

# Effectiveness – The Whole Health Approach!

Feel Your Best and Be Your Best While Leading and Serving Others.

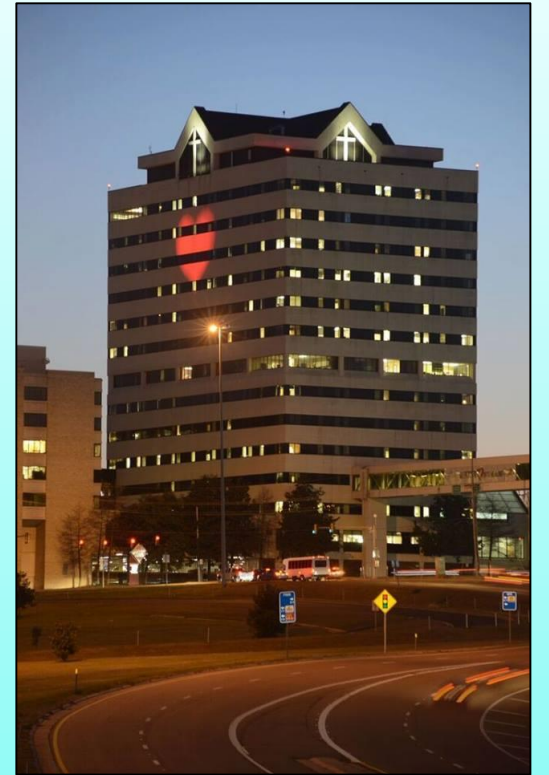
Please Complete Your Health Assessment

and

Write Your Best Personal Wellness Tip on the  
Green Index Card

Write Your Best Wellness Program Idea for  
Volunteer Programs on the Blue Index Card

# About Me...





# I am a Whole Health Educator

*Volunteer Coordinator*

*Wellness Coach*

*Wellness Program Developer*

*MBTI – Myers-Briggs Personality Assessment Practitioner*

*Franklin Covey's - The Seven Habits of Highly Effective Teens -  
Course Facilitator*



# Feel Your Best to Be Your Best

- Functioning at our Best
- Lifestyle Medicine

Sickness

# Health Outcomes

“Most deaths are from what we do to ourselves in this country and 70% of health outcomes are predicted by behavior and environment.”

Journal of American Medical Association

Rimm Stampler

**Well-Being Index and State of Well-Being  
Rankings for Older Americans**

Environment

**External Influences**



You can change how your genes are expressed  
just by what you eat and how you live.

Take a “Soil Sample.”

- Consider the quality of your diet – is it SAD?
- Stressors
- Toxins
- Trauma
- Exercise
- Energy
- Mind/Body



# Everything is Connected to Everything

- 1.Spiritual
- 2.Nutritional
- 3.Physical
- 4.Emotional
- 5.Social

# *Social Element*



# *Spiritual Element*



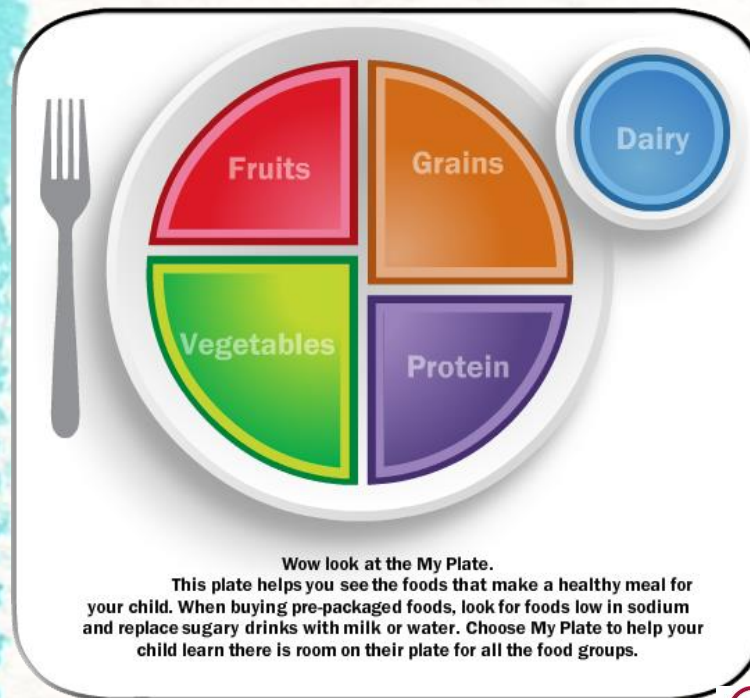
What is the holiest of days?

## *Nutritional Element*

Eat real food  
Not too much  
Mostly plants  
Michael Pollan

# USDA Plate

## And Other Options



### HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Eat plenty of fruits of all colors.

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

**STAY ACTIVE!**

© Harvard University

Harvard School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)

# Sugar



- Treat, Treats as Treats
- Save sugary treats for Celebrations
- Let Go of thinking it's about deprivation.

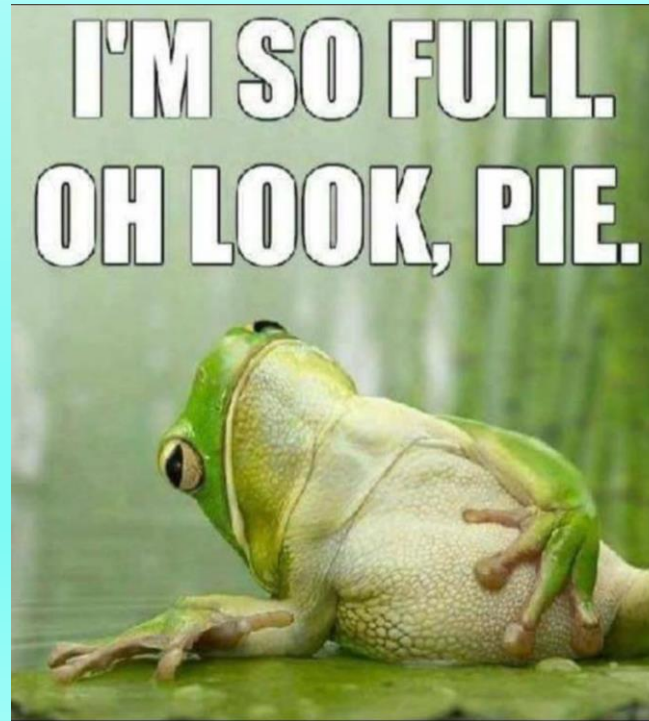
## What the Heck am I Supposed to Eat?

Every decade since 1960, we've been eating too much of everything.

