



# DAVID DOUGLAS WELLNESS

David Douglas School District  
— WELLNESS —

HAPPY Newsletter

December 2017

## Spotlight on.....Kathé Lauderback!

Race walker. Water skier. CrossFit enthusiast. Master gardener. Full and half marathon participant. Obstacle race. All of these, and much more, are traits that describe Kathé Lauderback, a special education assistant at Cherry Park Elementary. Kathé has spent much of her life involved in healthy eating and sporting events, though it didn't happen to start that way. The youngest of three kids, Kathé had to wait until her 20s before it became routine. "I wasn't into fitness when I was young. I snow skied, but did not really work out.

It wasn't until I got married that I became interested in weights and other avenues. Dick (my husband) had a weight set in the garage, so we would work out. And then it just became a part of our lives."

Healthy habits continued to be important, and were something Kathé wanted to instill in her children. Both her son and daughter live active lifestyles: they have been involved in sports since they were in kindergarten. Jonathan (26) and Elizabeth (29) both enjoy baseball, soccer, and snow sports. Although not as involved in fitness, Kathé's husband enjoys water-skiing, snow skiing, and trying out new dinner recipes.

One of the activities that bring Kathé the most pleasure is being a part of the Cookies, a local race-walking team that she has been involved with for over ten years. The 8-member "Ultra" team meets twice weekly for practice, and they participate in a wide variety of local and non-local (New Orleans half-marathon) events every year. A yearly participant in Portland to Coast, the team most recently fundraised over \$16,000 for the Providence Cancer Center. "These ladies are some of my best friends. It hardly feels like work when you get to have so much fun."

***When Kathé isn't teaching or working out, she enjoys... .***

"Waterskiing is my absolute favorite, but I enjoy any activity that involves friends. I also love being in the garden, enjoying the sunshine, and reading a good book. Being with family is good too!"

***What is your favorite event that you've participated in, and why?***

"Oh gosh, can I say two? I love Portland to Coast—those girls are so fun, and we work so hard to fundraise and placing near the top make it a very rewarding event. I also really loved doing the Kona Half Marathon. What could be better than Hawaii and sunshine....and shave ice at the end!"

***Do you have a fitness inspiration and/or what motivates you to have a healthy lifestyle?***

"Well, I workout to eat what I want to! Seriously though, as you get older, and you continue to work out, the better you will feel. Plus it helps keep you sane!"

***What advice would you give to someone just beginning his or her health journey?***

"It's HARD—don't be afraid to give yourself a break once in awhile. Just focus on doing a little at a time until you have a routine. And have some fun!"



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# Healthy Eating

## Mediterranean Kale, Cannellini and Farro Stew

Winter is coming! Here is a hearty winter soup that should keep you warm on those chilly nights!

Yield: 6 servings

Prep Time: 15 minutes

Cook Time: 40 minutes

### Ingredients

- 2 Tbsp olive oil
  - 1 cup carrots diced (about 2 medium)
  - 1 cup chopped yellow onion (1 small)
  - 1 cup chopped celery (about 2)
  - 4 cloves garlic , minced
  - 5 cups low-sodium vegetable broth
  - 1 (14.5 oz) can diced tomatoes
  - 1 cup farro , rinsed
  - 1 tsp dried oregano
  - 1 bay leaf
  - Salt , to taste
  - 1/2 cup slightly packed parsley sprigs (stems included)
  - 4 cups slightly packed chopped kale , thick ribs removed
  - 1 (15 oz) can cannellini beans, drained and rinsed
  - 1 Tbsp fresh lemon juice
- Feta cheese , crumbled, for serving



### Instructions

1. Heat oil in a large pot over medium-high heat. Add carrots, onion and celery and saute 3 minutes. Add garlic and saute 30 seconds longer. Stir in vegetable broth, tomatoes, farro, oregano, bay leaf and season with salt to taste. Lay parsley in a mound on top of soup and bring soup to a boil. Reduce heat just below medium. Cover and cook 20 minutes, then remove parsley, stir in kale and cook 10 - 15 minutes longer, adding in cannellini beans during last few minutes of cooking, until both farro and kale are tender.
2. Remove bay leaf, stir in lemon juice and add additional vegetable broth or some water to thin soup as desired (the farro will absorb more liquid as the soup rests). Serve warm topping each serving with feta cheese.
3. ENJOY!!

