Office of Rehabilitation Services

# Health and Wellness Matters

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Department of Human Services
Office of Rehabilitation Services
40 Fountain Street
Providence, RI 02903
401.421.7005 (V) - 401.421.7016 (TDD)
www.ors.ri.gov

## Ask the Doctor
## By "Dr. Conklin"

*October* is Breast Cancer Awareness Month. The best defense against breast cancer is to find it early, when it is most treatable. All women 40 and older should get a mammogram yearly. Protect yourself and others by learning about early detection guidelines at www.cancer.org/stridesonline. You can also sign up for a free email mammogram reminder.

*October* is also National Depression Awareness Month. Almost 30,000 people commit suicide in America each year. Most of them tell someone or give warning signs before taking their life. Stop a Suicide Today! is an effort to raise awareness and educate the public about how to recognize the warning signs and what to do if you are concerned about someone. www.stopasuicidetoday.org provides information and resources on this often ignored issue. If you suspect someone is considering suicide then

**ACT:** **Acknowledge it**
**Care by voicing concern**
**Get Treatment for them**

*November* is National Diabetes Month. We have been fortunate to have learned more about diabetes from the American Diabetes Association at our last luau. There are pamphlets in the fourth floor resource area. Check out their website at www.diabetes.org and take the diabetes risk test. Better yet, reduce your risk; raise your awareness and money for research by taking a walk. Team leaders Monica Dzialo & Wilissa, along with Wheeler Clemons, Karen Russell, Michelle Goeway and several family members raised $1,330 for the American Diabetes Association "Step Out to Fight Diabetes Walk" at Roger Williams Park.

If you really want to finally quit smoking, join with others who will participate in the Great American Smoke Out on Wednesday, November 14. If you are successful, your carbon monoxide level drops, circulation and lung function improve, coughing and shortness of breath lessen, chance of stroke, lung cancer, and coronary heart disease decrease. Contact Dr. Conklin at ext. 363 for more assistance. Research shows that for each hour of vigorous exercise such as brisk walking, an adult can gain 2 hours of life expectancy. Fall is a great time to get out and walk.

## Health & Wellness Committee

- *Advisors:* Steve Brunero, X354; Roberta Accetturo, X368
- *Medical Consultant:* Dr. Elizabeth Conklin, X363
- *Chair:* Sharon Morra, X335
- *Secretary/Treasurer* Melanie Sbardella, X338
- *Newsletter Editor:* Elinor Pickering, X331
- *Assistant Editor:* Karen Davis, X344
- *Layout:* Sharon DiPinto, X318
- *Administrator:* Raymond Carroll

## Congratulations!

Grace Pires and husband Robert became the proud parents of Kaden Pires on Thursday, July 19.

Karen Russell married Gregory LeBeau on September 9.

Jessica Tunison-Morgan and husband Ed welcomed their new daughter, Tatum Chapman on September 26.

**Congratulations to all!**

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

### Apple-Oat Delight

2 cups Oats (rolled or quick)
1/2 cups Coconut, unsweetened, shredded
2 Apples, shredded
1/2 tsp. Salt
1 cup Raisins
1/2 cup Pecans, chopped
3 cups Soy or Tofu milk
1 Tbsp. Vanilla

Spray an 8-inch by 8-inch or round baking dish. Sprinkle 2/3 C of the oats on the bottom of the dish Layer half of the raisins, coconut, and pecans, and 2/3 C more oats. Sprinkle all the shredded apples on top. Add the remainder of the raisins, oats, coconut and pecans. Whiz the salt, vanilla, and milk in a blender and pour over the layered mixture. You may need to add more milk until liquid comes to the top of the mixture.

Cover and bake 45-60 minutes at 350 degrees Fahrenheit. Uncover to crisp and brown on top (last 10 minutes). Yield: 12, 2/3 cup servings

Recipe from *Lifestyle Matters ™ Guilt-free Gourmet Cookbook*

### Luscious Lentil Soup

2 cups Dry lentils
1 med Onion, chopped
2 Garlic cloves, crushed
½ tsp Oregano
8 cups Water
½ cups Celery, diced
2 Tbsp. Bay leaves
¼ cups Parsley, chopped

Cook 20 minutes, then add:

2 med potatoes, peeled and cubed
2 cups Baby carrots or regular carrots, diced

When lentils are soft, add:

1 tsp Salt to taste
3 Tbsp. Tomato paste
1-14 oz can Tomatoes, chopped

Cook 10 more minutes. Serves 10.

