

# Dakota Wellness Program

## APRIL 2024

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Join Sanford Health Plan Wellness team members for our monthly 15-minute wellness webinar.

**Click here to register today!**



NORTH DAKOTA  
PUBLIC EMPLOYEES  
RETIREMENT SYSTEM

**SANFORD**  
HEALTH PLAN

# Nurturing Community Well- being Through Volunteerism

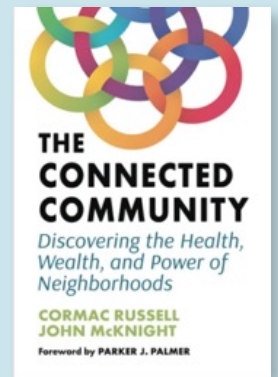
In a thriving community, the threads of volunteerism weave a pattern of compassion, unity and shared responsibility. Volunteerism is the cornerstone of community well-being, fostering a sense of connection and resilience among its members. As individuals come together to contribute their time, skills and resources for the greater good, the community not only benefits from tangible outcomes but also experiences a profound sense of solidarity.

Volunteerism plays a pivotal role in addressing societal challenges and promoting positive change. Whether it's organizing neighborhood clean-up initiatives, supporting local charities or assisting vulnerable populations, volunteers become catalysts for transformation. This active engagement not only uplifts those in need but also empowers volunteers themselves, instilling a sense of purpose and fulfillment.

The impact of volunteerism extends beyond the immediate beneficiaries to create a ripple effect of social cohesion. When diverse individuals collaborate towards a common goal, it breaks down barriers, fostering understanding and appreciation for differences. This inclusivity is vital for building resilient communities capable of facing challenges collectively.

Volunteerism contributes to the overall health and well-being of community members. Research indicates that individuals who engage in volunteer activities experience lower levels of stress and increased life satisfaction. The act of giving back creates a positive feedback loop, enhancing the mental and emotional resilience of both volunteers and the community at large.

Volunteerism is the heartbeat of a vibrant and healthy community. It strengthens social bonds, promotes empathy and serves as a powerful force for positive change. As we recognize the profound impact of volunteerism on community well-being, it becomes clear that each act of service, no matter how small, contributes to the flourishing tapestry of a connected and resilient society.



## Book Club

***The Connected Community: Discovering the Health, Wealth, and Power of Neighborhoods* by Cormac Russell (Author), John McKnight (Author), Parker J. Palmer (Foreword)**

"The Connected Community" by Cormac Russell and John McKnight explores the principles of asset-based community development (ABCD) to uncover and leverage the hidden talents, assets and abilities within neighborhoods. The authors advocate for a shift from individual isolation to community interconnectedness, addressing issues such as social isolation, mental and physical well-being, poverty, racism and climate change.

Russell, a seasoned ABCD practitioner, along with McKnight, co-originator of ABCD, guides readers on how to tap into the untapped potential within their communities. The book emphasizes the idea that solutions to societal challenges can be found within one's own neighborhood. Through illustrative examples from around the world, readers are inspired to explore and connect with their communities to create healthier, safer, greener, more prosperous and welcoming environments.

The authors stress the importance of neighborliness as more than just a personal characteristic but as an essential component for a fruitful life. They argue that fostering neighborly connections is a powerful catalyst for community change and renewal. "The Connected Community" serves as a guide for individuals to take action, drawing on the belief that by discovering and utilizing the resources within their neighborhoods, they can contribute to the development of vibrant and joyful communities.

### DISCUSSION QUESTIONS

- 1. How can individuals apply the principles of asset-based community development (ABCD) in their own neighborhoods to uncover hidden talents and create positive change?**
- 2. In what ways does the book's emphasis on neighborliness as an essential component for a fruitful life resonate with your own experiences or observations in your community?**
- 3. The authors provide illustrative examples from around the world. How do these examples inspire you to explore and connect with your community, and what specific actions can individuals take to contribute to the creation of healthier, safer and more prosperous neighborhoods?**

# How to incorporate more movement into my day?

Incorporating more movement into your day doesn't necessarily require a structured workout routine. Start by making simple changes, like opting for stairs instead of elevators or taking short breaks to stretch every hour. Walking or cycling to nearby destinations instead of driving promotes both physical activity and environmental sustainability. Consider incorporating quick bodyweight exercises, such as squats or lunges, during breaks. Setting reminders to stand up and move around regularly can counteract the sedentary effects of prolonged sitting. Engaging in recreational activities like hiking, dancing or playing a sport not only adds movement but also makes it enjoyable. Additionally, integrating movement into daily tasks, like doing household chores or gardening, contributes to a more active lifestyle. Small, consistent adjustments throughout the day collectively contribute to improved overall health and well-being.



