



# Office of Rehabilitation Services Health and Wellness Matters

Volume 4, Issue 1  
Spring, 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 Gets the Gold!!! WELCOA Gold Award

Great news! The Rhode Island Office of Rehabilitation Services has been awarded the **Gold Award** for worksite wellness programming by the **Worksite Wellness Council of America**. Congratulations to all of us, and especially to the Worksite Wellness Team members for their leadership and commitment to improving the health and wellness of all of our colleagues. Formal notification and award information will be forthcoming. Congratulations to our Partner Agency, **DHS Cranston**, for also achieving the WELCOA Gold Award.

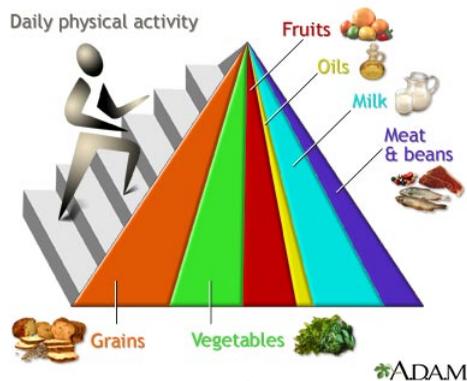


### Ask the Doctor By "Dr. Conklin"

#### March is National Nutrition Month

The American Dietetic Association, ADA, says an effective way to achieve a healthy lifestyle is to be 100% "fad" free.

- Develop an eating plan for lifelong health.
- Get back to basics and use the Dietary Guidelines 2005 and MY PYRAMID as your healthy eating guide.



- When consumed in moderation and in the appropriate portion size, all foods can fit into a healthful diet.
- Learn how to spot and avoid a food fad [exaggerated claims that eating or not eating specific foods, nutritional supplements or compliments of food may cure disease or offer quick weight loss].

*(Continued on back page)*

## Health and Wellness Calendar of Events

### We Need Your Type!

Monday, March 19th is the day for the next blood drive. Healthy snacks are available for the donors on the eighth floor. Contact Nancy Tasca, ext. 244 for more information.



### Spring into Motion

Join us at one of the following events:

Saturday, April 14th 9:00 a.m.- Registration - Goodwill Industries "Walk for Work", Roger Williams Temple to Music. Partnering with Ringling Brothers and Barnum and Bailey, there will be a Red Nose Run for kids.

Saturday, May 5th 9:00 a.m. - Southern New England Heart Walk at Colt State Park. All finishers receive a free Subway sandwich and a PawSox ticket.



### May Breakfast

On Tuesday, May 1st at 10:00 a.m. prepare to celebrate this culinary beginning of spring on the fourth floor. Teams will compete to determine the

"survivors" of Dr Conklin's questions on health. Presentations from the American Diabetes Association and several "surprise" healthy presentations are planned.

### Weight Watchers at Work

Long recognized as one of the most successful weight loss and healthy lifestyle programs, Weight Watchers is coming to 40 Fountain Street. During lunch once a week on Tuesdays you can join with others in learning how to combine healthy eating, diet, and exercise to achieve your fitness goals. Contact Cheryl Stasio at 421-7005 ext. 302 to register.

#### Dress Down Days

Dress down to support future Health & Wellness Events!

Your \$1.00 contribution will be collected by Cheryl Stasio, Roberta Accetturo, Brenda Gagnon, Nancy Tasca or Sharon Morra on the following Fridays: April 6th

May 4th - June 22nd

June 29th - July 13th

July 27th - August 10th

August 20 - Annual Luau



Money collected from the March 9th Dress Down Day will be donated to Goodwill's Walk. Karen Davis and Carol Mattson won a beach ball and water bottle for their extra contribution.

#### 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: April 6th - 1:30 p.m. \* May 4th - 2:30 p.m.

June 1st - 2:30 p.m. \* June 29th - Noon \* June 27th - 10:30 a.m. \* August 17th - 10:30 a.m.

## Health and Wellness Past Events

### What's Been Happening?

#### 2007 - So Far

Neither snow nor sleet or rain was allowed to drown out our [Heart and Soul Tea](#) held on Valentine's Day. [Cheryl Stasio](#) received a prize for winning the "Mad Hatter" contest for the most creative head apparel. Unfortunately our guest speaker from the American Heart Association could not be present. We did, however, take time to relax and enjoy the camaraderie of co-workers in the tradition of England and other countries who find that this break from work is beneficial for the body and mind. Thanks to the Health and Wellness Committee for supplying the delicious array of traditional foods for our annual tea.



