



## 2016 Dakota Wellness Program

### Featured Wellness Activities

- Book Club: *The Accidental Creative: How to be Brilliant at a Moment's Notice* by Todd Henry
- Webinar: Overview of the Tobacco Cessation Program and wellness coaching. Link to watch will be available in September.

### Share with Your Colleagues

- Monthly newsletter
- Monthly well-being theme flyer (8 ½ x 11)
- Monthly well-being theme poster (11 x 17)
- Monthly book club

View and download all of these items by clicking:

**Sanford Health Plan Dakota Wellness Program webpage**

*Items will be available through September 30, 2016.*

To view past wellness coordinator newsletter issues click [HERE](#)

### September National Health Observances

- Baby Safety
- Healthy Aging
- Recovery
- Childhood Obesity
- Food Safety Education
- Whole Grains
- 5-11—Suicide Prevention
- 11—National Day of Service and Remembrance
- 24—Family Health and Fitness

*Find a complete list of observances at [healthfinder.gov/NHO](http://healthfinder.gov/NHO)*

## Monthly well-being education

### Fully focused

How often do you feel fully immersed and focused on a project you are working on? Or do you feel like you're constantly distracted by various updates? Incoming emails, text messages, online news, meetings, weather alerts and social media alerts have us impulsively responding to the "ping". This state of unending interruptions, which Linda Stone describes as "continuous partial attention", limits our productivity. We've compiled top suggestions to counteract the "ping" and help you fully focus.

1. Cluster activities like meetings and phone calls together to limit focus shift, which wastes time.
2. Work solely on one project for a predetermined amount of time. In *Are You Fully Charged*, Tom Rath shares that the most productive employees work 52 minutes at a sprint and then take a 17 minute break.
3. Rethink your email strategy to limit distractions. These options can be tweaked to fit your needs:
  - Check email for the first ten minutes at the top of each hour.
  - Change your delivery settings so emails are only dropped into your inbox every 30 minutes.
  - Check email only twice each day—once at noon and again at 4 p.m.
4. Change your phone's notification settings to help you ignore the most recent update.

An organized mind will help you focus more intently, and also benefit your health. Staying positive, sleeping well, avoiding sugary snacks, exercising, and being mindful all help tame the frenzy. At the end of the work day take ten minutes to review notes from the day and plan tasks for tomorrow. Follow these steps and you'll be in the zone in no time.

## Announcements

## July 2015- June 2016 Employer Based Wellness Program vouchers

Coordinators will receive an event and participation confirmation once the vouchers have been processed. Points will upload to the redemption center by November 1. Employees have until December 31, 2016 11:59 p.m. to spend points.

## Sanford Health Plan onsite presentations

Our team of wellness educators is here to help you create a culture of wellness in the workplace. We offer free on-site well-being education to help you engage your employees to learn new ways of healthy living. Please contact our wellness education team for more information and to set up a presentation in your workplace.

Our feature presentations include:

- Organize My Life
- Well-doing
- It's All Relative: Respect in the Workplace
- Financial Fitness
- Paint Your Plate
- Mindful Eating
- Sitting Disease
- Patient Engagement
- Five Star Sleep
- Gratitude
- Success Over Stress
- Dakota Wellness Program and Online Wellness Portal

## Mark Your Calendar

Register for the monthly webinars by clicking on the event.

September 6 at 1 p.m. CST

October 5 at 11 a.m. CST

November 2 at noon CST

*Did you miss a past webinar?*

Click **HERE** to view past webinars

## Contact Wellness Education Team

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## Pasta fresca

*Serves: 3*

*Total Time: 30 min | Prep: 10 min | Cook: 20 min*

### Ingredients:

6 ounces whole grain pasta	½ cup low sodium broth
1 Tbsp olive oil	½ cup fat free cream cheese
1 clove of garlic minced	1 Tbsp Italian seasoning
¼ cup chopped onion	1 Tbsp lemon juice
1 cup halved grape tomatoes	Black pepper to taste
½ cup chopped pepper (red, yellow or red)	
1 cup chopped fresh or ½ cup frozen spinach leaves	

### Directions:

Boil noodles according to package directions. In a skillet over medium/high heat add oil and heat for 3 minutes. Add garlic and onion and sauté for one minute. Add tomato, pepper and sauté until heated through, about 5 minutes. Turn heat to low and add spinach, broth, cream cheese, seasonings and lemon juice. Stir frequently until cheese is melted. Turn off heat and add pasta to pan until coated with sauce.

### Nutrition Facts:

Calories: 196 Total Fat: 6g Sodium: 300mg  
Total Carbohydrates: 27 g Dietary Fiber: 6g Total Protein: 12g