



Health & Wellness News

Inside This Issue:

Has Winter Got You Down?

Why Is ORS Sponsoring These Activities?

Meet the Health & Wellness Committee Chairs

What's In A Name?

And the Survey Says...

Upcoming Events



Meet the Health & Wellness Committee Chairs

- ♦ *Medical Consultant* - Dr. Elizabeth Conklin, X363
- ♦ *Advisor* - Steve Brunero, X354
- ♦ *Education* - Roberta Accetturo, X368
- ♦ *Bronze Award* - Melanie Grzych, X338
- ♦ *Social* - Sheila Moffat, X345
- ♦ *Physical Health* - Barbara Mulligan, X349

Has Winter Got You Down?

Are you worried that spring will never "sprung"? Have you tended to stay indoors and become a couch potato or computer game whiz while putting on a few extra pounds? While you have been trudging through the snow, sleet, rain and ice and wishing you were in Florida, a group has formed with your well-being in mind.



The ORS Health & Wellness Committee has sponsored several activities and is continuing to plan future events to help your mind, body and spirit. For you cold weather adventurers, several skating parties

were held at Fleet Skating Rink, and "Warm Your Heart and Soul Day" brought ORS, SBVI and DDS workers indoor to enjoy good food and fellowship and bring out clothing to the needy clients of Traveler's Aid.

April is Stress Awareness and Alcohol Awareness Month. Our own in-house psychologist, Dr. Joseph Litchman, will speak on Stress Management and issues of alcohol use on Friday, [April 23rd, 9-10 a.m.](#) in the 5th floor large conference room. To get individual answers, check these websites:

www.nlm.nih.gov/medlineplus/stress.html is a health information service of the U.S.

National Library of Medicine & National Institute of Health. This can link you to articles from MayoClinic.com such as [Managing Workplace Stress: Plan Your Approach](#)



or to ClevelandClinic.org to read [Stress: How Can I Cope?](#) A link to the NIMH website illustrates the important public education campaign "Real Men, Real Depression".

www.nmha.org is the website for the nonprofit National Mental Health Association. You can find easy to read fact sheets on topics ranging from stress to substance abuse to codependency issues.

Why Is ORS Sponsoring These Activities?

We want to be a "well workplace" and so, in conjunction with the Worksite Wellness Council of Rhode Island, which is an affiliate of the Wellness Council of America (WELCOA), we are endeavoring to win the Bronze Award by establishing a program

to promote healthier living for our employees.

This initiative began after the Surgeon General's report titled "The Healthy People Document" espoused that "The health care of the nation's citizens can be significantly

improved through actions individuals can take themselves and through actions decision makers in public and private sector can take to promote a safe and healthier environment for all Americans at home, at work and at play."

Office of Rehabilitation Services
40 Fountain Street
Providence, RI 02903
401-421-7005
Fax: 401-222-3538
www.ors.ri.gov

What's In A Name?

If you have ideas for this newsletter, contact Editor Ellie Pickering at ext. 331. Meanwhile, I have a task for all of you. Find a suitable name for this newsletter, and the one selected by the Committee will win a fabulous prize.

Some other informative sites to peruse in your "spare" time are:

www.drdonnica.com - Women's health issues
www.goaskalice.columbia.edu question & answer internet service produced by the Columbia University Health Education Program.

And the Survey Says.....

In response to what you said you wanted to do in your survey, we are holding a [May Breakfast on Friday, April 30th at 9:30 a.m.](#) in the 4th floor lunch room. Each region will coordinate with their representative what they can contribute to this culinary feast. This gives a chance for you gourmands and would-be chefs to show off your expertise with a spatula, baking pan or purchasing the best half-gallon of OJ! We hope to have good food and a good time to herald the beginning of May or Beltane as it was called by the Anglo-Saxons. May Day was symbolic of a return to life, the defeat of a hard winter, with new hopes for good planting and rich harvests. May 1st was also chosen in many parts of the world as their Labor Day. (Don't get your hopes up...after we fill our bodies, we will return to filling our minds with work!)

[May is Asthma and Allergy Awareness Month, and National Women's](#)

[Health Week](#) will be held from May 9-15th. The number one work-related illness in the United States is occupational lung disease with 20 million Americans suffering from asthma.

www.aaaai.org is an informative website produced by the American Academy of Asthma, Allergy & Immunology. Take a quiz to find out if your asthma is allergic. There is also a just-for-kids section with interactive games and storybooks to help them understand.

Another excellent website is www.lungusa.org/rhodeisland. There is an interesting occupational health section, as well as a link to Freedom from Smoking Online—a free smoking cessation program.

www.4woman.gov is the national women's health information center of the Department of Health & Human Services which provides up-to-date reliable health information.

Upcoming Events—Mark Your Calendar!

[May](#) - besides your paycheck, you will receive advice on avoiding osteoporosis.

[On May 21st](#) from 9-11 a.m. Training on Personal Safety for Human Service Workers will be held.

Asthma Awareness Education & Screening will be sponsored by the ORS Wellness Committee and RI Lung Association on [May 14th at 1:00 p.m.](#) in the 8th Floor Conference Room.

[June](#) - On [Saturday, June 12th](#), as part of the Family Health and Safety Month, we will host a Family Day at



*Family Health & Safety Month
Family Day
Saturday, June 12th*

Goddard State Park. We will have three picnic tables in field D at sites 3, 4, and 5 reserved. There will be no entrance or parking fees. Raffles and prizes for various events will be held. So bring your bats and balls, Frisbees, cricket bats or other sporting paraphernalia of choice and don't forget your family!

[July](#) - we will heat up the month with a high tea!

[August](#) - a cool, refreshing Bay Queen Cruise.

[September](#) - an exciting bus trip to New York City.

Dress Down Days and Dress Up Days for charitable organizations, Trinity play groups, possibly a golf tournament and educational events are all projects in the works. Articles on several health topics and recreation books are in the 4th floor lunch room for your use. These events are being planned for you. If you have questions, ideas, concerns or want to help, contact the committee chairs. There will be more to come on all of the events.

*As we begin to
buzz into spring
and summer,
make every day
safe and
healthy for you,
your family and
friends!*

