Health & Wellness Committee

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

Orange Cream Cheese Cookie Cups
Weight Watchers—POINTS Value: 1

8 oz light cream cheese, divided
2 Tbsp. reduced-calorie margarine
1 Tbsp. sugar
1 large egg
2 tsp. orange zest
3 Tbsp fat-free skim milk
1 cup all purpose flour
1/3 cup sugar
1 Tbsp. orange juice, fresh
1 tsp. vanilla extract

Preheat oven to 350 degrees. Coat two 12-cup miniature muffin pans with cooking spray; set aside. To prepare cookie dough, in a large mixing bowl combine 2 oz. cream cheese, milk and margarine. Beat on low speed until blended. In a small bowl, combine flour and 1 tablespoon sugar. Beat flour mixture into cream cheese mixture on low speed until blended. Transfer cookie dough to a lightly floured surface and knead gently 4 times. Divide dough into 24 equal portions and press each portion into bottom and up side of prepared muffin pans; set aside.

To prepare filling, in a food processor or large bowl, combine remaining six oz of cream cheese, 1/3 cup sugar, egg, orange juice, zest and vanilla. Blend until smooth.
Spoon 2 teaspoons filling into prepared cookie cups. Bake until filling is set and edges are golden, about 20-25 minutes. Cool on wire racks.

Shape Up RI

Saturday, May 10th from 9:30 a.m.—12:00 noon
The Chace Wellness Center at Bryant University

Learn about the latest in Rhode Island wellness programs from over 50 exhibitors. This FREE event features blood pressure and health screenings, demonstrations of martial arts and yoga, and exciting door prizes! There will be special games and prizes for children, including a chance to play in the Y bounce room, so bring your whole team and entire family! Plus you can help cheer on the winning Shape Up RI teams who will be honored after the fair.

Special guest speaker, Dr. David Katz, ABC Television Health Advisor and Director of the Yale University Prevention Research Center will be receiving the prestigious Shape Up RI Award for National Leadership on Obesity Prevention. For more information visit www.shapeupri.org.

2008 Arthritis Walks

Saturday, May 3rd
Garden City Center - Cranston
* * *
Saturday, May 17th
South County Orthopedics - Wakefield
Registration begins at 9:00 a.m. for both walks.

Register online today! Once you register, you can set up your own personal Web page and begin fund raising. Tell your friends and family by clicking "Email Friends" on your personal Web page. Raise $100 or more and earn an official Arthritis Walk® T-shirt.

Need more information or a team kit? Call 401-739-3773.The Arthritis Walk® is the Arthritis Foundation's annual nationwide event that raises awareness and funds to fight arthritis, the nation's leading cause of disability.

Office of Rehabilitation Services

Health and Wellness Matters

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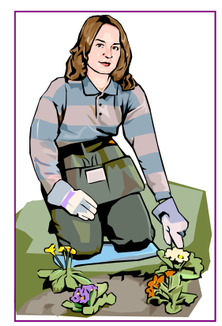
Ask the Doctor
By "Dr. Conklin"

May is Arthritis Month

Nearly 27 million Americans are living with osteoarthritis caused by muscoskeletal or genetic defects, obesity, or injury and overuse.

Ten ways to protect joints are:
Maintain your ideal body weight.
Move your body
Stand upright.
Use the big joints
Pace your self.
Listen to your body.
Don't be static
Forget the weekend warrior.
Wear proper safety equipment.
Ask for help.



Contact the arthritis foundation at http://www.arthritis.org

June is Sun Protection Month

Skin cancer is the most common of all cancers, accounting for nearly half of all cancer cases in the US. The American Cancer Society promotes the program, Slip, Slap, Slop!

Or when outdoors -
Slip on a shirt.
Slop on some sunscreen
Slap on a hat

To further reduce your risk of skin cancer -
Seek shade
Avoid the sun between 10am and 4pm
Wrap on sunglasses
Avoid other sources of UV light such as tanning beds and sun lamps.

Enjoy the outdoors, but be protected even on cloudy days. http://www.cancer.org can provide more helpful ideas for safely enjoying the upcoming warmer weather.

Health and Wellness Calendar of Events

Spring Breakfast

On Friday, April 25th at 10:00 a.m. prepare to celebrate this culinary beginning of spring on the third floor. Please come and join us as we help both Pat Ryherd and Andy Mayer begin their retirement. We welcome any breakfast specialties you would like to bring. If you don't want to cook, donations are appreciated, which will go toward the coffee, drinks and paper products and whatever else is needed.

Weight Watchers

What have you got to lose? You can find out and begin taking steps to lose weight at Weight Watchers at Work held on Tuesdays at noon on the third floor. Contact **Cheryl Stasio ext. 302** to find out how and when you can join.

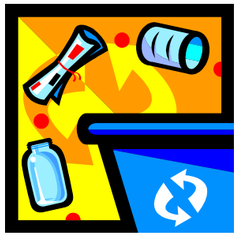
Namaste!

Yoga will begin again in May at 4:15 p.m. at **One Capitol Hill**. Relax, stretch and enjoy this gentle workout with other state employees.

Contact Cheryl Stasio ext. 302 or Ellie Pickering ext. 331 for more information.

Let's Go Green

Wearing green on St. Patrick's Day is not enough! Our landfill is overflowing, our planet is being destroyed. What can we do? At home we can switch to energy efficient light bulbs and reuse cloth bags at the grocery store. At work we can bring in our favorite cup and reuse it every time we get a cup of coffee or tea from the 3rd floor lunch room.



What else can we do to save our small corner of this beautiful earth? Give your ideas to someone on the Health & Wellness Committee or better yet, bring them yourself to the next committee meeting.

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, or Sharon Morra on the following Fridays:

May 2nd
May 16
May 30th
June 13th
June 27th

Health and Wellness Past Events

What's Been Happening?

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 $228.00 to be used to raise awareness of our need to support a healthy heart.

United Healthcare Health Assessment

Many people completed the United Healthcares' Online Health Assessment and have received up to a $50.00 credit toward their health insurance co-shares. In conjunction with this survey, the "Take Charge" Health Fair" was held Monday, February 25th in the 8th floor conference room. This health fair offered assistance in taking the on-line health assessment, as well as provided blood pressure screening and body mass index (BMI) screening. All employees who attended and completed the screenings received 5 tickets for chances to win great prizes!

Daffodil Days

Just about everyone at ORS knows of someone whose life has been touched by cancer, whether it be themselves, their family member or friend. Thank you for all your support of Daffodil Days 2008.

ORS raised $795 for the American Cancer Society. Thanks to Brenda Gagnon for coordinating this annual event.

On March 17th $320 worth of daffodils were delivered anonymously to cancer patients at medical centers and health care facilities throughout the state. This will surely brighten the day and touch the lives of cancer patients and those caring for them.

Walk for Work

Paul Autote, his wife, Monica Dzialo and Wilissa, Debra Spellberg, and Joe Murphy represented ORS at Goodwill's Annual Walk. Over $85 was donated to keep Goodwill's great programs running.

We Want You

Do you have any ideas for activities to promote health and wellness at ORS? 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 meetings in the 5th floor conference room.

Friday, May 9th - 2:30 p.m. - Friday, June 13th - 2:30 p.m.