



Oregon School Employee
**WELLNESS
CONFERENCE**

It starts with you!
March 24 – 26, 2013 • Bend, OR

Conference agenda at a glance

Riverhouse Convention Center • 2850 N.W. Rippling River Ct. • Bend, OR

Sun., March 24

Registration opens 5-6:30 p.m.

Welcoming reception 6:30-8 p.m.

Join us for a social reception and plan to spend time
visiting our outstanding wellness vendors.

Healthy appetizers, no host bar and live music provided by *The Quons*.

Mon., March 25

Wellness activity 6:30 a.m.

Yoga Rachel Knox, registered yoga instructor, Central Oregon Community College

Registration 7:30 a.m.

Opening session and keynote 8:30 a.m.

Keynote: Don't Settle for Greatness When You Can Be Immortal

Dr. Randy Harvey, 2004 recipient of Toastmaster's International
prestigious "World Championship of Public Speaking" award.

Conference breakout session 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 and students.

Breakout sessions 10:15 a.m.

- Individual: Messages that Matter *Dr. Randy Harvey*
- School: Creating a Sustainable School-based Culture of Health
Kay Zimmerli, Kaiser Permanente, Jessica Lawrence, Cairn Guidance Inc., Travis Reeser, Arlington High School Principal
- Community: Creating a Collaborative Worksite Wellness Program with the Business Community
Andre Jackson, Portland Public Schools, Barry Nemec, Baker School District and Dawn Robbins, Oregon Public Health Institute

Lunch 11:45 a.m.

Presentation of the Oregon ASCD's

Educating the Whole Child Award for the 21st Century

Samantha Steele, Oregon ASCD President/Central Point School District

Breakout sessions 1:15 p.m.

- Individual: Building Stress Resiliency *Elizabeth Connor, ODS Health*
- School: Nuts and Bolts of School Employee Wellness Programs
Aryka Chapman, National Directors of Health Promotion and Education
- Community: Keeping the Focus on the Whole Child
Samantha Steele, Oregon ASCD President/Central Point School District, Gwen Soderberg-Chase, Umpqua Community College

Wellness vendor exhibits 2:45–4 p.m.

Listening sessions 2:45–4 p.m.

Educator Resiliency *Erin Whitlock, OEA*

Wellness activities 2:45–4 p.m.

T'ai Chi Ch'uan for Stress Reduction and Health for School Staff

Glen Bledsoe, Molalla River Middle School and Dr. Karen Bledsoe, Western Oregon University

American Volkssport Association's Bend Walk

Karen Wusstig, Jefferson School District

Tues., March 26

Wellness activities 6:30 a.m.

Zumba *Rachel Knox, Central Oregon Community*
Fun Run/Walk

Breakout sessions 8:30 a.m.

Please note: this breakout session does not have an individual track

- School: Coordinated School Health Programs...What does that REALLY mean? *Jessica Lawrence of Cairn Guidance, Inc.*
- Community: Addressing the Weight of the Nation: Creating a Community Action Plan to Reverse the Trend *Kay Zimmerli, Kaiser Permanente, and Tracey Smith, Kaiser Permanente*
- Community: Changing the Context for School Employee Wellness *Rebecca Parwolk, Oregon Public Health Division, OHA*

Breakout sessions 10:15 a.m.

- Individual: A Taste of Motivational Interviewing: Harnessing personal motivation for positive change *Verna Burden, ODS Health*
- School: Farm to School/School Gardens *Rick Sherman, Oregon Department of Education, Nutrition Program and School Gardens/ Farm to School Program*
- Community: Bag the Junk: Building Community Partnerships for Healthier School Food *Nora Howley, NEA Health Information Network*

Celebration lunch 11:45 a.m.

Breakout sessions 1:15 p.m.

- Individual: Basic Building Blocks of Financial Health *Teresa Muench, NEA Member Benefits*
- School: It Takes a Committee: strategies, resources, and tools for building inspired, goal oriented wellness teams to support School Employee Wellness *Gail Buquicchio, Everett School District, WA*
- Community: Just for the health of it: Leadership speaks out about school employee wellness *Peggy Holstedt, Oregon School Boards Association, Steve Boynton, Superintendent of Arlington School District, Kent Klewitz, Superintendent of Jefferson School District, and Jonathan Light, Springfield Public Schools School Board Member*