Use HAND for Portion Control

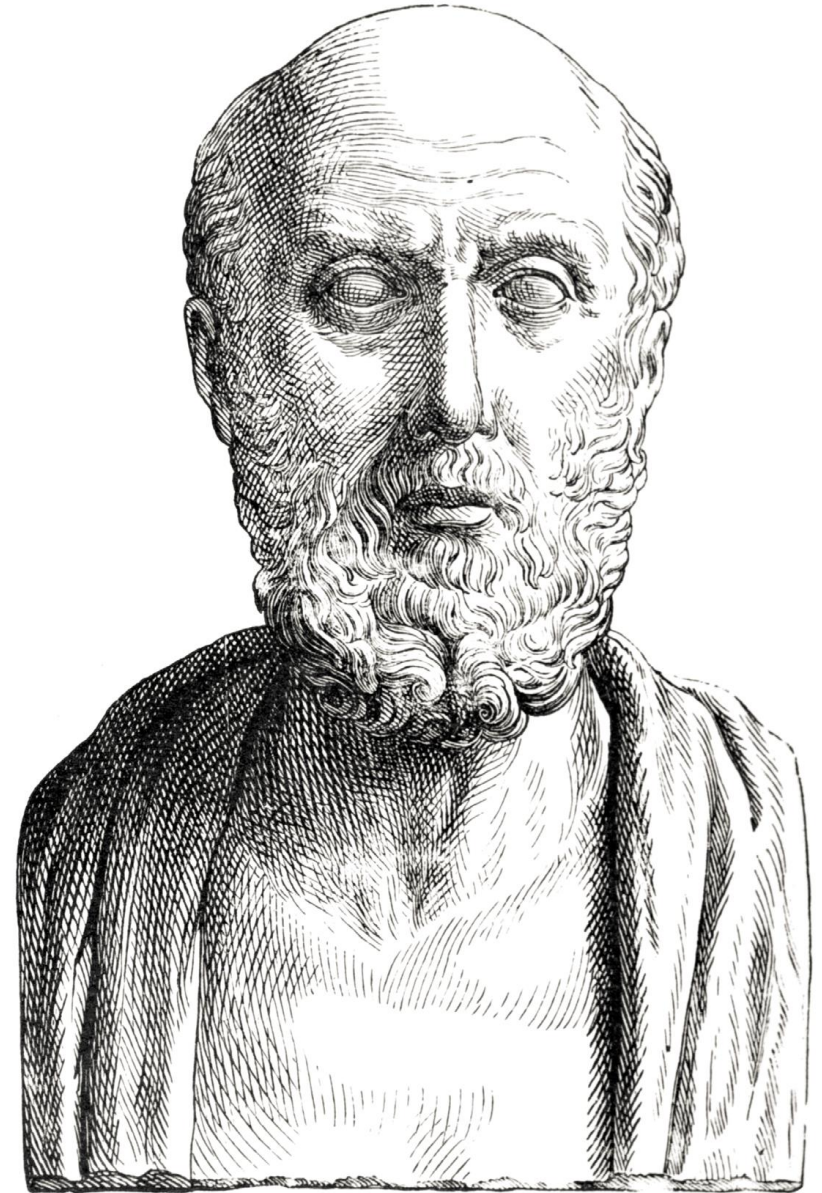
Vitamins and Minerals

Super Foods

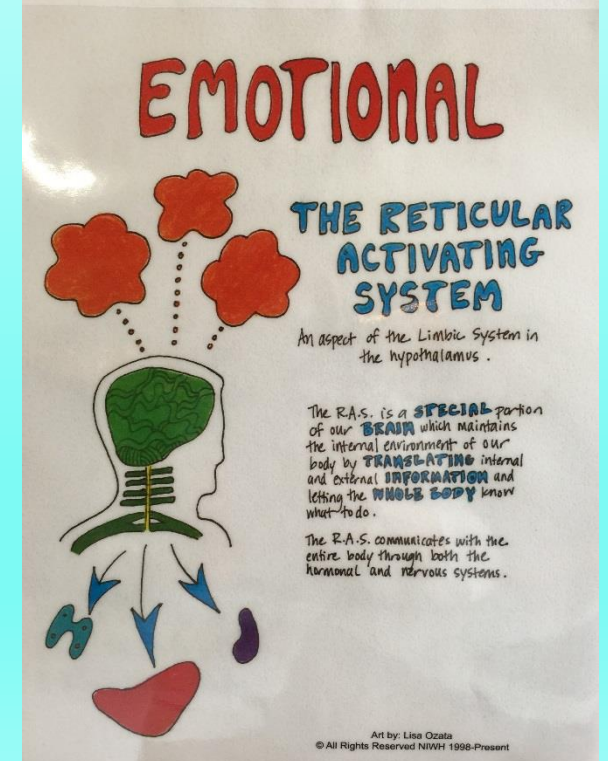
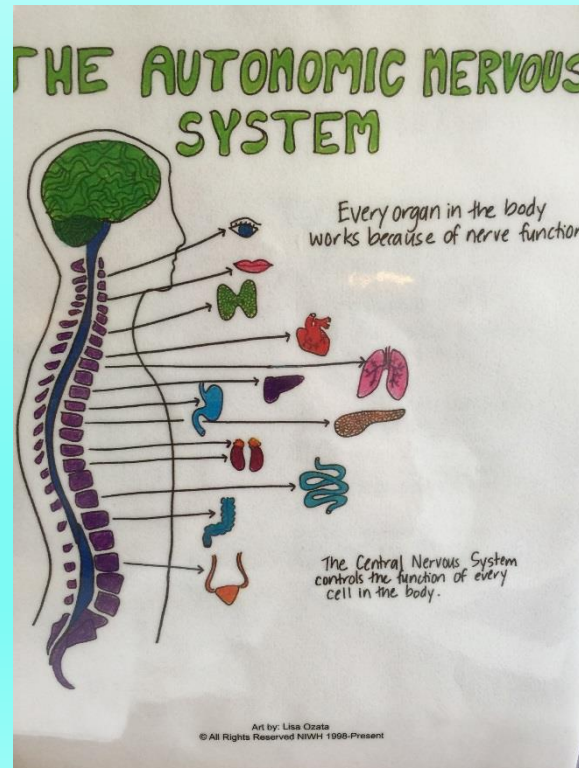
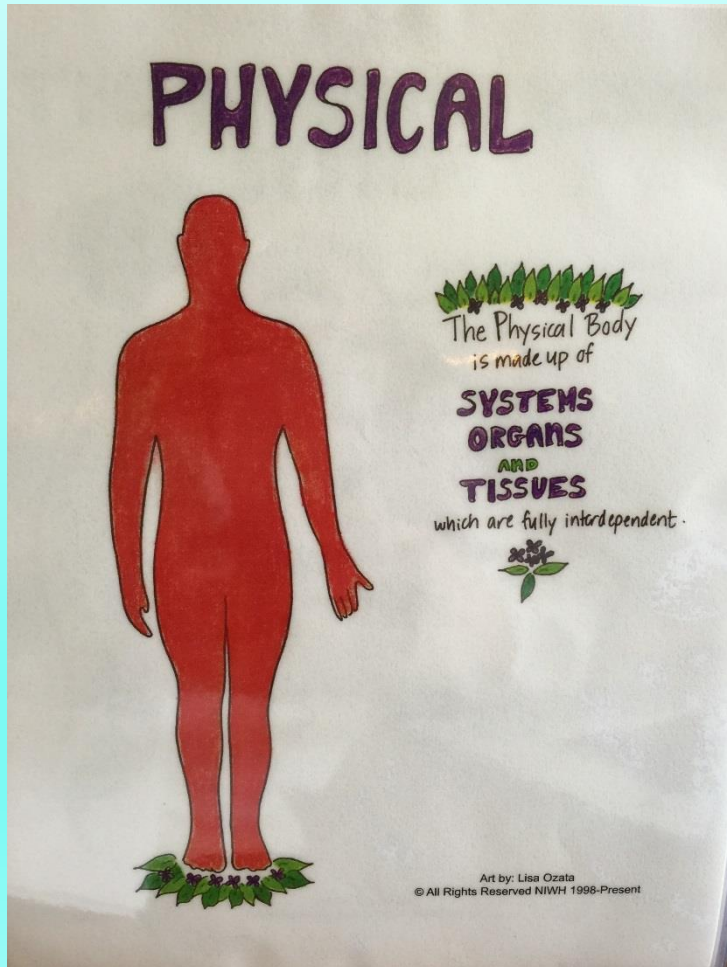




