Oregon ASDA Wellness Grant Report

September 24th - 28th is
Wellness Week
Presented by ASDA

Breakfast
Monday, Wednesday, Friday at 7:30
Outside of 3A003A
Start your day off right with free food!

Volleyball Pick-Up
Tuesday, Sept 25 at 5:30
Student Center on the hill
Get active and play some volleyball!
Cheese and desert also provided

Yoga
Thursday, Sept 26 at 5:30
March Wellness
Join the Wellness Chairs at one of their favorite yoga classes! Get there early to guarantee a spot as this class is open to the public.

Mental Health Seminar
Monday, Sept 24 at 5:30
3A003A
Come listen to personal accounts of mental health by Dr. B. Taylor, Dr. Beck, and Dr. Hai Pham. Food will be provided starting at 5:15.

JBT Lunch and Learn
Wednesday, Sept 26 at noon
3A003A
Jennifer Cai and Dr. Hannah Hoeflich will present all of the resources available for students at JBT to keep you healthy.
1. Monday 9/24
   a. Breakfast at 7:30 (Donuts)
      i. Approx. 50 students
   b. Mental health seminar at 5:30-7pm
      i. Approx. 75 attendees
      ii. Dr. Pham talked about personal struggle battling cancer during pediatric residency and continuing to live with it throughout his career.
      iii. Dr. Beck talked about personal struggle with addiction and rehab while owning his own practice.
      iv. Dr. Taylor talked about personal struggle with depression while owning his own practice, going to rehab, and how he still deals with his disease.

2. Tuesday 9/25
   a. Volleyball pickup at the student health center at 5:30
      i. Served cheese, crackers & cookies
      ii. 7 attendees

3. Wednesday 9/26
   a. Breakfast at 7:30 (Bagels & cream cheese)
      i. Approx. 50 students
   b. Health center lunch & learn
      i. Approx. 40 attendees
      ii. Topic: discussed resources for wellness at OHSU and imposter syndrome

4. Thursday 9/27
   a. Yoga at 5:30
      i. 3 attendees

5. Friday 9/28
   a. Breakfast at 7:30 (apples & oranges)
      i. Approx. 50 students

6. Marketing strategies
   a. Flyer posted on social media accounts of student body and individual class pages
   b. Word of mouth
   c. Cost for food- $226
Opening wellness week with a mental wellness seminar

Discussion with addiction and dentistry with Dr. Beck
Breaking barriers: depression in dentistry
DR. PHAM ON BATTLING CANCER THROUGH RESIDENCY
ASDA WELLNESS

GUIDE TO GETTING LOOSE

Shoulder Stretch
FRONT: interlock fingers in front of body, turn palms away from body. Gently straighten elbows and reach forward. Hold stretch for 15 seconds

Shoulder Stretch
BACK: interlock fingers behind your back, palms facing upwards. Gently straighten elbows while reaching up and back. Hold stretch for 15 seconds

Shoulder Pull
Grab under your right upper arm and pull the arm at shoulder height across your chest. Repeat for other shoulder. Hold stretch for 15 seconds

Triceps and Shoulder Stretch
Reach behind your head with elbow bent. Use opposite hand to push downwards on elbow so that your hand moves further down your back. Repeat for other arm. Hold stretch for 15 seconds

Neck Stretch
Reach with right hand over your head and shrug your left shoulder. Slowly pull your head away from left shoulder then drop your left shoulder down. Repeat for other side. Hold for 10 seconds

Neck Flexion
Interlock hands and place hands on back of head. Pull chin down towards chest. Hold for 10 seconds

Knee to Chest
In a seated or standing position with back supported, slowly pull one knee up towards your chest. Repeat for other side. Hold for 15 seconds

Back Rotation
Sitting on a chair with left leg crossed over your right leg. Place right hand on left thigh just above knee and pull leg towards right. At the same time turn your body towards the left looking over left shoulder. Repeat for other side. Hold for 15 seconds
#Bewellasda

**PRO TIPS FOR SUCCESS**

- **FOAM ROLLING** (Upper/lower back, hips, IT band)
- **CHILD’S POSE** (try first thing in the AM)
- **ICE**: 20 MINUTES (with paper towel barrier)
- **4-7-8 BREATHING** (in for 4, hold for 7, out for 8)
- **STAY HYDRATED** (not just coffee :)

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**Side Stretch**
While standing, slide right hand down right leg as far as possible, ensuring you are facing straight ahead.
Repeat for opposite side.
**Hold for 15 seconds**

