



Office of Rehabilitation Services

Health and Wellness Matters

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Ask the Doctor By "Dr. Conklin"

November is National Diabetes Month.

Did you know that 6.3% of our population has diabetes, and 8.7% of all men and women over 20 years old have this disease and these numbers keep rising? People with diabetes have higher rates of heart disease, high blood pressure, kidney disease, blindness, nervous system disease, amputations, dental disease and complications of pregnancy.

Research has shown that lifestyle changes can prevent or delay the onset of type 2 diabetes among high risk adults. These changes include diet and moderate intensity physical activity such as walking as little as two and a half hours a week. Check out the American Diabetes Association website, www.diabetes.org, for more information including their low calorie, reduced carbohydrate "recipe of the day".

November 17, 2005 is the annual Great American Smoke Out. You can join with others across the country to "kick the habit". Research has shown that 70% of the 45 million current smokers want to quit and are more successful if they have some form of support such as nicotine replacement products, counsel-

ing, prescription medicines guide-books and the encouragement of friends. Become adopted or adopt someone at work or home. One fun, inexpensive way to encourage smokers to quit besides giving them information on local resources for quitting and tips available at www.cancer.org/smokeout, is to prepare a "quit kit". This can include: sticks of gum, to remind them to stick with it, Smarties to remind them smart they are, a rubber band for their wrist, to remind them to stay

Health & Wellness Committee

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

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

New England McIntosh Cake

1 1/2 c. canola oil	1 tsp baking oil
2 cups sugar	1 tsp cinnamon
3 eggs	1/2 cup sugar
1/2 c. nutmeg	3 cup flour
3 c peeled, cored, & chopped apples	1 tsp salt
1 cup chopped walnuts or pecans	2 tsp vanilla

Preheat oven to 350 and grease a 9x13 pan. Beat sugar and oil with a whisk or electric mixer until well blended. Add eggs one at a time, beating well. Mix dry ingredients and use a wooden spoon to gradually add to batter. Stir in apples, nuts and vanilla and pour mixture into pan. Bake 60-70 minutes until golden brown and firm.

Health and Wellness Calendar of Events

November

We're trying to surpass last year's 410,000 pledge to SECA! More details to follow on this charitable event.

"**Take Of Your Turkey Calories Trot**" will be held at noon on **Friday, November 25th**. A scavenger hunt will help keep you moving. If you have any leftovers from Thanksgiving you'd like to share, bring them in for after the walk.

December

On **Friday, December 2nd**, an informational session is being presented by the Health & Wellness Committee at 2:30 p.m.

The **5th Annual Pre-Christmas Breakfast** will be held on **Friday, December 23rd**. All are welcome!

Our **Christmas Party** and gift exchange extravaganza will be held on **Thursday, December 15th**.

Yoga is back! Want to stretch your muscles while relieving stress? Yoga with Manuela Birner will begin on **Thursday, November 3rd** and continue weekly through December 15th. The cost is \$9 per class if you sign up now for the whole session or \$13 if you decide to drop in. For more information contact Ellie Pickering at x331 or Manuela at moonstruck@earthlink.net.

Dress Down Days

For \$1 you can wear your casual clothes and help a charity on the following Fridays: **November 18th, December 2nd, December 16th and December 30th**.

Health & Wellness Committee

Want to join the Health & Wellness Committee and plan for what you are interested in???

Meet at the 5th Floor Conference Room on the following Fridays.

November 4th at 2pm December 2nd at 2pm
December 16th at 11am December 30th at 2pm

Health and Wellness Past Events

What's Been Happening?

New Orleans and the Gulf Coast were devastated by Katrina, but you looked great decked out in Mardi Gras beads. You helped raise \$1,311 to give to the RI Red Cross for hurricane relief. According to a close friend living near New Orleans, they plan to hold Mardi Gras in 2006. So hold onto your beads!

Our Health & Wellness Guru

Steve Brunero continues to give us information on sustaining a healthy life style through email and maintaining a health and wellness board in the 4th floor lunch room. Check them out! If you have any suggestions or information to include, feel free to add it to the Wellness Board.

"Walk for Work"

Steve Brunero and Joe Murphy participated in the Goodwill "Walk for Work" on Saturday, October 22nd at Roger Williams Park. This three-mile walk was a good way to help a great organization and exercise at a beautiful location while "racking up the points".

Remember that with each healthy activity you participate in at work or on your own, you are earning points leading up to winning a great prize at our January Luau.

Make sure to inform Sharon Morra x335 of all your healthy events to help keep track of your points.