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## A Higher Degree of Wellness

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### 2011 Wellness Warrior Enrollment is Coming!!!

We have another perk for Wellness Warriors! You are being notified about the 2011 Wellness Warrior enrollment dates prior to the rest of WSU eligible faculty and staff. This gives you a chance to register for the 2011 enrollment dates as soon as they become available. Appointments will fill up quickly! We'd love to see you continue in our program.

Enrollment dates will run November 2 through December 2 on Tuesdays, Wednesdays and Thursdays, excluding the week of Thanksgiving. Registration for enrollment dates will become available soon via Pipeline,

just like all of our Wellness Warrior events and seminars.

The 2011 enrollment process includes A) completing an online Health Risk Appraisal and B) attending one of the enrollment dates to complete a fasting biometric screening.

After you've completed both parts of enrollment, you will begin the 2011 Wellness Warrior program on January 1, 2011!

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](mailto:wellness@wayne.edu)



#### OCTOBER TO DO LIST:

- Register for 2011 Enrollment!
- Begin Quarter 4 activity
- Submit Sept. Tally sheet by **Oct 8**
- Attend a Wellness Warrior seminar
- Submit Oct. Tally sheet by **Nov. 12**

**OCTOBER TALLY SHEETS  
DUE BY:  
November 12,  
2010**



### Tip of the Month: Stay Mindful

World Mental Health Day is October 10, National Depression Screening Day is October 7 and Mental Illness Awareness Week runs October 3-9. These dates are great to remember, but taking care of your mental health is an every day issue.

Our minds contain thousands and thousands of thoughts each day. And each thought has a direct impact on our emotions and on our bodies. Rarely do we experience the present moment. We are locked in the past or planning the future. When was the last time you were truly mindful of the moment?

Try this: sit in a comfortable position, close your eyes and focus on your breath for 5 minutes. Your

thoughts may wander, but try to return to your breath. Each time you return to the sensation of your own breath flowing through your nose you have gained a little more control over your own mind.

The skill involved here is the practice of mindfulness. In mindfulness, we observe inward, watching our thoughts without attachment to them. Similar to lying on the grass and watching the clouds go by. This art of nonattachment to our thoughts results in great healing, peace, and insight.

Author and researcher Jon Kabat-Zinn has demonstrated through research that simply by being mind-

ful of physical and mental pain we can overcome, or rather, come through and experience peace. For more information on being mindful, visit

[http://  
foundationforwellbeing.org/  
minfulnesspractice.org](http://foundationforwellbeing.org/minfulnesspractice.org)

For more information on mental illness or depression, visit [www.nami.org](http://www.nami.org)

To take an anonymous assessment online, visit [www.HelpYourselfHelpOthers.org](http://www.HelpYourselfHelpOthers.org)

Educate  
the Mind

Energize  
the Body

Encourage  
Others

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This easy "pizza" is great for a quick kid-friendly meal that packs a lot of nutrients!

### October Health Observances

Nat'l Breast Cancer Awareness Month

Nat'l Domestic Violence Awareness Month

10/7 Nat'l Depression Screening Day <http://www.helpyourselfhelpothers.org/>

10/10 World Mental Health Day

10/16 World Food Day <http://www.worldfooddayusa.org/>

For more info visit: [www.healthfinder.gov/nho/](http://www.healthfinder.gov/nho/)



# Monthly Recipe

## Tortilla Pizzas

Serves 6

### Ingredients:

- 12 small corn or flour tortillas
- Vegetable Oil or Margarine
- 1 (16oz) can refried beans
- 1/4 cup chopped onion
- 2 oz. fresh or canned green chili peppers, diced
- 6 Tbs red taco sauce
- 3 cups chopped vegetables (broccoli, mushrooms, spinach, etc.)
- 1/2 cup (2oz) shredded part-skim mozzarella cheese
- 1/2 cup chopped cilantro (optional)

### Directions:

Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown

both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside. Heat refried beans, chopped onion, and half of the diced chili peppers together in a medium saucepan, stirring occasionally. Remove from heat. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon of taco sauce, then top with 1/2 cup of the chopped vegetables, 1 teaspoon of diced chili peppers, and 1 tablespoon of shredded cheese for each pizza. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

### Nutritional Information:

- Calories: 270
- Total Fat: 7 g
- Cholesterol: 5 mg
- Sodium: 370 mg
- Carbohydrates: 42 g
- Fiber: 7 g
- Protein: 9 g

# October Events

- 5 Revive Part III
- 7 Dumbbell Workout
- 11 Total Body Conditioning
- 13 Revive Part IV
- 19 Sustainable Snacking
- 19 Dumbbell Workout
- 22 Microwave Workout
- 25 Microwave Workout
- 26 Understanding your Blood Pressure
- 29 Pumpkin Workout with Costume Contest!



Challenge Runs  
10/1-10/31  
Can you reach 155 servings of fruits and vegetables in one month?



1st Place: Gold Team!  
For more info on the winners visit:

<http://www.wellness.wayne.edu/greatestloser.php>

**Note:** For times and location details, please visit [wellness.wayne.edu](http://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](mailto:wellness@wayne.edu)

Redeem your Wellness Bucks for great prizes! 11/15 is the last day to turn in a goal sheet! For more info, visit: <http://www.wellness.wayne.edu/bucks.php>

### Farmers Market Ends this Month!!!

Wednesdays thru October 27  
11 AM to 4 PM  
5201 Cass Ave., in front of Prentis Hall Across from the Detroit Public Library.

