Health & Wellness Committee

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

This is the season to enjoy all things fresh, grown at home or locally. Farmer's markets are accessible at different locations around Rhode Island. Strawberries are ready for picking at farms across the state. This most versatile of fruits can be used for breakfast in breads, pancakes, waffles and on cereals, as a glaze or with meats, alone for snacking and of course in numerous ways for dessert.

Spinach Salad with Strawberries

1 lb. spinach
½ c. vegetable oil
½ c. sugar or sugar substitute
1 tbsp. sesame seeds
¼ tbsp. Worcestershire sauce
1 quart strawberries
¼ c. red wine vinegar
1 tbsp. poppy seeds
1 ½ tbsp. minced onion

Directions: Wash spinach; tear into pieces. Wash strawberries; cut into halves or quarters. For the dressing, mix oil, vinegar, sugar, poppy and sesame seeds, onions and Worcestershire sauce. Shake well in a closed container. Dressing is better if refrigerated for 1 hour. Pour dressing over salad just before serving.

Recipe from *Newport Hospital's Book of Favorite Recipes, compiled by hospital staff and friends. .*

Grapenut Pudding

1 tsp. grated lemon rind
2 egg yolks, well beaten
¼ c. Grape-nuts
¼ c. butter
3 tbsp lemon juice
1 c. milk
½ c. sugar
2 tbsp. flour
2 egg whites, stiffly beaten

Cream lemon rind and butte together until well blended; add sugar gradually and cream together until light and fluffy. Add egg yolks and beat well. Add lemon juice, flour, grapenuts, and milk, mixing well. (Mixture will look curdled, but this will not affect finished pudding.) Fold in egg whites. Turn into greased baking dish and place in pan of hot water. Bake in slow oven (325 degrees) 1 hour and 15 minutes. When done, pudding has a cake like layer on top with custard below. Serve warm or cold with plain or whipped cream. Makes 6 servings. Note: If desired, ½ cup honey may be substituted for the sugar.

Modern Recipe - Beat one egg and add a can of sweetened condensed milk. Add 1 tsp of vanilla. Stir. Pour in 1 ¼ c. boiling water and ½ c grapenuts. Mix and pour into a casserole dish that has been greased. Bake at 350 degrees for fifty minutes.

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Health and Wellness Matters

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Ask the Doctor By "Dr. Conklin"

June includes Men's Health Week which continues through Father's Day. The purpose is to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Researchers have found that men who drank more water had a 54% lower risk of a fatal heart attack. Those who decrease blood pressure and total cholesterol levels decreased their risk of developing coronary disease. Still nearly twice as many men as women die of heart attacks, 50% more men die of cancer, significantly for lung and colorectal cancer.

Men die an average of 5.4 years sooner than women do. Almost half of men who have a heart attack under age 65 die within 8 years. Men commit suicide four times more often than women. Why?

A higher percentage of men have no health coverage. Men make ½ as many physician visits for prevention, including mental health visits for problems such as depression. Society discourages health behaviors in men and boys.

Men may have less healthy lifestyles, including risk–taking at younger ages.

Fireworks Safety Month is June through July 4

Approximately 10,000 people are treated in hospitals every year for injuries resulting from fireworks.

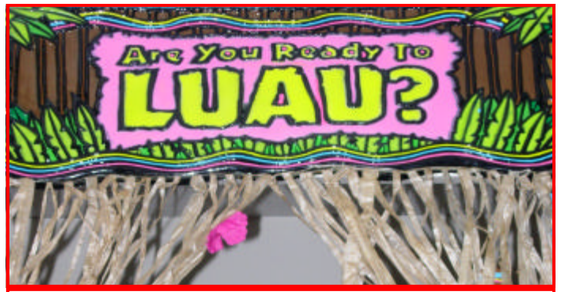
Here is some information to help your celebration remain a safe one.

1. Alcohol and fireworks do not mix.
2. Always keep a water hose, bucket of water or fire extinguisher close by in case something catches fire or in case of a malfunction or misfire.
3. Always store fireworks and light them a safe distance away from buildings or combustible/ flammable areas.
4. Never give any firework item to small children
5. Always ensure that people are a safe distance from the fireworks being fired.
6. Keep pets away from fireworks. They are frightened by loud noises and bright flashes.

Health and Wellness Calendar of Events

Give a pint of blood or two!

