

Wellness Newsletter Spring 2016 Volume 3

Walk Your Way to a Healthier Life

By Jamie Flood, Graduate Assistant, Campus Recreation

You can get active in lots of ways, but walking is one of the easiest steps you can take to improve your health. It's also one of the safest, least expensive and most sustainable forms of exercise. For such a simple activity, it has so many benefits!

Research has shown that walking at least 30 minutes a day can help you:

- Reduce your risk of heart disease, stroke and type 2 diabetes.
- Improve your blood pressure, blood sugar and blood cholesterol levels.
- Prevent weight gain and lower the risk of obesity.
- Improve your mental well-being.
- Increase your energy and stamina.
- Reduce your risk of osteoporosis, breast cancer and colon cancer.

Inside this issue:

"Natural" Foods, Strategies for Personal and Medical Preparedness, Food As Fuel, Talking about Mental Illness and Suicide, Opioid Overdose Prevention, Campus Rec Member Spotlight, Events Calendar and more.



Here are some ways you can add more steps into your day:

- Take the dog out for a walk.
- Take the kids to the park or playground.
- Park farther from the entrance to work, school, grocery store, etc.
- Take the stairs instead of the elevator.
- Window shop at the mall.
- Walk to a nearby restaurant for lunch instead of driving.
- Catch up with a friend by walking around the block while you chat on the phone.

Stop by the Campus Recreation Table at the AUHealth Fair on April 6 for Walk Adelpi info.

Food for Thought

By Diane Dembicki, Ph.D., LMT, CYT, Clinical Associate Professor, Director of M.S. Nutrition Program



Consumer alert: There is no definition or regulation for the word “natural” on food labels, yet in the interest of eating healthy, 62% of us look for that label. Food manufacturers are capitalizing on this.

You may be surprised what is in some food products with the natural label. Watch the video “How ‘Natural’

Food Labels are Misleading Consumers” which appeared on the February 23 NBC Nightly News report— it’s a real eye-opener. Go to nbcnews.com/nightly-news/video/how-natural-food-labels-are-misleading-consumers-629469251662 to watch the 2 minute video report.

Meanwhile, the FDA may be about to do something about this—stay tuned.

Food is Fuel: Energy Before and After Your Workout

By Lauren Chandler, Exercise Science Graduate Assistant

Whether or not you are still holding true to your New Year’s resolution, eating healthy and exercising are on the top of many “to do” lists. But not many people understand how to combine these two together to help fuel your body when it needs it the most.

There are some factors that have to be taken into account when fueling your exercise. First, establish what kind of exercise you will be doing prior to eating. Some exercises vary in length and intensity that will ultimately determine how much you need to “fuel” your body.

For a shorter circuit, i.e. lifting weights for 30-45 minutes, requires a need for both carbs and protein to help fuel your muscles. If you are running for a longer period of time, upward of an hour or more, quick digesting carbohydrates along with hydration to compensate the sweat and caloric expenditure is crucial.

It has been suggested that eating 1-2 hours before a workout is optimal. The longer the time in between eating and working out; the more food you can have prior your workout. The main goal to eating in this time frame is to allow proper digestion to occur before your workout.

Fueling your body the correct way can improve and optimize your workouts, aid in proper recovery and could help prevent injury. When choosing a pre and post workout meal, make sure you listen to your body and eat the food you are familiar with. Remember, food is fuel.

Get the full story at wellness.adelphi.edu/fuel

PRE WORKOUT

Type/Duration	Suggestions
Weight lifting 30-45 minutes	<ul style="list-style-type: none">• Apple and Peanut Butter• Fruit and Yogurt
Long run 45 + min	<ul style="list-style-type: none">• Cup of Berries• Applesauce

POST WORKOUT

Type/Duration	Suggestions
Weight lifting 30-45 minutes	<ul style="list-style-type: none">• Eggs and Whole Wheat Toast• Chicken and Rice
Long run 45 + min	<ul style="list-style-type: none">• Cup of Berries w/ steel cut oatmeal• Salad w/ Chicken

Simple Strategies for Personal and Medical Preparedness

By Meghan McPherson, MPP, CEM, Assistant Director, Center for Health Innovation, Adjunct Faculty, Emergency Management Graduate Programs

As emergency managers, we are always asked what a family should have in their “go-kit” for an emergency. Families should always have the basics on hand. We may not know exactly what will happen at any given time, but you should make sure that you and your family can sustain themselves for at least 72 hours if you had to evacuate, as well as sheltering in place (staying in the house together for safety). With that type of planning, your family will be ready for all levels of emergencies.

As FEMA recommends, a family should **have a kit, make a plan, and stay informed**. As your family begins to plan, make sure to include a way to cover all three of those elements.

Remember to include plans and supplies for everyone in your family, including the pets. Replace the items in your kit as you do with the batteries in your smoke detector. When the clocks change, check the items in your emergency kit to make sure everything is up to date and nothing needs to be replaced. Better to get your new supplies now before there is a run on them in the stores right before or after an event!

