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A Higher Degree of Wellness

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DECEMBER 2010

Wrapping up 2010

Congratulations, Wellness Warriors! You've done a fantastic job participating in and utilizing the Wellness Warrior program activities and services. Our program has been able to service over 1200 WSU employees throughout the year!

To bring this year to a close, we'd like to remind you of a few things:

Free Services Have you received your free services? Every Wellness Warrior was granted personal training sessions (based on your risk level), a nutrition assessment, a fitness assessment, medication therapy management, smoking cessation and contacts with your individual Well-

ness Coach. Contact your Wellness Coach if you'd like to wrap up this year with any of your free services! Free services expire on December 31, 2010!

Wellness Bucks You've been filling out your Wellness Bucks Tally Sheets each month and accumulating Wellness Bucks for your participation and activity. Now is the time to request prizes for your hard earned Wellness Bucks! 2010 Wellness Bucks prizes must February 15, 2011. This means you should request prizes soon!

Email wellness@wayne.edu with your request.

3 EASY Steps to Request a Prize:

- 1) Check your total available Wellness Bucks via Blackboard's "View Grades" tool & check out the rules and prizes found here: <http://wellness.wayne.edu/bucks.php>
- 2) Email wellness@wayne.edu or call Sophia Dollar at 313-577-6816 with the following information:
 - Name and Access ID
 - Prize to be redeemed
 - Wellness Coach
- 3) Wellness Warrior Administration will send you an authorization email with instructions on how to receive your prize.

Educate the Mind

Energize the Body

Encourage Others

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DECEMBER TO DO LIST:

- Register for 2011 Enrollment!
- Finish Quarter 4 activity
- Submit Nov. Tally sheet by Dec. 10
- Attend a Wellness Warrior event
- Submit Dec. Tally sheet by Jan. 7



DECEMBER TALLY SHEETS
DUE BY:
January 7, 2011

Start 2011 Off Right

To become a 2011 Wellness Warrior you should have completed both steps of the enrollment process! If you haven't already, we've added more biometric screening dates in December!

You will receive \$50 just for joining, and up to an additional \$200 throughout the 2011 year! Your participation in the Wellness Warriors program is important to us, and we'd love to have you participate again in 2011.

The enrollment process has **TWO STEPS** that **MUST** be completed in order to participate in the 2011 Wellness Warriors program:

STEP 1: Register via Pipeline's Training, Seminars and Workshops for a FASTING Biometric Health Screening.

Register early to avoid missing out! PLEASE BRING YOUR WSU ONE CARD AND TWO (2) COMPLETED AND SIGNED COPIES OF THE CONSENT FORM TO YOUR APPOINTMENT.

Consent form can be found here: http://www.wellness.wayne.edu/pdfs/2011_enrollment_consent_form.pdf

STEP 2: Health Risk Assessment. BEFORE YOUR ON-SITE BIOMETRIC HEALTH SCREENING: Complete the online Health Risk Assessment (HRA). Please read the "HRA Overview and Login Instructions" before clicking on "Take Your HRA". To complete your HRA, click here: http://www.team-eap.com/ht/wsu/wsu_services.htm

Please let us know how we can help you in becoming a successful, healthier Wellness Warrior. If you have suggestions or concerns, feel free to stop by or contact us at:

5700 Cass Avenue
A/AB, Suite 3638
Phone: 313-577-1658
Email: wellness@wayne.edu
wellness.wayne.edu





Sweet potatoes pack flavor and nutrients like vitamin A, vitamin C and potassium! This side dish is a great indulgence during the cold winter months.

Winter Treat

When preparing your favorite hot coco recipe, add a few drops of peppermint extract to make it a minty holiday treat!



December Health Observances

Safe Toys & Gifts Month

For more info visit:
www.healthfinder.gov/nho/nho.asp



Monthly Recipe

Sweet Potato Casserole

Serves 12

Ingredients:

- Potatoes:
 2 pounds sweet potatoes, peeled and chopped
 3/4 cup granulated sugar
 1/4 cup evaporated low-fat milk
 3 tablespoons butter, melted
 1/2 teaspoon salt
 1 teaspoon vanilla extract
 2 large eggs
 Cooking spray
- Topping:
 1.5 ounces all-purpose flour (about 1/3 cup)
 2/3 cup packed brown sugar
 1/8 teaspoon salt
 2 tablespoons melted butter
 1/2 cup chopped pecans

Preparation:

Preheat oven to 350°. To prepare potatoes, place potatoes in a Dutch oven; cover with water. Bring to a boil. Reduce heat, and simmer 20 minutes or until tender; drain. Cool 5 minutes. Place potatoes in a large bowl; add granulated sugar, evaporated milk, 3 tablespoons melted butter, 1/2 teaspoon salt, and vanilla. Beat with a mixer at medium speed until smooth. Add eggs; beat well. Pour potato mixture into a 13 x 9-inch baking pan coated with cooking spray. To prepare topping, weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, brown sugar, and 1/8 teaspoon salt; stir with a whisk. Stir in 2 tablespoons melted butter. Sprinkle flour mixture evenly over potato mixture; arrange pecans evenly over

top. Bake at 350° for 25 minutes or just until golden. Preheat broiler (remove casserole from oven). Broil casserole 45 seconds or until topping is bubbly. Let stand 10 minutes before serving.

Nutritional Information:

- Calories: 258
- Total Fat: 9.2 g
- Cholesterol: 43 mg
- Sodium: 199 mg
- Carbohydrates: 42 g
- Fiber: 2.5 g
- Protein: 3.3 g
- Calcium: 54 mg
- Iron: 1.2 mg



December Events

4th Quarter ends 12/31! Meet the requirements for \$75!

- 2 Holistic Therapies for Health and Wellness
- 6 Holiday Sprint
- 9 Allergies A to Z
- 14 Know Your Numbers
- 15 Hoopin' It Up (Hoola Hoop Workout)
- 20 Guilt Free Holiday Workout
- 22 Guilt Free Holiday Workout
- 24-31 WSU CLOSED



2011 Enrollment Schedule:

- 12/7 A/AB
- 12/8 MHRFC
- 12/9 MHRFC

We've Added MORE days!



Note: For times and location details, please visit wellness.wayne.edu and pre-register via pipeline.

You must be a Wellness Warrior to attend Wellness Warrior events.

To pre-register follow these simple steps:

- 1) Log on to Pipeline
- 2) Click "Employee" tab
- 3) Click "Training Seminar Workshop" burgundy icon
- 4) Scroll down to "Wellness" category and click on your choice of events.

For any questions regarding content or events, please contact wellness@wayne.edu

Redeem your Wellness Bucks for great prizes! Wellness Bucks and prizes expire 2/15/2011. For more info, visit: <http://www.wellness.wayne.edu/bucks.php>

Prizes Available Include:

- Mug
- Water bottle
- Pedometer
- Tee Shirt
- Massages
- Personal Training
- And More!!!

For more info, visit:

www.wellness.wayne.edu/bucks.php

