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Better Health

A Weekly Update  
for Asante Employees

Every patient,  
every day, every time.

# ASANTE® News

ASANTE ASHLAND COMMUNITY HOSPITAL | ASANTE PHYSICIAN PARTNERS | ASANTE ROGUE REGIONAL MEDICAL CENTER | ASANTE THREE RIVERS MEDICAL CENTER

## “Spring into Action” challenge hits midpoint

Participants in the “Spring into Action” campaign – sponsored jointly by Asante’s Health Promotion Department and Regence Blue Cross Blue Shield – passed the event’s midpoint this week and have cumulatively logged 204,128 minutes of exercise.



Four-person teams that sign up for the campaign are challenged to log at least 150 minutes per week of physical activity. The challenge began May 30 and will continue through July 11.

Six Asante employees each won \$25 Tango gift cards during a “Midway Motivator” drawing on Monday. The winners are Anita Desavedo of Medical Oncology at Asante Rogue Regional, Brian Neyt of the Cath Lab at Asante Rogue Regional, Katie De vry of Asante Physician Partners-Internal Medicine in Ashland, Stephanie Roland of the Ashland Community Hospital Foundation, Carla Parrish of Cardiac Studies at Asante Three Rivers and Eric Jenkins of the Emergency Department at Asante Three Rivers.

Another five employees won a drawing for free entries into the Ashland Fourth of July Run, which features a 10-kilometer race and a two-mile fun run. The winners of that drawing are Bonnie Duron of Asante’s Revenue Integrity office, Nathan Doshier of the Human Resources Department, Lyn Rossman of the Information Technology Services Epic team, Jennifer Nidalmia of Nursing Professional Development and Katie O’Brien of Asante Physician Partners-Pulmonology in Medford.

All participants who logged 150 minutes per week of physical activity were eligible for the midway drawings. Those who meet or exceed the goal of 900 minutes of exercise by the end of the challenge will earn entries into the final drawings for a dozen \$50 Tango cards.

Additional random drawings for \$25 Tango cards are being held during one-mile walks this week at Asante’s three hospitals. The walk at Asante Ashland was held on Monday, the walk at Asante Rogue Regional is today and the walk at Asante Three Rivers will be on Thursday. The walks with members of the Asante Leadership Team start at noon at each hospital’s labyrinth, and feature “mystery gifts” for the first 20 people who show up for each.

Participants in the Spring into Action challenge can log their activity minutes on their mobile devices or by logging onto regence.com and following the links to the Spring into Action challenge. Team standings are posted on the website, and participants can post motivating messages to team members – or to all participating teams – on the comment board.

For more information, contact [Asante Health Promotions](#).

Asante News is published every Tuesday. Deadline for submission of articles is every Friday. Send via e-mail to [asantenews@asante.org](mailto:asantenews@asante.org).

Question or suggestions: Call Communications and Marketing at (541) 789-3510 or extension 13510.