

Health & Wellness Committee

- *Medical Consultant:*
Dr. Elizabeth Conklin, X363
- *Advisors:*
Steve Brunero, X354
Roberta Accetturo, X368
- *Chair:*
Sharon Morra, X335
- *Newsletter Editor:*
Elinor Pickering, X331
- *Layout:*
Sharon DiPinto, X318

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

Sun Dried Tomato and Kalamata Olive Chicken from the New American Heart Association Cookbook, 7th Ed.

Rich tasting sun-dried tomatoes, Greek olives and feta cheese come together for this simple, yet sensational meal. (Serves 4)

- 10 sun-dried tomato halves, chopped
- 1/4 cup boiling water
- 4 boneless, skinless chicken breast halves
- 1 teaspoon dried oregano, crumbled (divided)
- 12 Kalamata olives, finely chopped
- 1/4 cup finely snipped fresh parsley
- 1/8 teaspoon crushed red pepper flakes
- 1 oz. fat-free or low-fat feta cheese, crumbled
- 1/8 teaspoon salt
- 2 teaspoons olive oil (extra-virgin preferred)

Directions:

In a small bowl, stir together the sun-dried tomatoes and water. Let stand for 10 minutes. Drain then return tomatoes to bowl.

Meanwhile, discard all visible fat from the chicken. Flatten chicken with a meat mallet or rolling pin between two pieces plastic wrap to a thickness of 1/4 inch being careful not to tear meat.

Sprinkle 1/2 teaspoon oregano over the chicken.

Stir the olives, 1/2 teaspoon oregano, and red pepper flakes into the tomatoes. Gently stir in the feta cheese. Heat a 10-inch nonstick skillet over medium high heat. Cook the chicken for 3 minutes. Turn over and cook for 3 minutes or until no longer pink in the center. Remove from the heat. Sprinkle the salt over the chicken. To serve, put chicken on each plate, top each serving with 1/4 cup tomato mixture, and drizzle each serving with 1/2 teaspoon olive oil. Enjoy!



Office of Rehabilitation Services Health and Wellness Matters

Volume 3, Issue 1
January/February, 2006



40 Fountain Street
Providence, RI 02903
401.421.7005 (V) -
401.421.7016 (TDD)
www.ors.ri.gov

Ask the Doctor By “Dr. Conklin”

January is National Blood Donor Month

Did you know?

Every two seconds someone in the United States needs blood..... 60% of the US population are eligible to give, but only 5% do..... A healthy person can donate every 56 days.

January is a difficult month for blood centers to collect blood donations and blood is tradition in short supply during the winter months. The American Association of Blood Banks, www.AABB.org provides facts about blood, blood donation & locations to donate blood.



In RI you can donate at:

[Aquidneck Island Donor Center](#) - 700 Aquidneck Avenue - Middletown, RI - 848-7422

[Rhode Island Blood Center](#) - 405 Promenade Street - Providence, RI - 453-8353 - www.ribc.org

[South County Donor Center](#) - 14 Woodruff Avenue, Suite 12 - Narragansett, RI - 792-2207

[Warwick Donor Center](#) - 400 Bald Hill Road - Warwick, RI - 739-3162

Or wait until March 9th when the ORS Health & Wellness Committee will be holding a drive in our building.

In anticipation of [National Alzheimer's Awareness Month in January](#), the Alzheimer's Disease Education and Referral Center, www.alzheimers.org provides hints for caregivers of persons with Alzheimer's disease. Encourage family members and friends to visit the Alzheimer's patient for short periods of time, keep the number of visitors to a minimum, avoid situations that are noisy, involve change and are confusing for the patient, and maintain the memory impaired person's routine as close to normal as possible.

[February is American Heart Month](#) - Take the “Learn and Live Quiz” on the American Heart Association's website, www.americanheart.org, and receive a list of resources to help you live a longer, stronger life. Free health programs and questions to ask your doctor are included. If you save your results and register when you take this quiz, you can receive an American Heart Association cookbook.



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Health and Wellness Calendar of Events

January

Yoga [oohhhmmmmmm] If you missed the last session of yoga, don't despair. This relaxing, stretching form of exercise and proper breathing will resume at 4:15 p.m. on Wednesday, January 11th for six consecutive weeks. Sign up for the session for \$54 or drop in for \$13 a class. For more information, contact Yoga Instructor Manuela at moonduck@earthlink.net.

February

High Tea Our third annual "Warm Your Heart and Soul Tea" will be held on Valentine's Day, Tuesday, February 14th. Regardless of the weather, you can come in from the cold and warm yourself with hot beverages and healthy refreshments. Dr. Conklin will instruct us on how to set up our own personal health register (PHR). According to www.myphr.com, "Your health information is scattered across many different providers and facilities. Keeping your own complete, updated and easily accessible health record means you can play a more active role in your own health care. Overall, it gives you more intimate knowledge of your health information, including an active role in preventive care." This will help you keep track of all your appointments, procedures, test results, etc. and make it easier for you or someone else to coordinate your health



information when you are ill, out of town or the country. Come join us at 2:30 p.m. on the fourth floor.

Go Red for Women Day

Rosemary Feeney, ext. 314, will be coordinating this year's campaign scheduled for Friday, February 3rd, which benefits the American Heart Association. For a \$5



donation you will receive a red dress pin. Don't forget to wear red that day and show your support!

Dress Down Days

For \$1 you can wear your casual clothes and help a charity on the following Fridays:

January 27th and February 24th.



Health & Wellness Committee

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

Meetings will be held in the 5th Floor Small Conference Room at 2 p.m. on the following Fridays.

January 27th and February 24th

Health and Wellness Past Events

Helping to Keep You Happy at Work

Did you get "shot" on December 14th?? The Health & Wellness Committee arranged for you to get a yearly flu shot without leaving 40 Fountain Street. This protection can help prevent some very uncomfortable sick days!



Do you find it difficult to schedule an appointment with your physician for a routine checkup?? On December 2nd, the St. Francis Cares and Wellness Center provided blood glucose and blood pressure screenings on the eight floor. If you took advantage, you saved time, gasoline and a co-pay.



ORS Holiday Party

Which did you like best - the food, the gift swap, the camaraderie, time away from work or all of the above???

The food was delicious, the gift exchange with Val Williams was lively as always, and the time to enjoy the company of co-workers away from the demands of work was priceless. Thanks to Valerie Diaz and the Committee for planning this enjoyable event!



SECA Campaign

Another generous year from the employees of ORS...contributions from 59 donors totaled **\$8,745.62.**

Future Event

Give the gift that keeps on giving!

Donating a pint of blood is safe, sterile and takes no more than 10-12 minutes. This blood only lasts 42 days, so there is a need for a continuous supply. More than 38,000 donations are needed daily.



On Thursday, March 9th, you can be one of them. The RI Blood Center will be on the 8th floor from 9 a.m. - 1 p.m. taking donations. After giving your previous gift, you will receive healthy refreshments and time to rest before you return to your job.

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February is also Wise Health Consumer Month.

Having your health information organized and accessible is the first step toward being a wise consumer. You can start early by utilizing your United Healthcare website, www.myuhc.com. If you would prefer to create a hard copy of your own Personal Health Register (PHR), you can download health information forms for adults and children from this website.