



Office of Rehabilitation Services
Health and Wellness
Matters

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Department of Human Services
Office of Rehabilitation Services
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Administrator's Corner

by **Steve Brunero**

(Steve is a member of the Governor's Wellness Steering Committee under Executive Order 05-12 and has been the DHS Wellness Coordinator for the past 6 years.)

What is *Wellness*?

The Wellness Councils of America (WELCOA) describes Wellness as "An intentional choice of a lifestyle characterized by personal responsibility, moderation, and maximum personal enhancement of physical, mental, emotional and spiritual health."

Why is *Wellness* important?

According to the International Labor Organization, "Americans work 137 more hours per year than Japanese workers, 260 more hours per year than British workers, and 499 more hours per year than French workers."

Today Americans are facing unprecedented stressors that can affect both our home and work lives. It is our individual responsibility to take care of our physical and mental well being. For example, taking the time to step back and analyze a situation before responding is one way

to protect ourselves from stress. Taking the time to treat yourself to something you find enjoyable or relaxing is another. Allocating time to exercise is yet another. According to the United States Department of Health and Human Services, adults should exercise at least 30 minutes 5 days per week. Finding and making the time to do so can be challenging to some of us, but the benefits of adhering to a schedule of regular exercise combined with a healthy diet can lead to a more enjoyable and healthy lifestyle both at work and at home.

17th Annual Worksite Health Awards Ceremony

On Tuesday, May 24, 2011 **Steve Brunero and Melanie Sbardella** accepted the Superior Award for Wellness from Blue Cross/Blue Shield and the Providence Chamber of Commerce at the Crowne Plaza Hotel at the Crossings. Congratulations on another successful year that the Health and Wellness Committee had while making ORS a healthier workplace for its staff.



Health and Wellness Calendar of Events

Upcoming Events

Luau

It's time to get out your little grass skirt, leis, and Hawaiian shirts. Our [ORS Annual Luau](#) is being held on [Friday, August 26th](#) at [2:00 p.m.](#) in the 4th Floor Tiki Bar! Guest speaker will be from the [Breast Cancer Awareness Society](#). Of course, we'll also have our delicious smoothies to refresh us. A sign up sheet will be posted with needed items.



“Making Strides Against Breast Cancer”

Date: Sunday, Oct. 30, 2011

Location: Temple to Music
Roger Williams Park
1000 Elmwood Ave, Providence

Registration start: 7:30 a.m.

Rolling walk start: 8:30 - 9:30 a.m.

Length of walk: 3.2 miles

Contact Sharon Morra if you are interested in participating in this event at 421-7005 x348.

Yoga

Would you be interested in a 1 - 1 1/2 hour yoga class on Friday after work? Phil Lowry is exploring putting together a class where the donation would go directly to a charitable organization.



If you would be interested, contact Phil at x253.

We Want You

Are you participating in an activity that benefits your health?
Do you think others might also be interested in this activity?

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 next meetings in the 4th floor lunchroom
on

Monday, July 11th at 10:00 a.m.
Monday, August 15th at 10:00 a.m.

Dress Down Days

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

July 8 - July 22 - August 5 - August 19 - September 2 - September 16 - September 30

Donations for July and August will go to the Wellness Committee
September will be donated to the Gerry Shapiro Memorial Endowment
October will be donated to the Gloria Gemma Breast Cancer

Health & Wellness Past Events

Health & Wellness Information

What's Been Happening?

Zumba Craze!

Because of the ORS Health & Wellness Event held on October 29, 2010, several ORS staff have joined in the Zumba craze. Instructor Tara Valletta (shown in this picture) brought this new way of exercising to ORS and had staff dancing to the rhythms set to high-energy Latin and international beats.



Daffodil Days



ORS raised \$740.00 for the American Cancer Society. Thank you for all your support of Daffodil Days 2011, and to Brenda Gagnon and Carol Mattson for coordinating this annual event.

Stride Walk for Pancreatic Cancer

DDS had a special collection for the first Annual Purple Stride Walk for Pancreatic Cancer on May 15, 2011 in honor Marie Boucher. They collected \$230 and donated the money to Marie's daughter Katie's team "Marie's Hope".