Recipe from *Lifestyle Matters ™ Guilt-free Gourmet Cookbook*

# Health and Wellness Calendar of Events

## Mini Spa Escape

What could be better than a deluxe lunch? How about a deluxe spa treatment for free during lunch? On October 3rd and 4th, the Health and Wellness Committee arranged for you to sit back in your chair and be pampered by a professional, Renee Spaltholz and her staff. Forty-eight people, including men, took advantage of the relaxing neck wrap, eye patches and the break from the normal routine.

## Healthy Halloween Harvest

On Wednesday, October 31, Halloween, SBVI and Region 7 will sponsor a lunch of healthy harvest home-made foods at the Bates Motel, (third floor training room). Costumes are optional. A donation of $3 buys you a delicious buffet meal or you can prepare your own special dish. Missy Koch (ext. 420) will coordinate the menu (sign up list). There will be contests for the best foods in different categories. Ellie Pickering challenges everyone to bring a better apple pie.

## Free Flu Shot Clinics

Free flu shot clinics will be held for state employees and their dependants over 19 years old covered by United Health Care. **The Wellness Company** will be on the eighth floor at ORS on Friday, October 19 from 10:00 am—1:00 pm. Register online at www.thewellcomp.com or contact Cheryl Stasio ext. 302.

Other clinics will be held on Tuesday, November 13, 9:00 am to 12:00 noon at One Capital Hill, Providence, Conference Room B on the 2nd floor. Register by Friday, November 2 by calling Becky Keeling at 222-4045.

On Friday, November 16 there will be one at the Division of Motor Vehicles, 100 Main St, Pawtucket. Register with Ms. Keeling by Wednesday, November 7.

## Stress Relief in November?

With the added pressure and stress of the holidays fast approaching, the Health and Wellness Committee has decided to help get you in the right mood by providing a professional massage therapist to give you a ten minute chair massage. The massage parlor (eighth floor training room) will be open on Thursday, November 15 and Friday, November 16 from 9:00 am. There will be a speaker first, and then appointments will begin that will be previously arranged. Contact Cheryl Stasio, Ext. 302 to get on the list today!

## Dress Down Days

Dress down for $1 and help support others on:

Friday, October 12 - Friday, November 2

Friday, December 7

## We Want You

Do you have any ideas for activities to promote health and wellness at ORS? 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 conference room.

They are the following Fridays:

**October 12, 2:30 pm - November 9, 2:30 pm - December 14, 2:30 pm**

## Upcoming Walks

ORS has always had a good turnout for the Making Strides Against Breast Cancer Walk, so save Sunday, October 14 for an invigorating 4-mile walk around Roger Williams Park. You can set up a personal web page to make it easy to get donations by visiting www.cancer.org/strides.

Walk with ORS and other DHS employees, donate money, or come and cheer the walkers on that day. Registration starts at 7:00 a.m., and the walk begins from the Temple to Music at 8:00 a.m.. We had a beautiful day last year. Join us this time. Contact Roberta Accetturo at ext. 368 or Cheryl Stasio, ext. 302 to purchase a T-shirt for $12 or for more information.

The following weekend, Sunday, October 21, try a beautiful 2 or 3.5 mile walk around Newport for another Step Out to Fight Diabetes walk. Registration is at 10:00 a.m. at Salve Regina University.

## SECA

If you are unable to join one of these walks, or if you prefer to donate to a different charity, why not check out the list of organizations that you can support through SECA. Return your form for payroll deduction or contact Edward Sneesby at DHS. There will be a raffle for two $50 gift certificates for those who increase their pledge the most from last year.

# Health and Wellness Past Events

## Food, Glorious Food Drive

One hundred thirty five pounds of canned goods and $1,130 in monetary donations were collected at ORS for the Community Food Bank. Thanks again to Monica Dzialo for organizing this annual drive and to all who contributed to this most worthy cause.

## Shape up RI Softball Tournament

Ace pitcher Melanie Sbardella helped the state employees' team to a second place finish behind CVS. Officiated by Sam Horn, the tournament was held on July 21st in Newport. Congratulations to Melanie and all of her team-mates.

## Blood Drive

Nancy Tasca organized another successful drive for the RI Blood Bank on July 17. Eight people donated this much needed resource. Thanks to Nancy for all her hard work!

## Luau, Luau

Our annual luau was held on August 24 in the lunch room [also known as the Tiki Bar]. For a $1.00 donation, participants obtained fruit smoothies, leis and listened to a talk by Ed Garcia from the American Diabetes Association on the dangers of this serious illness.

Elizabeth Brooks and Paul Autote stole the prize for best dressed Hawaiian couple in their authentic native dress.

Thanks to Sharon Morra for simultaneously operating four blenders to give us a delicious variety of smoothies and to the Health and Wellness Committee for providing another Friday afternoon trip to paradise. Fifty dollars was donated to the American Diabetes Association.