

December 2016

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ESU #1

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Tracey Anderson

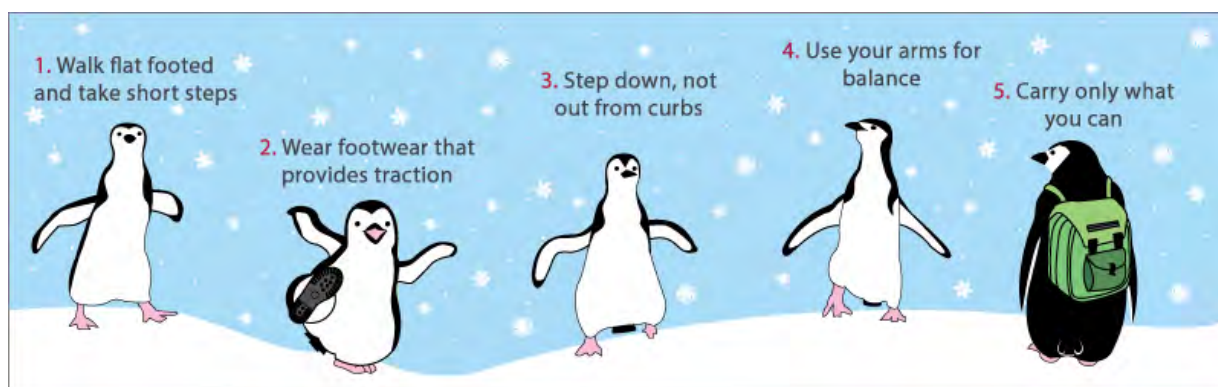
Safe Winter Walking

It's that time of year again when ice and snow can become an accident waiting to happen. No matter how well the ice and snow may have been cleared, it's inevitable to encounter some slippery surfaces. Included below are some tips to always keep in mind:

- ❖ Wear appropriate footwear that provides traction; boots made of rubber and neoprene composite are best. You can also purchase temporary cleats that slip on the soles of your shoes at most major retailers.
- ❖ Do the "penguin shuffle"! It may sound silly, but adopting a "penguin posture" helps to widen your center of gravity making it easier to walk and harder to fall. Here's how:



- ➔ Point your feet out.
- ➔ Keep your neck straight.
- ➔ Go slowly.
- ➔ Take short steps or shuffle for stability.
- ➔ Extend your arms out to your sides to maintain balance.
- ➔ Keep your hands out of your pockets.
- ➔ Bend slightly and walk flat-footed.



For additional tips check out this video:

<https://www.youtube.com/watch?v=UzuwagOimck>

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STAFF NOTES

ESU #1 EMPLOYEE OF THE YEAR

The Educational Service Unit One Employee of the Year award is in honor of Georgia McQuistan, who was an employee of ESU #1 from September 1978 through January 1987. She served as an outstanding Resource Teacher and department coordinator during her nine years of service. Georgia had the ability to bring out the best in people and recognize their contributions to quality education. A familiar quotation in the field of education is “teaching is to touch a life forever.” Georgia touched many lives and personified this motto, as do the recipients of the Educational Service Unit #1 Employee of the Year.

All ESU #1 employees are eligible, except past recipients, and are nominated by their peers. Since the element of surprise is deemed an important aspect of the award, self-nomination or campaigning is discouraged. I invite you to fill out the 2016-17 ESU #1 Employee of the Year Nomination Form. You are able to fill out as many nominations as you feel are deserving. I would like to have all nomination forms returned by January 15, 2017. To fill the form out, visit:

<https://docs.google.com/a/esu1.org/forms/d/1ltVxAgq-ppgbBuHeua1zLxm2CShiO2OASvuqYr93tAM/edit?usp=sharing>

