Office of Rehabilitation Services
Health and Wellness Matters

Volume 3, Issue3
Fall, 2006

Department of Human Services
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Ask the Doctor
By "Dr. Conklin"

September - National Cholesterol Education Month

High cholesterol is one of the major risk factors for heart disease - the number one killer of women and men in the US. Cholesterol lowering is important for people of all ages and can be controlled by managing your weight, increasing your physical activity, or through drug treatment.

September - National Preparedness Month

Get a kit ❋ Make a plan ❋ Be informed ❋ Get involved
For more info, www.ready.gov or www.citizenscorps.gov.

October - Breast Cancer Awareness Month

Because of early detection and better treatments more women are surviving breast cancer. Yet 40,000 people are expected to lose their lives to this disease this year. The ACS recommends the following guidelines:

- Women age 40 and older should have a mammogram every year.
- Women in their 20s and 30s should have a clinical breast exam as part of their regular exam, preferably every 3 years.
- Women in their 20s should perform breast self exams.

The most important thing is to see your doctor right away if you notice any changes. For more information, call the American Cancer Society at 800-ACS-2345 or visit their website at www.cancer.org.

November - National Diabetes Month

Someone is diagnosed with diabetes every 21 seconds. There are 41 million people ages 40 - 74 in the US who have pre-diabetes. To prevent or delay the development of Type 2 diabetes, at-risk individuals need to change their diet and increase their level of physical activity. Go to www.diabetes.org and take the diabetes risk test and see their 101 tips on diabetes care.

November - National Hospice Month

Most of us are familiar with the term "hospice," but what does hospice care mean for you and your family? Comfort and support for patients and their families provided by specially-trained professionals, volunteers, and family members through a variety of counseling and bereavement services before and after a patient's death. The RI Cancer Council has a brochure entitled, ***Hospice and Respite Care Providers in Rhode Island***. For more information, contact Home and Hospice Care of RI at 401-727-7070 or 800-38-6555.

(Ask the Doctor Continued on back)

Health and Wellness Calendar of Events

Featured Event

The annual Making Strides Against Breast Cancer Walk will be held on Sunday, October 22 at the Temple to Music in Roger Williams Park. Employees of DHS are welcome to join a statewide team that will participate in this five-mile walk to raise awareness and money to fight this disease. Participants can get team hats for $4.00, as well as the camaraderie of fellow workers while getting a good exercise work out. Registration is 7:00 a.m. and the walk begins at 8:30 a.m. Let's get an ORS team together! Contact Sharon Morra ext. 345 to join the team or look for the Sign Up Sheet on your floor! You can also donate by contacting the American Cancer Society at www.cancer.org/stridesonline. Money collected from the October 20th Dress Down Day will also benefit the American Cancer Society's "Making Strides Against Breast Cancer".

Let's Walk Together!

America's Walk for Diabetes

Saturday, September 30 Roger Williams Park Temple to Music at 10:00 a.m.

Saturday, October 14 Wilcox Park, Westerly at 8:00 a.m.

Sunday, October 15 5-mile walk at Roger Williams Park Temple to Music at 9:30 a.m.

Saturday, October 21 Salve Regina University at 11:00 a.m.

Walk RI

Saturday, November 18 Warwick Mall food court at 8:00 a.m.

Saturday, December 9 Providence Place Mall food court at 8:00 a.m.

Other Exciting Events

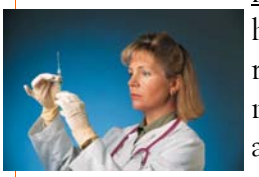
Yoga - NAMASTE! Manuela Birner will be teaching a class on Wednesdays, starting September 13, from 5:00-6:00 p.m. as part of the Rush Hour program at Perishable Theater in Providence. Classes are $13 each or $10 each for six or more. For information on this or other exercise classes at Perishable Theater, contact Amy at 331-2695 x102. Another yoga class is being set up for Tuesdays in the Eighth Floor Conference Room at ORS from 4:15 p.m. to 5:00 p.m. Elizabeth Gilheeney, a registered yoga teacher with Yoga Alliance, will teach a six-week class for $20. Contact Cheryl Stasio at x302 if interested. Starting date will be announced shortly.

