

Dakota Wellness Program

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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

How Volunteering Can Transform Your Life

Volunteering is more than an act of kindness – it's a powerful way to enrich your own life. When you give your time to help others, you naturally shift focus away from your own stress and problems, often finding clarity and calm in the process. It connects you to others, easing loneliness and creating a sense of community. For those struggling with low mood or depression, volunteering offers purpose, structure, and uplifting interactions that can make a meaningful difference. As you help others, you build confidence, discover new skills and often uncover passions you didn't know you had. It's a reminder that you matter and that your efforts can truly make an impact. Over time, these experiences bring a deep sense of joy and fulfillment. In short, volunteering not only benefits the world – it improves your well-being, outlook and happiness in ways that are both powerful and lasting.

How volunteering can enrich your life:



Boost Your Mood

Helping others releases feel-good hormones that reduce stress and increase happiness.



Strengthen Your Community

Volunteering builds connections and creates a sense of belonging.



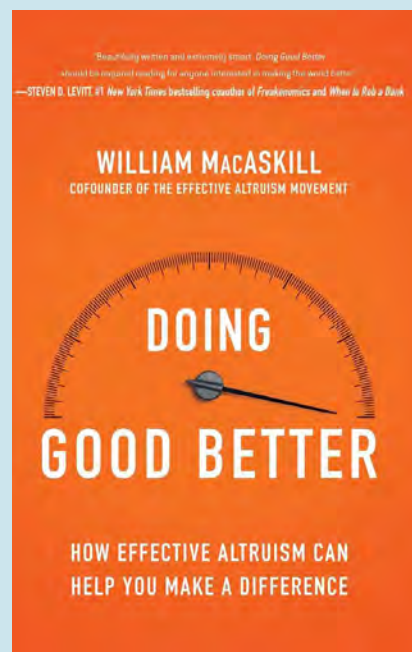
Improve Physical Health

Staying active through service can support heart health and overall wellness.



Find Purpose

Giving your time to a cause you care about can bring deeper meaning to your daily life.



Book Club

Doing Good Better by William MacAskill

Doing Good Better by William MacAskill introduces effective altruism – the idea of using evidence and reason to maximize the impact of doing good. MacAskill argues that many charitable efforts are inefficient or misguided, and that we can do far more good by carefully choosing where to give, how to volunteer, and which careers to pursue. He highlights the importance of focusing on high-impact interventions, like disease prevention, rather than emotionally-driven but less effective causes. The book empowers readers to align their good intentions with smart, strategic actions to truly make a difference in the world.

Discussion questions

- How does effective altruism challenge traditional views of charity and personal giving?
- What criteria should we use when deciding which causes or organizations to support, and why might emotional appeal be misleading?
- How can individuals apply the principles of effective altruism in their careers and everyday choices, even without large financial resources?

Ask the Expert:

How do I maintain my bone health as I age?

Maintaining bone health as you age is crucial for preventing fractures and maintaining mobility.

To keep your bones strong:

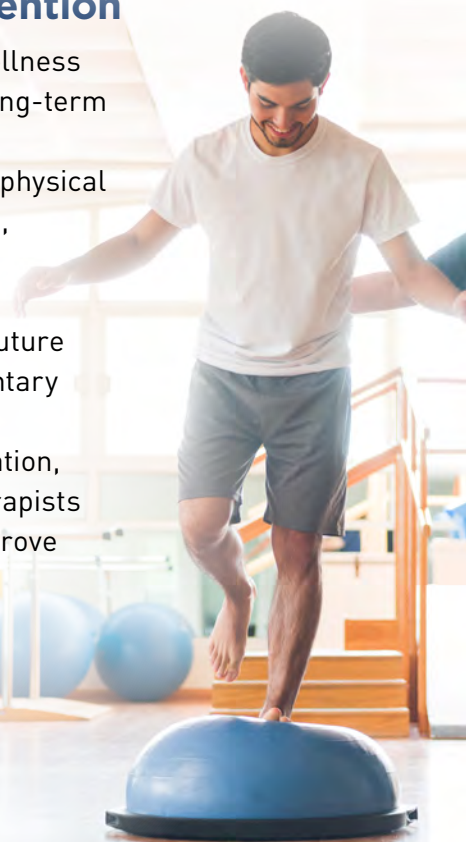
- ✓ Prioritize a diet rich in calcium and vitamin D, which help in bone formation and mineralization. Weight-bearing exercises like walking, jogging or strength training are essential to stimulate bone growth.
- ✓ Avoid smoking and limit alcohol consumption, as both can weaken bones.
- ✓ Regular check-ups, including bone density tests, help monitor bone health.

Additionally, consider supplements if necessary, based on your doctor's advice, to ensure your bones stay strong throughout your life. Staying active and mindful of nutrition is key!