“Let food be thy medicine and  
medicine be thy food.”  
— Hippocrates



# Physical Element



# Activity Level

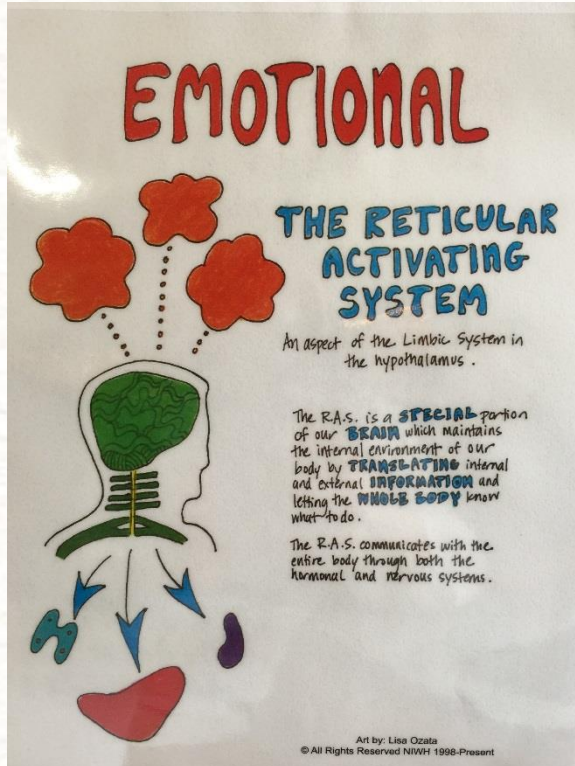
Stay Active and Strong

Push Yourself a Little – (We can do so much more than we think we can.)

Sit on the Floor

*What you do today trains your body for the future!*

# Emotional Element



Essential Minerals

**Short Term Stress**

- “fight or flight”
- increased adrenal medulla function: epinephrine, norepinephrine

**Prolonged Stress**

- increased adrenal cortex function: cortisol, cortisone
- decrease immune function: thymus, bone marrow

# Ways to Manage Stress...

- Organizational skills
- Daily Routines
- Being Prepared
- Prayer
- Meditation
- Letting Go and Knowing What Will Be, Will Be  
(After you've done your best, put it to rest.)

*Remove:*

*Anger and Hatred, Judging Others, Discouragement, Complaining,  
Resentment or Bitterness, Over-Spending*



# How and Where is Lifestyle Medicine Working?

Dean Ornish Programs – Reversing Heart Disease

Blue Zones – Identifying Longest Living Individuals on Earth

Preventative Medicine, Lifestyle Medicine

# Blue Zones

Move Naturally	Know Your Purpose	Down Shift
80% Rule	Plant Based	Wine
Social Network	Spiritual Life	Family

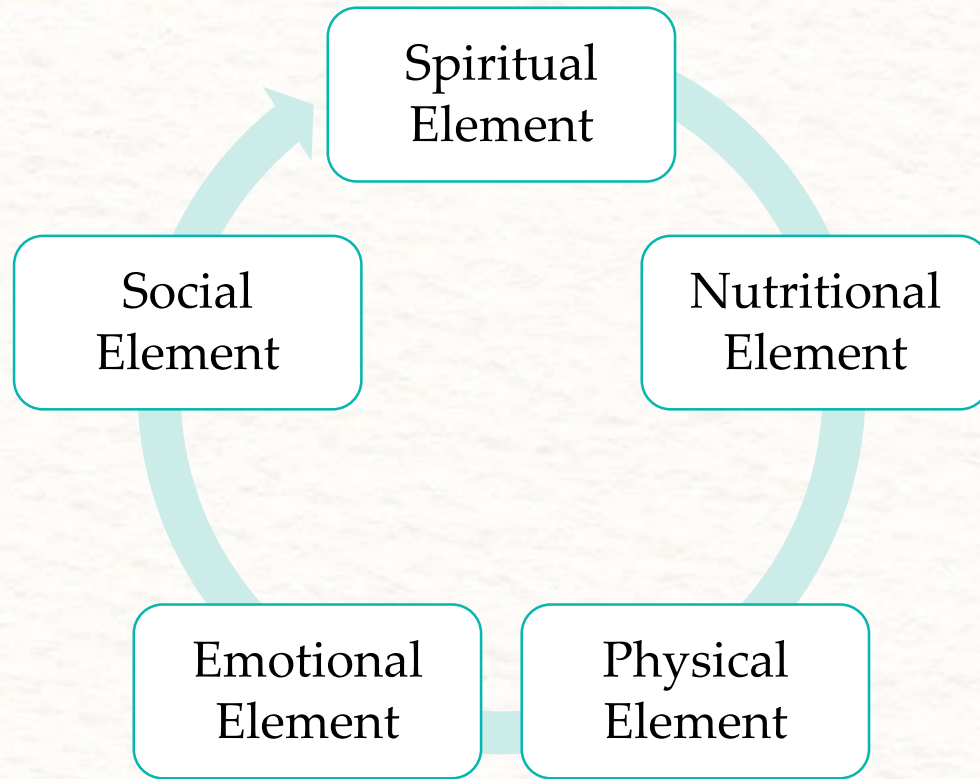


# Life Plus Self - Health Assessment

	Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
Spiritual Life					
Nutrition					
Physical					
Emotions					
Social					



# Whole Health



Just like a stool....



## Leader Care

Take care of yourself so you can feel well, stay well and be effective while leading and serving others.



What Is In Your Basket?



What is Your Best Wellness Tip?

# Basket Basics

Add Steps to Your Day

Practice Mindfulness

Limit Processed Foods

Remove Sodas From Diet

Reduce Meat, Increase Plants

Find a Health Partner

Take Quality Supplements



The soul longs for wholeness and will reveal the path to wellness and wholeness when we are truly willing to slow down, become centered and listen to ourselves and to each other.  
(Living Compass)



# Wellness for Volunteer Programs

# Triple A



Volunteer Services to the Rescue!

Just like **Triple A**

**A**ttitude – Within the Office

**A**ppreciation – To the Volunteers

**A**ction – Creating an Environment Full of  
Wellness Opportunities

Why Wellness?



