



Office of Rehabilitation Services

Health and Wellness Matters

Volume 2, Issue 3
May/June 2005

40 Fountain Street
Providence, RI 02903
401.421.7005 (V) - 401.421.7016 (TDD)
www.ors.ri.gov

Health & Wellness Committee

Ask the Doctor By "Dr. Conklin"

May is "Asthma and Allergy Awareness Month"

Did you know...?

- Rhode Island has the third worst asthma rate in the country.
- Nearly 100,000 Rhode Islanders suffer from asthma.
- Asthma is the leading cause of missed school days.

The [American Lung Association](http://www.lungusa.org) website, www.lungusa.org provides information concerning asthma, allergies, COPD, smoking cessation, as well as lung cancer. If you have asthma, you are encouraged to know your asthma score. Take the asthma control test—five simple questions to help you and your doctor determine if your treatment plan is working.

Link to the [RI Chapter of the American Lung Association](#) and learn how you can help by participating in the [Asthma Walk](#) on [Saturday, May 14th](#) at Roger Williams Park.

If you suffer from seasonal allergies, click on the American Academy of Allergy, Asthma & Immunology website, www.aaaai.org, for ten tips to ease your allergy symptoms.

June is "Sun Protection Month"

Check out the information from the American Cancer Society on www.cancer.org regarding skin cancer prevention and early detection. Learn how to protect yourself from UV rays and what to look for when examining your skin.

&

"Natural Safety Month"

The 2005 theme is "Safety: where we live, work and play". Starting on June 1st, the National Safety Council's webpage, www.nsc.org, will provide ideas and information on how to stay safe.

- *Medical Consultant* - Dr. Elizabeth Conklin, X363
- *Advisor* - Steve Brunero, X354
- *Chair* - Sharon Morra, X335
- *Newsletter Editor* - Elinor Pickering, X331
- *Layout* - Sharon DiPinto, X318

 is the complete online resource for runners, offering the web's most comprehensive race calendar, race results listings, training and advice. Check out this cool website - <http://coolrunning.com>.

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

[Steel Cut Oatmeal](#)

Boil 4 cups water (I like to supplement 2 cups organic soymilk).

1 cup McCann's Steel-Cut Oatmeal (you can supplement 1/2 cup regular oatmeal—don't use minute oatmeal for smoother consistency.)

Boil 1/2 hour stirring occasionally to prevent sticking/burning.

Optional: Add 1 tsp. flaxseed or 1/8 c. blueberries or 1 ripe banana

Serve with real Vermont maple syrup! Low cholesterol—high fiber....enjoy.

Submitted by: Steve Brunero

Health and Wellness Calendar of Events

Want to Dress Casual and Help Others?

We have lots of dress down days during the summer - nearly every other Friday. Your \$1 contribution will help a charitable organization. Please wear office-appropriate clothing – change for the beach or pool after work!

Dress Down Days

- Friday, May 13th
- Friday, June 3rd
- Friday, June 17th
- Friday, July 1st
- Friday, July 22nd - "Hawaiian Day"
- Friday, August 5th
- Friday, August 19th



Annual Picnic

We don't know where or what time, but we do know when. The **ORS Picnic/Family Day** will be held on **Saturday, July 30th**. You are welcome to bring your family, friends, and even your pets!

Would you like to exercise during or after workdays??

Now that winter is gone officially and in reality, you can get out your sneakers, walking or running shoes or hiking boots and join a noontime walking club around the city of Providence. For those who prefer to wear socks or go barefoot, you can join **yoga on Fridays at 4:15 p.m.** in the eight floor confer-

ence room. Either way, you'll feel refreshed. Call Val at ext. 302 to walk and Ellie at ext. 331 to do yoga.

Will Speck Memorial Road Race

You'll begin this 5K run/walk at the Cranston High School West Track on **Sunday, June 19th**. Registration time is 8:00 a.m. and the fee is \$15. Help celebrate Will's life and memories. See Val for a registration form.



Walk the Rhode to Health

On Saturday, **June 11th at 10:00 a.m.** join in the DHS Statewide Walk sponsored by Bradley Hospital. The walk will begin at Bradley Hospital and continue along the East Bay Bike Path. **No registration or fee required.**

What else will the Health & Wellness Committee be sponsoring in the future?

Perhaps CPR training, a breast cancer in-service, a volleyball team, walkathons and ways to help out communities and ourselves. Join our team!

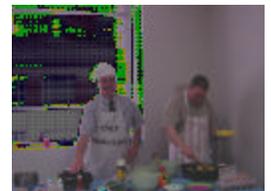
Worksite Wellness

The 11th Annual Worksite Wellness Council of Rhode Island/Worksite Health Awards are being held **May 26th** at 7:45 am at the Providence Marriott. In addition to the Bronze Award, ORS is also the recipient of the **"Outstanding" Worksite Health Award**, an awards program of the RI Chamber of Business Industry and the Greater Providence Chamber of Commerce.

Health and Wellness Past Events

May Breakfast

Coffee, tea or steel-cut oatmeal? You could have these, as well as custom made to order eggs prepared by our sous chef Jack Parrillo and chef-in-training, Joe Murphy.



Delicious "stick to your ribs" steel cut or rolled oatmeal with a variety of accompaniments was prepared by Steve Brunero. Other healthy food choices were on hand to overflow your plate.



Yoga instructor, Manuela Birner, demonstrated how we can all get some exercise while sitting in our desk chair and avoid that stiffness in your neck, shoulders, and back.

Sharon Morra and Kristy Moles coordinated this sumptuous event. Thanks to all who contributed and participated.



In addition, four overflowing baskets of undergarments for needy families were collected for "Project Undercover".