

This newsletter is brought to you by:  
Total Compensation and Wellness  
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## A Higher Degree of Wellness

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SEPTEMBER 2010

Educate the Mind

Energize the Body

Encourage Others

### Prizes, Prizes, Prizes!!!

You've been turning in your monthly Wellness Bucks Tally Sheets and accumulating points; give yourself a pat on the back! But now what? What do you want to do with your Wellness Bucks? You want prizes, right? Well, start thinking about what you want because it's that time of year to start redeeming them. Don't wait until the end of the year to avoid the rush! Let's review *some\** of the rules:

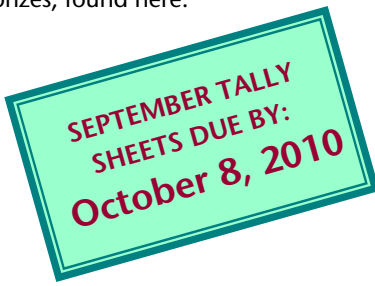
- Wellness Bucks can be accumulated for the year (earned month to month), but will not be allowed to transfer or be carried over to the following year. 2010 Wellness Bucks prizes must be received by February 15, 2011. This means you should request prizes soon!
- Participant must complete the goal sheet and submit it to their Wellness Coach in order to be eligible to redeem Wellness Bucks earned on their Wellness Bucks Tally Sheet.
- The more Wellness Bucks a participant earns, the bigger and better the prizes are!

\*Please view the complete list of rules and prizes, found here:  
<http://wellness.wayne.edu/bucks.php>

#### 3 EASY Steps to Request a Prize:

- 1) Check your total available Wellness Bucks via Blackboard's "View Grades" tool & check out the rules and prizes found here: <http://wellness.wayne.edu/bucks.php>
- 2) Email [wellness@wayne.edu](mailto:wellness@wayne.edu) or call **Sophia Dollar at 313-577-6816** with the following information:
  - Name and Access ID
  - Prize to be redeemed
  - Wellness Coach
- 3) Wellness Warrior Administration will send you an authorization email with instructions on how to receive your prize.

The NEW Wellness Warrior T-shirt is available for 6,000 Wellness Bucks! Check out all of the prizes here:  
<http://wellness.wayne.edu/bucks.php>



#### SEPTEMBER TO DO LIST:

- Quarter 3 physical activity (6 hours)
- Submit August Tally sheet by **Sep. 10**
- Attend a Wellness Warrior seminar
- Submit Sept. Tally sheet by **Oct. 8**

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### Tip of the Month: Get Vaccinated

It's that time of year again: school starts back up, the sniffles and sneezes start up and we need to be protected! According to the Centers for Disease Control and Prevention (CDC), flu vaccinations are the best protection against contracting the flu. This year, the CDC's Advisory Committee on Immunization Practices (ACIP) voted for "universal" flu vaccination in the U.S. to expand protection against the flu to more people. They report that everyone 6 months and older should get a flu vaccine each year starting with the 2010-2011 influenza season.

While everyone should get the flu vaccine each flu season, it's especially important that the following groups get vaccinated because they are at high risk

or they care for high risk individuals:

- **Pregnant women**
- **Children younger than 5** (especially children older than 6 months but younger than 2)
- **People 50+**
- **Any age person with a chronic medical condition**
- **People who live in nursing homes and long-term care**
- **People who live with or care for high risk individuals including:** Health care workers, household contacts of persons at high risk for flu, and household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated).

Please note: this year's flu shot covers both seasonal flu and H1N1.

Source: [cdc.gov/flu](http://cdc.gov/flu)

Wayne State University faculty, staff and their families will have a chance to get the flu shot right here on campus. WSU flu shot clinics are:  
**September 27 - October 7.**  
Keep an eye out for and times and locations. For more information on the flu vaccine, please call the **University Pharmacy at 313-831-2008.**

## Monthly Recipe

### Eggplant Lasagna

Serves 6; serving size: 1 cup

#### Ingredients:

1 3/4 cups chopped onion  
2 medium garlic cloves, minced  
16 oz whole tomatoes, undrained  
1/4 cup tomato paste  
2 Tbsp fresh chopped parsley  
1 tsp oregano  
1/2 tsp dried basil  
Fresh ground pepper  
1 large eggplant, peeled and sliced into 1/4-inch slices  
1 cup shredded nonfat mozzarella cheese  
1 cup low-fat cottage cheese  
4 Tbsp grated Parmesan cheese

**Directions:** Coat a large skillet with nonstick cooking spray. Add onion and garlic and saute over low heat until onion is tender, about 6 minutes. Stir in undrained whole tomatoes, tomato paste, parsley, salt, oregano, basil, and pepper. Bring mixture to a boil. Reduce heat and simmer, uncovered, for 40 to 50 minutes, stirring occasionally. To steam eggplant slices, place 1 inch of water in a large pot. Arrange eggplant slices on a steamer, cover pot, and steam until eggplant is tender, about 5 minutes. Do not overcook. Combine mozzarella and cottage cheeses together and set aside.

Coat a 13 x 9 x 2 inch baking pan with cooking spray, and place half of the eggplant in the pan. Top eggplant with half of the sauce mixture and half of the cheese mixture, and sprinkle with Parmesan cheese. Repeat the steps in layers until all the ingredients are used. Bake at 350 degrees for 30 to 35 minutes, and serve hot.

#### Nutritional Information:

Calories: 161  
Total Fat: 2 g  
Cholesterol: 11 mg  
Sodium: 556 mg  
Carbohydrates: 23 g  
Fiber: 5 g

### Ready to eat?

Colorful Choices vegetable and fruit challenge is coming! Let's see who can fit the recommended 5 servings of vegetables and fruits into their daily diet!

#### Challenge Runs:

**October 1-31**

Record your veggie and fruit servings every day for 4 weeks! **Can you reach 155 servings?**

Keep an eye out for registration  
**September 10-24**



**Walking Warriors: 6-Week Winner**  
**TEAM 5 with**  
**5,199,494 steps in 6 weeks!!!**  
**Great work, walkers!!!**



Ends September 3. Great job to the Gold, Green & Black teams!

### September Health Observances

Fruits and Veggies: More Matter Month  
[Fruitsandveggiesmatter.gov](http://Fruitsandveggiesmatter.gov)

Nat'l Cholesterol Education Month

Prostate and Ovarian Cancer Awareness Month

9/25 Family Health and Fitness Day USA  
[Fitnessday.com](http://Fitnessday.com)

9/30 World Heart Day:  
[Worldheart.org](http://Worldheart.org)

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



## September Events

**September 1** Super Market Spree

**September 6** Labor Day-WSU Closed

**September 8** Women on Weights

**September 9** Meditation Techniques

**September 10** Antibiotics and You

**September 13** Body Bar

**September 15** Wellness for the Busy Professional

**September 16** Keys to Exercise Success

**September 21** Revive Part 1 (4 Part Series)

**September 23** On the Ball

**September 28** Revive Part 2 (4 Part Series)

**Don't miss out on REVIVE! A four-part stress management series provided by HAP. Please note: Parts 3 and 4 will be held on 10/5 and 10/13, respectively. Please only sign up for REVIVE! if you can attend all 4 sessions. Those who attend all 4 sessions will receive a free relaxation CD.**

**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)

