



Sophia Dollar, MPH
Wellness Coordinator & Editor
wellness@wayne.edu

This newsletter is brought to you by:
Total Compensation and Wellness
5700 Cass Avenue
Academic and Administration Building,
Suite 3638
wellness.wayne.edu

A Higher Degree of Wellness

VOLUME 2, ISSUE 3

JUNE 2010

This Month in Wellness: Closing of 2nd Quarter

Great job, Wellness Warriors! Time sure does fly by when you're having as much fun as we've had! We're already approaching the end of the second quarter of our program! Now you're probably asking, "What does this mean for ME???"

First, let's review what the second quarter compliance guidelines entail in order to receive your

incentives: 3 hours of physical activity and 1 educational seminar. You track this monthly on your Tally Sheets.

April, May and June have provided us with almost 40 sessions of seminars and events—and you only need one! June is offering many great events, so don't miss out if you still need to attend one!

At the conclusion of the second quarter (June Tally sheets are due by July 9 at midnight), we will calculate your hours of activity and determine whether you've reached "Compliant Status". With so much programming available and only 3 hours of physical activity required, we're hopeful you will all reap the benefits of being a compliant Wellness Warrior!

We'd like to thank you for participating in this great opportunity to become happier and healthier at Wayne State University. If you have any questions or concerns, feel free to contact us at:

5700 Cass Avenue
Academic and Administration Building,
Suite 3638
wellness.wayne.edu
313-577-6816

JUNE TO DO LIST:

- Submit Goal Sheet to Coach
- Complete my fitness assessment
- Submit May Tally sheet by **June 11**
- Attend a Wellness Warrior seminar
- Submit June Tally sheet by **July 9**

**JUNE TALLY SHEETS
DUE BY:
JULY 9, 2010**

Go Green

We've begun submitting Tally Sheets online via **Blackboard** to cut down on paper. You can instantly view your points!

Educate the Mind

Energize the Body

Encourage Others

INSIDE THIS ISSUE:

This Month in Wellness 1

June To Do List 1

Tip of the Month 1

Recipe of the Month 2

June Events & Health Observances 2

Tip of the Month: Know Your Pharmacist

Are you on a first-name basis with your pharmacist? Do you even remember what your pharmacist looks like? These health care professionals are underutilized but have a wealth of knowledge waiting for you! They are not only your pill counters and bottle fillers, they are your key to successful medication therapy and disease state management. Having a relationship with your pharmacist can mean the difference between your disease state worsening and you conquering your disease state; becoming healthier and more

confident in the most important part of your healthcare system—YOU! After 6 years of pharmacy school and earning a doctorate degree, these individuals are eager to help you!

DID YOU KNOW???

The University Pharmacy offers FREE on-campus hand delivery of prescriptions to all faculty and staff offices or office mailboxes! Skip the extra miles driving to your pharmacy after work! Visit universityrx.wayne.edu or call 313-831-2008 for more details.

QUICK TIP
Brought to you by:



Wellness Warriors are offered **FREE** pharmacy services at University Pharmacy! If you're taking multiple medications, battling smoking or just trying to figure out which medication is best for you, the University Pharmacy can help. Visit universityrx.wayne.edu or call 313-831-2008 for more details.



Give classic cheeseburgers a healthful makeover with veggie patties topped with creamy Gorgonzola and hot cooked veggies!

June Health Observances

Home Safety Month

6-12 Nat'l Headache Awareness Week & Sun Safety Week

14-22 Nat'l Men's Health Week

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

*"He liveth long
 that liveth well"*

-John Ray



Recipe of the Month

Veggie Burgers with Gorgonzola

Serves 4; 1 patty & 1/2 c. veggies

Ingredients

- 4 frozen reduced-fat vegetarian burgers, such as grilled soy protein burgers
- 1 large yellow summer squash, thinly sliced
- 1 medium onion, thinly sliced
- 1 medium green bell pepper, thinly sliced
- 1/2 teaspoon dried oregano, crumbled
- 1/8 teaspoon crushed red pepper flakes
- Vegetable oil spray
- 1/8 teaspoon salt
- 2 ounces crumbled Gorgonzola or blue cheese

Directions

Cook the burgers using the package directions for the stovetop. Transfer to a platter. Do not cover. Increase the heat to medium high. Add the squash, onion, bell pepper, oregano, and red pepper flakes to the pan. Lightly spray with vegetable oil spray. Cook for 5 minutes, or until the edges of the onion begin to lightly brown, stirring frequently. Remove from the heat. Stir in the salt. To serve, sprinkle the burgers with the Gorgonzola. Top with the vegetable mixture. Gorgonzola is high in fat and sodium; fortunately, the flavor is pronounced, so you won't need to use a lot. Remember to skip the bun!

Nutritional Information

Calories: 175
 Total Fat: 4.5 g
 Saturated Fat: 3 g
 Polyunsaturated Fat: 0
 Monounsaturated Fat: 0
 Cholesterol: 13 mg
 Sodium: 196 mg
 Total Carbohydrate: 26 g
 Fiber: 6 g
 Sodium: 549 mg
 Protein: 10 g
 Source: American Heart Assoc.

Please send us your healthy recipes to: wellness@wayne.edu

June Events*

- June 2 Fitness Assessment Drop In: ALL DAY
- June 3 Importance of Rx: 101
- June 9 Personal Money Management Part 1
- June 11 Massage Techniques
- June 14-22 Men's Health Week – Wear Blue!
- June 15 Home Workouts
- June 16 Personal Money Management Part 2
- June 18 Home Workouts
- June 21 Preventing Metabolic Disease
- June 22 Weight Training for Women
- June 24 Importance of Rx: 101
- June 24 Weight Training for Women
- June 29 Yoga Pilates Fusion
- June 30 Understanding Your Blood Pressure

*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



Happy Father's Day!
 Men's Health Week starts on June 14 and lasts through Father's Day until June 22! The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Wear blue to celebrate and earn 100 extra points on your June Tally Sheet!



Farmers Market is Coming!!!
 Every Wednesday
 June 9 to October 27
 11 AM to 4 PM
 5201 Cass Ave., in front of Prentis Hall Across from the Detroit Public Library.