# How Wellness Helps Our Program and Our Volunteers

- Targets Everyone
- Volunteers Tell Others
- Healthier Volunteers
- Creates Positive Dialogue
- Provides Purpose and Opportunities to Serve (to avoid seasonal blues and loneliness)
- Access to Great Programs, Systems and Care

# Recruiting Through Wellness

**Contact Fitness Centers – Invite Members to Participate in Wellness Program**

## **Host Special Presentations**

- Nutrition
- Workshops – Vision Board, Natural Products, Mindful Eating, Therapeutic Coloring

## **Organize Lunch and Learns for Volunteers**

- Healthy Cooking, Introduction to Yoga

## **Be the Guest Speaker at Local Group Meetings**

- Mind/Body Connection
- Brain Health
- Personality and Health
- Overall Wellness
- Stress Reduction

**Include Many Departments – More Awareness of Volunteer Services**

## Tangible Things in the Office

- Provide Healthy Snacks
- Give No-Calorie Gifts
- Provide Water
- Have a Lending Library
- Have Fitness Items in the Office, Hula Hoop, Exercise Ball, light weights (to promote conversation)



# Support Throughout the Hospital

- Invite Administration to Join Effort
- Cheers Cards
- Stand up Desks
- Lunch and Learns
- Hold Walking Meetings

## Things to Encourage Volunteers to do

- Park Further Out and Walk In
- Encourage Using the Stairs
- Choose Healthy Foods in the Cafeteria
- Walk Before or After You Volunteer
- Encourage Volunteers to Participate in Things Offered Around the Hospital

Attitude created  
Within the  
Volunteer Office

Show Interest

Stay Positive

Be Willing to Build Relationships



# Keep Things Interesting and Fresh



Laughter Therapy  
Music  
Gratitude Journal

# Have Some Fun





## Volunteer Positions

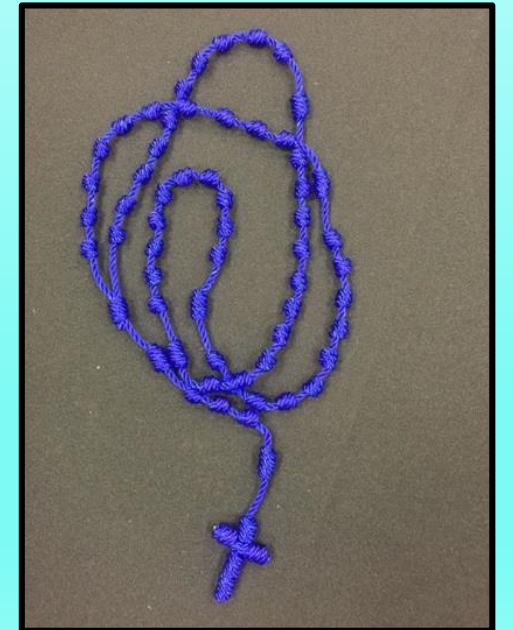
**Create Movement** from within positions.

**Provide Purpose** – Ensure positions are meaningful.

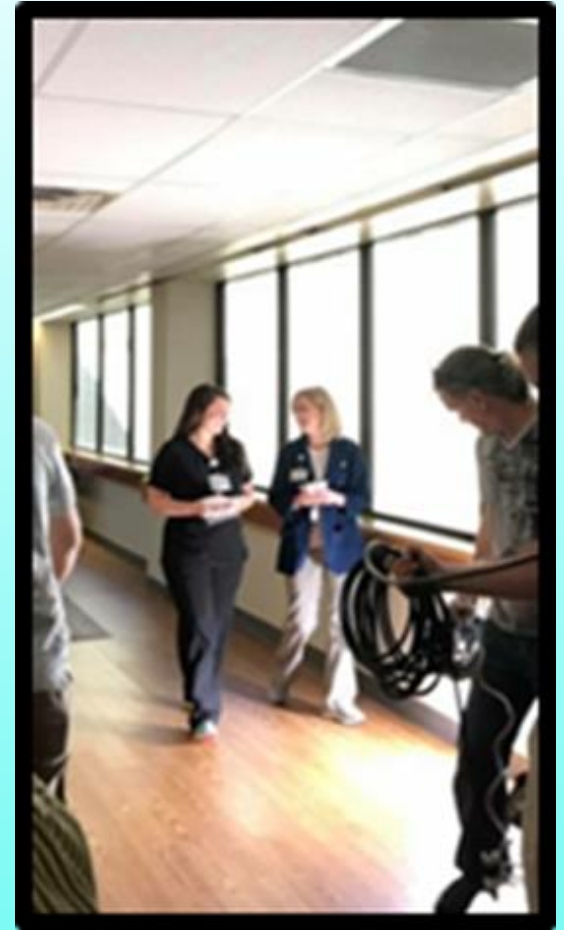
**Create Opportunities** for at home service that can support departments.

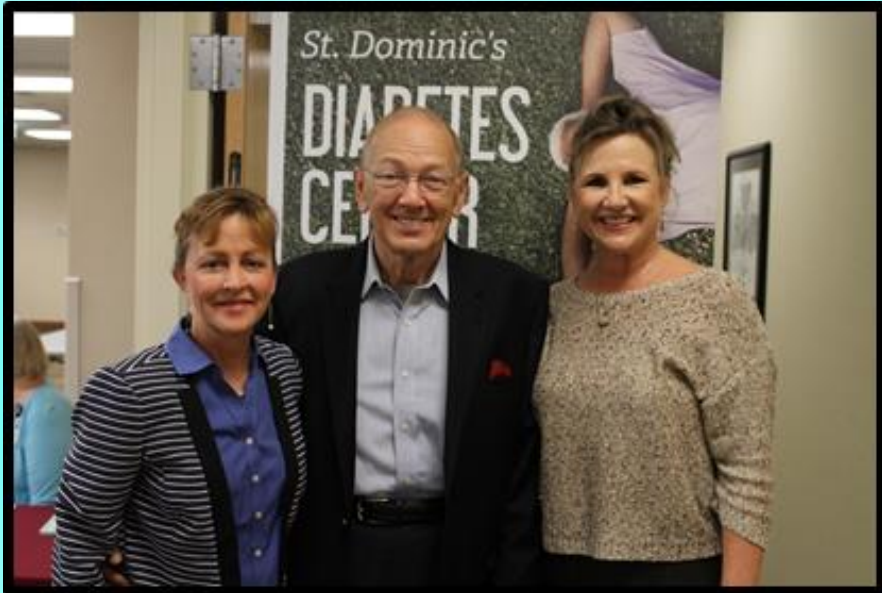
**Volunteers can teach others new skills**





Meaningful Work, Purpose





# Ways to Organize a Program

- Present One Wellness Topic Each Month of the Year
- Run a Program for 3 Months
- Host Activities Throughout the Year
- Schedule a Wellness Week
- Weekend Wellness Warrior Challenge
- Everyday Wellness

# Everyday Wellness

*Emotional Spiritual Mental Nutritional Physical*

## Programs and Activities to Host

1. Water Challenge
2. Scavenger Hunt or Tours for New Volunteers
3. Host a Homemade Product Workshop
4. Mindful Eating Workshop
5. Grocery Store Tour
6. Make Walking Trails within Hospital
7. Modern Conveniences Challenge – “Take it Old School”
8. Super Senior and Youth
9. Virtual Walk
10. Brain Health – Mission Possible

#1



# *Water* You Drinking? Water Challenge



- Collect water bottle caps to support a cause.
- Put personalized labels or your volunteer department labels on water bottles and distribute for recruiting.
- Share weekly tips for drinking more water.
- Give benefits of drinking water.



Enter To Win This!







# Water You Drinking? Water Challenge

drink your water!

