

## 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  
Jessica Signore

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

## Summer Vegetable Spaghetti

“Keep the Beat - Heart Healthy Recipes  
from the National Heart, Lung and Blood Institute”

2 C small yellow onions, cut in eighths	2/3 C water
2 C (about 1 lb) ripe tomatoes, peeled, chopped	1/2 tsp chili powder
2 C (about 1 lb) yellow and green squash, thinly sliced	1/4 tsp salt
1 1/2 C (about 1/2 lb) fresh green beans, cut	to taste black pepper
2 Tbsp fresh parsley, minced	1 clove garlic, minced
1 can (6 oz) tomato paste	
1 lb spaghetti, uncooked	1/2 C Parmesan cheese, grated

1. Combine first 10 ingredients in large saucepan. Cook for 10 minutes, then stir in tomato paste. Cover and cook gently for 15 minutes, stirring occasionally, until vegetables are tender.

2. Cook spaghetti in unsalted water according to package directions.

3. Spoon sauce over drained hot spaghetti. Sprinkle Parmesan cheese on top.

Serving size: 1 cup spaghetti/3/4 cup sauce w/veggies Calories: 271; Total Fat: 3g; Carbs: 51g; Protein: 11g; Cholesterol: 4mg.



## Farmers Markets

With spring here, summer will be fast approaching. What better way to get your fresh fruits and vegetables than to go to a local farmers market! Farm Fresh RI has posted their 2010 Farmers Market schedule. Locations include [www.farmfreshri.org/about/markets.php](http://www.farmfreshri.org/about/markets.php)

Wintertime Farmers Market: Saturdays, November to May

Pawtucket - Summertime: Opens Sunday, July 11, 2010

Providence - Armory Park: Opens Thursday, June 3, 2010

Providence - Broad Street: Opens Saturday, July 10, 2010

Providence - Brown University - Opens Wednesday, September 1, 2010

Providence - Downtown: Opens Friday, June 4, 2010

Providence - Hope Street: Opens Saturday, June 5, 2010

Woonsocket: Opens Tuesday, July 6, 2010

For a complete listing of markets throughout Rhode Island, visit <http://www.dem.ri.gov/programs/bnatres/agricult/pdf/rimarkets.pdf>.



# Office of Rehabilitation Services Health and Wellness Matters

Volume 7, Issue 1  
March/April, 2010



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](http://www.ors.ri.gov)

## Springtime

Springtime is all about change - we change the time on our clocks so we have more daylight, the brown tones turn to green, the trees bloom with buds, gray skies turn blue, the warmth of the sun is fabulous! Then, allergy symptoms arrive!

### Tips For Reducing Springtime Allergy Symptoms

#### Do:

1. Wear glasses or sunglasses when outdoors. Covering your eyes keeps pollen & other irritants away from eyes, reducing itchiness and redness.
2. Shower and wash your hair before bed. Cleaning up before getting into bed helps remove pollen from your hair and skin.
3. Minimize activities outdoors when pollen counts are at their peak. (midday and afternoon hours).
4. Run the air conditioner at home. Leaving doors and windows open is a good way to invite allergens and other irritants inside your home.
5. Keep air conditioning and furnace filters fresh. It's important to change filters every three months.

#### Don't:

1. Treat symptoms without knowing what you're allergic to. You may think you know what's causing your allergy symptoms, but more than two-thirds of spring allergy sufferers actually have year-round allergies. An allergist can perform tests to pinpoint the cause of your suffering and then find the right treatment to stop it.
2. Spend blindly on over-the-counter medications. There are tons of allergy medications available at the store, only some of which can be very effective.
3. Wait too long to take allergy meds. Don't wait until symptoms kick in and you're already feeling bad to take allergy medication.

4. Hang clothing or laundry outside. On a clothesline, fabric can collect pollen. Instead, use a drying machine to reduce these allergens.

5. Eat produce and other foods that might aggravate sniffles and sneezing. If your mouth, lips and throat get itchy and you snuffle and sneeze after eating certain raw or fresh fruits or other foods, you may have "oral allergy syndrome."

