

Culture COUNTS

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What does 'wellness' include? Here's a graphic to help.

Wellness means overall well-being. It includes the emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual aspects of a person's life. Incorporating aspects of the "Eight Dimensions of Wellness," such as choosing healthy foods, forming strong relationships, and exercising often, into everyday habits can help people live longer and improve their quality of life. This graphic from the U.S. Substance

Abuse and Mental Health Services Administration describes the Eight Dimensions of Wellness and helps people understand practical strategies and other ways to develop healthy habits that can have a positive impact on their physical and mental health.

Established by Congress in 1992, SAMHSA is an agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation and

“A FLOWER
BLOSSOMS FOR
ITS OWN JOY.”
- OSCAR WILDE

to improve the lives of individuals living with mental and substance use disorders, and their families. To learn more about the Eight Dimensions of Wellness, [please visit this descriptive video \(2:42 min\)](#).



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WELLNESS COUNTS

May Is National Physical Fitness & Sports Month: Here Are Tips To Use When Exercising

Source: [Maryland Pain & Wellness Center](#)

The [National Physical Fitness and Sports Month](#) is in full swing, so if you have started a new exercise routine that your body feels all over, here are a few tips when exercising that will help with pain management. Of course, if you need professional advice, you should contact a medical provider.

EAT POTASSIUM-FRUIT BEFORE WORKING OUT

If you have ever exercised on an empty stomach, you know what lightheadedness and weakness feel like, which is why you need to eat a piece of fruit an hour before eating so the nutrients have time to circulate and build up your energy. Eating fruits high in potassium like oranges, bananas, grapes, raisins, or honeydew before you exercise will have you feeling energized, but it will also reduce the number of muscle cramps you feel after a routine ends.



PROPER HYDRATION IS A MUST

Experts warn you must drink two liters a day of water on any typical day to avoid exhaustion, but you can also add coconut water to your schedule to replenish your body and prevent muscle cramps. Like the fruits listed above, coconut water is high in potassium, which advocates of raw coconut water believe helps regulate your body's system, blood pressure, and heart health. Coconut water also replaces the loss

of electrolytes and keeps you hydrated.

STRETCHING IS NOT JUST FOR ATHLETES

Lots of people put the focus on their workouts and forget the most critical part – the warm-up – which helps you get more flexible and limber before engaging in physical activity. Not



only will it raise your respiration and heart rates, but it also allows you to increase your core temperature enough to get your muscles more flexible. Building up your circulation also pumps more oxygen and nutrients into the bloodstream, which gets your body ready for a more strenuous workout. You will want to structure each warm-up based on your exercises. You should also engage in stretching after a workout to relax your body and lower functions.

MASSAGE THERAPY

How much time do you spend in a gym? If you are like many other people working out, there is immense pressure to work out and engage in more extreme exercise routines which means your body is going to feel some wear-and-tear eventually. If you have yet to learn about massage therapy to reduce pain after intense routines, you may want to consider it.

AQUATIC THERAPY

Aquatic therapy is ideal for working out those sore muscles after a strenuous routine, which you will definitely feel a day or so afterward. Aquatic therapy will help you exercise without pain and reduce the overall stress and strain that your body always feels soon after a tough routine finishes.

WELLNESS COUNTS

Wellness Committee Updates

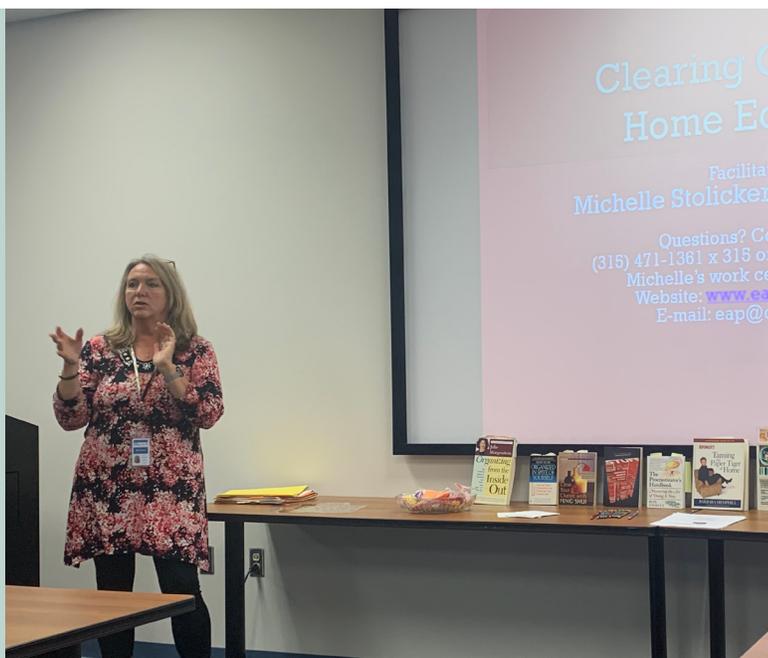
ROOM SERVICE, ANYONE?