64 oz per day

## 30 DAY WATER CHALLENGE

#64ozchallenge

Powered by [proactivehealth.com](#)

Day 1	Day 16
Day 2	Day 17
Day 3	Day 18
Day 4	Day 19
Day 5	Day 20
Day 6	Day 21
Day 7	Day 22
Day 8	Day 23
Day 9	Day 24
Day 10	Day 25
Day 11	Day 26
Day 12	Day 27
Day 13	Day 28
Day 14	Day 29
Day 15	Day 30

March 14, 2017

22% Complete

14 of 64 Oz

50 Oz remaining

30 in  
28 in  
26 in  
24 in  
22 in  
20 in  
18 in  
16 in  
14 in  
12 in  
10 in  
8 in  
6 in  
4 in  
2 in  
0 in

⊕ Add to daily total

⊖ Subtract from total

Ad shown by Google

Stop water for ad

Ad Choices

🌿 I'm taking the WATER CHALLENGE!

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🌿 I'm taking the WATER CHALLENGE!

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🌿 I'm taking the WATER CHALLENGE!

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🌿 I'm taking the WATER CHALLENGE!

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🌿 I'm taking the WATER CHALLENGE!

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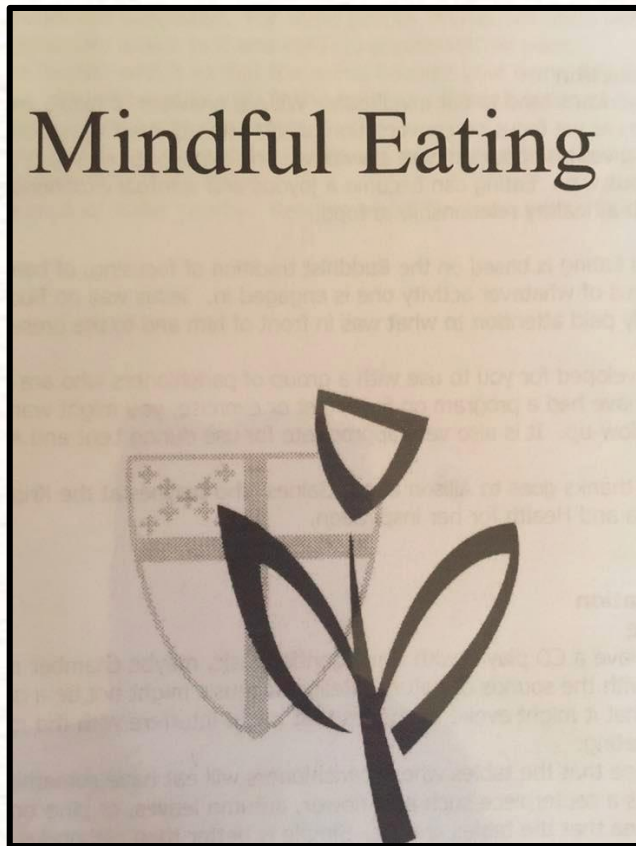
#2

# Homemade Product Workshop

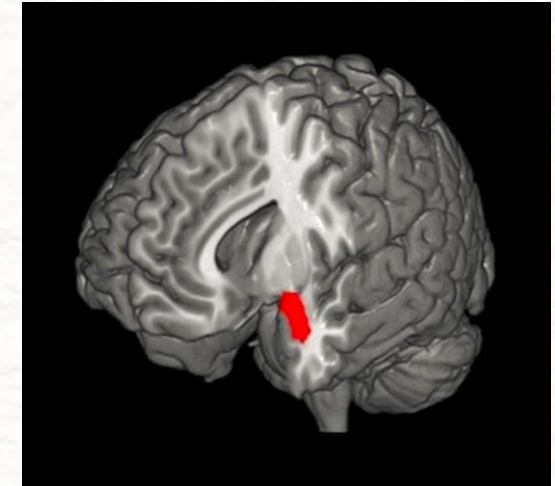
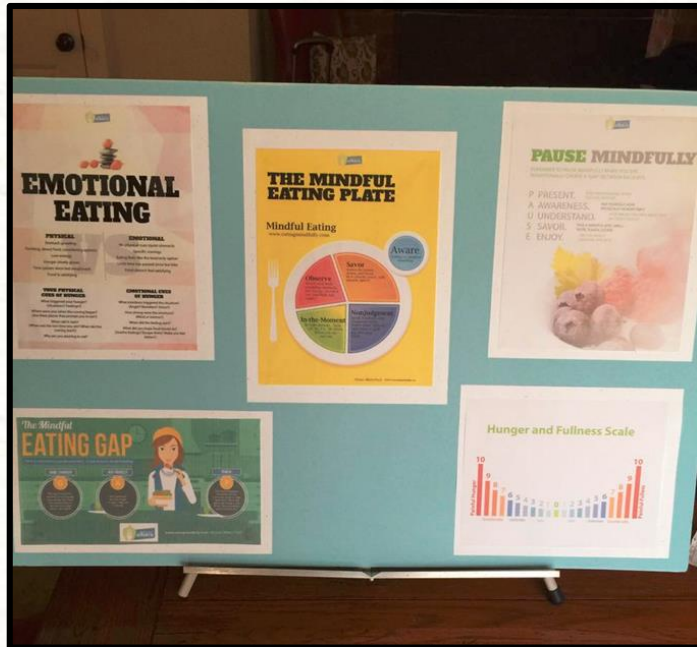


#3

# Mindful Eating Class



# Mindful Eating Class




Mindfulness practice and expertise is associated with a decreased volume of grey matter in the amygdala (red), a key stress-responding region. (Image courtesy of Adrienne Taren)

# Use Your 5 Senses


The events-

**INGESTION**

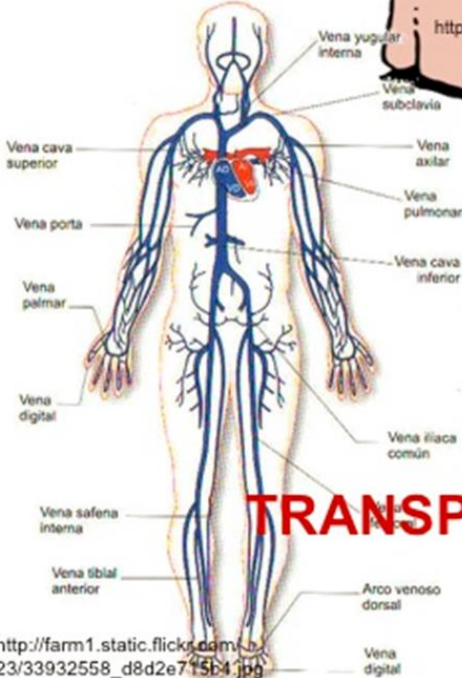


<http://www.gnurf.net/v3/wp-content/uploads/2008/02/027-eating-pizza.png>

**DIGESTION**



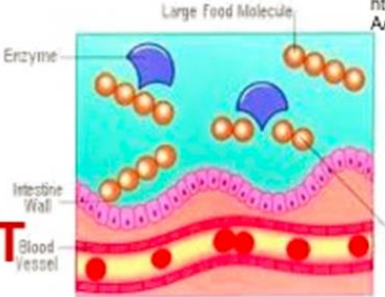
**TRANSPORT**



Vena yugular interna  
Vena subclavia  
Vena axilar  
Vena pulmonar  
Vena cava inferior  
Vena iliaca común  
Arco venoso dorsal  
Vena digital