### Fire Monitors

2nd Floor:	Deb Cannon
3rd Floor:	Marie Morin* Rebecca Cloutier* Melanie Sbardella*
4th Floor:	Joe Murphy* JoAnn Nannig* Jessica Palumbo* Dorian Havers* Michael Stannard*
5th Floor:	Steve Brunero* Ron Racine* Mario Olivieri* Lynn Paola* Valerie Williams*
6th Floor:	John Microulis Phil DiDomenico

\* Denotes AED/CPR Certified

## Health and Wellness Calendar of Events

### Upcoming Events

#### May Breakfast

On Thursday, April 29th 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. A Sign Up Sheet listing some suggestions needed for the breakfast is located on each floor. Anyone who would like to help set up or cleanup is invited to come early or stay late!

#### Yoga Class

What are you doing each Wednesday at 12:00 noon? Join Phil Lowry in a Yoga Session in the 8th floor conference room that is open to ORS staff. Find out more by contacting Phil at ext. 253. Phil is a Licensed Mental Health Counselor.

#### Rewards for Wellness

##### **Earn up to \$75 co-share credit!\***

Obtain Blood Pressure Screening equal to or less than 140/90 OR Consult with your physician on a treatment program between January 1, 2010 through June 1, 2010.

### Softball

Last years game with Goodwill Industries was such a success, another game will be held this year. If you are interested in being on the team, contact Melanie Sbardella at ext. 444.

**The Health and Wellness Committee** members are always trying to come up with some new and interesting activities for the upcoming year. Events being looked at include:

**Spring:** Audubon Society Nature Walk  
<http://www.asri.org/nature-programs-for-adults-families/nature-programs-and-tours-for-community-groups.html>

**Summer:** Ghost Tour, East Side, Providence  
<http://www.providenceghosttour.com/>

The "Golf Tournament in Memory of Gerald Shapiro" is also being planned for this summer.

**Fall:** Mini-Golf Tournament at Mulligan's  
<http://www.mulligansisland.com/mini.asp>

**Winter:** Snowtubing at Yawgoo Valley Resort  
[http://www.yawgoo.com/snow\\_tubing\\_park.htm](http://www.yawgoo.com/snow_tubing_park.htm)

If you have any ideas, please come to a meeting or contact a member with your ideas!!!

## 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 \$242.00 which included \$62 collected from Dress Down days in February. Donations are used to raise awareness of our need to support a healthy heart.

#### Daffodil Days - "Celebrate Hope"

ORS raised \$945.00 for the American Cancer Society. Thank you for all your support of Daffodil Days 2010, and to Brenda Gagnon and Carol Mattson for coordinating this annual event.

Money collected from the Dress Down Day was used to purchase a "Gift of Hope", daffodils that are anonymously delivered to cancer patients at various medical centers and health care facilities throughout the state to brighten their day.



### Red Cross CPR, First Aid and AED Training

Recent "graduates" include: VR - Steve Brunero, Mario Olivieri, Sherry Olink, Lynn Paola, Jessica Signore; SBVI - Joe Davis, Jeanne Sieben; DDS - Madeline Colon, Cindy DeRobbio, Phillip Lowry, Wendy Nebus, Cari Petrella, and Lori Spooner.

The 2nd class was held on Tuesday, March 30th. Attendees waiting to hear about their "graduation" include: Rebecca Clouter, Dr. Elizabeth Conklin, Brenda Gagnon, Anne Marie Izzi, Sam Xiong, Sam Xiong, Phil DiDomenico, and Melanie Sbardella.

REMINDER: Building & Fire Safety Floor Monitors are required to be certified in CPR, First Aid & AED. See list on cover of those for your floor!

Goodwill Industries of Rhode Island held its 6<sup>th</sup> Annual Red Nose Run and Walk for Work on Saturday, April 17th at Roger Williams Park. Joe Murphy collected \$54.00 to be donated to this good cause.

### Dress Down Days

Your \$1.00 (or more) contribution will be collected by Rebecca Cloutier (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):

**April 30th - May 14th - May 28th**

In addition to the American Heart Association and American Cancer Society donations, money collected from January's Dress Down Days totaled **\$104** and went to the **Leukemia and Lymphoma Society**. April's donations will go to the **Health & Wellness Committee**.

### We Want You

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

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 4th floor lunchroom on the following **Wednesdays at 1:30 p.m.**

**May 5th - June 2nd - June 30th - July 28th - August 25th**