



Office of Rehabilitation Services

Health and Wellness Matters

VOLUME 1, ISSUE 4

JANUARY/FEBRUARY
2005

Ask the Doctor By "Dr. Conklin"

January is National Blood Donor Month, and you can give the "Gift of Life."

Supplies tend to be the lowest due to illness and holiday bustle. Check the Rhode Island Blood

Center website: www.ribc.org to learn more facts about the blood supply and to check the times and location for donating this precious resource.

January is also National Eye Care Month. Everyone should



have a complete exam at least every two years; every year if you have diabetes or a family history of disease; immediately if you have pain, loss of sight, double vision, redness or swelling. Most diseases and disorders can be treated if detected early. A good website for eye care and general physical health is: www.healthierliving.org.

February is American Heart Month – the month you focus on those you love including yourself.

Heart disease is the leading killer of Americans today. Heart disease and stroke is the number one and number three killers of women, which is more than the next seven killers combined, including all forms of cancer.



Go Red for Women helps you learn how to reduce your risk for both. To learn more, call 1-888-MY-HEART or go to: www.americanheart.org.

Health & Wellness

Committee Chairs

- ♦ *Medical Consultant* - Dr. Elizabeth Conklin, X363
- ♦ *Advisor* - Steve Brunero, X354
- ♦ *Education* - Roberta Accetturo, X368
- ♦ *Bronze Award* - Melanie Grzych, X338
- ♦ *Social* - Sheila Moffat, X345
- ♦ *Physical Health* - Barbara Mulligan, X349
- ♦ *Newsletter Editor* - Elinor Pickering, X331
- ♦ *Layout* - Sharon DiPinto, X318

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

Recipe for 2005!

What are your resolutions for 2005? Did you decide to quit smoking, lose weight, and save money? That what many of us Americans resolve to do at the start of the brand new year. Why don't we stick with it? Because we need to have a plan to achieve this goal. Often we need help. If you declare your intentions to someone else, you make it public. If that person offers to do it with you, coach or support you, you have an ally in your

quest. This "buddy" or mentoring system helps a lot of people who find it difficult to stay on track or stay focused on their goal. Sometimes you can do it "cold turkey" when you have a goal such as losing weight for a wedding or class reunion, but unless you learn to "eat right and exercise", the weight starts to go right back on as soon as the event is over.

Here's the recipe for success! It's

a new year, and if you want to make the best of 2005, then make **health & wellness** part of every day. There are excellent books, organizations, health clubs, exercise programs and websites for losing weight, gaining strength, eating healthy, avoiding harmful substances and feeling better. Join our yoga class, start walking with Val Williams, consult with your physician or Dr. Conklin, but most importantly "Commit to Get Fit."

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How 2004 Ended

Adopt a Family

Where did your money go in 2004? One empty Christmas tree was brightened by the addition of numerous toys and articles of clothing under its branches. In addition, enough money was collected to help another family besides our adopted family of three.

Dress Down Day

Wasn't it great to wear our jeans and casual clothing while going through our work day? In addition to our comfort, the approximate 85 ORS staff who participated donated \$241 to the "**Rebecca Greene Memorial Fund**" which together with other funds was given to TechACCESS of RI to assist individuals with disabilities access needed technology.

"My Rebecca was a young woman of action and she lived her life doing the right thing but she did it in a quiet way because that was how it should be. She would not want any attention drawn to her simply for doing the right thing. But since I am her mother and forever proud of her, I just wanted to say thank you from the bottom of my heart."

Roberta Greene

Holiday Party

December 16th was a day of delicious, plentiful food, a lively gift swap, and good camaraderie. People still doing their holiday shopping fought over a Border's Books gift certificate, and others



needed wine to bring to a party or warm fleece to share with their family. If you didn't get the gift of your dreams, there's always next year. If you didn't get enough to eat, you started your diet too early. Congratulations to the Social Committee and Chair Sheila Moffat for another great party and to Val Williams for keeping our gift swap entertaining.



New Addition to the ORS Family

ORS will be without a Physical Committee Chair for a while since Barbara Mulligan-White gave birth to a girl, Alexandra Dakoka on January 5th. Barbara worked the day before which is a real testament to her being in a healthy physical state. Congratulations to Barbara and her husband Andy!

What's Happening in 2005?

Namaste!

Learn what that means as well as other Asian terms and movements when yoga begins for a new session on **Wednesday, January 19th**. It is held in the 8th floor conference room at 4:15 p.m. The six-week session costs \$50 or you can pay \$10 a class. This is a fantastic way to rejuvenate yourself, release tension, increase flexibility and increase muscle which can lead to weight loss. Come join us!

Warm Your Heart and Soul and Others

On the day we celebrate our love for others, **Monday, February 14th**, we are going to

hold a tea to warm ourselves from the brisk February weather and request donations to brighten the souls of the those affected by the devastating tsunami.



Wear your hats, gloves, ties, tails, whatever to this "**Dress Up**" affair. Donations of nutritious, healthy food and beverage items as well as for time and energy to "set up and clean up" are welcome. There will be a sign up sheet available. Plan to meet at 2:30 in the fourth floor lunch room and "dress to the nines", have fun, and help a great cause. Contact Jan (x342) or Ellie (x331) for more information.

Health and Wellness Calendar of Events

Friday, January 28th – noon
Ice Skating at the Fleet Skating Center
Dress Down Day

Monday, February 14th–2:30 p.m.
Warm Your Heart and Soul Tea
Dress Up Day

Friday, February 25th – noon
Ice Skating at the Fleet Skating Center
Dress Down Day

Thursday, March 17th–St. Patrick's Day Celebration

Friday, April 29th–May Breakfast

There will be more information on these events and interesting presentations will be added to help keep us informed.

What do you want to do in 2005 to increase your health and wellness?