Basic “Go-Kits” should include:

- First-aid kits
- Emergency supplies – plastic gloves, bags, Lysol wipes, flashlights, toilet paper, batteries, face mask, plastic glasses
- Set of basic tools (turning off water, gas, etc)
- Minimum three-day supply of nonperishable food and water at home (1 gallon/per person/per day) and don’t forget pets in your food/water supply
- Weather Radio: They now have batteries, cranks, solar panels. Many will charge your phones as well.
- Activities for young kids
- Copies of key documents in a plastic bag

An additional list of kit basics can be found at [ready.gov/kit](https://www.ready.gov/kit).

Now that you know the basics, also remember that your personal medical preparedness is important as well. The CHI Poll on preparedness (chi.adelphi.edu/prepare) showed that 52% of American do not have copies critical documents, and 49% don’t know their doctors contact information.

It is also important to make sure that you have the following information associated with your family’s medical care:

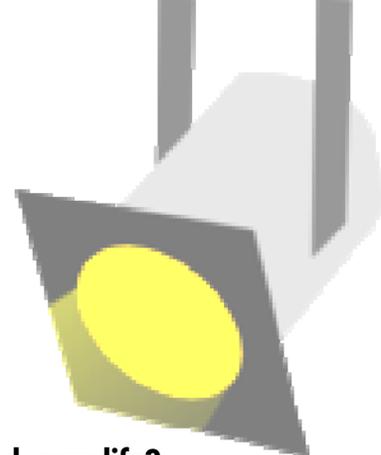
Know your doctors:	Know your insurance company:	Know your medications:
<ul style="list-style-type: none">• Names• Contact information• What they treat• What medications they prescribe for you	<ul style="list-style-type: none">• which company covers what part of your life• how to contact them• policy numbers	<ul style="list-style-type: none">• WHAT you take• WHEN you take it• WHY you take it• WHAT is the name and number of your pharmacy

By taking the steps outlined above, you can make a real difference in the preparedness of your family should a disaster or emergency strike!





Campus Recreation Member Spotlight: Dr. Ruth McShane



How long have you been at Adelphi?

I started my career at Adelphi many moons ago while completing my undergraduate degree! I majored in Physical Education. I am currently the Assistant Dean for the College of Arts & Sciences.

How many times a week do you typically walk? For how long?

Every day! I walk about 50-60 minutes every day, which is roughly 2.5 to 3 miles.

What keeps you motivated?

Coming from a Physical Education background, I know the importance of getting daily physical activity. I'm not one to sit around, I need to get up and move! Also, the wonderful facilities that Adelphi offers keeps me motivated to walk even during inclement weather conditions.

How has walking improved your life?

It clears your head! I get lethargic sitting at my desk all day! My administrative assistant actually schedules in my daily walk for me so I don't get cranky!

Do you have any words of wisdom?

I always tell young people, there comes a time in your life when you do get enough sleep; and I tell new parents, there comes a time when there will be time for each other and not just the kids. So to, there comes a time when you can structure your day to include something you love—which for me is walking! I absolutely love it!



What's Up Next in Campus Recreation?

Dates and events to look forward to!

Learn to Swim • Classes begin March 21

Beginner 1 Classes run Monday & Wednesday 11am-12pm
OR Tuesday & Thursday 5pm-6pm
Beginner 2 Classes run Monday & Wednesday 8pm-9pm

Spring Intramural Sports • Register by March 22

Volleyball games begin March 28
Flag Football games begin April 3

National Walking Day • April 6

Join us at the AUHealth Fair to kick off Walk Adelphi!

Spike It • April 22

Annual Volleyball Tournament during PantherFest!

Cinco de Lifto • May 5

Weightlifting Competition: Barbell Squat, Deadlift & Bench Press

FREE Self Defense Workshops

Tuesdays 5:00 p.m.-6:00 p.m. Located in WDH Half Court



Addressing the Elephant in the Room: Talking about Mental Illness and Suicide

By Dana E. Boccio, Ph.D., Assistant Professor, Derner Institute of Advanced Psychological Studies

Mental illness is extremely common, with approximately 1 in 5 adults experiencing a mental health condition each year. Despite the statistics suggesting that most of us will be touched by mental illness in some way— whether it be personally or through our relationships with family, friends, and coworkers—talking about mental health can be challenging.

Stigma continues to interfere with open discussions surrounding psychological difficulties. Ask yourself this:

- Would you know if others around you are struggling with mental illness?
- Do you talk with others in your life about your own mental health? Their mental health?
- Would you feel comfortable sharing with others that you had a mental health problem?



Starting a conversation about mental illness can illicit discomfort, but it can be the first step in directing a person to resources that may be of help. Considering that less than half of adults in the U.S. with a mental health condition received psychological services last year, such conversations can serve as a critical starting point for intervention.

