strengthen relationships with peer coordinators and take advantage of resources available within the NDPERS Wellness Coordinator network.
2. Collect the necessary data and then be intentional in your wellness program planning. Don't be afraid to "think outside of the box" and find new ways to engage your employees through events, activities and promotions. Incorporate the dimensions of wellness.
3. Brand your wellness program and create a stronger identity or presence with your employees.

A summary and presentation recording will be made available in the early fall for those who were unable to attend a workshop this summer.

## September is National Cholesterol Education Month. Do you know your numbers?

High blood cholesterol is a serious condition that can increase your risk for heart disease and affects more than 65 million Americans. You can have high cholesterol and not even know it. That's why the National Cholesterol Education Month is a good time to have your cholesterol checked. Educate yourself on lipid profiles, food and lifestyle choices that can help you manage your cholesterol levels and bring them down if they are high.

Educational resources are provided by the National Heart, Lung, and Blood Institute.

### High Blood Cholesterol: What You Need to Know

<http://www.nhlbi.nih.gov/health/public/heart/chol/wyntk.pdf>

### Do You Know Your Cholesterol Levels? Healthy Hearts, Healthy Homes

<http://www.nhlbi.nih.gov/health/public/heart/other/latino/chol/cholesterol.pdf>

### Your Guide to Lowering Your Cholesterol With TLC, Therapeutic Lifestyle Changes

[http://www.nhlbi.nih.gov/health/public/heart/chol/chol\\_tlc.pdf](http://www.nhlbi.nih.gov/health/public/heart/chol/chol_tlc.pdf)

### "Keep the Beat Recipes":

[http://hp2010.nhlbihin.net/healthyeating/pdfs/Dinners\\_Cookbook\\_508-compliant.pdf](http://hp2010.nhlbihin.net/healthyeating/pdfs/Dinners_Cookbook_508-compliant.pdf)

Don't forget, you can log into your HealthyBlue account and keep record of your numbers, take online workshops and access credible and inspirational articles on healthy living.



September is National Cholesterol Education Month. Do you know your numbers?



Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross Blue Shield Association

Noridian Mutual Insurance Company



Eating fruits and veggies can be fun!

## Fun with fruits & veggies

September is Fruits & Veggies: More Matters Month. We all know the benefits of eating the required amount of fruits and vegetables. With all of the fun and highly advertised snacks out there, it can be harder than ever to get our kids to eat their fruits and vegetables. Getting kids involved by allowing them to pick out new fruits or vegetables to try at the grocery store, help prepare meals and grow a garden often gets them more excited about eating healthy and breaks down some of the resistance.

Visit <http://www.fruitsandveggiesmorematters.org> for great resources to help you celebrate this month, including these fun recipes for kids:

- Bookworm Apple Bark
- Technicolor Vegetable Pizzas
- Galloping Good Eggplant
- Banana in a Blanket
- Corner Kick Pita Pocket
- Symphony of Fruit Pizza
- Ranch Hand Nachos
- Crazy, Curly Broccoli Bake
- Frosty Orangeliciousness
- T-Rex Tortilla Pizza

## HealthyBlue Challenge launching mid-September

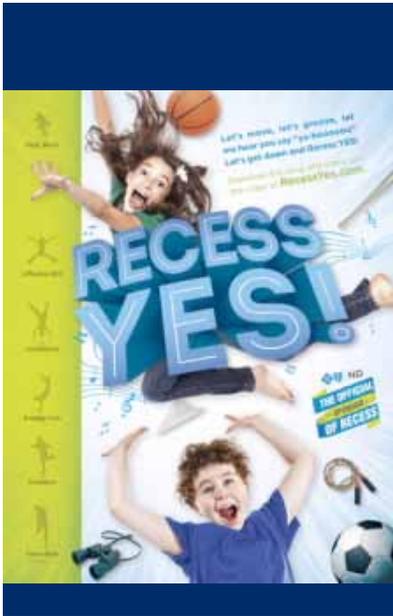
It is time for another challenge! A Fruits & Veggie challenge will go live in mid-September. Watch for the announcement in the HealthyBlue image rotator. As Wellness Coordinators, you will also be provided a scripted email announcement that can be forwarded on to your employees.

## Family Health: Recess Yes!

Recess Yes! is a Blue Cross Blue Shield of North Dakota (BCBSND) program targeted to North Dakota kindergarten – 5th grade teachers for the benefit of their students. The initiative encourages teachers to include recess – a brain break or physical break – during the school day in the classroom. The purpose of this initiative is to promote daily activity in the classroom and help engage students in daily, healthy activity. Research shows that daily physical activity helps students improve their physical health, mental well-being and cognitive skills.