Past Recipients

Sarah Hansen
2015-2016

Myrna Wacker
Tuttle
2014-2015

Jessica Fischer
2013-2014

Billie Sitzmann
2012-2013

Chris Good
2011-2012

Bobbi Hightree
2010-2011

Sarah Elton
2009-2010

Wendy Consoli
2008-2009

Diane Keim
2007-2008

Rhonda Jindra
2006-2007

Cheri Matthews
2005-2006

Ron Lorenzen
2004-2005

Sandra Brudigan
2003-2004

Peg Roush
2002-2003

Larry They
2001-2002

Julie Slaymaker
2000-2001

Larry Clay
1999-2000

Joleen Gustafson
1998-1999

Jim Hopkins
1997-1998

Sandra Kuchta
1996-1997

Jackie Archer
1995-1996

Nancy Appletoft
1994-1995

Carol Sheldon
1993-1994

Tom Ketterling
1992-1993

Lisa Salmon
1991-1992

Vernae Luhr
1990-1991

Dee Beckenbauer
1989-1990

Mary Rohde
1988-1989

Kay Cattle
1987-1988

Syd Kruse
1986-1987

Reminder!

In case of inclement weather, be sure to contact your school or schools to verify late starts and/or closings. Also contact the Central Office to note any changes to your calendar.

Announcements!

The ESU #1 Central Office will close for the Holiday Season beginning Thursday, December 22, 2016 at 2pm and remain closed until Tuesday, January 3, 2017 at 7:30 am

Email Update:

Thank you to all of ESU #1's fabulous employees. Everytime you send an email from your mail box going through esu1.org, you proclaim the good things that ESU 1 does. Thank you for making sure that your mail expresses those good things by using your email address @esu1.org which identifies you as associated with ESU 1.

Along with ESU 1 making the change to google mail, so have many of the schools within our area. In an effort to keep our staff as informed as possible, we have been updating within our system any new email addresses as soon as we get them. If you have a question about an email address, you can search on our website by clicking the following link: <http://library.esu1.org/People/home.php>, or go to the website home page and click on "People Search" on the left hand side task bar. If you have any questions, don't hesitate to contact the Central Office.

Personal Health Assessment

Don't forget to complete your Personal Health Assessment! In order to receive the \$150 ELEVATE incentive, you must complete the PHA, print it and share it with your physician or healthcare provider. They will then need to sign-off on it and you can either snail mail it or email it in to EHA. If you get the survey finished, and have the results to share with your doctor, you don't have to make a special appointment....just take it along with you the next time you need to go to the doctor. The \$25 gift card for completing the PHA is available to everyone who completes the survey regardless of whether they are planning on completing the ELEVATE program or not. There are currently 60 employees who have completed the PHA (50%)!!

Here are some guidelines for navigating the PHA website:

1. To access your PHA follow this link <https://wellsuite.com/ehawellness/elevate/>, and put in your EHA wellness code and then the temporary first-time user password (qwe123).
2. Go to Personal Wellness Profile (left side).
3. To the right of that is a "view completed assessments". You will need to look at the one done this year as last year's is also there for you to refer back to.
4. Across the top, under "Take the First Step", you will need to "View PDF Report" and print it out for your doctor to see.
5. The form for the doctor to sign off on is on the regular EHA website. You will need to sign in with your EHA Wellness Code and look at your registration page "EHA Wellness Works". Right above the "Exercise for Energy" tab there are headings saying PHA Status, Form Status and Challenge Status. Go to the Form Status and print it. That, along with your PHA results will need to be taken to your doctor for the doctor's review and signature. On the second page of the form is the address to mail it in or an email address is also given.

October 2016 - Less is More

97 registered, 54 completed (56%)

EHA Winners of a \$25 VISA gift card:

Melissa Henrich
Anne Kallsen
Megan Rahn

ESU Winners of a \$25 Wal-Mart gift card:

Megan Rahn
Myrna Wacker-Tuttle

Congratulations...you are on your way to qualifying for the \$150 Elevate award!!

December 2016 - Defy Gravity

85 registered (71%)

December is a good time to stand up for your health. Make it a daily practice to get up and move during the work day and work at least 30 minutes of physical activity into each day.

If you have any questions, please don't hesitate to contact any of our Health and Wellness members.

Diane, Chris, Arianne, Tracey and Diana