As part of Teacher Appreciation Week, the Wellness Committee at Crown Road Campus provided “room service” to teachers so they could enjoy a snack and a drink during the day. Staff members filled out room service slips, and Wellness Committee members worked with students to make the special deliveries.



IMPROVE YOUR MENTAL HEALTH WITH SPRING CLEANING

It may be hard to say goodbye to some of your belongings, but numerous studies show that getting rid of clutter can significantly improve your mental health. Michelle Stolicker, coordinator of the OCM BOCES Employee Assistance Program, recently gave a presentation at Main Campus about clutter, which tends to “become invisible” if we don’t address it. Stolicker shared tips, resources and the bonus benefits of getting rid of clutter, such as acquiring space, saving time looking for things, getting a little extra money if you sell your items, and enjoying the satisfaction of sharing your things with others who really need and appreciate them. Want to learn more? Contact eap@ocmboces.org.



WELLNESS COUNTS

Recipe: Broccoli Margherita Pizza

By [PureWow](#) Editors

As much as we'd love to order in a big cheesy pizza every night, it's just not in the cards. But thanks to Donna Hay's broccoli margherita pizza recipe (from her new cookbook, [Week Light: Super-Fast Meals to Make You Feel Good](#)), we can whip up a homemade version that's a little more nutritious. Why? The crust is made of broccoli.

"You can add your favorite toppings to this pizza," Hay writes, "just avoid anything that might make the broccoli base turn soft (like tomato puree). It's best to stick to fresh tomatoes with the seeds and some of the juice squeezed out. Try sprinkling over pre-roasted pumpkin, eggplant or zucchini."

Even better, you can make the pizzas ahead for busy weeknights. Just bake them for the first 20 minutes, then cool, wrap tightly and freeze for later use. (Store-bought frozen pizza won't know what's coming.)



BROCCOLI DOUGH

- 1 pound 5 ounces (600g) broccoli florets (about 2 heads), roughly chopped (see note)
- $\frac{3}{4}$ cup (90g) almond meal
- $\frac{1}{2}$ cup (25g) finely grated Parmesan cheese
- 3 eggs
- Sea salt and freshly ground black pepper

PIZZA

- 1 recipe broccoli dough
- $\frac{2}{3}$ cup (50g) finely grated Parmesan cheese
- 10½ ounces (300g) cherry tomatoes, halved and seeded
- $\frac{1}{4}$ cup (4g) fresh oregano leaves
- Extra-virgin olive oil, for drizzling
- Two 4½ ounce (125g) fresh mozzarella balls, torn
- Fresh basil leaves, to serve
- Finely grated Parmesan cheese, to serve (optional)

MAKE THE BROCCOLI DOUGH

1. Working in small batches, place the broccoli florets in a food processor and process until finely chopped. Transfer to a large bowl.
2. Add the almond meal, Parmesan, eggs, salt and pepper to the broccoli and mix well to combine.

MAKE THE PIZZAS

1. Preheat the oven to 400°F. Line two 12-inch round sheet trays (or two baking sheets) with parchment paper.
2. Divide the dough in half and press onto each tray to make two 11-inch round crusts. Bake until firm and slightly golden, 17 to 20 minutes.
3. Sprinkle the crusts with Parmesan and top with the tomatoes and oregano. Drizzle with a little olive oil, then return the pizzas to the oven and bake until golden, 15 to 20 minutes more.
4. Top the warm pizzas with the mozzarella, and sprinkle with basil and extra Parmesan to serve.

NOTE: It's best if you don't add too much of the broccoli stem to the dough. A floret with roughly 3 inches of stem is great. Adding extra can make the dough watery. You can also swap half, or all, of the broccoli for cauliflower if you prefer. (Again, just don't use too much of the stem.)

CULTURE COUNTS

Ending the Year in Community

By Randi Downs

With the warmth of May and the encroaching summer months, I find that it is a good time to think about our students and the transition that is ahead of them. While many of us look forward to summer, for our students, this break from school and structure can be unsettling. It might be a good time to let our students know that they are a part of a community and that this community will be here with them when they return in the fall. If you are looking for circle questions and community activities for your students over the next few weeks, the Morningside Center for Teaching Social Responsibility has a bunch of helpful resources!

I particularly like the questions they have gathered for teachers and staff. These questions could be asked in a circle, split up over time, or offered as a reflective writing assignment

- What stood out for you about the year?
- What did you learn?
- What did you struggle with?
- How did you overcome your challenges?
- What made you proud?
- What, given a chance, might you have done differently?
- How did you change/grow?
- What are you taking into next year with you?
- What questions do you have about next year? Concerns?
- What advice do you have for students entering your grade next year?

These questions invite students to look back while also helping them shift to the future, when the routine and relationships will once again be waiting for them when the school doors open in September.

Enjoy the time you have with your students over the next few weeks. They are so lucky to have each and every one of you.

It's the little things!

Staff in the middle school program at Crown Road Campus recently dressed in bright colors to "brighten up" the day for their students.