**Chest Stretch**
Bend elbows and place hands and forearms on each edge of a doorway at elbow height. With feet shoulder width apart, lean body forward through doorway.
**Hold for 15 seconds**

**Quadriceps Stretch**
Support yourself with left hand on a wall. Grasp left foot with right hand and gently pull heel towards buttocks.
Repeat for right side.
**Hold for 20 seconds**

**Hamstring Stretch**
Place one foot on a stable chair or similar height surface. Whilst keeping leg and back straight and pelvis square, lean forwards towards your foot until you feel a stretch in the back of your thigh.
Repeat for other leg.
**Hold for 15 seconds**

**Buttocks Stretch**
Sitting on a chair, position right ankle on left knee. Place hands on right lower leg and slowly bend forwards towards legs. Keep back straight.
Repeat for other side.
**Hold for 15 seconds**

**Wrist/Forearm Stretch**
With a straight elbow and palm facing upwards, pull hand downwards to stretch the front of your forearm and wrist.
Then turn hand over so that your palm is facing downwards and pull hand downwards to stretch the back of your forearm and wrist.
Repeat for other arm.
**Hold both for 10 seconds**

**Biceps Stretch**
Hold onto a door frame at arms length, thumb down.
Turn the body away from arm and allow your shoulder to roll in.
Repeat for other side.
**Hold for 15 seconds**
The Student Health Advisory Committee’s Guide to Affordable Food Options on Campus

2018

http://www.ohsu.edu/xd/education/student-services/joseph-trainer-health-wellness-center/
Why this resource guide?

Portland is the hub of all things food but often at a premium. Having access to nutritious and affordable food is incredibly important. As important as nailing that project or having a breakthrough after a tough study period. It is the fuel that allows us to do the amazing work we do here at OHSU. The students on OHSU’s Student Health Advisory Committee (SHAC) recognize that there can be many barriers to finding nutritious food that won’t break the bank. As representatives of the student voice, they have put together this guide as an entry point for identifying places to purchase food in and around campus, areas to store and heat food, and referral information on available community resources. Have suggestions on how to improve this guide? Send an email to askJBThealth@ohsu.edu.

**OHSU Cafes on Campus:**
Hospital Food? Yes! Best Kept Secrets on Campus

Shriners Hospital for Children Cafeteria

This is a great spot for low-cost, nutritious food.
https://www.shrinershospitalsforchildren.org/Locations/portland/Patients-and-Families/Food-Services

Veterans Administration Hospital Cafeteria

Another good spot for low cost food.
https://www.portland.va.gov/visitors/canteen.asp

Café on Third, OHSU Cafeteria

A $5 lunch option available every day.

Restaurants On or Near Campus

Marquam Hill

OHSU Farmer’s Market is open June-September, 10am-2pm in the space outside MacKenzie Hall.

South Waterfront

Check out the South Waterfront Community Relations retail page for information about restaurants on the South Waterfront. http://www.southwaterfront.com/

South Waterfront Farmers Market is open June-October, 2pm-7pm in the Elizabeth Caruthers Park.

Vending Machines

Marquam Hill:
There are three Canteen machines on campus that offer traditional snacks as well healthful and organic snacks located in Doernbecher Children’s Hospital, Richard Jones Hall and Vollum Institute. Read more here: https://www.ohsu.edu/xd/education/student-services/student-life/upload/Vending-Machine-Website-Info-2.pdf

**Other OHSU locations:**

Please see OHSU’s vending machine location document for additional information about other vending machine locations. https://www.ohsu.edu/xd/education/student-services/student-life/upload/LIST-OF-VENDING-MACHINES.pdf

**VA:**

There are also vending machines with healthier options on the 2nd floor, next to the sky bridge for cold beverages and snacks as well as in Building 100, Room 1D-141 (outside the Food Court) available 24 hours-a-day with hot and cold beverages, food items, snacks, water.

**Microwaves and Refrigerator Locations:**

**Marquam Hill:**

**School of Nursing Student Lounge**
This is a coded space located on the South Wing 3rd floor, around the corner from classrooms 358/364. The Student Lounge has a fridge, microwaves, kitchen sink, and vending machines with healthier choices for snacks. The vending machine take credit cards, cash, and coins. Please contact your SON administrator for the code.

**Veterans Administration Hospital**
There is a microwave available 24 hours-a-day in Building 100, Room 1D-141 (outside the Food Court).

**The Student Center**
There is a microwave in the Nucleus lounge. Open 6am-10pm.

**The Old Synapse Café**
The café is closed but there is a microwave still there.

**Sam Jackson Hall**
This space is intended to serve medical students and SON midwifery students on call during their clinical experience curriculum. Located in the 4200 Medical Student Call Room and has one refrigerator and one microwave.