<https://www.cookingclassy.com/mediterranean-kale-cannellini-farro-stew/>

## App of the Month



SUNRISE INSPIRATION  
by Simple Truths.

With the Sunrise Inspiration app, you can:

- Read and share daily inspirational quotes paired with beautiful photos (share via AirDrop, Facebook, Twitter, and email)
  - Watch free 5-minute inspirational videos
  - Personalize and share inspirational ecards (share via AirDrop, Facebook, Twitter, and email)
- Search more than 10,000 quotes by keyword and author

Don't forget to pass your inspiration on to friends and family! You can easily share all of our inspirational content with your followers on Facebook, Twitter, and more—right from the app.

As an educator, you often put your students' needs before your own. Your health can have a great impact on your physical, mental, and social well-being, as well as on your students and colleagues. Visit [schools.healthiergeneration.org/teachers\\_take\\_5](http://schools.healthiergeneration.org/teachers_take_5) for ideas about taking five minutes to leave yourself healthy and happy.

## Get out and around Portland

The holidays can be stressful and having fun with friends and family can be a wonderful cure for that. Here are some events around town that take a holistic view of wellness and hopefully help keep your stress at bay during the holiday season!

### **Christmas in the Garden - Silverton, OR**

November 24<sup>th</sup> – December 31<sup>st</sup>

Ice skate, snowless tubing, Christmas lights, and a German market, prices vary

### **Christmas Lights Trail, Lighting of Maddax Woods - West Linn, OR**

December 1<sup>st</sup> – 31<sup>st</sup>

Follow colorful lights through the woods to a viewing platform on the Willamette River, Free

### **Christmas in Dairyville - Portland, OR**

(multiple dates in December)

Lighted trees, live animals, movie screening in the Opera house and holiday shopping, Free

### **Christmas Fantasy Trail - Oregon City, OR**

December 2<sup>nd</sup> – 30<sup>th</sup>

Lighted wooded trail, 40ft. lighted castle, and bonfire nightly, \$6

### **Lights and Leashes Dog Walk Night - Portland, OR**

December 5<sup>th</sup>

Portland International Raceway's Winter Wonderland, \$6

### **Christmas Ship Excursion, trolley ride - Lake Oswego, OR**

December 6<sup>th</sup> – 20<sup>th</sup>

See Christmas ships on the Willamette from the comfort of a trolley \$30-\$40

### **Holiday Half Marathon - Portland, OR**

December 10<sup>th</sup>

Half Marathon, 5K \$44-\$82

### **First Run/Walk - Portland, OR**

December 31<sup>st</sup>

5K, 10K \$30-\$50



# Plant Based Proteins

The days of thinking protein has to come from an animal are over! Plant based proteins like hemp and pea proteins are everywhere, you can find them in smoothies, nutrition bars and even potato chips. We are lucky here in the Portland area we have quite a few restaurants that highlight plant based proteins; places like Next Level Burger that serve a healthy, sustainable, delicious burgers that anyone would love. Plant based proteins help people eat a healthy meal they know is good for them as well as being good for our planet. Here are some plant-based proteins and how you might use them.

