Office of Rehabilitation Services

Health and Wellness Matters

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Department of Human Services
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Administrator's Corner

by Steve Brunero

(Steve is a member of the Governor's Wellness Steering Committee under Executive Order 05-12 and has been the DHS Wellness Coordinator for the past 8 years.)

Six years ago the State of Rhode Island became the first state in the country to earn the Wellness Councils of America (WELCOA) "Gold Award". Since then the Wellness Champions for state departments have been instrumental in guiding the State to incentivize wellness programs, and today state employees are able to earn up to $500.00 in healthy reimbursements for participating in **Rewards for Wellness** programs.

Today at ORS, the Worksite Wellness Team is still up and running and going strong to provide wellness activities, educational information, and nutritional support to employees at the three divisions at ORS. I would like to personally commend Sharon Thistlewaite–Morra, Brenda Gagnon, and all of the members of the ORS Wellness Team for taking the time to organize and commit to a healthier ORS. The ORS Wellness Team has been a leader in providing on-site Health Fairs where blood pressure screenings, BMI, vision, and cholesterol screenings are offered to all ORS employees. Yearly Flu Clinics are administered at ORS, as well as weekly exercise programs.

Employees are reporting that they are eating healthier, exercising more, and managing stress better by actively participating in Wellness Activities. Studies show that exercising 30 minutes a day can produce a healthier you and prevent onset of many conditions. A healthier workforce is also a more productive workforce for the clients we are entrusted to serve. I urge all employees to take the time to devotee a portion of your time each week to maintaining a healthier you!

Best of Health!

Steve

2013 RI Farmers' Markets

Mount Hope Farmers' Market, Bristol - Saturdays
Goddard State Park, Warwick - Fridays
Blackstone River State Park, Lincoln - Tuesdays
Capitol Hill/Dept of Health, Providence - Thursdays
Downtown/Kennedy Plaza, Providence - Tuesdays
Memorial Park, Johnston - Mondays
Northwest/Petersens Farm, Glocester - Sundays
Pastore Complex, Cranston - Fridays
Slater Park, Pawtucket - Sundays
Village Green, Scituate - Saturdays
URI, South Kingstown - Saturdays
Wickford Village - Thursdays

For the most up-to-date listing, go to
www.FarmFresh.org

* * *

Like No Udder

If you didn't get to try out their non-dairy soft serve and vegan treats, the truck will be back on **August 15th** and **29th** at **2:00 pm**. Give it a try!!!!

Health and Wellness Calendar of Events

Upcoming Events

Veggie Boxes

Farm Fresh Rhode Island is back with the **Veggie Box,** a Worksite Wellness program that delivers fresh vegetables & fruits from local farms to our workplace. Boxes cost **$25 bi-weekly.** They contain 8-10 different types of fruits & veggies and weigh about 10-15 lbs. Participants will also receive a newsletter bi-weekly that includes delivery information, recipe suggestions, how to store your Veggie Box, and stories about the farms that are supplying your food. There is a one-time annual fee of $6. You will be billed the full amount of your Veggie Box session.

Plans are in the Works for:

Luau

It's time to get out your little grass skirt, leis, and Hawaiian shirts. Planning is set to begin. The ORS Annual Luau is set for Thursday, August 22 at 2pm in the 4th Floor Tiki Bar! There will be a guest speaker and prizes for the "Best Dressed"!

ORS Health Fair and Flu Clinics

The 2013 ORS Health Fair **is planned for Thursday,** September 12th **and the** Flu Clinic is planned for **Wednesday,** October 2nd in the **8th Floor** Conference Room. Times and registration information will be emailed out once it is received!

Rewards for Wellness

The **2013 - 2014 Rewards for Wellness Program** is up and running and the first incentive activity is the "Choosing Care" tutorial and 10-question quiz. Eligible employees must complete the online tutorial and questionnaire by September 6, 2013, to qualify for the **$50 co-share credit**. For more information go to www.wellness.ri.gov.

We need "fresh ideas and faces!"

Are you participating in an activity that benefits your health? Do you think others might also be interested in this activity? Bring your ideas for events you would like to see by joining the Health & Wellness Committee at their next meeting in the 4th floor lunchroom on:

August 14, 2013 @ 9:30am

* * * Dress Down Days * * *

Remember... Your $1.00 (or more) contribution for Dress Down Day Fridays (pay days) is used for the following events/charities:

September will be donated to the Gerry Shapiro Memorial Endowment

October will be donated to the Gloria Gemma Breast Cancer

So be sure to drop off your donation at these locations:

3rd Floor - See Rebecca Cloutier

4th Floor - Envelope at Kayleigh McCarthy's Cubicle

5th Floor - Envelope in Sharon DiPinto's office

6th Floor - Envelope hanging between Men's and Ladies' Rooms

The **Gerry Shapiro Memorial Scholarship** at the University of Rhode Island now has **$82,676.**

The endowment monies go to URI students with disabilities.