**South Waterfront:**

**CLSB Student Lounge**

This is a coded space open to all OHSU students and has microwaves, refrigerators, and coffee makers.

**Where Else To Find Good Deals**

**Elephants Deli at CLSB**

Sells their hot food and expiring sandwiches at 50% off after 6pm each evening.

**Portland Area Grocery Stores**

Here is the lowdown on local area grocery stores: (ranked $-$$$$$)

- **Fred Meyer's** - locals call it Freddy's (in other cities: Kroger, Ralph's, Fry's, King Soopers) - has everything food wise you could ever need ($)
- **WinCo** - cheap and great for dried/bulk goods and stocking up ($)
- **Safeway/Albertsons** - Safeway downtown is convenient from the South Waterfront ($)
- **Trader Joe's** - great pre-made lunches/dinners both frozen and fresh, great wine ($$)
- **Folks Urban Market** (right by the streetcar) - it's your typical grocery store ($$)
- **Zupan's** - there are a couple downtown ($$$)
- **New Seasons** - very similar to Whole Foods but local ($$$)
- **Whole Foods** – many organic choices ($$$)

**Fresh Produce Delivery That Won’t Break The Bank**

Imperfect Produce. Fruits and veggies for 30-50% less than grocery stores, delivered to your door. [https://www.imperfectproduce.com/](https://www.imperfectproduce.com/)

**Want To Cook At Home? Try these recipes for good food at a good price.**
What Else Is Available Around Town?

Being a student can often mean stretching an already tight budget. We also recognize that not getting nutritional needs met can have a significant impact on academic achievement. There are local, community resources that you and your family may be eligible for. We encourage you to check out these resources.

Oregon Food Bank

Check out the Food Finder app on their website: A searchable list of agencies providing free food, meals and groceries, food pantries and food services. They also offer free gardening lessons!

https://www.oregonfoodbank.org/find-help/find-food/

Portland State University Harvest Share

Harvest Share is a free market that brings FREE fresh vegetables and fruit to the SW Park Blocks the second Monday of the month at noon, rain or shine, first-come/first served. This is open to the greater PSU community which includes OHSU students.

https://www.pdx.edu/student-access-center/harvest-share-free-market

Additional resources for joint PSU-OHSU students: https://www.pdx.edu/student-access-center/

211 Info: Food Assistance

Dial 211, text your zip code to 898211 or email help@211info.org to find out more information about food programs in your neighborhood http://211info.org/food/

WIC: Women, Infants, and Children
Check their website for a pre-screening tool to find out if you may be eligible.

Oregon Department of Human Services:
http://www.oregon.gov/DHS/Pages/index.aspx

The Supplemental Nutrition Assistance Program (SNAP). Check out the eligibility tool to find out if you may qualify. http://www.oregon.gov/DHS/ASSISTANCE/FOOD-BENEFITS/Pages/Eligibility-Apply.aspx

There is a separate list of criteria for students of higher education seeking SNAP benefits. http://www.oregon.gov/DHS/ASSISTANCE/FOOD-BENEFITS/Pages/Student-Eligibility.aspx

http://www.clasp.org/resources-and-publications/publication-1/SNAP-for-College-Students-1.pdf

Oregon Farmers Markets match SNAP benefits. Check to see if your neighborhood farmers market matches your SNAP benefit. https://oregonhunger.org/farmers-markets-snap

Multnomah County Child Hunger Coalition

Check out their interactive map of food access-related resources including information about community gardens and farmers markets.
http://multco.maps.arcgis.com/apps/webappviewer/index.html?id=6f41add90d0e42b8a6d7f85a1abcd0d66

The Oregon Summer Food Service Program (SFSP)

SFSP provides nutritious meals to children during the summer. Children who normally receive free or reduced price meals when school is in session are eligible. These meals are often linked to free, fun, outdoor summer activities. https://www.benefits.gov/benefits/benefit-details/1748

Benefits.gov

A central location to help you determine eligibility for government benefits including health insurance, energy assistance, childcare assistance, as well as many other local resources.

OHSU Student Debt Counseling and Management
There are resources at OHSU to assist you in better understanding your particular financial challenges and to help with educational debt planning and budgeting. [http://www.ohsu.edu/xd/education/student-services/financial-aid/student-debt-counseling/index.cfm](http://www.ohsu.edu/xd/education/student-services/financial-aid/student-debt-counseling/index.cfm)