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## A Higher Degree of Wellness

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Employee Engagement  
The Total You  
Encourage Others

### Mid Year Survey Recap and Responses

To follow this year's theme "Employee Engagement-The Total YOU", we distributed, via email, a mid-year survey in July to all Wellness Warriors. We were elated with the number of responses we got: over 530 of you gave us feedback! We'd like to shine light on some of the responses, and inform you of some of the changes we've already made to the program to fit what YOU need. Other "tweaks" based on other feedback will be implemented for the upcoming 2012 Program! **Here are some responses we'd like to address:**

**Regarding TEAM Wellness Guides:** "I was worried about my privacy" Wellness Warriors takes HIPPA Privacy Protections very seriously. ALL of your health information, including coaching, is protected and not given to your employer, HR or the Wellness Program administration. TEAM's coaching is confidential, between you and your coach.

**Regarding recording event attendance on the Wellness Bucks Tally Sheet:** "I attended sessions but forgot to submit my tally sheet" Going forward, recording event attendance on your Wellness Bucks Tally Sheet is not mandatory for incentives. SIGNING IN at events is now mandatory. We encourage you to continue earning Wellness Bucks each month but we'll measure event attendance straight from the sign in sheets.

**Regarding the program overall:** "I was confused on the requirements" We'd like to emphasize that this program is voluntary and you are not "out" of the program if you don't participate. There are many program features that you can take advantage of at any time. We've edited our website to clarify. The "How It Works" page covers all of the details! For info, log on to <http://www.wellness.wayne.edu/how-it-works.php>

**Regarding the program overall:** "What a wonderful program offered for employees for free!" Thank you! We work hard to provide our participants a free program to become healthier. Work-life balance is important and we're here to help!

**Wellness Bucks Tally Sheet**  
**September Due 10/7/2011**  
**October Due 11/11/11**

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### Immediate Changes We've Made:

**Website Enhancements.** Check it out and click around! All of the program details are on the "How It Works" page. Visit <http://www.wellness.wayne.edu/how-it-works.php>



Look for these "Steps" to help:

**Incentive Eligibility Requirements are easier:** Tracking event attendance on the Wellness Bucks Tally Sheet is not required! As long as you sign in at events, you'll be all set! Don't forget that TEAM Coaching is also part of earning incentives. You can still earn Wellness Bucks and we encourage you to do so!

**New "To Do List" Tool in Blackboard.** Log into Blackboard, click into the Wellness Warriors Organization and find the "To Do List" right below the "Wellness Bucks Tally Sheet" link. Use this "To Do List" to check your total Wellness Bucks earned and keep track of what you've done so far! Log in Blackboard now and take a look!

Online Tools We Use:



**Questions? Please contact us!**  
Email: [wellness@wayne.edu](mailto:wellness@wayne.edu) Phone: 313-577-6816



Fall is here! We think of warm apple cider and donuts from the local cider mill. This sweet treat (but low in sugar) is sure to hit the spot!

Three Important Don'ts in Life...

- 1) Don't take yourself too seriously.
- 2) Don't set perfectionist standards for yourself.
- 3) Don't overidentify with one facet of your life.

From Dr. Herbert Benson's "The Wellness Book"

October Health Observances

- 10/3 Child Health Day
- 10/6 Nat'l Depression Screening Day
- 10/10 World Mental Health Day

For more visit:

<http://www.healthfinder.gov/nho/nho.asp>



# Monthly Recipe

## Applesauce Dumplings

From Zonya Foco, RD Lickety Split Meals  
Serves 8

**Ingredients:**

- 3 cups unsweetened applesauce
- 1/2 cup water
- 1 tsp. ground cinnamon
- 1 cup Hodgson Mill Insta-Bake or reduced fat Bisquick Mix
- 1/4 cup sugar
- 1/2 cup skim milk
- 2 cups fat-free vanilla ice cream

**Directions:**

Place applesauce, water and ground cinnamon in a medium nonstick saucepan over medium heat. In a bowl, combine Bisquick mix, sugar

and skim milk. Apple sauce should be boiling by now. Remove from heat and drop 6 even-size dumplings onto applesauce. Cover and return to heat. Simmer 12 minutes. Serve warm. Top each serving with 1/4 cup scoop of fat-free icecream or frozen yogurt.

**Nutrition Facts:**

- Calories: 162
- Calories from fat: 8%
- Fat: 1.5g
- Fiber: 2g
- Cholesterol: omg
- Sodium: 135 mg
- Protein: 4g
- Total Carbs: 37g
- Sugars: 9g



Send us your recipes!  
wellness@wayne.edu



We love our pets!  
Join us on 10/2/11 for the Michigan Humane Society's Mega March for Animals. Join our team via Pipeline!



**Greatest Loser**  
30-day weight loss challenge ends 10/7! Keep it up Green, Gold and Black Team!

# October Events

- October 2** Mega March for Animals
- October 4** MyPlate Dinners
- October 7** Greatest Loser Ends
- October 13** Ballet
- October 17** Nutrisum 30 Day Challenge Registration Opens
- October 18** Volleyball Workout
- October 27** Train and Stretch
- October 31** Trick or Treat for 2 Miles

Keep an eye out on Pipeline! We add more events as they're planned! **Note:** For times, location and event details, please 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.



Have you completed your telephonic coaching sessions with TEAM yet? You must complete a total of three (3) sessions by 12/31/11 to be incentive eligible.  
Call 888-699-3554

## Sign In at Events

Formerly, all Wellness Warrior event attendance for earning incentives was self-reported on the monthly Wellness Bucks Tally Sheets. Going forward, we will measure event attendance from the sign in sheets and **signing in at all Wellness Warrior events is important.**



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