



# Office of Rehabilitation Services

## Health and Wellness Matters

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

Approximately 127 million adults in the US are overweight, 60 million obese and 9 million are severely obese. Obesity in children from 6-11 years old has risen to 15.3% of the population, while adolescents aged 12-19 comprise 15.5%.

**March is National Nutrition Month.** The American Dietetic Association sponsors this annual campaign to help Americans focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. You can ask questions and find their "Healthy Eating on the Run: A Month of Tips" on their website at [www.eatright.org](http://www.eatright.org).

To get your recommended "5 to 9 a day", the National Cancer Institute gives the following advice. Add frozen or fresh vegetables like bell peppers, broccoli, spinach,

mushrooms or tomatoes to your eggs or omelets or stir fry them with lean meats or poultry. Make fruits and vegetables visible on tables or countertops or whip up smoothies made from fresh or frozen berries, ice and yogurt.

The Dietary Guidelines for Americans provides science-based advice to promote health and reduce the risk of developing major chronic diseases such as cardiovascular disease, Type 2 diabetes, hypertension, osteoporosis and certain cancers linked to poor diet and physical inactivity. The USDA Food Guide: <http://www.usda.gov/cnpp/pyramid/html> and Dietary Approaches to Stop Hypertension, (DASH) at <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/> are two examples of healthy eating patterns.

### Health & Wellness Committee Chairs

- ♦ *Medical Consultant* - Dr. Elizabeth Conklin, X363
- ♦ *Advisor* - Steve Brunero, X354
- ♦ *Education* - Roberta Accetturo, X368
- ♦ *Bronze Award* - Melanie Grzych, X338
- ♦ *Social* - Sharon Morra, X335
- ♦ *Physical Health* - Barbara Mulligan, X349
- ♦ *Newsletter Editor* - Elinor Pickering, X331
- ♦ *Layout* - Sharon DiPinto, X318

### Going for the Bronze.... WE DID IT!

ORS was notified that we won the **Bronze Award** for "Wellness in a Workplace" by WELCOA (Workplace Wellness Council of America). This recognizes ORS as one of the healthiest companies in America. This was a cooperative effort of many. Thanks to all who participated in functions geared towards winning this award, and a special thanks to Melanie Sbardella and Roberta Accetturo for all their hard work in completing this grant application.

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

**Herbed Roast Pork**— a light alternative to the traditional Easter ham.  
3-4 lb boneless pork roast                      2 tsp dried rosemary  
2 tsp. black peppercorns                      2 tsp dried thyme  
Crush the peppercorns and combine with other herbs. Rub this mixture to coat the outside of the roast. Place in shallow pan in a pre-heated 350° oven for 1 1/2 hours or until a meat thermometer registers 155°. Remove from oven and let sit for 10 minutes before serving. (Serves 6)

## Health and Wellness Calendar of Events

### Colon Cancer Awareness Month

Do you have a family history of colorectal cancer or polyps? You do not need to be tested on national television like Katie Couric, but you do need to see your physician about having a colonoscopy or sigmoidoscopy. Otherwise, it is recommended that you start testing at age 50 to prevent or treat the second most common cause of cancer death.

### Smokers Beware!

On March 1<sup>st</sup> RI became the seventh state to mandate that worksites be smoke free. If you want to quit smoking participate in the tenth annual Kick Butts Day on April 13<sup>th</sup>. Free patches, gum and counseling are available. For more information check these websites. <http://www.kickbuttsday.org> or [www.trytostop.org](http://www.trytostop.org) or call 1 800-TRY TO STOP.

### Alcohol Awareness Month

April is Alcohol Awareness Month and National Stress Month. A good website on dealing with stress is at [www.nlm.nih.gov/medlineplus/stress.html](http://www.nlm.nih.gov/medlineplus/stress.html). This year's theme for Alcohol Awareness is "Save a Life, Stop Underage Drinking." Young people see more television ads for beer and ale than for gum, sneakers and jeans. The National Commission on Alcoholism and Drug Dependence (NCADD) is inviting everyone to participate in an Alcohol Free Weekend April 2<sup>nd</sup> - 4<sup>th</sup> to help raise awareness of alcohol use and its effects on lives.

April 7<sup>th</sup> is National Alcohol Screening Day. You can be screened anonymously at a local site in Barrington, Warwick, Westerly or East Providence. Check for more information at [www.nationalalcoholcreeningday.org](http://www.nationalalcoholcreeningday.org). Two other websites are [www.ncadd.org](http://www.ncadd.org) and [www.health.org](http://www.health.org)

### What is ORS doing to continue promoting health and wellness?

On Friday, March 18 at 1:00 p.m. Dr. Vincent Pera, MD, Medical Director of the Lifespan Weight Management Program at Miriam Hospital, spoke on "Obesity as a Disability" in the eighth floor conference room. He was joined by Teresa Jerominek, RD, a nutritionist with his program, who instructed us on proper nutrition to promote wellness. Coffee, juice and healthy snacks such as fruit, veggies and nuts were provided.

### Breakfast Anyone?

Who are the best chefs, men or women?



Do you prefer Wolfgang Puck or Julia Child? On Friday, April 29<sup>th</sup>, at 10:00 a.m., the men at ORS will be in charge of our Annual May Breakfast. Chief Chef Jack Parrillo will be whipping his egg dishes into shape.

Steve Brunero will prepare his steel cut oatmeal. Contact Chairman Joe Murphy at x323 to help, or Sharon Morra x335 or Kristy Moles x339, to contribute.

### Gracias

For the past nearly two years, **Sheila Moffat** has been chairperson of the Social Committee of the Health & Wellness Initiative at ORS. She has spent countless hours organizing, initiating, coordinating and overseeing the teas, breakfasts, Christmas parties, picnics, etc., as well as assisting and participating in those activities and the ones sponsored by the Physical Committee such as the walks and the Halloween Hike. When an event turns out as well coordinated and planned as they have under her tutelage, it is easy to forget how much time and attention has gone into making something "just right" for others to enjoy. Sheila has been on top of every detail and deserves our appreciation for giving us all a number of enjoyable and informative events to remember. Her efforts have played a key role in ORS becoming the first worksite wellness site in RI to win the Bronze Award. Thank you Sheila from all of us.

We are pleased to announce that Sharon Thistlewaite-Morra has taken over this important committee. Let's give her our continuing support.

## Health and Wellness Past Events

Go Red For Women Day—On Friday, February 4<sup>th</sup>, the dress code was wear red to support the American Heart Association's efforts to promote awareness of the number one killer of women and men. Your efforts helped to raise **\$405** to fight cardiovascular disease. Thanks to Rosemary Feeney for coordinating this event.

Did You Warm Your Heart & Soul on February 14<sup>th</sup>? Hot tea, healthy snacks, desserts, scones, sandwiches and the piece de resistance creation of chocolatier, Jan Verecchia, the chocolate fondue, were available for all to "dip into" at the Warm Your Heart & Soul Tea. **Lauren Alviti** spoke on the important services provided by the American Red Cross. Longevity awards were presented to Michaela Stannard and Rosemary Feeney. Winner of the awards for most authentic and creative was Sharon DiPinto who looked stunning in her black outfit that would have been perfect for a White House tea. Ellie Pickering was dressed all in red to win the most colorful prize.

Thanks to co-chairs Jan Verecchia and Ellie Pickering, and to all who contributed and participated in this event



(Lauren Alviti, Ellie P.)