The program was launched August 2012 when 4,600 Recess Yes! kits were sent to all North Dakota elementary school teachers. The kit included an introductory letter from Paul von Ebers, CEO and president of BCBSND, a poster, a Recess Rocks! CD – music specially produced for this initiative – a resource guide

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Recess Yes! encourages kids and adults to become physically active.

with tips on how teachers can incorporate recess into their classroom day, a commitment form for their students to make a promise to be active, and a URL for more information including the Recess Yes! video. Since the initial launch, BCBSND has received inquiries from North Dakota teachers' groups, early childhood education advocacy groups and Noridian parents wanting teacher's kits to give to their children's teachers.

Recess Yes! is part of a broader initiative to position BCBSND as an advocate of health, wellness and physical activities for all our members. Using "Official Sponsor of Recess" as an overarching framework, BCBSND will look for opportunities to promote activity across the state for all ages.

A recent example of how BCBSND has incorporated "Official Sponsor of Recess" into a wellness opportunity and sponsorship can be illustrated through BCBSND's participation in the Streets Alive event in Fargo-Moorhead on Aug. 26. BCBSND Wellness staff was stationed at the playground near Oak Grove High School. Staff demonstrated how adults can use playground equipment to exercise when at the park with their children. People do not need to go to a formal health club environment to exercise.

BCBSND is excited to demonstrate its commitment to physical activity and "recess" in North Dakota for all ages.

### **Attend the Worksite Wellness Summit**

Register today for the 3rd Annual Worksite Wellness Summit, North Dakota's premiere event on wellness in the workplace. It's Monday, October 1, at the Holiday Inn in Fargo. A vendor fair starts at 8 a.m. and the conference runs from 9 a.m. to 4:30 p.m.

Three reasons to register:

1. Attend and win!

You could win one of two \$1,000 Worksite Wellness grants or two standing work stations.

2. Breakout sessions offer something for everyone

- Stress Less: Determining and managing your stress level
- Take a Break: Incorporating recess at work
- Worksite Wellness on a Dime: Low cost/no cost program ideas
- Health Culture Policies: Policies to create a culture of health
- Stand Up for Your Health: Creating a healthy workspace, furniture and beyond
- Pharmacist Care: Role of pharmacists in your wellness program

3. You'll hear from the experts. Keynote speaker Dr. Steve Aldana will address improving the bottom line by improving employee health and the truth about return on investment and worksite health promotion programs.

NDPERS Wellness Coordinators can register online at the discounted student rate: <http://www.ndworksitewellness.org/summit.html>

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## Try this healthy recipe in honor of Whole Grains Month

Brought to you by your fellow NDPERS Wellness Coordinator at Barnes County, Ellen Bjelland, MS, NDSU Extension Agent/Human Development and Family Science.

### Honey Whole Wheat Bread

2 pkgs. dry yeast (I use quick rise)  
1 ¼ cups warm water (about 140 degrees)  
1 tbsp. salt  
3 cups whole wheat flour  
3 tbsp. shortening  
¼ cup local honey  
1 cup plain yogurt  
3-3 ½ cups bread flour

2 loaf pans    375°    25 minutes

Mix yeast, salt and whole wheat flour together, set aside. Mix honey, shortening and warm water together, then add yogurt. Mixture should be about 130°. Add liquids to flour mixture and beat at medium speed for 3 minutes. Switch to the dough hook. Gradually add enough bread flour (about 2 c., depending on humidity) to make a workable dough. Turn dough onto a floured board and knead until smooth and elastic. Cover, let rise until double. Punch down, let rise 15 to 20 minutes (if you're in a hurry, skip this step). Shape into two loaves. Let rise until double. Bake. Moist and delicious!

Variations: 1) Add 1 cup of sunflower seeds or walnuts (before switching to the dough hook) for a nutty flavor; or 2). Substitute 1 cup of cracked whole wheat kernels for one of the cups of whole wheat flour.

## Upcoming monthly Wellness Coordinator calls/webinars

- Wednesday, September 5 at noon CST
- Wednesday, October 10 at 11 a.m. CST
- Wednesday, November 7 at 2 p.m. CST
- Wednesday, December 12 at noon CST

To join the monthly call/webinar: Go to <http://www.webmeeting.att.com>

Meeting Number: 866 680 0148      Code: 704446

For Audio: Dial 1-866-680-0148      Code: 704446

**Friendly reminder:** Please mute your phones during monthly 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!

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## 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:

### Tara Roberts

BCBSND/NDPERS

701-277-2852

tara.roberts@bcbsnd.com

Tara 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

onalee.sellheim@bcbsnd.com

Direct questions about benefit plans or schedule Member Education programs through Onalee.

### Jodi Crouse

BCBSND

jodi.crouse@bcbsnd.com

To collect aggregate data on your employer from the Health Reimbursement Arrangements, My Health Center 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.



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