## LENTILS

Lentils are an amazing source of protein, carbohydrates and fiber. They are considered a starchy protein. They can be eaten alone with spices and seasonings, topped on salads or used to make vegetarian meatballs or burgers. 1 cup of lentils=18grams of protein

## HEMP SEEDS

Hemp seeds not only contain protein but also contain heart-healthy fats, mainly omega-3 fatty acids. They have a delicious subtly sweet and nutty flavor and are so small in size that they can easily be used and added to any recipe to boost the protein content. They can be used in in soups to slightly thicken them, added to baked goods or dips. 3 tablespoons hemp=10grams of protein

## CHIA SEEDS

Chia seeds are an ancient seed that have been used for centuries for their amazing properties to absorb water and turn into a gel-like substance thanks to the soluble fiber content in the seeds. Because of this unique characteristic, chia seeds are great to add to meals and foods to thicken naturally while also boosting the fiber, protein, and healthy fats (mainly omega-3's). Chia seeds can be soaked in almond milk to make a pudding or in water to make a refreshing drink. 2 tablespoons=4 grams of protein

## SPIRULINA

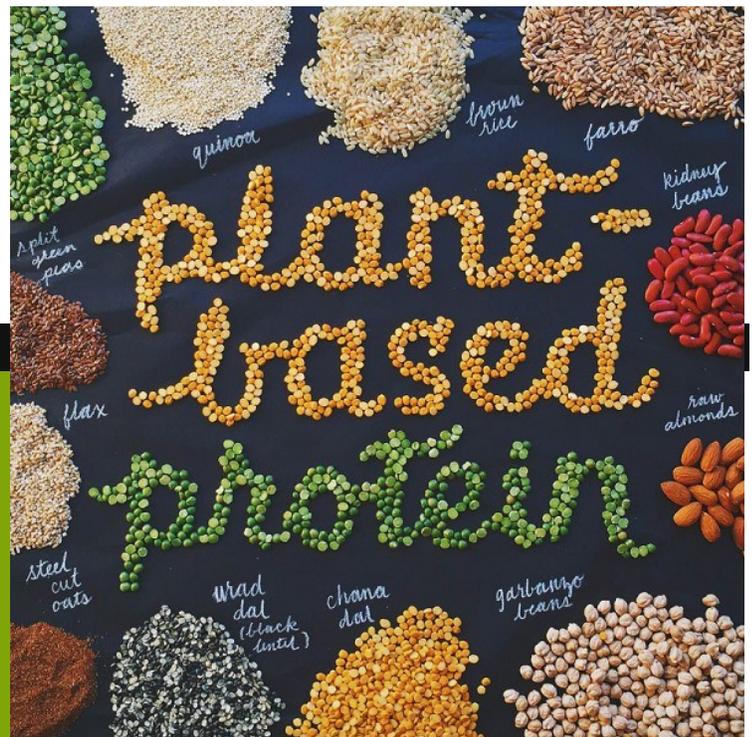
Spirulina is incredibly protein rich and one of the few sources of plant-based protein that is mostly protein by dry weight (about 70%). It's deep blue-green in color and will change anything you mix with it into that color green. It tastes subtly sweet and nutty (hints of vanilla and chocolate), but with a background seaweed flavor. It's great blended in smoothies or used in snack or dessert recipes. 2 tablespoons spirulina=8 grams of protein

## TEMPEH/ORGANIC TOFU/EDAMAME

Soy containing foods such as tempeh, tofu and edamame all offer a complete protein containing all amino acids. Often these sources also carry fiber and healthy fats as well as the protein. Tempeh is the most nutritious out of this bunch and is an exception to soy foods as it contains natural occurring healthy bacteria from the fermentation process. Tofu and tempeh can be marinated and added to stir-frys, used as filling for tacos or even shaped into "hot dogs." 1 serving of tempeh/tofu/edamame=20 grams of protein

There are many more plant-based proteins that are delicious and versatile. It could be a great practice to start *Meatless Mondays* and have fun trying new recipes with our families.

<https://www.wellandgood.com/fitness-wellness-trends/>  
<http://nutritionstripped.com/10-plant-based-proteins->



## Do you have ideas for an upcoming newsletter?

An app you use everyday? A favorite healthy recipe? A great relaxation technique to share with your co-workers?

Please submit ideas to  
[meagan\\_lutu@dds40.org](mailto:meagan_lutu@dds40.org)