Office of Rehabilitation Services

Health and Wellness Matters

Volume 4, Issue 2
Summer, 2007

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

ORS Award Winners

Superior Award

On May 31st, Ray Carroll accepted the "Superior Award" for achieving a healthy worksite at ORS, which was given by Blue Cross/Blue Shield and the Greater Providence Chamber of Commerce. With him admiring the award is Roberta Accetturo, Health & Wellness Committee Advisor.

Gold Award

Steve Brunero was presented the "Gold Award" for Worksite Wellness at ORS by WELCOA on June 20th. Steve and Ann DeBonis were instrumental in DHS/Cranston also being recognized for achieving the Gold Award.

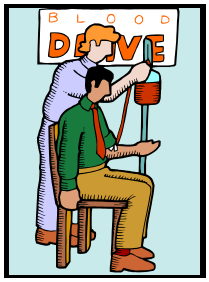
Everyone who has contributed in any way at an event or as part of the Health and Wellness Committee shares in these awards. Several people, however, deserve special recognition - Ray Carroll, Administrator; Steve Brunero, Health & Wellness "Guru"; Roberta Accetturo, Advisor; Dr. Conklin, Medical Advisor; Melanie Sbardella, Grant Writer; and Committee Chairs Sharon Morra and Sheila Moffat.

Thanks to everyone!

Cheryl Stasio, Ray Carroll, Ann Debonis, Steve Brunero, Roberta Accetturo, Melanie Sbardella, Ellie Pickering

Health and Wellness Calendar of Events

Give Hope - Give Life - Give Time - Give Blood!



Monday, July 17th is the next ORS blood drive. Nancy Tasca and Brenda Gagnon have done such a great job in organizing past blood drives that the Blood Center will once again be at 40 Fountain Street. Contact Nancy Tasca, ext. 244 for more information.

Luau, Luau

It's time to get out your little grass skirt and Hawaiian shirts.

Our Annual Luau is on Friday, August 24th at 2:30 p.m. A speaker from the American Diabetes Association will advise us on how to prevent or manage this escalating illness. Of course, we'll also have our delicious smoothies to refresh us.

Congratulations

Congratulations to Melanie Sbardella! ORS's ace pitcher has been selected to play softball on the Get Fit RI team. Sam Horn, of Boston Red Sox fame, will be on hand for the July 21st tournament.

Weight Watchers at Work

Seventeen people lost over 200 pounds collectively at the first Weight Watcher's at Work program at ORS. Once a week during lunch you can join with others in learning how to combine healthy eating, diet, and exercise to achieve your fitness goals. Call Cheryl Stasio at ext.302 to join the next 8-week session which will begin July 24th or come to the informational session on July 17th to see if this could benefit you. **Cost is $98**.

Dress Down Days

Dress down to support a charitable cause such as the American Diabetes Association or future Health & Wellness Events!

Your $1.00 contribution adds up and will be collected by Cheryl Stasio, Roberta Accetturo, Brenda Gagnon, Nancy Tasca or Sharon Morra on the following Fridays:

June 29th
July 27th
August 24th – Annual Luau

July 13th
August 10th
September 7th
September 21st

We Want You

Do you have any ideas for activities to promote health and wellness at ORS? Bring your ideas for events you would like to see by joining the Health & Wellness Committee at one of their meetings in the 5th floor conference room.

They are the following Fridays:

Friday, July 27 – 10:30 AM ♦ Friday, August 17 – 10:30 AM ♦ Friday, September 14 – 2:30 PM

Health and Wellness Past Events

What's Been Happening?

Walk for Work

On Saturday, April 14th, Steve Brunero, Barbara Mulligan, Joe Murphy and family members represented ORS at the 3.5 mile walk and presented Goodwill Industries with a $120 donation.

Wellness Team members participated in the Governor's Wellness Celebration and Walk on April 10th after Rhode Island was designated as the "First Wellness State in America" by WELCOA.

