



Office of Rehabilitation Services
*Health and Wellness
 Matters*

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Department of Human Services
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Health & Wellness Survey

Shortly you will be receiving an email containing a link to a survey to assist the Health & Wellness Committee with planning various activities that will help us all better our lives based on our health wants and needs. Responses should be submitted by **April 30th**.

Once the results are in and tallied, the Health & Wellness Committee will begin setting up some of these requests programs.

Wellness Awards

On October 29, 2008, Melanie Sbardella accepted the Governor's Award for Wellness Innovations on behalf of the Office of Rehabilitation Services



The Health & Wellness Committee is also in the process of completing the application for the Providence Chamber of Commerce Wellness Award. Many thanks go out to Melanie for preparing this comprehensive application.

April 2009 National Health Observances



April is Alcohol Awareness Month

When many people think of alcohol abusers, they picture teenagers sneaking drinks before high school football games or at unsupervised parties. However, alcohol abuse is prevalent within many demographic groups in the United States. People who abuse alcohol can be:

- ◆ College Students who binge drink at local bars.
- ◆ Pregnant Women who drink and put their babies at risk for fetal alcohol syndrome.
- ◆ Professionals who drink after a long day of work.
- ◆ Senior Citizens who drink out of loneliness.

Warning Signs of Alcohol Abuse

If you answer "yes" to any of the following questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?

National Autism Awareness Month - The United States recognizes April as a special opportunity for everyone to educate the public about autism and issues within the autism community.

Health and Wellness Calendar of Events

Fresh to You

Tired when you go home from work? Don't have time to stop at the grocery store? **Fresh to You** is back delivering fruits and vegetables right to ORS (6th floor lunch room)! Go to www.freshtoyou.com and set up your account and then begin shopping. Orders need to be placed by Tuesday at 3pm and are then delivered Thursday afternoon and need to be placed from your home computer.



Rewards for Wellness

Earn up to \$100 co-share credit!*

Complete **two** Health Coaching Programs at www.myuhc.com before **May 31, 2009** to earn up to \$100 co-share credit! Don't wait to begin – each program has 5 levels and takes 5 weeks to complete.

*All State Employees are welcome to participate in activities and screenings, but only those paying their co-shares are eligible to receive co-share credits.

May Breakfast

On **Friday, May 1st** at **10:00 a.m.** join fellow ORS staff in the age old Rhode Island tradition of welcoming spring by enjoying breakfast together in the 4th Floor lunchroom. More information to follow!

Wiffleball Anyone?

Join the DOA Wellness Team to play Wiffleball on Thursdays at 4:10 pm on the State House Lawn. Anyone interested in playing, please contact Sharon Savicki at 222-5057. Starts April 23rd!!!

Upcoming Walks/Races

Red Nose Run for Goodwill of RI “Walk for Work” on **Saturday, April 18, 2009** at Roger Williams Park, Providence. Registration begins at 9:00 am and step off is at 10:00 am

Scott Carlson Memorial 5K Road Race to benefit the ALS Association, RI Chapter, will be held on **Saturday, April 25th**. Registration begins at 8:30 a.m. at Goddard Memorial State Park (Beach), Warwick.

28th Annual CLAMDIGGER 5 mile Road Race, Sunday, April 19th will begin at 10:45 a.m.. **Westerly Town Beach Pavilion**. For more information contact 401-377-2306.

There may be registration fees for any of these walks/races, so be sure to check and register online at www.needtorace.com.

Walk Run or Ride to Create A World Free of MS - April 19th

Walk MS is being held at 3 locations throughout Rhode Island - Bristol, Narragansett, and Providence. Route options for walkers, runners and cyclists.

Run MS - 5K Rhode Island - 1st time being held Colt State Park in Bristol. (Check in at Mt. Hope High School).

Ride MS 25 Quick Ride - Narragansett - Fee – \$50

For more information or to register for any of these races, view

http://walkrir.nationalmssociety.org/site/PageServer?pagename=WLK_RIR_homepage.

Health and Wellness Past Events

What's Been Happening?

Go Red

Fifty-one people wore red clothes and pins on February 6th to support the **American Heart Association's Go Red Day**. **Rosemary Feeney** collected **\$205.00** to be used to raise awareness of our need to support a healthy heart.

Daffodil Days

ORS raised **\$750.00** for the **American Cancer Society**. Money collected from the Dress Down Day was used to purchase a "Gift of Hope" in memory of **Marie Boucher**. Thank you for all your support of **Daffodil Days 2009**, and to **Brenda Gagnon** for coordinating this annual event.