## Exercise is Medicine

Exercise is Medicine (EIM) empowers you to improve your physical and mental health by developing positive lifestyle behaviors, including physical activity and healthy eating, that can prevent, treat, and reverse chronic diseases.

Small-group, virtual exercise classes instills independence which allows participants to develop long-term, sustainable healthy lifestyle habits.

### A one-time fee unlocks:

- Group fitness classes
- Access to a personal trainer

### To qualify, you must:

- Be 18 years old or older
- Have one or more of the following conditions:
  - Anxiety
  - BMI of 30 or greater
  - Cancer
  - Depression
  - High blood pressure
  - Hyperlipidemia
  - Metabolic syndrome
  - Prediabetes
  - Type 2 diabetes

Learn more at [sanfordhealthplan.com/exercise-is-medicine](https://sanfordhealthplan.com/exercise-is-medicine).



# Preventive Health

## Physical Wellness

April is physical wellness month. This is the time of year when we can all practice self-care for the physical and nutritional needs of our bodies. Physical well-being includes a level of personal responsibility to understand what our bodies need. This includes getting appropriate sleep, physical activity, balancing nutrition and avoiding harmful behaviors and activities. Physical wellness can also include having a positive outlook, getting regular checkups with your primary care provider and being able to recognize when you are ill. Making good choices each day can help prevent disease, maintain a healthy weight and improve mental health.

### Tips for making good choices daily:

- Aim to get 150 minutes of moderate-intensity physical activity per week. Examples include walking fast, pushing a lawn mower, gardening, playing with your children or pet
- Limit beverages and foods with added sugars, saturated fats and sodium
- Limit alcoholic beverages or don't drink at all
- Increase the amount of fruits and vegetables on your plate
- Aim to get at least seven hours of sleep each night

### Egg Roll in a Bowl

**COOK TIME:** 15 minutes  
**TOTAL TIME:** 15 minutes  
**COURSE:** Dinner

**SERVINGS:** 6  
**CALORIES:** 243 kcal



#### Ingredients:

- |   |   |
|---|---|
| 1 pound ground pork                                 | 1 tablespoon rice vinegar   |
| 6 cups shredded cabbage                             | 2 teaspoons chili garlic sauce  |
| 3/4 cup shredded carrot                             | 2 teaspoons toasted sesame oil  |
| 1 tablespoon minced garlic                          | Optional toppings: green onions sesame seeds, peanuts, crushed red pepper |
| 3 tablespoons reduced-sodium soy sauce              |   |
| 1 tablespoon sweetener (golden monk fruit, if keto) |   |

#### Instructions:

1. In a large, deep skillet brown the ground pork and drain off any grease.
2. Add the shredded cabbage and carrot to the skillet and cook over medium-low heat. Meanwhile, add the garlic, soy sauce, sweetener, rice vinegar and chili garlic sauce to a jar. Secure the lid and shake vigorously.
3. Pour the sauce over the meat and vegetable mixture. Using tongs toss the stir fry so it is coated in the sesame sauce.
4. Cook the stir fry, stirring regularly for 5-6 minutes until the cabbage is tender.
5. Top with green onions, sesame seeds, crushed peanuts and red pepper flakes if desired.

#### NOTES

The cooking time will depend on how you slice your cabbage and how tender you like it. Taste test as you go. When the cabbage is cooked to your preference, remove the skillet from heat.

**Nutrition Facts:** Serving: 1 heaping cup | Calories: 243kcal | Fat: 16.2g  
Carbohydrates: 9.8g | Protein: 14g | Cholesterol: 54mg  
Sodium: 364mg | Fiber: 3.2g | Sugar: 5.1g

## Monthly Observances

**Alcohol Awareness Month**

**National Autism Awareness Month**

**National Cancer Control Month**

**Stress Awareness Month**

**April 2 - World Autism Awareness Day**

**April 7 - World Health Day**

**April 16 - Annual National Healthcare Decisions Day**

**April 16-22 - Oral, Head and Neck Cancer Awareness Week**

### QUICK LINKS

[sanfordhealthplan.com/ndpers](http://sanfordhealthplan.com/ndpers)

### SET-UP A

[mySanfordHealthPlan](http://mySanfordHealthPlan)

### ONLINE ACCOUNT

[sanfordhealthplan.com/memberlogin](http://sanfordhealthplan.com/memberlogin)

### CONTACT US

[NDPERSwellness@sanfordhealth.org](mailto:NDPERSwellness@sanfordhealth.org)  
(800) 499-3416 (TTY: 711)



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