Vena cava superior  
Vena porta  
Vena palmar  
Vena digital  
Vena safena interna  
Vena tibial anterior  
Vena digital

**ABSORPTION**



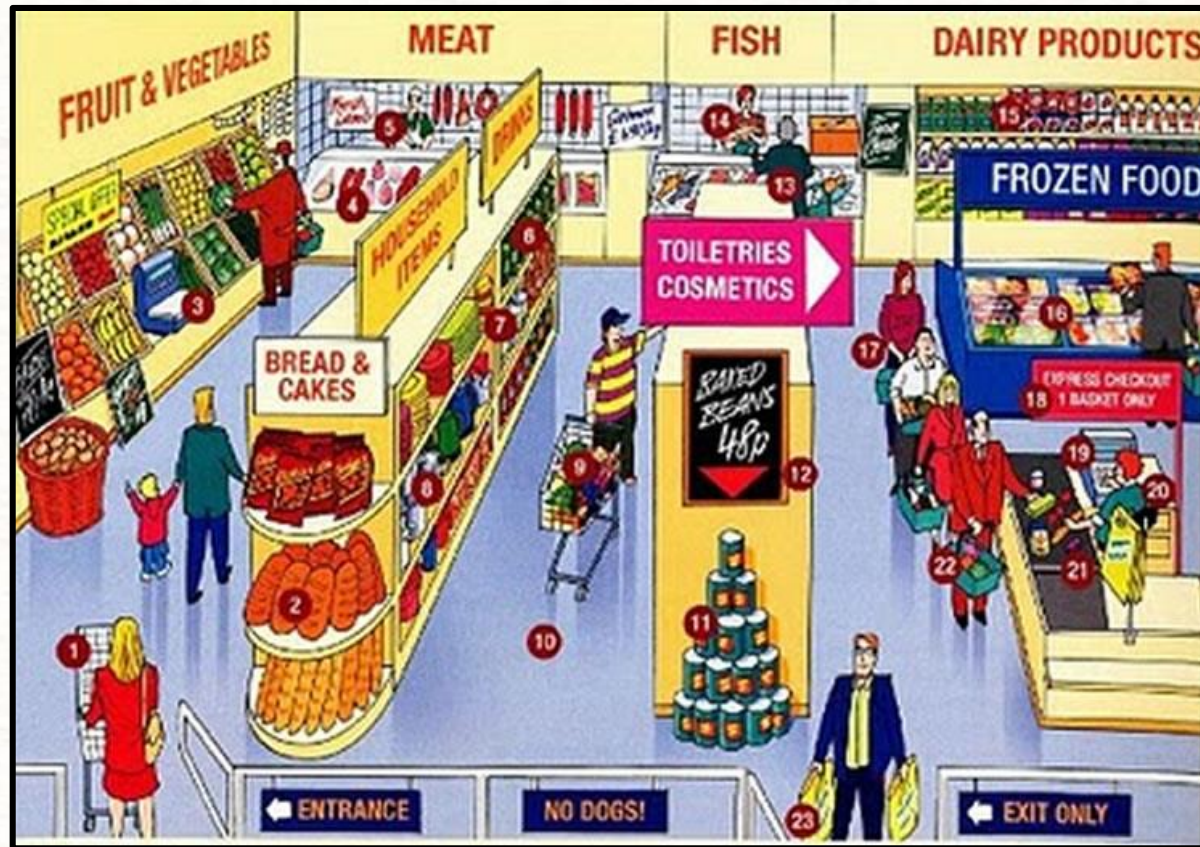
Large Food Molecule  
Enzyme  
Intestine Wall  
Blood Vessel  
Smaller Molecule

[http://1.bp.blogspot.com/\\_RAqH7x0c6vg/SwhjUG\\_iFhI/AAAAAAAAAAM/oaZj3AdZG5A/s320/ls\\_02\\_bg.gif](http://1.bp.blogspot.com/_RAqH7x0c6vg/SwhjUG_iFhI/AAAAAAAAAAM/oaZj3AdZG5A/s320/ls_02_bg.gif)

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[http://farm1.static.flickr.com/23/33932558\\_d8d2e715b4.jpg](http://farm1.static.flickr.com/23/33932558_d8d2e715b4.jpg)

# #4 Grocery Store Tour



## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container about 2

**Amount Per Serving**  
Calories 250    Calories from Fat 110

	% Daily Value*	
<b>Total Fat</b> 12g		18%
Saturated Fat 3g		15%
Trans Fat 3g		
<b>Cholesterol</b> 30mg		10%
<b>Sodium</b> 470mg		20%
<b>Total Carbohydrate</b> 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
<b>Proteins</b> 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%

\* Percent Daily Values are based on a diet of other people's misdeeds.  
Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

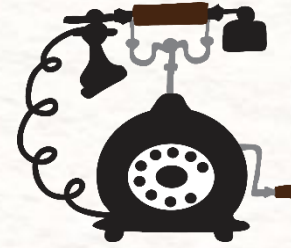
For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

- 1 Serving Size
- 2 Amount of Calories
- 3 Limit these Nutrients
- 4 Get Enough of these Nutrients
- 5 Percent (%) Daily Value
- 6 Footnote with Daily Values (DV's)



#5

Take it *Old School*



Add Steps to Your Day

Eat Nutritious Foods

Engage your Mind

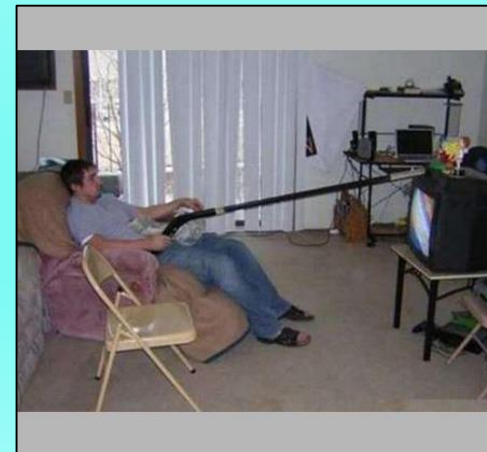
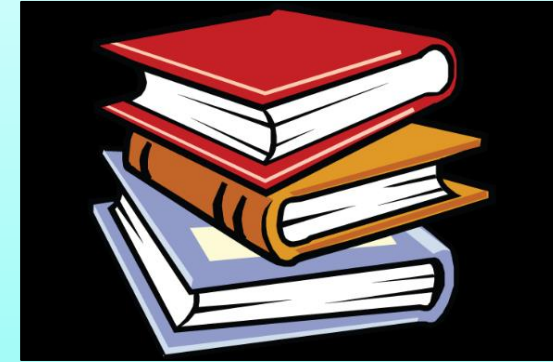
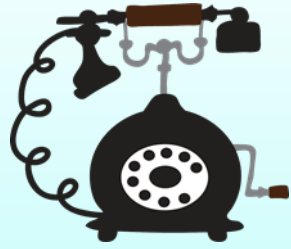
Improve Your Overall Health

“Sitting too much kills....”

