



**NORTH DAKOTA  
PUBLIC EMPLOYEES  
RETIREMENT SYSTEM**



# Coordinator Newsletter

Volume 3, Issue 2  
October 2012

## Recording of the Summer Workshop available

As one of the requirements for the NDPERS Employer-Based Wellness Program you must:

1. Attend or view the annual wellness Coordinator Summer Workshop

OR

2. Attend a Healthy North Dakota Gearing Up for Worksite Wellness 2-Day Training

To make it easier to fulfill the requirement, we recorded the summer workshop. If you were able to attend the workshop, you can use the recording as a reference point. And if you weren't able to attend the workshop, you can view the recording and forward your Certificate of Completion to tara.roberts@bcbsnd.com. You will be automatically emailed the Certificate once you view the entire recording (100 percent of the slides and 100 percent of the audio). You can access the recording at: [http://www.brainshark.com/noridian/NDPERS\\_WC\\_Workshop\\_2012/zBszMNCMVz0z0](http://www.brainshark.com/noridian/NDPERS_WC_Workshop_2012/zBszMNCMVz0z0)

If you missed the summer workshop, you can view it online to fulfill your NDPERS Employer-Based Wellness Program requirement.

## Monthly Wellness Coordinator call/webinar schedule

Mark your calendar for these WC calls and webinars:

- 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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October is Breast Cancer Awareness Month.

## October is Breast Cancer Awareness Month

Next to skin cancer, breast cancer is the most common cancer among U.S. women and second only to lung cancer as the leading cause of cancer death in women. According to the American Cancer Society, a woman has a little less than a one-in-eight chance of having invasive breast cancer some time during her life and one-in-36 chance of dying from breast cancer. There has been a decline in breast cancer death rates, which is most likely the result of education and early detection. How can you do your part to help increase the number of breast cancer survivors in North Dakota?

- Display pink ribbons at your worksite. Have a wear-pink day.
- Use employee testimonials to tell the story.
- Have a breast cancer awareness photo or T-shirt design contest.
- Have a breast cancer tagline contest (i.e. "Think Pink," "Real Men Wear Pink," etc.)
- Visit <http://www.ndcancercoalition.org/?id=85&page=Breast+Cancer+Awa+reness> for cancer awareness materials provided courtesy of the N.D. Cancer Coalition such as:
  - Breast cancer PowerPoint
  - Display board pieces – simply print, cut out and post on a display board
  - Breast cancer resources
- Remind employees of their benefits in relation to mammogram screenings
  - You will receive an NDPERS-specific flyer on breast cancer, mammograms and your benefits

### Try this Healthy Recipe: Fresh salsa

1 - 2 garlic cloves, finely chopped  
1/3 large onion, finely chopped  
1/2 large green bell pepper, finely chopped  
1/2 to 1 whole jalapeno pepper, finely chopped  
3 - 4 large Roma (paste) tomatoes, chopped  
1 small bunch of cilantro leaves, finely chopped  
Juice from 1/4 lemon

Mix ingredients together and serve, altering the recipe to suit your own taste preference. Store covered in the refrigerator. To keep calorie and fat content low, serve with baked tortilla chips.

This salsa recipe has not been tested for safety for canning/processing purposes. For salsa recipes made for canning along with other great salsa-making tips visit the following link to access "From the Garden to the Table: Salsa" provided by the NDSU Extension Service.

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## Family Health: Bullying hurts

The National Bullying Prevention Center defines an act as bullying when:

- The behavior hurts or harms another person physically or emotionally. Bullying can be very overt, such as fighting, hitting or name calling, or it can be covert, such as gossiping or leaving someone out on purpose.
- It is intentional, meaning the act is done willfully, knowingly and with deliberation.
- The targets have difficulty stopping the behavior directed at them and struggle to defend themselves.

Bullying can be easy to identify or occur quietly and covertly. It can be circumstantial or chronic. Regardless of how it shows its ugly face, bullying can lead to physical and emotional scars that last a lifetime. Here are a couple of sites for kids and teens recommended by the National Bullying Prevention Center:

<http://www.pacerteensagainstbullying.org/#/home> — Created by and for teens, it's a place for middle and high school students to find ways to address bullying, to take action, to be heard and to join an important social cause.

<http://www.pacerkidsagainstbullying.org/> — The "Club Crew" is the cast of 12 original animated characters on the Kids Against Bullying website

## More October health observances

- Health Literacy Month
- Eye Injury Prevention Month
- Stop America's Violence Everywhere (SAVE) Today
- Sudden Infant Death Syndrome (SIDS) Awareness Month
- Drive Safely Work Week (Oct. 1- 5)
- Child Health Day (Oct. 1)
- Walk to School Day (Oct. 2)
- Mental Illness Awareness Week (Oct. 7)
- World Food Day (Oct. 16)

## Plan ahead for November promotions

- Lung Cancer Awareness (Great American Smokeout is Nov. 15)
- COPD Awareness
- American Diabetes Month
- National Alzheimer's Disease Awareness
- National Family Caregivers Month
- Drowsy Driving Prevention Week (Nov. 12 - 18)
- International Survivors of Suicide Day (Nov. 17)
- Gastroesophageal Reflux Disease Awareness Week (Nov. 18 - 24)



Bullying hurts. Help fight it.

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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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