

Health & Wellness Purpose & Mission Statement

The Oregon Military Department's mission in relation to Health and Wellness is to establish and maintain organizational health by fostering interest and encouraging employees to initiate or expand healthier lifestyles; provide education and resources that offer diverse wellness programs to meet a wide range of personal health needs, increase awareness of factors and resources contributing to well-being; inspire and empower individuals to take responsibility for their own health; decrease absenteeism due to illness and stress, and develop a positive culture that is focused on celebrating and improving the quality of life for all employees.



HEALTH & WELLNESS COMMITTEE

The local Health & Wellness Workgroup meets twice a year and has local representatives for each location. Contact Micky Dryden if you don't know who your contact is, or you are interested in promoting health & wellness at your location.

Micky.D.Dryden@mil.state.or.us

Health & Wellness
Quarterly Newsletter
August/September
2021

Oregon Military Department



Pandemic News



Stay up to date on coronavirus news and instructions by visiting these sites:

- [Governor Brown's website](#)
- [Coronavirus information for state government employees](#)
- [OHA's vaccines page](#)

National Health Observances

June - [Alzheimer's & Sickle Cell Disease, HIV Testing, & More!](#)

July- [Hepatitis Awareness and the Importance of Youth Sports](#)

August - [Immunization, Breastfeeding, and Children's Eye Health and Safety!](#)

HE WHO HAS HEALTH HAS HOPE AND

HE WHO HAS HOPE HAS EVERYTHING.

- ARABIAN PROVERB

Adjutant
General
Personnel

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[State Personnel Office](#)

Micky Dryden
Health & Wellness
Agency Coordinator



Healthy
People in
Action

10 Low-Carb Food Sources of Polyphenols...

IT IS NOT JUST RED WINE THAT IS GOOD FOR YOUR HEART



Polyphenols appear to have great importance for human health. Based on the latest science, there is support for polyphenols helping to protect against diseases such as cancer, cardiovascular diseases, diabetes, and dementia.

This article will look at some low-carb foods that are high in polyphenols.

1. Blackcurrants
2. Cinnamon
3. Dark Chocolate
4. Coffee
5. Red Wine
6. Pecans
7. Blueberries
8. Green Tea
9. Blackberries
10. Black Tea

Thank you, Aida Cooper of AGI, for this information!

More information may be found here:

<https://nutritionadvance.com/low-carb-foods-high-polyphenols-antioxidants/>

positivity project

Have you ever felt your body tense after a stressful situation? Maybe the project you're currently working on is requiring more energy and is leading you to feel stressed, tired, or even frustrated. These are just a few natural responses our bodies can have to stressful circumstances. Many of us feel we need to live with a certain level of stress in our lives, but we need to be more conscious about how stress affects us mentally and physically. You can implement positive techniques when you've encountered stress by trying these four techniques*:

1. 3-step body relation
2. Square breathing
3. Body tapping
4. Guided imagery

Madilyn Zike
Chief Human Resources Officer

*This information was shared by Cascade Centers EAP in a recent webinar titled: Managing Emotions Related to Workplace Reintegration, facilitated by Caitlin Plato. If you would like to access the recording of the presentation, please [click here](#).

Positivity Project website: https://www.oregonpositivity.org/?page_id=99

Cascade Centers EAP
webinar: https://www.youtube.com/watch?v=Ojwob2U_zMk

Employee Assistance Program

Things Getting You Down?

If you're struggling with a work or family issue, free confidential help is just a call away. PEBB contracts with [Cascade Centers, Inc.](#), to offer EAP services to agencies and employees. [Cascade Centers](#) provides professional counselors can guide you over the phone or in office visits. They'll listen to you, help you sort things out and then work with you on a plan to set things straight. If needed, they can refer you to a provider in your medical plan.

It takes just a phone call to access the EAP:

Portland (503) 639-3009
Salem (503) 588-0777
Toll Free (800) 433-2320

This Month's H&W Fun & Games:

5 Senses Exercise

5 4 3 2 1

SLOW DOWN & CALM DOWN

FIRST- TAKE 3 SLOW BELLY BREATHS!

5 List 5 things you can SEE



4 List 4 things you can FEEL



3 List 3 things you can HEAR



2 List 2 things you can SMELL



1 List something you like to TASTE



FINISHED? - TAKE ANOTHER 3 SLOW BELLY BREATHS

Chelsea Resources Publication