How can you make the experience of giving blood go by faster and be more pleasant? Bring your buddy with you! You can hold hands, practice sign language, talk and have a snack afterward. You'll have shared a unique helping experience. Sign up the two of you for your appointment from 9:00 a.m. – 1:00 p.m. on Thursday, July 13 by contacting Nancy Tasca at ext. 244.



Our Annual Luau will be held on Friday, August 4 at 2:30 PM in the fourth floor "hut". Prizes will be given for the best native costume. Enjoy smoothies and healthy snacks.

ORS Picnic

Seldom do we get together as colleagues with our families and friends. The annual picnic will be held on Sunday, August 27 at Goddard Park in Warwick. Bring your meal and something to share. Sports equipment for all ages is welcome. Grills will be available. Bring your family, friends or yourself. Just come. Contact Cheryl Stasio, ext. 302 or Sharon Morra ext. 335 for more information.

Some Ways to Keep Us Moving Are:

The Walk Rhode Island Walking Club sponsored by Blue Cross has a monthly walk organized around a theme that anyone can participate in. Each walk is approximately forty-five minutes.

On July 8th at 8:00 a.m. "How Walking Improves Your Body Composition" will start at the Temple to Music in Roger Williams Park.

"Get Ready for Walk Rhode Island" is the theme of the walk on August 19th that starts at the beachfront gazebo at Goddard State Park in Warwick at 8:00 a.m.

The sixth annual Walk Rhode Island event will be held on September 9th.

Making Strides Against Breast Cancer has already been scheduled for Sunday, October 22. A kickoff breakfast will be held Thursday, August 24 at the IMAX Theater in Providence. Anyone interested in forming a team, contact Steve Brunero at ext. 354.

Where are our adventurers?

We do have twenty-nine people going to New York on September 23 to see "The Drowsy Chaperone" on Broadway and enjoy the sights and sounds of the Big Apple. The bus is full, however, we'll be planning other events in the future. Suggestions for future adventures?

Dress Down Days

"Dress Down Days" will be held on

June 16th - July 7th* - July 21st - August 18th

*Your $1 donation will be used to purchase snacks for the Blood Drive.

Health and Wellness Past Events

What's Been Happening?

Another Award…We are going to need a trophy case. Ray Carroll and Roberta Accetturo accepted the "Superior" achievement plaque at this year's annual Worksite Wellness awards sponsored by the Chamber of Commerce and Blue Cross-Blue Shield. Guest speaker Karen Smyers who is a world champion triathlete and cancer survivor, inspired us all to keep reaching higher for our goals. We've set our sights on the silver award next. Help us reach our goal!

Project Undercover

As usual, the folks at ORS generously donated more than four large boxes of underwear, socks and diapers for needy Rhode Islanders. Thanks for your contributions!

May Brunch/ Shower

What do May brunches, baby showers and fitness have in common? They were all part of the May Brunch/Baby Shower for Teresa DiMattia held on April 28. Teresa received an array of beautiful and useful gifts for her healthy son, Domenic David born on May 24. (Co-worker Diana Marcotte also gave birth to a healthy boy, Jacob William on May 19).

The six-week Get Fit RI was launched by Melanie Sbardella. Seventy eager workers filled out a lifestyle questionnaire, received their pedometers and started walking for health and fitness. Anne Connolly, State Wellness Director, spoke about the benefits of the program. So far we have had three winners in the "Most Steps Taken" category - Jennifer Delage, Pete Lavallee, and Ron Racine. This event ends soon but let's keep it going in house! Thanks to Jan Verrechia for coordinating a lovely spring event with no rain.

Shape Up RI is nearing the end of a three-month commitment to increase physical activity. The Southern Rhode Island Beachcombers, also known as Region 4, led by Roberta Accetturo have been in the top five for physical activity. On Thursday, June 22 they will find out if they won a prize at the Closing Awards Ceremony to be held at the Columbus Theater in Providence from 5:00 - 7:00 p.m. Keynote speaker is Dr. Kelly Brownell, Director of the Rudd Center for Food Policy and Obesity at Yale University. Anyone is invited to attend this celebration of success in improving your life style.

We Want You

Do you have any ideas for activities to promote health and wellness at ORS? Exercise your mind by joining the Health and Wellness Committee at one of their next meetings in the fifth floor conference room. They are the following Fridays:

June 23 – 10:00 a.m. - July 21 – 11:00 a.m. - August 18 – 11:00 a.m.