2014 Oregon School Employee Wellness Conference: The Power of US!
Agenda at a Glance

Sunday - March 23rd

5:00-6:00 pm **Registration Open at the Convention Center Lobby**

6:30-8:00 pm **Welcoming Reception**: Come meet your fellow colleagues to learn more about each other's wellness efforts and to visit our outstanding wellness vendors who provide programs and services designed to make health promotion programs more successful. **Healthy appetizers, no host bar, chair massages and live music by Central Oregon's finest TKO.** **Location: Cascade ABCDJ**

Monday - March 24th

6:30 am **Yoga** with Adrienne Mullock, Registered Yoga Teacher- **Location: Deschutes B**

7:30 am **Registration Open at the Convention Center Lobby**

8:30 am **Opening Session with Keynote Presentation: *Don't Farm Alone***

Featuring nationally recognized speaker, Greg Bell!

Greg Bell, CSP, is a recognized thought leader, author of *Water The Bamboo®: Unleashing The Potential Of Teams And Individuals*, and founder of the Water The Bamboo Center For Leadership. As an innovator and keen observer of highly successful leaders and teams, he distilled his findings into the Water The Bamboo approach to success. Through his entertaining and content-driven keynotes and seminars, Greg has encouraged and inspired thousands of leaders and teams to identify and water their bamboo to create remarkable results. Simply put, Greg is a problem solver who will help you and your organization flourish. Water The Bamboo is not a feel-good philosophy; it's about seeing the world in a new and profound way for better results. **Location: Cascade ABCDJ**

Conference tracks:

Individual: Builds personal awareness and skills to improve overall health.

School: School-wide approach to creating a healthy environment for staff and students to learn, work and play.

Community: Developing community partnerships to leverage resources and achieve shared goals that promote the health and well-being of school employees, students and communities.

10:15 am Breakout Sessions

- ❒ **Individual:** *Financial Wellness 101*, presenter Teresa Muench, NEA Member Benefits- **Location: Cascade E/F**
- ❒ **School:** *Championing Wellness @ Work: Stress reduction and health promotion*, presenter Tamar Schnepp, Kaiser Permanente- **Location: Cascade G**
- ❒ **Community:** *Using School Employee Health Data to Advance School Employee Wellness Initiatives*, presenter Rebecca Pawlak, Oregon Public Health Division- **Location: Cascade I/H**

11:45 am **Lunch-** Presentation of the Oregon ASCD's 2014 Educating the Whole Child Award for the 21st Century

- ❖ *Physical Activity Energizer led by Collin Brooks, Elementary Physical Education Specialist for NASPE STARS award winning Jewell Elementary School in Bend, Oregon* **Location: Cascade ABCDJ**

1:15 pm Breakout Sessions

- ❒ **Individual:** *Stress! We all have it, now what do we do about it?*, presenter Tracey Smith, Moda Health - **Location: Cascade E/F**
- ❒ **School:** *Fit Kids, Strong Body, Strong Mind*, presenter Dr. Katie Schweitzer, Denise Stratton, and Jennifer Johnson, Kelso Elementary School, Oregon Trail School District- **Location: Cascade G**

❒ **Community:** *District Wellness Initiatives: The Synergy between Student and Staff Wellness,* presenters Peggy Holstedt, OSBA, Amy Lesan, Corvallis School District, Laura Pavlat, Springfield Public Schools, and Amy Barras, Portland Public Schools - **Location: Cascade I/H**

3:00-4:15 pm Wellness Activities, Wellness Exhibits and More

❒ Wellness Vendor Exhibits- **Location: Cascade ABCDJ**

❒ Wellness Activities: walking and running groups; guided family friendly Bend bike ride; and STEP Challenge- **Meet at the Convention Center Lobby**

❒ Keeping Your Spine aligned with Body, Spirit and Mind **Location: Deschutes B**

❒ Oregon ASCD's Whole Child Award for the 21st Century: Award winning school presentation **Location: Cascade I/H**

❒ Blueprint for Wellness: Learn about OEA Choice Trust School Employee Wellness Grants **Location: Cascade G**

❒ Lets Move Active Schools presented by Collin Brooks, Elementary Physical Education Specialist **Location: Cascade E/F**

4:15 – 5:15 pm Join us for a *healthy happy hour* and special showing of ***Heart of the Matter*** documentary film presented by Amy Barras, Benson High School **Location: Cascade ABCDJ**

Tuesday - March 25th

6:30 am **Yoga** with Adrienne Mullock, Registered Yoga Teacher- **Location: Deschutes B**
Fun Run/Walk with Moda Health's Rod Hart- **Meet at the Convention Center Lobby**

8:30 am Breakout Sessions

❒ **Individual:** *What's Sleep got to do with it?*, presenter, Dede Montgomery, Oregon Institute of Occupational Health Sciences- **Location: Cascade E/F**

❒ **School**: *Evaluating your School Employee Wellness Program; tips, tools and strategies for measuring culture change, behavior change and program effectiveness*, presenters Gail Buquicchio, ND, Everett School District, WA and Inge Aldersebaes, MPH, CHES, OEA Choice Trust- **Location: Cascade G**

❒ **Community**: *The Learning Connection and Wellness Impact*, Crista Hawkins, RD, LD, The Oregon Dairy Council, Rose Walker, Partners for a Hunger-Free Oregon, Garrett Berdan, Culinary Nutrition Consultant, Korinne McVeety RD, LD, SNS, Office of Learning/Student Services, Oregon Dept. of Education, Joyce Dougherty, RD, Oregon Dept. of Education, Child Nutrition- **Location: Cascade I/H**

10:15 am Breakout Sessions

❒ **Individual:** *Harnessing Mind/Body Connections through the Power of Positive Thinking*, presenter DeAnn Smetana, Kaiser Permanente and Kay Zimmerli, Kaiser Permanente- **Location: Cascade E/F**

❒ **School:** *Lighten your Load and Increase your Impact: Lessons on Engaging Staff from Motivational Interviewing*, presenter, Verna Burden, MS RD- **Location: Cascade G**

❒ **Community:** *Who Am I In The Matter? What you can do to make your school a joyful place to work!*, presenter Patty Parnell, Communication Consultant with Communication Competency, and Scott Perry, Superintendent of Southern Oregon ESD- **Location: Cascade I/H**

11:45 am Celebration Lunch and Closing Remarks

❖ Hot Topics Networking: Mingle Mingle Physical Activity led by Kay Zimmerli, Kaiser Permanente and Inge Aldersebaes, OEA Choice Trust

❖ Drawing the winner of the STEP Challenge! - **Location: Cascade ABCDJ**

1:15- 4:00 pm Post Conference Workshop – Location Cascade G

It takes a committee; strategies, resources and tools for building inspired, goal oriented wellness teams to support employee wellness in your district**,** presenter Gail Buquicchio, ND, Everett School District