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## A Higher Degree of Wellness

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JUNE 2011

Employee Engagement  
The Total You  
Encourage Others

### June is Home Safety Month Source: HomeSafetyCouncil.org

Wellness Warriors is working to integrate off-the-job safety into our health and wellness program!

The summer season marks the time for families to enjoy some of America's traditional summer pastimes – barbecues, pool parties and backyard gatherings. However, family festivities could be interrupted by a trip to the emergency room if you don't follow simple steps to safeguard your family and friends against summer hazards.

"Kids and their friends are home more during summer so you want to make sure that your home is pre-

pared for the increase in activity and guests," says Meri-K Appy, president of the Home Safety Council. "By being alert and prepared for summertime threats, families are reducing their chances of injuries for their loved ones."

The Home Safety Council recommends learning about the following top summer safety topics:

- Grilling Safety,
- Swimming Safety and Pool Security and
- Backyard Safety

Remember, drowning can happen very fast and most of the time you will not hear someone drowning. Be prepared by learning how to swim, taking a CPR class and have emergency numbers by the phone.

The Home Safety Council estimates that home injuries can cost employers up to \$38 billion in a single year. For additional information and resources to help you learn more and stay safe in and around your home, please visit [www.homesafetycouncil.org](http://www.homesafetycouncil.org)



### Stay Safe!

#### JUNE TO-DO LIST:

- Submit May Tally sheet by **June 10**
- Complete TEAM Initial Coaching
- Complete Incentive 2 requirements

**REACH INCENTIVE ELIGIBILITY BY:**  
**June 30, 2011**

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## Know Your Numbers: Get Screened Day!

The Wellness Warriors enrollment process last fall included a biometric screening that measured your height, weight, BMI, blood pressure, cholesterol levels, and glucose. Our goal during enrollment was to inform you of your current health status and help guide you to make decisions about your health.

These screenings are important to get, because red flags can be raised and you may learn something new about your health status.

Over the last six months you have been working in the Well-

ness Warriors program to lower your cholesterol, blood pressure, and glucose. Now is the time to see if your hard work has paid off. Wellness Warriors is hosting "Know Your Numbers: Get Screened Day!"

**Who:** Wellness Warriors and benefits eligible WSU employees

**When:** June 22, 9-2p

**Where:** Student Center Building, Hilberry A/B

**Cost:** FREE for Wellness Warriors;

Be sure to call University Pharmacy for an appointment at **313-831-2008**

**Screenings include:** Blood pressure, body fat %, fasting cholesterol, glucose, vision and more!

All benefits-eligible WSU employees are invited for screenings, so invite your coworkers and friends! **There is a \$30 cost associated with the cholesterol screening for non-Wellness Warriors. All other screenings are free.**

Contact Wellness Warriors:  
5700 Cass Avenue  
A/AB, Suite 3638  
Phone: 313-577-1658  
Email: [wellness@wayne.edu](mailto:wellness@wayne.edu)  
[www.wellness.wayne.edu](http://www.wellness.wayne.edu)



This dessert is easy and turns out to look so good, you might eat it up before dinner is ready!

**Fiber Power Pack**

How can you get 20-30 grams of fiber per day?

**Think 10+10+10**

Each day, eat:

- 10 grams from fruit
  - 10 grams from vegetables
  - 10 grams from whole grains.
- This includes:
- 3+ fruits
  - 3+ servings of veggies
  - 4+ servings of whole grain

Also include beans weekly!

**June Health Observances**

- Home Safety Month
- Men's Health Month
- Men's Health Week 6/13-6/19

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



# Monthly Recipe

## Simple Summer Fresh Fruit Pie

From Zonya Foco, RD Lickety Split Meals  
 Makes 2 pies, 8 servings each

**Ingredients**

- 1 lg pkg (.6 oz) sugar-free strawberry gelatin
- 2 cups boiling water (as called for on the box)
- 1 lg pkg (5.1 oz) instant vanilla pudding
- 1.5 cups skim milk (instead of 3 cups as called for on the box)
- 2 lg (90z ea.) graham cracker crusts
- 1 quart fresh strawberries, whole
- 2 bananas, sliced
- 4 fresh peaches or nectarines, wedged
- 1 pint fresh blueberries, washed, drained

**Preparation:**

Place gelatin in a medium bowl, add boiling water and stir to dissolve. You will not be adding the cold water as called for on the box. (Do this

step 3 hours before serving or night before)  
 In a large bowl, mix pudding and milk together with an electric mixer. It will be thicker than usual. Add the dissolved gelatin and mix until smooth.

Place the fruit attractively to fill crust, using in order listed. Pour 1/2 of the pudding mixture over each pie. The pudding mixture will seep between each piece of fruit. Refrigerate until firm, about 2 hours and serve.

**Nutrition Facts (1/8 of pie):**

- Calories: 250
- Fat: 8g
- Fiber: 3g
- Sodium: 372mg
- Protein: 3g
- Total Carbs: 41g
- Sugars: 24g



Send us your recipes!  
[wellness@wayne.edu](mailto:wellness@wayne.edu)



**Remember: Drink lots of water and wear sunscreen in the summer heat!**

*Remember to check off all of your event attendance on your monthly Wellness Bucks Tally Sheet submitted via Blackboard!*

# June Events

- June 2** Exercising Outdoors
- June 3** Jog into June!
- June 7** Healthy Fast Food Options
- June 11** M.I. Hospice Race and Remember
- June 15** Nutrition for Diabetics
- June 16** Abs/Core
- June 21** Find Your Balance
- June 22** Know Your Numbers: Get Screened Day!

**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)



Want \$100? Incentive 2 Period ends June 30! In order to receive Incentive 2 you must:

- Attend & mark 3 Wellness Warrior events on your Wellness Bucks Tally Sheets
- Complete your Initial Coaching session with TEAM!



Have you completed your initial coaching session with TEAM yet? You must complete this session by 6/30/11 to be incentive eligible.  
**Call 888-699-3554**



Join team "WSU Wellness Warriors" at Hospice of Michigan's Race and Remember! Saturday, June 11, 2011 in downtown. Register online. Contact us for more info.

