



BeSTOW— Beyond Survival Toward Olathe Wellness

Newsletter Date: November 2013

November is Nutrition month

Good nutrition is a difficult thing to accomplish at times, especially with our busy schedules and shift work.

Implementing good nutritional habits in our daily eating can help us all lead healthier lives. Preliminary officer fatality numbers for 2013 show a decrease overall but a 37% increase in the “other” category. Heart attacks and other health related



incidents are included in the “other” category. These numbers are from the [National Law Enforcement Officers Memorial Fund](#) website.

Many of us know this but how do we do it?

The **BeSTOW** team has worked to provide some opportunities for us all to improve our nutritional habits.

This month we are offering:

- Healthy snacks throughout the building.
- Two nutrition presentations.
- Free meal!!
- Nutrition information from co-workers.

- Fruit and Veggie snacks will be available in the break room refrigerators.
- Help us to remove unhealthy snacks that might be available around the department in November
- Employee examples of how they eat healthy will be coming via e-mail throughout the month
- Two nutrition information presentations will be held on November 13th (Free meal provided). Read below for more details

Next Month:

- Volunteerism
- Stress Management

FREE meal for those attending a Nutrition Presentation

November 13, 2013

1600—1700 hrs: Mary Wolarik is a dietitian from WINS and will be providing a presentation on Nutrition on the GO in the training room. Dinner provided.

2100—2200 hrs: Former Olathe Police Officer Anngela Moyer is a certified fitness trainer and licensed nutritionist and will be providing a presentation on Nutrition on the GO. She has a good perspective on what that means for the shift worker. Dinner provided.



Contact a BeSTOW team member with questions or ideas:

Ashley Breshears, David Weber, Greg Moyer, Jeff Bragg, Joe Sudduth, Karen Thomas, Shawn Reynolds, Tim Green, Wade Lanphear