Office of Rehabilitation Services

Health and Wellness Matters

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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

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 7 years.)

The State of Rhode Island and Governor's Office continue to support the Rhode Island State Employees Wellness Initiative where state employees are eligible to earn up to $500.00 in Rewards for Wellness savings. Recently state employees have participated in walks and exercise programs, which resulted in state employees walking 1,043,686,293 steps in the Physical Activity Challenge - that's 2.2 times from the Earth to the Moon!

Steve Brunero, First Lady Stephanie Chafee, ReGina Martinous, & Sheril Carbone

On a warm, sunny Thursday afternoon in May, a motivated group of state employees including ReGina Martinous, Sheril Carbone, and Steve Brunero walked with First Lady Stephanie Chafee to get in some additional pedometer steps for the Physical Activity Challenge. The First Lady is a big proponent of the Challenge and invited others to walk with her during lunch.

The walk started at the south steps of the State House, went to Waterplace Park, down to Café Nuovo, and then circled back to the north steps of the State House. The route took about a half an hour, and participants were able to gain about 3,500 steps - almost two miles! Nice weather, good exercise, and great company - a healthy way to spend a lunch break!

Health and Wellness Calendar of Events

Upcoming Events

Luau

It's time to get out your little grass skirt, leis, and Hawaiian shirts.
Planning has begun. The date for our ORS Annual Luau to be held on is Friday, August 3rd at 2:30 p.m. in the 4th Floor Tiki Bar!

Yoga

Two days - two teachers - twice the relaxation.

On Wednesdays at 12 noon for 1/2 hour, let Phil Lowry teach you how to release those tension and frustrations.

On Mondays at 12 noon for 1/2 hour, Carol Bouley will help you gain relaxation and inner awareness through yoga.

Both classes will be held on the 8th floor.

Plans are in the Works

The annual ORS Halloween Party with a new twist to it!!! More information will be coming out in the future.

We Want You

Are you participating in an activity that benefits your health?
Do you think others might also be interested in this activity?

We need "fresh ideas and faces!"

Bring your ideas for events you would like to see by joining the Health & Wellness Committee at one of their next meetings in the 4th floor lunchroom
on

July 27th at 10:00 a.m.
September 11th at 10:00 a.m.

* * * Dress Down Days * * *

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

June and July will be used by the H & W Committee for upcoming events
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 by enjoying a healthy home-cooked breakfast while spending break time with their co-workers for ORS' Annual May Breakfast. The guest speaker, Kyle Rogers, talked about physical fitness and simple exercises that can be done while at work.

Daffodil Days

ORS raised $380.00 for the American Cancer Society. Thank you for all your support of Daffodil Days 2012, and to Lynn Paola for coordinating this annual event.

Employee Safety

Steve Cross, former Providence Police Officer/current Ethics Chief Investigator, provided ORS staff with valuable information and helpful tips as to how to stay safe both in the office and walking to the parking garage. *Thanks Steve!*

2012 Dress Down Day Donations

January	$49 to American Heart Association
February	$49 to American Cancer Society
March	$49 to American Heart Association
April	$49 to Make a Wish Foundation

Hope everyone has a Happy and Safe 4th of July!

Health & Wellness Information

Physical Activity Challenge: April 16 - May 20

It's over but that doesn't mean we can't all continue!!! Stay motivated by setting goals and choosing activities you enjoy!

7 Tips for Staying Motivated

1. Set goals. Short-term, Intermediate-term and long-term goals. Make them realistic and achievable.
2. Make it fun. Find sports or activities that you enjoy. Remember variety is the spice of life - so mix it up and vary the routine.
3. Make physical activity part of your daily routine. If you don't have the time, make it. Take stairs instead of the elevator, ride a stationary bike or do strength training while watching tv. Be creative!
4. Put it on paper. Keep an exercise diary. See your progress on paper!
5. Join forces with co-workers, friends, neighbors, or others. Invite friends or neighbors to a Zumba class, fitness class or just a walk around the block.
6. Reward yourself. Enjoy the feeling after a good workout or buy those new shoes or clothes that you wanted!
7. Be flexible. If you don't feel well or are too busy, take a day off. Just remember to get back on track as soon as possible.