SECA Campaign

The annual State Employees Charitable Appeal Campaign (SECA) has been kicked off. Contribution forms will be in with this week's pay stubs. More information will follow.

Flu Shot Clinic

Friday, October 6 from 10 a.m. – 1 p.m. in the third floor conference room. Have your health insurance card with you for the registration/consent form. (Limited number of vaccinations will be available.) Stop by and see Cheryl S. to pick up your consent form.



Farmer's Market

Your chance to purchase fresh local fruits and veggies will be ending in October or November. The Capital Hill Farmer's Market is open Thursdays from 11:00 a.m. to 2:00 p.m. in the courtyard between Departments of Health, Administration and Transportation.

Great American Smoke Out

The 30th American Cancer Society's Great American Smoke Out will take place on Thursday, November 16. Call 800-ACS-2345 to find a quit line or contact Dr. Conklin if you would like more information or help in quitting.

Health and Wellness Past Events

What's Been Happening?

Sharon Morra was busy making a variety of delicious fruit smoothies on August 4 at the ORS Annual Luau. Healthy snacks were also available to the guests dressed in an interesting and colorful array of native attire. Sue Silva and Andy Mayer did a modified version of the Hula after winning the prizes for best costume. Outside the "hut" a representative from United Health provided a chance to look at our skin condition in the sun screening booth and learn more about the dangers of excessive sun exposure. Guests also received sun screen products.

Guess who??

Food, Glorious Food!

Over 325 lbs. of non-perishable foods and $854 were donated to the Governor's Food Drive. Thanks to all who contributed including the Health and Wellness Committee, Cheryl Stasio, Michele Goewey, Judy Boucher and our leading lady, Monica Dzialo.

Blood Drive

Fifty-one people will benefit from the 17 pints of blood donated on July 13th. Thanks to organizer, Nancy Tasca and all those who gave.

Healthy and Wellness Survey

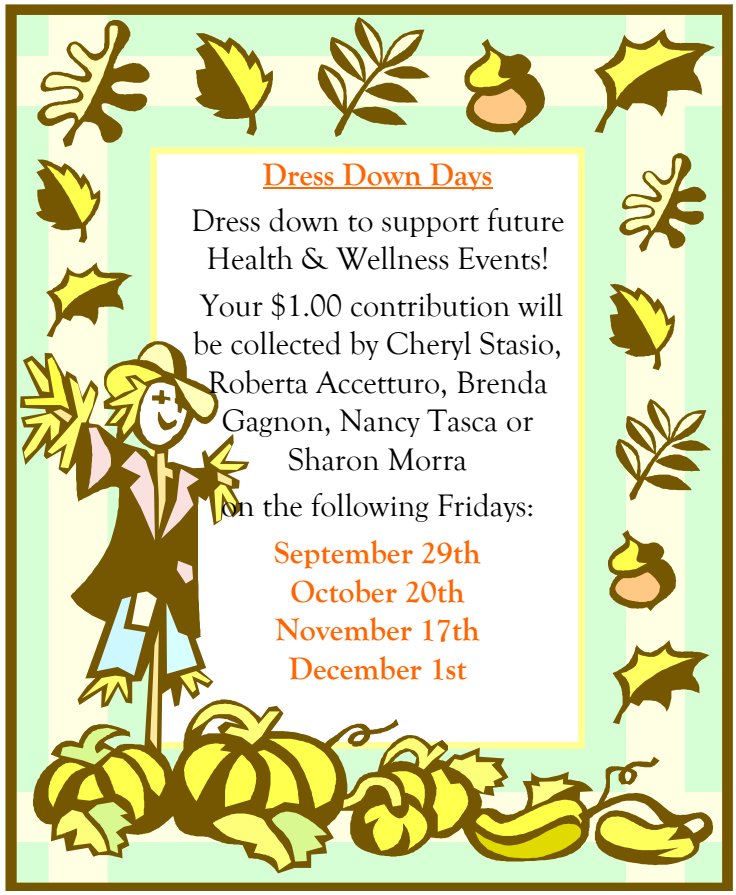
The results are in! You will be able to pick up your individual results from Cheryl Stasio on the fifth floor once they have been tallied by Dr. Conklin.

