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A Higher Degree of Wellness

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NOVEMBER 2010

2011 Program Enrollment is OPEN Receive \$50 for joining!!!

We're excited to be starting the 2011 Wellness Warriors program with an enrollment period! 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:

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Educate
the Mind

Energize
the Body

Encourage
Others

INSIDE THIS ISSUE:

This Month in Wellness 1

November To Do List 1

Tip of the Month 1

Recipe of the Month 2

November Events & Health Observances 2

NOVEMBER TO DO LIST:

- Register for 2011 Enrollment!
- Begin Quarter 4 activity
- Submit Oct. Tally sheet by **Nov. 12**
- Attend a Wellness Warrior seminar
- Submit Nov. Tally sheet by **Dec. 10**

**NOVEMBER TALLY SHEETS DUE BY:
December 10,
2010**

Fighting Holiday Stress

The media offers pictures of the multigenerational, well-fed, well-dressed family sitting around a table bursting with holiday offerings. Under the tree are piles of beautifully wrapped gifts.

The reality for most individuals is somewhat different. Most families have challenges, and many families struggle this time of the year trying to live up to an idealized version of the holidays. Here are some suggestions that I have heard from patients and families trying to deal with holiday stress.

Be realistic. If individuals have locked horns for most of the year, it is not reasonable to think that on one day all will be forgiven. We need to be gentle with ourselves. We need to forgive ourselves.

Give of yourself. The best gift is not a toy, a trinket or a thing. It is the gift of our presence. It is the gift of our listening. It is the gift of our "being there."

Take care of yourself. We do need to take care of our bodies by getting

enough exercise and sleep and by eating a healthy diet. We also need to protect our spirit, knowing when to draw a line in the sand and say, "no, thank you for the opportunity but I will not be able to participate." If we give and give, there is nothing left to give. As the holidays approach, remember to take care of yourself inside and out.

-By Edward T. Creagan, M.D.
For more, visit www.mayoclinic.com



Tofu is a great hamburger substitute that is much lower in fat and cholesterol! Serve this hearty chili with corn bread on a cold autumn day!

Monthly Recipe

Vegetarian Chili

Serves 4

Ingredients:

- 1/2 teaspoon extra-virgin olive oil
- 1 small yellow onion, chopped
- 12 ounces extra-firm tofu, cut into small pieces
- 2 cans (14 ounces each) diced tomatoes with no added salt
- 1 can (14 ounces) chili beans, rinsed and drained
- 1 can (14 ounces) black beans, rinsed and drained
- 3 tablespoons chili powder
- 1 tablespoon oregano
- 1 tablespoon chopped fresh cilantro (fresh coriander)

Directions:

In a soup pot, heat the olive oil over medium heat. Add the onions and sauté until soft and

translucent, about 6 minutes. Add the tofu, tomatoes, beans, chili powder and oregano. Bring to a boil. Reduce heat and simmer for at least 30 minutes. Remove from the heat and stir in cilantro. Ladle into individual bowls and serve immediately.

Nutritional Information:

- Calories: 305
- Total Fat: 5 g
- Cholesterol: 0 mg
- Sodium: 450 mg
- Carbohydrates: 49 g
- Fiber: 15 g
- Protein: 18 g
- Calcium: 227 mg
- Potassium: 607 mg



November Health Observances

American Diabetes Month

COPD Awareness Month & Lung Cancer Awareness Month

11/8-11/14 Nat'l Drug Facts Week <http://www.drugfactsweek.drugabuse.gov/>

11/18 Great American Smokeout <http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index>

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



November Events

- 1 HIIT High Intensity Interval Training
- 4 Un-believe-A-Ball
- 9 Holiday Stress Management
- 12 Training for Winter Sports
- 15 Eating Right for the Holidays
- 18 Great American Smokeout
- 25 THANKSGIVING WSU CLOSED
- 30 Post Thanksgiving Recovery Workout
- 30 Aging Well

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



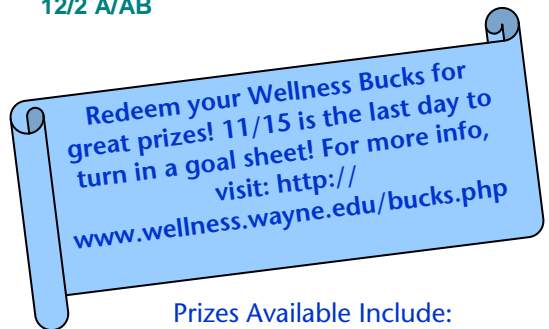
2011 Enrollment Schedule:

- 11/2 Student Center
- 11/3 Scott Hall
- 11/4 UGL
- 11/9 UGL
- 11/10 MHRFC
- 11/11 A/AB
- 11/16 MHRFC
- 11/17 FAB
- 11/18 Scott Hall
- 11/30 Public Safety
- 12/1 Student Center
- 12/2 A/AB



10/1-10/31

Great job to all the teams! Everyone who participated definitely reaped the benefits of more fruits and vegetables!



Prizes Available Include:

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

For more info, visit:

www.wellness.wayne.edu/bucks.php