May Breakfast

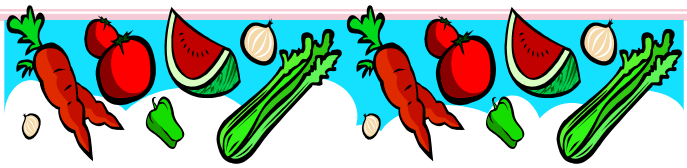
On "May Day", ORS joined in the worldwide celebration of summer with our Annual May Breakfast. JoAnn Nannig and the Region I crew made certain we had plenty of hot whole-grain pancakes, cold juice, and an array of health breakfast food.

Margaret Koch organized our first May Queen Contest, which included voting with your quarters for the candidate of your choice. Ron Racine, and Monica Dzialo's guide dog, Willissa were strong contenders, but eventually Ellie Pickering received the crown and scepter. Her ladies in waiting - Roberta Accetturo, Karen Davis, Elizabeth Brooks, Margaret Koch, Michaela Stannard, Jan Verrechia, Sheila Moffat, Melanie Sbardella and Sharon Morra - helped support some May events.

The Health & Wellness Committee collected $46 which went to the MS Society 150 Bike Tour through various events.

Health Fair

Did you get your blood pressure and body mass index checked on May 30th? That's the day Steve Brunero and the Wellness Committee organized our first Health Fair. Representatives from United Health were available to check your readings and give some advice and handouts on healthy living.



10 Best Low-Carb Snacks

1. Sliced turkey breast, roast beef, chicken breast, or ham wrapped around celery sticks
2. Sliced avocado salad with olive oil and 1 tsp. balsamic vinegar
3. Quarter cup roasted almonds
4. Cup of roasted peanuts in the shell
5. Four large boiled shrimp with sugar free cocktail sauce
6. Two cups sugar free gelatin
7. Hard boiled eggs
8. String cheese
9. Celery stuffed with no sugar added nut butter
10. Marinated olives and fennel

***Take these along when you are enjoying an outdoor activity.**

Health & Wellness Committee

- *Administrator:* Raymond Carroll
- *Medical Consultant:* Dr. Elizabeth Conklin, X363
- *Advisors:* Steve Brunero, X354 Roberta Accetturo, X368
- *Chair:* Sharon Morra, X335
- *Secretary/Treasurer* Melanie Sbardella, X338
- *Newsletter Editor:* Elinor Pickering, X331
- *Assistant Editor:* Karen Davis, X344
- *Layout:* Sharon DiPinto, X318

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

Frozen Peanut Butter Treat Cups

¾ cup low fat peanut butter
1 - 8 oz. container of fat free Cool Whip – defrosted
¼ cup Hershey's Lite Chocolate syrup

Mix well the peanut butter and 1 cup Cool Whip. When blended, fold in remainder of the Cool Whip. Line muffin pan with 12 cup-cake liners. Add mixture to each and top with a drizzle of chocolate syrup. Place in freezer until frozen. [1 point or about 100 calories]

Recipe submitted by Cheryl Stasio

Ask the Doctor By "Dr. Conklin"

Summer Sun Protection

Summer has officially arrived with its heat and more exposure to sun. Skin cancer is the most common form of cancer in the US. Just a few serious sunburns can increase your risk in later life. For all you new moms and all of us who need to baby our skin in this season, here are some tips for going outside safely.

1. Hide and seek - UVA and UVB rays are strongest and most harmful during midday, so it's best to plan indoor activities then.
2. Cover 'em up - clothing that covers your skin helps protect against UV rays.
3. Get a hat - that shades the face, scalp, ears and neck for the best protection.
4. Shades are cool - look for sunglasses that wrap around and block as close to 100 % of both UVA and UVB rays as possible.
5. Rub on sunscreen - The American Academy of Pediatrics now advises that sunscreen use on babies less than six months old is not harmful on small areas such as the face and back of hands. Use SPF 15 or higher.

National Safety - "Click it or Ticket"

The odds of being killed in a motor crash are three times higher at night, which is also when seat belt use declines substantially. Law enforcement officials are cracking down on this unsafe practice with "Click it or Ticket".