

# OSPTI Advances Community, Patient, Employee Wellness

## Community Active Living

In Wilkin County, the Active Living Committee of Breckenridge has existed for over 10 years and leads the charge to make their city a safer place to ride. Led by Shawn Krause-Roberts, owner of local business Orthopedic & Sports Physical Therapy Inc. (OSPTI), the group is working on developing and funding multiple bike-focused projects in Breckenridge. The largest of these efforts, a newly-completed 1.5-mile bike trail along Highway 75, connects CHI St. Francis Health to the city and multiple destinations in between. In 2011, PartnerSHIP 4 Health (PS4H) helped jump-start the process with funding for the initial engineering study. Active living opportunities go beyond the bike trail in Breckenridge. Walk and Bike to School Day, an annual event led by OSPTI and community members, engages local schools in a friendly competition to see who can get the most students to walk or bike to school. Held each October, the event is part of International Walk to School Day. OSPTI also coordinates National Bike to School Day and an annual bike rodeo that often takes place on the same day.

## Healthy Eating and More

OSPTI is well-known locally as a supporter of community active living initiatives. But not everyone knows that they also promote wellness for their employees and patients. While the common narrative is that small businesses don't have the capacity to take on the challenge of worksite wellness efforts, OSPTI's seven-member wellness committee (Almost one third of their employees) shows what a small worksite can accomplish. As a past member of a PS4H worksite wellness collaborative, they are a great example of a creative and active wellness committee.

With funding from PS4H, OSPTI purchased multiple pieces of wellness-focused equipment that can be used by employees and patients. For example, handheld body fat analyzers and an oximeter (Device that measures oxygen saturation) can be used for patient visits and employee wellness checkups. Employees use the new blender to make healthy snacks, and staff therapists use it to provide nourishment for speech and occupational therapy patients. Other purchases include a pediatric blood pressure cuff and a portable door latch to increase the privacy of OSPTI's new mothers' room.

OSPTI's wellness committee makes healthy eating a major focus. They partnered with the North Dakota State College of Science (NDSCS) Culinary Club to host a healthy meal event for their employees. After working with the group to develop five different healthy recipes that use ingredients from the nearby Twin Towns Gardeners' Market, wellness



*OSPTI staff prepared a healthy meal with NDSCS students.*

committee members visited the market to purchase the ingredients. Then they prepared, cooked, and served the five recipes. The committee offers these events to give employees the tools to make sustainable healthy eating changes. OSPTI is also utilizing green space next to their building to construct raised garden beds for growing vegetables. Produce harvested will be shared among employees, and staff hope to engage their younger patients in gardening therapy. "PartnerSHIP 4 Health has been a wonderful partner and contact to work with," reports Shawn Krause-Roberts, President & CEO of OSPTI. "We have enjoyed the healthy improvements within our workplace setting for employees and in turn our patients. We look forward to working with PartnerSHIP 4 Health in the future!"

The PS4H worksite wellness collaborative empowers worksites to learn from and support each other in creating sustainable healthy environments for their employees. The collaborative also serves as a supportive forum where members and PS4H staff share best practices, resources, and lessons learned. Is your organization interested in improving wellness at work? Contact PartnerSHIP 4 Health to learn more about joining a future collaborative.

Learn more about PartnerSHIP 4 Health by visiting <http://partnership4health.org>

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