Thank you for your contributions throughout the year and for **ORS Dress Down Days**!

Health & Wellness Past Events

What's Been Happening?

May Breakfast

ORS Staff celebrated May Day a little later this year than usual. On **May 15th** the ORS Health and Wellness Committee sponsored a **Mid-May Continental Breakfast** where staff enjoyed spending break time with their co-workers and longevity awards were handed out. In the spirit of being green, staff was asked to bring their own coffee mug. **Regina Kwolek** brought her creatively-designed mug with a bear decked out with its ORS hat and umbrella and won a gift certificate to Coffee Plus! Also a big thank you goes out to **Joe DiBattista** and **Steve Brunero** for donating parking spots for a raffle that was held to benefit Relay for Life - American Cancer Society. Winners of those prime parking spots were **Beth Rioles and Lori Spooner**.

Bake Sale

The H & W Committee held a bake sale on Tuesday, July 9th. Members spent time cooking all sorts of goodies to be sold. There were home-made cookies, brownies, cakes, pies, pastries, and organic and gluten-free items. Total made was **$140.00.** ORS definitely has some good cooks/ bakers working here!!!

Like No Udder

Like No Udder is a mobile unit that serves non-dairy soft serve and vegan treats. A $1.00 off coupon was given out to staff compliments of the ORS Health & Wellness Committee to use on **Thursday, July 11th**. 22 ORS staff participated and enjoyed this tasty treat.

Health & Wellness Information

Wellness RI

Is that bathing suit not looking so good on you? Are those shorts you loved last year a little bit more snug this year?

Visit www.wellness.ri.gov to see what options are out there to help you lose those few extra pounds you found over this past winter.

The State of RI and Weight Watchers offers employees special savings when you purchase a Monthly Pass at the discounted rate of $36.50. There is even a potential reimbursement of 50% for up to five months if you attend a minimum of 3 meetings per month.

Brown University has partnered with Miriam Hospital for a NO COST Internet weight loss program as well. Call the Weight Control & Diabetes Research Center at 793-8977.

What are you "weighting" for???
Join today!

Health & Wellness Committee

- *Administrator:* Steve Brunero x27854
- *Medical Consultant:* Dr. Elizabeth Conklin, X27757
- *Chair:* Sharon Morra, X27848
- *Advisor:* Melanie Sbardella, X27917
- *Layout:* Sharon DiPinto, X27818

Members

Carolyn Blessing
Madeline Colon
Alicia DiMasi
Ann Marie Folcarelli
Brenda Gagnon
Kayleigh McCarthy
Jeff Milette

Zucchini and Feta Cheese Pie

(Serves 8)

Ingredients:

5 small zucchini (about 1 1/4 lbs), divided
3 Tbsp. flour
3 eggs
1 (6-oz) tub Feta Cheese crumbles
1 frozen (9-in) plain or whole wheat pie crust

Directions:

Preheat oven to 350^0 F. Slice one zucchini very thinly and set aside. Grate remaining zucchini, firmly squeezing it by the handful to remove as much liquid as possible. In a large bowl, whisk together flour and eggs. Reserve 1/2 cup of Feta cheese, and then stir grated zucchini and remaining cheese into egg mixture. Transfer to pie crust, top with slice zucchini and reserved cheese and bake until firm and golden brown, 50 - 55 minutes. Set aside to cool, and then serve warm or cold.

Easiest Berry Crisp

(Serves 6-8)

Ingredients:

6 Tbsp. unsalted butter (room temp), plus more for baking dish
1 1/2 lbs (about 5 cups) mixed berries
1/3 c. plus 1/4 c. dark brown sugar (divided)
3/4 c. all purpose flour (divided)
1 c. old-fashioned or quick-cooking oats

Directions:

Preheat oven to 375^{0}F. Lightly butter an 8- or 9-inch square baking dish or 9-inch pie plate. In a large bowl, combine fruit, 1/3 c. sugar and 1/4 c. flour and toss until evenly coated. Transfer to baking dish.

For topping, stir together oats, remaining sugar and flour. Using pastry blender, cut in butter until well combined. Spread topping over fruit, pressing down slightly.

Bake until top is golden brown and the fruit is tender and bubbly, about 40 mins. Let cool 10 minutes and serve warm. Preferably with whipped cream!!!!

Summer Food Safety Tips

Nothing can ruin a summer vacation or a poolside party faster than spoiled food. Luckily there are some ways to make sure you can have fun in the sun and a good meal.

- To avoid bacteria, keep cold foods chilled and cook hot foods to the proper internal temperature (inside of meat should be cooked to 145 degrees Fahrenheit)
- Low, even heat can keep meat tender and cooked all the way through
- Cleaning cooking utensils is a must to avoid cross-contamination
- Remember - bacteria thrives when food reaches temperatures between 40-100 degrees Fahrenheit