Dr. James Levine, Mayo Clinic



Take it *Old School*



About 80% of the "foods" of Supermarket shelves today



didn't exist 100 years ago.  
**EAT REAL FOOD.**  
-Larry McCleary

RawForBeauty.com



#6

## Super Senior and Youth



Blue Zones Legacy Project  
or  
Link Summer Program  
Students With Super Seniors

# #7

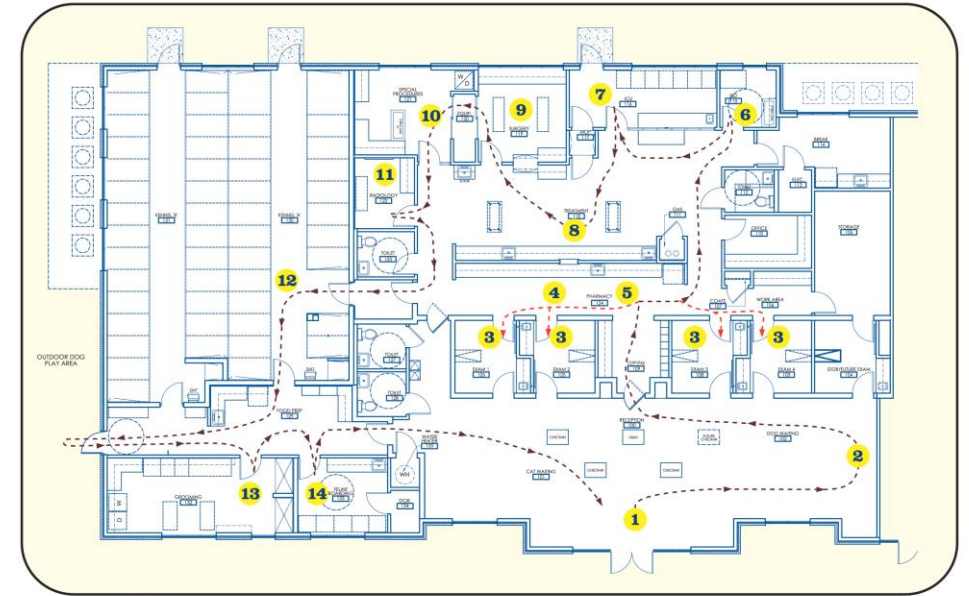
## Scavenger Hunt or Hospital Tours



"The complimentary herbal tea is around the corner. You're drinking the potpourri."



# CAFETERIA



CareFirst  
ANIMAL HOSPITAL  
Grace Park

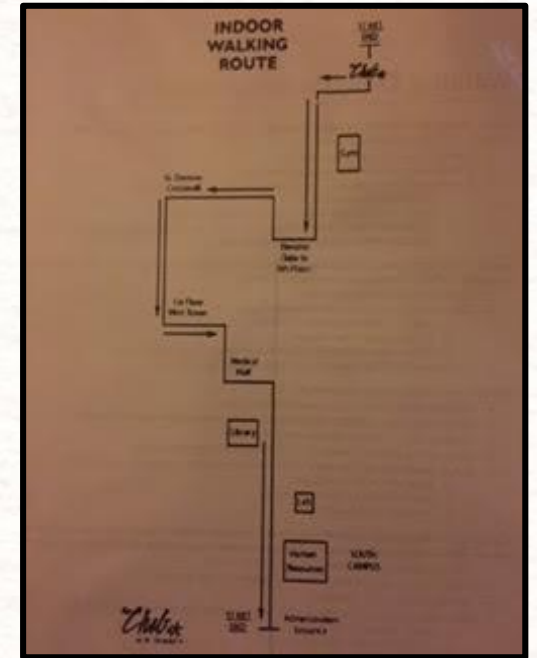
### SELF-GUIDED FACILITY TOUR

- |                  |                       |                    |
|------------------|-----------------------|--------------------|
| 1 Reception Area | 6 Isolation Room      | 11 Radiology       |
| 2 Retail Area    | 7 Intensive Care      | 12 Kennel 'A'      |
| 3 Exam Rooms (4) | 8 Treatment           | 13 Grooming        |
| 4 Lab            | 9 Surgery             | 14 Feline Boarding |
| 5 Pharmacy       | 10 Special Procedures |                    |

# #8

## Walking Trails

If you don't have an indoor or outdoor trail, you could create one! Measure the distance and provide maps.



# #9

## Virtual Walk

10 Week Program

4 Special Events

Ornish Program Speaker

Grocery Store Tour led by Dietician

Mindful Eating Class

Whole Health Wellness Presentation

Weekly Email Update

Prizes Given throughout the Program

Include Administration and Some Employees

Lending Library in Volunteer Services

Free Weekly Offerings – Yoga, Mall Walking

**Friendship**

Let's Go Walking!

Join us on our Friendship Journey as we focus on improving our health!

Kick Off: January 15, 2017

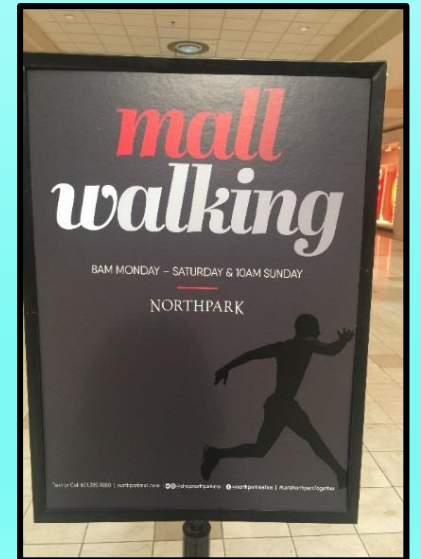
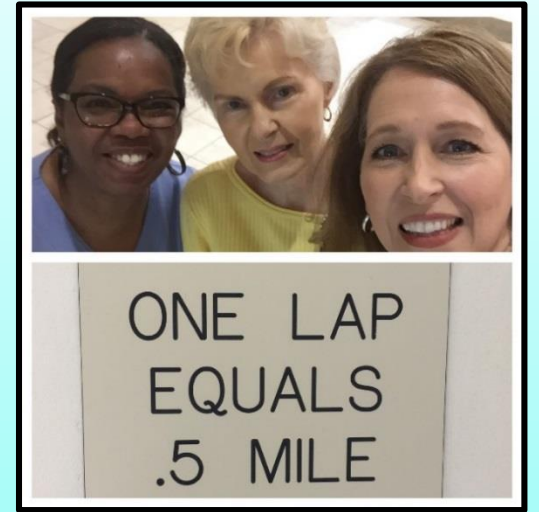
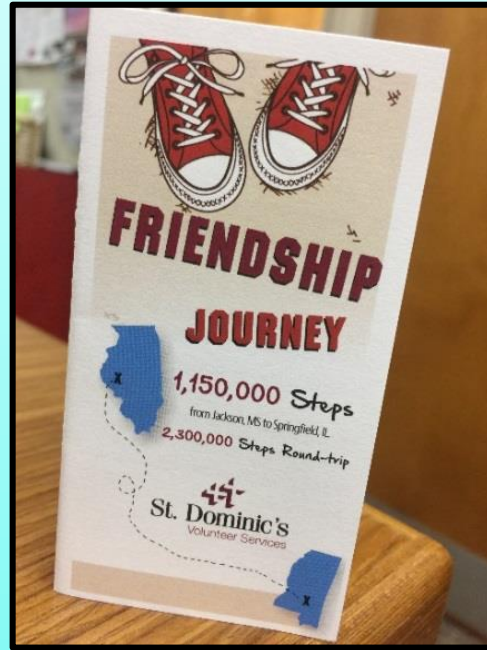
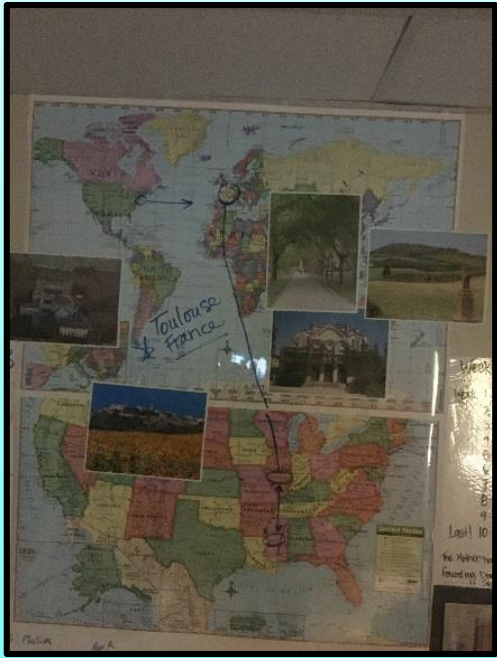
Walk on your own or walk in groups and together we will count our miles in order to collaboratively "Walk to Springfield, Illinois."