Excerpts by Mayo Clinic Staff

Health & Wellness Committee

- *Administrator:* Steve Brunero x354
- *Medical Consultant:* Dr. Elizabeth Conklin, X363
- *Chair:* Sharon Morra, X348
- *Advisor:* Melanie Sbardella, X444
- *Layout:* Sharon DiPinto, X318

Members
Rebecca Cloutier
Madeline Colon
Alicia DiMasi
Brenda Gagnon
Patty Ianiere
Philip Lowry
ReGina Martinous
Teresa O'Brien
Lynn Paola
Grace Pires
Kyle Rogers
Diana Siravo-Marcotte
Jessica Warwick-Palumbo

Healthy Choices

Grilled Chilled Chicken Salad with Strawberry Dressing

From: EatingWell for a Healthy Heart Cookbook (2008)

YIELD: 4 2-cup servings

Ingredients

- 8 ounces thin asparagus, stem ends snapped off, cut into 2-inch pieces (about 2 cups)
- 1/2 pound sugar snap peas, stemmed (2 cups)
- 8 ounces snow peas, stemmed (2 cups)
- 2 tablespoons fresh lemon juice
- 1 tablespoon almond oil or canola oil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/2 cup chopped scallions
- 12 ounces boneless, skinless chicken breasts, trimmed
- 2 teaspoons canola oil
- 1 teaspoon salt-free lemon-pepper seasoning
- Fresh Strawberry Dressing, (recipe follows)
- 1/4 cup sliced almonds, toasted
- 4 whole strawberries, for garnish

Nutrition :Per serving: 321 calories; 17 g fat (2 g sat , 11 g mono); 49 mg cholesterol; 17 g carbohydrates; 25 g protein; 5 g fiber; 356 mg sodium; 633 mg potassium.

Preparation

1. Put a large pot of water on to boil for cooking vegetables. Prepare a grill or preheat broiler.
2. Blanch asparagus, sugar snaps and snow peas in boiling water for 2 minutes. Drain, rinse with cold water to refresh, then blot dry with paper towels. Whisk lemon juice, almond oil (or canola oil), salt and pepper in a medium bowl. Add the vegetables and scallions; toss to coat.
3. Rub chicken with canola oil and sprinkle with lemon-pepper seasoning. Oil the grill rack. Grill the chicken and cook until lightly browned and no longer pink in the center, about 6 minutes per side. (Alternatively, broil the chicken on an oiled broiler pan 4 to 6 inches from the heat source until cooked through, about 6 minutes per side.) Let rest for 5 minutes.

Cut the chicken crosswise into 1/4-inch-thick slices. Divide the vegetable mixture among 4 plates. Arrange the chicken over the vegetables. Spoon about 3 tablespoons Fresh Strawberry Dressing over each salad. Sprinkle with almonds and garnish each serving with a strawberry. Serve immediately.

Fresh Strawberry Dressing

- 1 cup strawberries, (6 large berries), rinsed, hulled and sliced
- 1 tablespoon balsamic vinegar
- 3/4 teaspoon freshly ground pepper
- 1/2 teaspoon sugar
- 1/4 teaspoon salt

1. Place strawberries, vinegar, pepper, sugar and salt in a blender or food processor; process until pureed, stopping once or twice to scrape down the sides. Add oil and process until smooth.

Make Ahead Tip: Cover and refrigerate for up to 2 days.

Nutrition: Per tablespoon: 26 calories; 2 g fat (0 g sat , 2 g mono); 0 mg cholesterol; 1 g carbohydrates; 0 g protein; 0 g fiber; 49 mg sodium; 20 mg potassium