Daffodils were also anonymously delivered to cancer patients at various medical centers and health care facilities throughout the state to brighten their day.

Rewards for Wellness Health Fair

On Thursday, January 22nd, **GetFitRI** and **United Healthcare** joined with the Office of Rehabilitation Services to provide over 200 employees working at 40 Fountain Street with Blood Pressure, Body Mass Index (BMI) and Body Fat screenings. They also provided various information to assist employees with becoming more active and healthy. Fourteen individuals also completed the health assessment online at the Health Fair!



Dress Down Days

Your \$1.00 contribution will be collected by Rebecca Cloutier & Missy Koch (3rd Floor), or Sharon Morra & ReGina Martinous (4th Floor), Lynn Paola & Alicia DiMasi (5th Floor), and Brenda Gagnon & Beth Riales (6th Floor), on the following Fridays (pay days):

March 6th & 20th – to benefit the **MS Society**

April 3rd & 17th – \$1.00 donation will assist the family of **Bill Cummings** & will sponsor **Stephanie Booth** in the MDA "Stride to Ride"

May 1st, 15th & 29th – \$1.00 donation will go to ORS Wellness Events and T.B.A.

We Want You

Do you have any ideas for activities to promote health and wellness at ORS? We need "fresh ideas and faces!" Bring your ideas for events you would like to see by joining the Health & Wellness Committee at one of their meetings in the 5th floor large conference room.

Friday - April 17th at 1:00 pm (discuss May Breakfast) - Friday, June 5th - 1:30 pm

Health & Wellness Committee

- *Administrator:*
Steve Brunero x354
- *Medical Consultant:*
Dr. Elizabeth Conklin, X363
- *Chair:*
Sharon Morra, X348
- *Advisor:*
Melanie Sbardella, X444
- *Layout:*
Sharon DiPinto, X318

Members

Rebecca Cloutier
Alicia DiMasi
Brenda Gagnon
Missy Koch
Jill Koski
ReGina Martinous
Lynn Paola
Grace Pires
Beth Rioles
Kyle Rogers
Jessica Signore

Healthy Choices – “Recipes for the Heart from the Heart”

Banana Oat Breakfast Cookie

Recipe from “Heart Healthy Living”

Have a cookie to start your morning off right. Heck, have two. There’s no need to feel guilty as these tasty treats are a healthy substitute for a sugar-filled pastry.

1 large banana, mashed (1/2 cup)	1/2 cup chunky natural peanut butter
1/2 cup honey	1 teaspoon vanilla
1 cup rolled oats	1/2 cup whole wheat flour
1/4 cup nonfat dry milk powder	2 teaspoons ground cinnamon
1/4 teaspoon baking soda	1 cup dried cranberries or raisins

Directions: Preheat oven to 350 degrees F. Lightly coat two cookie sheets with cooking spray; set aside. In a large bowl, stir together banana, peanut butter, honey, and vanilla. In a small bowl, combine oats, flour, milk powder, cinnamon, and baking soda. Stir the oat mixture into the banana mixture until combined. Stir in dried cranberries.

Using a 1/4-cup measure, drop mounds of dough 3 inches apart on prepared baking sheets. With a thin metal or small plastic spatula dipped in water, flatten and spread each mound of dough to a 2 3/4-inch round, about 1/2-inch thick. Once baked, each cookie will be about 3-1/2 to 4 inches in diameter.

Bake, one sheet at a time, for 14 to 16 minutes or until browned. Transfer to wire racks to cool completely. Store in an airtight container or resealable plastic bag for up to 3 days or freeze for up to 2 months; thaw before serving. (12 breakfast cookies)



ORS Biggest Loser Competition

Biggest Loser began on February 2, 2009. This group of dedicated individuals is led by the whip-cracking leader “Princess” Sandy Pritko. This Biggest Loser group is the brain child of Jeanne Fay. All individuals are weighed by Sandy on the first Monday of every month. Motivational techniques include skulking at individuals during lunch that have made an unhealthy choice, hunting individuals down at their desks that may be sneaking a treat, and motivational words of encouragement. This includes Sandy sending recipes and words of encouragement. Sandy has even been willing to come to individuals’ home in a “Jillain’ish style” and work out with them at 5am. At present, no one has taken her up on the offer. For further information on enrollment, or what techniques they are utilizing for success just come on down to the third floor.

Submitted by Graciela Pires and Melanie Sbardella
Biggest Loser Results for February:
Total Loss: 23 lbs.



*Healthy Eating
is for Everyone!*