Physical Therapy for Prevention

Physical therapy plays a vital role in wellness by preventing injuries and promoting long-term health. Rather than waiting for pain or dysfunction to arise, wellness-focused physical therapy emphasizes posture correction, muscle balance, mobility, and core strength. It helps identify and address movement patterns that could lead to future issues, especially for people with sedentary lifestyles or repetitive tasks. Through personalized exercise programs, education, and hands-on techniques, physical therapists empower individuals to stay active, improve performance, and reduce stress on the body. This proactive approach supports overall well-being, enhances quality of life, and fosters resilience against everyday physical challenges.



Exercise is Medicine

Exercise is Medicine (EIM) is a 12-week program that empowers you to make exercise a habit and gives you the tools you need to decrease your health risks. It's ONLY offered virtually at this time.

To qualify, you must be 18 years old or older.

EIM Price Guide

- Sanford Health Plan member virtual EIM program: \$99
- Non-Sanford Health Plan member virtual EIM program: \$199

A one-time fee unlocks:

- Group fitness classes
- Access to a personal trainer
- A fitness box will be mailed to your home, which includes:
 - ✓ EIM workbook
 - ✓ Recipe book
 - ✓ Pilates ball
 - ✓ Mini loop resistance band
 - ✓ Handled resistance band
 - ✓ Yoga mat

Learn more and register at:

sanfordhealthplan.com/exercise-is-medicine

Preventive Health

Prevent Type 2 Diabetes – Join Our Free Diabetes Prevention Program

Did you know that an estimated ninety-eight million American adults have prediabetes? That is more than 1 in 3 individuals.

As a Sanford Health Plan member, you have access to a FREE, evidence-based diabetes prevention program designed to help you make small lifestyle changes that lead to significant health improvements. The Change Your Weigh Diabetes Prevention Program is offered in partnership with the Center for Disease Control's (CDC) National Diabetes Prevention Program.

This year-long, group coaching program focuses on practical strategies to help you lose weight, increase physical activity, and reduce your risk of developing type 2 diabetes.

You will learn to:

- Eat healthier
- Be more active
- Manage stress
- Overcome obstacles

The virtual group program includes:

- Weekly meetings for the first four months
- Monthly meetings for the remaining eight months
- Guidance from a trained lifestyle coach
- Support from peers on the same journey



Registration is now open for fall and winter classes.

To learn more and register, visit sanfordhealthplan.com/diabetes-prevention or scan the QR code.

Monthly Observances

National Breast-feeding Month

National Immunization Awareness Month

August 1-7 World Breastfeeding Week

High-Protein Kale Caesar Salad

A nutritious, satisfying high-protein kale Caesar salad with spiced chickpeas, fresh veggies, and a creamy cashew dressing. Perfect for a healthy meal!

Ingredients:

Salad

- 1½ cups (245 g) cooked chickpeas
- 1 tsp (1 g) dried oregano
- ½ tsp (1 g) smoked paprika
- 1 pinch sea salt flakes
- 1½ tsp (7.5 ml) olive oil
- Divide 2 slices bread - for croutons
- 4 cups (85 g) kale - finely chopped
- 9 oz (250 g) cherry tomatoes chopped in half
- 1 large cucumber - sliced
- 2 tbsp (20 g) hemp seeds

Caesar Dressing

- ¼ cup (32 g) cashews
- 2 tsp (6 g) baby capers
- 3 tbsp (22 g) nutritional yeast
- 2 tsp (10 g) Dijon mustard
- 1 clove garlic - peeled
- 3 tbsp (45 ml) lemon juice
- ½ cup (80 ml) water

Instructions:

Preheat the oven to 350 °F. Line a small baking tray with baking paper. Add the chickpeas, oregano, smoked paprika, salt, and 1 tsp olive oil. Mix to combine. Bake in the oven for 20 minutes, until slightly crispy. Chop the bread into your desired crouton size. Spread on a baking tray, and drizzle with the remaining ½ tsp of olive oil. Bake in the oven until golden (the timing will depend on the bread you are using).

For the Caesar Dressing: For a smoother sauce, consider soaking the cashews. Soak the cashews in boiling water for 30 minutes. Drain, and set aside. If you have a high-speed blender like a Vitamix, you can skip this step. In a small high-speed blender, add the cashews, capers, nutritional yeast, Dijon mustard, garlic, lemon juice and water. Blend on high speed until the mixture is perfectly smooth and creamy. Add the kale to a large mixing bowl. Pour about ¼ of the dressing, and using your hands, massage the kale to soften it. Add the tomatoes, cucumber, chickpeas, bread, hemp seeds, and dressing. Mix to combine and enjoy!

Nutrition Facts: Calories: 616kcal | Carbohydrates: 85g | Protein: 30g
Fat: 22g | Sodium: 337mg | Fiber: 22g | Vitamin A 178IU | Vitamin C 72mg | Calcium 254mg | Iron 10mg



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