Together, we will walk at least 1,173 miles.

Sign up in the Volunteer Services Office.  
For more information, call (601) 200-6739.

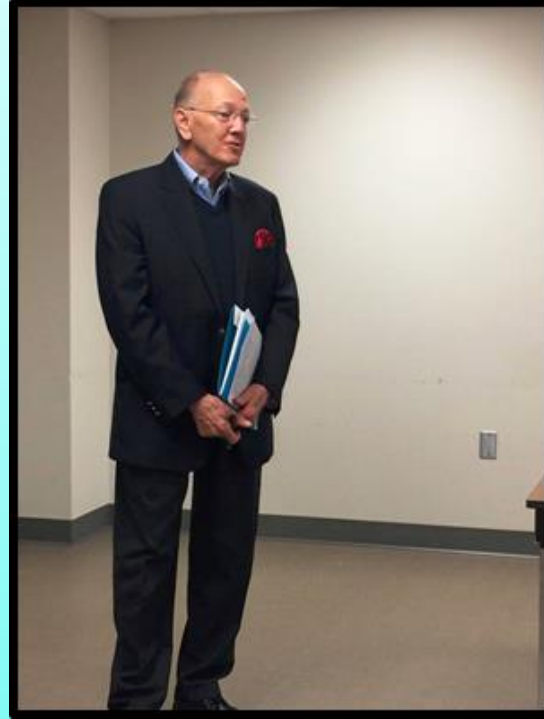
**Journey**

# Friendship Journey









# #10

## Brain-Health Mission Possible

- Your mission, should you decide to accept it, is to challenge your brain, nourish your brain and create new brain pathways!
- This 3 month program will streamline brain boosting techniques into your everyday life.
- Daily riddle challenges while you are at the hospital
- Weekly cognitive activities while you are away from the hospital
- Neuroscience Department Support



Exercise  
your  
brain:



# 12 EASY THINGS

you can do to

## PREVENT MEMORY LOSS

Keeping your brain active is key to preventing memory loss at any age.  
Try these simple ideas to mentally challenge yourself:

- |   |  |   |
|---|--|---|
| <b>1</b><br>Read a book on a topic you're unfamiliar with.<br> | <b>2</b><br>Shop at a new grocery store.<br>                      | <b>3</b><br>Drive a different route to work.<br>                   |
| <b>4</b><br>Go swimming.<br>                                   | <b>5</b><br>Take a daily walk.<br>                                | <b>6</b><br>Try a new recipe.<br>                                  |
| <b>7</b><br>Play games that require strategy.<br>              | <b>8</b><br>Have coffee with a friend.<br>                        | <b>9</b><br>Use a paper map to find your destination.<br>          |
| <b>10</b><br>Take a class to learn a new skill.<br>          | <b>11</b><br>Try a new restaurant outside your normal fare.<br> | <b>12</b><br>Challenge your grandchildren to a spelling bee.<br> |



To find more helpful tips on memory care, visit [good-sam.com](http://good-sam.com).



# Extras

Bingo Yoga

Utilize Labyrinths and Therapeutic Coloring Sheets.

Add Wellness Challenge on Volgistics as they sign in – “Have you stretched today?”

Have a “Take the Stairs” campaign during your summer program for students.

## Plan It!

Put the ideas out there expecting people to like it! Just try it!

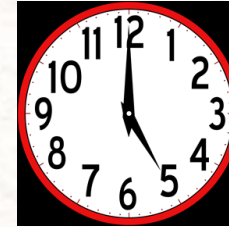
## Show Enthusiasm

Give yourself time to get prepared.

- Organizational Meeting – Set Kick-Off Date
- 2 Months Out – Prepare materials, Start talking about it
- 1 Month Out – Post Flier, Add to weekly update through email  
Speak to groups or email flier to departments after collaboration
- 3 Weeks Out – Promote Sign Up Period and Kick-Off Date
- 2 Weeks Out – Sign Up Period - Sign Name on Board, Pick up Participants Packet, Encourage participants to invite their friends and family to participate

# How to Make it All Happen

- Time Restraints – Add a Little Wellness Each Year



- How to Get People on Board – Happiness and Wellness are Contagious



- Office organization – Clutter Free, Stress Free, Easy Access to Needed Items

- Financial Planning – Find Donations, Connect with Other Departments



- If you are a One-Man-Show – Find Wellness Champions



Volunteering is good for your health!



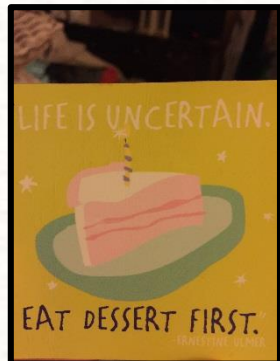
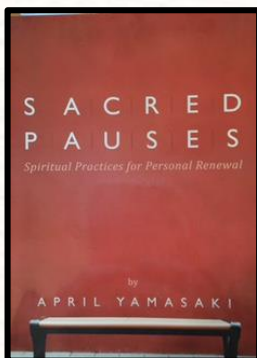




## **“New” and Popular Ideas**

- Facia Blaster
- Ear Candling
- Oil Pulling
- Essential Oils
- Oxygen Therapy
- Apple Cider Vinegar
- Infrared Therapy
- Acupuncture
- Natural Makeup/Toiletries
- Dark Chocolate
- Beet Leaves
- Dandelion Root
- Teas
- Yoga
- Juicing
- Local Honey
- Garlic
- Fasting

# My Basket of Health



Mind-Body Connection  
Nurture My Relationships  
Attitude  
Gratitude  
Practice Mindfulness  
Live Out Life Purpose  
Engage My Mind  
Practice Forgiveness  
Keep things Simple  
Be a Friend  
Add Steps to My Day  
Strive to be a Blue Zone

My Favorites:  
Herbs  
Local Honey  
Beets and Beet Leaves  
Ginger  
Water  
Hot Tea  
Epsom Salt  
Trying New Foods  
Protein Drinks  
Flexitarian Diet  
Lemons  
Dark Chocolate  
Flaxseed Oil  
Garlic  
No Milk  
"Safe" Toiletries  
Quality Vitamins