2011 Dress Down Day Donations

January	\$50.00 to	Hands that Heal
February	\$48.00 to	American Cancer Society
March	\$49.00 to	Leukemia Lymphoma Society
April	\$49.00 to	Make a Wish Foundation
May	\$52.00 to	Wellness Committee

Hope everyone had a
Happy and Safe
4th of July!



10 Ways to Improve Your Fitness

Excerpts taken from Kristin Appenbrink

1. **Exercise in quick spurts.** A new study has found that people who did just four to six 30-second sprints reaped the same heart-health benefits as those who logged a moderate 40- to 60-minute workout.
2. **Make your home a fitter place.** To help you flex your muscles more often, leave a set of dumbbells near your microwave and do curls while heating up dinner. Hang a resistance band on the bathroom doorknob and strength-train while the tub fills up. Or use a stability ball as a desk chair to engage your core when paying bills.
3. **Inconvenience yourself.** Instead of always doing things the easy or fast way (standing on escalators, using valet parking), rethink the services that curb your activity level.
4. **Reinvent date night.** If your usual evening out consists of dinner and a movie (read: sedentary), consider bonding in a more active way, like dinner and dancing or taking in a museum exhibition.

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ORS' Own Staff Uses

Modern Day Medical Technology

Monica Dzialo became the first totally blind diabetic to use the new medical device called Dexcom 24/7 monitoring system. This transmitter/receiver performs more than 300 blood sugar tests a day thus giving her a more accurate blood sugar monitoring. She then has control of setting up insulin distribution to equal that of some one who does not have diabetes. This device is a little transmitter that she injects that is no wider than a strand of hair. If her blood sugar levels drop below 80 ml/dl into "dangerous" ranges, someone might hear a low pitch sound, and it will make a high pitch sound should her blood levels go significantly high. This is another way for diabetics to have better control of their blood levels. Leave it to Monica to lead the way when technology is involved!

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
Madeline Colon
Alicia DiMasi
Brenda Gagnon
Patty Ianiere
Jill Koski
Philip Lowry
ReGina Martinous
Jennifer Munroe
Teresa O'Brien
Lynn Paola
Grace Pires
Beth Rioles
Kyle Rogers

Healthy Choices

Grilled Halibut and Fresh Mango Salsa

From Cooking Light ®

YIELD: 4 servings (serving size: 1 fillet and 3/4 cup salsa)

Ingredients

- 2 cups plum tomatoes, seeded & diced
- 1 1/2 cups diced peeled ripe mango
- 1/2 cup diced onion
- 1/2 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 tablespoon cider vinegar
- 1 teaspoon sugar
- 1 teaspoon salt, divided
- 1 teaspoon black pepper, divided
- 2 cloves garlic, minced
- 4 (6-ounce) halibut fillets
- 1 tablespoon olive oil

Nutritional Values (per serving)

Calories: 295
Carbohydrate: 19.5g
Fat: 7.8g
Protein: 37g

Preparation

Prepare grill.

Combine first 7 ingredients. Stir in 1/2 teaspoon salt, 1/2 teaspoon pepper, and garlic.

Rub halibut with oil; sprinkle with 1/2 teaspoon salt and 1/2 teaspoon pepper. Place fish on grill rack; grill 3 minutes on each side or until fish flakes easily when tested with a fork. Serve with mango salsa.



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5. **Or make a date with Michael Scott.** You wouldn't dare miss your favorite office-set comedy. Schedule regular workouts at your gym or home during your must-see TV shows.
6. **Deskercise.** To squeeze in a few moves at work, download Break Pal, a program that pops up on your monitor every 30 minutes with a three-minute routine (\$20, breakpal.com).
7. **Track your steps.** Wearing a pedometer will log your progress (aim for at least 10,000 steps a day).
8. **Put it in ink.** You stick to the doctor's appointments and work meetings that are on your calendar, so why not take the same approach to exercise sessions? Schedule them into your weekly planner.
9. **Be a coach.** Find a youth league in your area and put your old athletic skills to good use. Running laps or teaching techniques will get your heart rate going.
10. **Enlist Fido.** Exercising a dog will get your arms and legs pumping. No pooch? Help a neighbor or volunteer at an animal shelter.