#### Go Red

Forty-three people wore red clothes and pins on February 2nd to support the [American Heart Association's Go Red Day](#). [Rosemary Feeney](#) collected [\\$220](#) to be used to raise awareness of our need to support a healthy heart.

#### 2006 - A Very Good Year

It may not seem like much has happened so let's take a look back at what took place in the name of Health and

Wellness in 2006 for us and others. Thirty-two people had their wellness checked in a survey by the Health Department and learned some things they could do to improve their fitness. [Forty pints of blood](#) were donated in three blood drives. Ten people from ORS joined thousands of others at the five-mile [Making Strides for Breast Cancer](#) walk on October 22. [Yoga classes](#) were held after work. Seventy people received pedometers to increase their amount of walking as part of [Walk Fit RI](#). Region IV won second place in most steps taken for their participation in [Shape Up RI](#).

We learned about [Skincare](#) and results of sun damage to our skin and fought on teams to decide who had the most knowledge of health and wellness while we enjoyed our [Annual Tea](#) and [Luau](#).



Monthly and summer bi-weekly [Dress Down Days](#) were held to raise money and one dress down day was added to help the family of a DHS employee who died tragically young. We wore red to raise money for [Heart Disease Prevention](#) and bought yellow daffodils to benefit [Cancer Research](#). We were able to receive [Flu Shots](#) at work, [Adopted a Family](#) for Christmas, gave [Food Baskets](#) to the Food Bank, and scheduled two [Road Trips to New York](#) which

Morton C. Orman, MD, in his book *The 14 Day Stress Cure*, cites the [Five Deadly Myths About Stress](#):

1. [Myth](#): Stress is inevitable. [Truth](#): In fact many people lead relatively stress free lives.
2. [Myth](#): Stress is something we can cope with or deal with directly. [Truth](#): In effect, stress is just a word we use to stand for the specific problems and conflicts in our lives.
3. [Myth](#): Some degree of stress is good or healthy for us. [Truth](#): There is no good or healthy stress.
4. [Myth](#): The best way to deal with stress is to manage it with physical exercise, meditation, biofeedback, or other relaxation techniques. [Truth](#): Though these are beneficial, we still need to deal with the root cause of our problems.
5. [Myth](#): Our minds play a role in much of the stress we experience. [Truth](#): Biolinguistics shows that our bodies, not our minds, are responsible for much of the stress we experience.

For more information go to [www.stresscure.com](http://www.stresscure.com)

## Health & Wellness Committee

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

## Healthy Choices— “Recipes for the Heart from the Heart”

### Greek Lemon & Chicken Thighs and Potatoes

*From the Weight Watchers*

1/2 cup fresh lemon juice	1/2 cup fat - free chicken broth
2 Tbsp olive oil	4 medium garlic cloves, minced
2 Tbsp dried oregano	1 1/2 pound boneless, skinless chicken thighs, about 8 thighs
1 spray cooking spray	
1 pound cooked new potatoes	

Place lemon juice, broth, oil, garlic, and oregano in a large re-sealable plastic bag or medium glass bowl. Add chicken, seal bag or cover bowl and marinate at least 2 hours or up to overnight in refrigerator. Preheat oven to 356°F. Coat a 9 X 11-inch with cooking spray. Place chicken and marinade in pan; add potatoes. Bake 60 minutes or longer for softer potatoes. Yields about 2 chicken thighs and 5 potato halves per serving. You may substitute boneless, skinless chicken breasts for the thighs, but reduce the cooking time by 15 minutes.

Add some fresh asparagus to complete your healthy meal.

*Recipe submitted by Karen Davis*



*(Continued from front page)*

- Find your balance between food and physical activity which controls body weight, promotes a feeling of well-being and reduces the risk of chronic disease.
- A registered dietician can help you develop a diet plan unique to your particular needs. To locate one in your area contact the ADA at [www.eatright.org](http://www.eatright.org).

## April is Stress Awareness Month

For the 15th consecutive year, April has been designated by the Health Resource Network, HRN, as a national cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent. **April 16th** - the day after income taxes are due - is further designated as **Stress Awareness Day**.

Some facts about stress are that it contributes to the development of heart disease, high blood pressure, strokes, alcoholism, obesity, drug and cigarette addiction as well as other harmful behaviors.