Similarly, talking about suicide can be anxiety-provoking, but starting this conversation could save a life. More than 40,000 Americans die by suicide every year, and 90% of these individuals had a diagnosable mental disorder at the time of their death. Suicide is preventable if the warning signs are noticed and appropriate psychological assistance is provided. The following recommendations may prove helpful in initiating a conversation about the possible experience of suicidal thoughts (also termed “suicidal ideation”).

Do	Don't
<ul style="list-style-type: none">• Be direct – ask directly about any thoughts of suicide.• Calmly gather information. Get details – explore if the person has a plan, how specific it is, access to means, previous suicide attempts.• Reflect the person's concerns and let him or her know you care.• Communicate hope – ask if anything has helped before. Emphasize the person's worth and previous coping skills.• Highlight alternatives to suicide.• Create a specific action plan that connects the person to helpful resources (e.g., counseling center).• Follow up.	<ul style="list-style-type: none">• Worry that you're going to plant ideas in a person's head by asking about thoughts of suicide.• Appear judgmental, act shocked, or lecture the person. Asking, “How could you even think about doing that?” is not helpful and will only shut down the conversation.• Minimize their concerns or provide false and flippant reassurance (e.g., saying “Everything will be fine” can come off as dismissive).• Be sworn to secrecy. This is not a secret that should be kept.

Don't let feelings of embarrassment, shame, or discomfort interfere with having a conversation that truly matters. For more information about suicide, including important warning signs that may signal impending suicidal behavior, check out the following websites:

The American Association of Suicidology suicidology.org
The American Foundation for Suicide Prevention afsp.org
The Suicide Prevention Resource Center sprc.org

Featured Event

Opioid Overdose Prevention Training

Wednesday, April 13, 4:00 p.m.– 6:00 p.m., Alumni House

(Pre-registration required: Email gtiberia@adelphi.edu)

How would you like to be able to save the life of someone who is overdosing on heroin, or another opioid such as Oxycontin or Vicodin?

This workshop will teach participants about opioids, the signs of an Opioid overdose the signs of an overdose and how and when to utilize Narcan.

The goal is to teach ordinary citizens how to help prevent drug related deaths.

Each participant will receive an Overdose Prevention Rescue Kit following the training to be used and administered as a lifesaving antidote that can reverse the fatal effects of an Opioid overdose and save a person's life.

» Get more information at events.adelphi.edu/narcan



Campus Wellness Resources

Adelphi has many resources available on site and online to help you stay healthy in mind, body and spirit. In addition to programs offered by the Wellness Committee, the following departments offer great resources.

Campus Recreation
recreation.adelphi.edu

Health Services Center
health.adelphi.edu

Student Counseling Center
scc.adelphi.edu

Center for Health Innovation
chi.adelphi.edu

Adult Fitness
education.adelphi.edu/adultfitness

Derner Institute Center for Psychological Services
derner.adelphi.edu/cps

Human Resources
hr.adelphi.edu

Interfaith Center
interfaith.adelphi.edu

Center for Student Involvement
csi.adelphi.edu

Disability Support Services
dss.adelphi.edu

Public Safety
safety.adelphi.edu

Residential Life and Housing
housing.adelphi.edu

Adelphi NY Statewide Breast Cancer Hotline and Support Program
adelphi.edu/cancer

Hy Weinberg Center for Communication
education.adelphi.edu/hwc

Calendar of Wellness Events

Wellness Lectures sponsored by the Health and Wellness Committee

Tuesday, April 12, 12:00–1:00 p.m., CRS Campbell Lounge Room 2

Energy Drinks & Sports Supplements: Do They Really Work?

Tuesday, May 10, 12:00–1:00 p.m., University Center Room 213

The Truth about Vaping & E-Cigs: Are they safer than regular cigarettes?

Please RSVP for the events above by calling 516.877.4263, or email mscibelli@adelphi.edu.



Events below are sponsored by various campus departments

For times, locations and descriptions go to events.adelphi.edu.

Some events may require registration, fee or donation.

March 29

Blood Drive: Help save a life.
No appointment needed.

March 28

Medicine, Science and Public Health in the Third World: University lecture

March 31

Graduate Health Fair: Meet representatives from more than 90 grad programs for health professions.

April 6

AUHealth Fair

A fun day of learning and interactive activities.

April 8 & 9

Relay For Life: Join others at AU in this benefit for the American Cancer Society.

April 13

Narcarn Training: Learn how to recognize and prevent an opioid overdose.

April 30

Prescription Drug Take-Back:

Drop off unwanted drugs for safe disposal.

May 2

Nutrition Forum: Learn about dietary guidelines for cancer defense.

May 24

Understanding Clinical Trials: Experts debunk myths and perceptions.

Join the Health and Wellness Committee

If you are interested in contributing to our website, newsletter or event planning, please contact healthandwellness@adelphi.edu for information. We're on the web at wellness.adelphi.edu.