Awards

On June 22nd the Southern RI Beachcombers, A.K.A. Region 4, learned at the Shape Up RI commencement ceremony, that they won second place in the Physical Activity category. For their hours of commitment, they won a month's free membership to an area health facility. Way to go!

Silver Award

Great news! Rhode Island has been awarded the Silver Award by the Worksite Wellness Council of America. Congratulations to all of us!



We Want You

Do you have any ideas for activities to promote health and wellness at ORS? Bring your ideas for events you would to see by joining the Health & Wellness Committee at one of their meetings in the fifth floor conference room. They are the following Fridays: September 15th - 2:00 p.m. ❋ October 13th - 10:30 a.m. November 17th - 10:30 a.m. ❋ December 15th - 10:30 a.m.

Health & Wellness Committee

- *Administrator:* Raymond Carroll
- *Medical Consultant:* Dr. Elizabeth Conklin, X363
- *Advisors:* Steve Brunero, X354 Roberta Accetturo, X368
- *Chair:* Sharon Morra, X335
- *Newsletter Editor:* Elinor Pickering, X331
- *Layout:* Sharon DiPinto, X318

Healthy Choices— "Recipes for the Heart from the Heart"

Baked Acorn Squash with Apple Stuffing

From the *New Family Cookbook for People with Diabetes*

2 small Acorn Squash, halved and seeded

2 Tbsp. Celery, diced

2 Tbsp. Margarine, melted

1 pinch fresh ground Black Pepper

2 small Apples, peeled and diced

2 Tbsp. Onion, finely chopped

1 pinch Salt

1. Preheat the oven to 400 degrees. Spray a square baking pan with a nonstick spray.
2. Place the squash cut sides down in baking pan. Bake for 20 minutes.
3. While the squash is baking, combine the apples, celery, onion, margarine and 2 tablespoons of water in a medium bowl; mix well.
4. Turn the squash cut sides up. Sprinkle with salt and pepper. Divide the apple mixture to fill the cavities of the squash. Bake the stuffed squash halves, covered with foil, for 30 minutes more. Serve hot.

Makes 4 servings (1/2 squash each)

(Continued from front)

October - Happiness Awareness Month

Of course, feel free to extend that through the end of the year. This kind of antidepressant is not easy, but it is available over the counter to those in the "know".

So what makes up happy? Good family? Good health? Material prosperity? Sitting at Narragansett Beach watching the world go bye? It can be quite diverse. However, not to be undone, we can start with a generality and define happiness as a relative state of emotional well being which occurs when one achieves goals one sets for oneself - goals that include success and achievement along with love and affiliation. We're "happy" when our perceived needs for success and love are met.

As individuals, we vary as to those areas and activities in our lives where success and love are important: home, work, spouse, friendships, creative pursuits. These areas and their relative "right" method to become happier in one's life, at any given time. Further, (and unfortunately) even though happiness is a commonly accepted goal, the Universe provides no guarantees that any of us will be Happy, not matter how much it is "deserved".

So, what's the good news? While happiness is not "guaranteed", there are some things we can do to maximize our chances.

1. Take responsibility for making yourself happy. Give yourself permission to be happy.
2. Do things that bring you pleasure and enjoyment in the short term. Recognize that life is short and happiness needs to occur daily.
3. Do things for others without expecting anything back in return. Why be constantly disappointed?
4. Don't take things personally. Remember not everything is a character assassination. Look to improve, not to negate.
5. Keep a balance in life between self-orientation and "other" orientation. Do Not Be Afraid, even at those times when you are not with the Herd!

Your Friendly Psych Consultant
Dr. Litchman