



## Letter From the Director



The leaves are changing, the air growing colder; a beautiful and scenic time of year as we enter the heart of the fall semester at Stony Brook University.

Don't look now, but the holiday season is right around the corner and Healthier U is looking to deliver the gift of wellness with more robust programs and resources; tools that will provide our employees with a more comprehensive selection of health & well-being engagement opportunities. More information on these exciting new ventures will be communicated in the coming weeks.

In this issue we interview wellness advocate and senior leader Matthew Nappi, a fitting guest as October is National Cyber Security Awareness Month. Colleen's Corner talks about healthy relationships, our Environmental Health & Safety team provides insight on driving after dark, the Stony Brook Medicine Nutrition team offers tips for packing healthy lunches and our resident RD provides some seasonal flavor with a delicious pumpkin hummus recipe.

If you'd like to contribute health and wellness articles to HEALTHIER NUWS, please email me at [bryan.weiss@stonybrook.edu](mailto:bryan.weiss@stonybrook.edu). Thank you for reading our newsletter and look for our next issue in the coming months.

Wishing you all the best this autumn,

Bryan Weiss



## Leading the Charge

Matthew Nappi

*Interim Chief Information Security Officer*

**Q: What is your favorite fall outdoor activity?**

**A:** Just about every year my family and I make it a point to visit the Long Island Fair at Old Bethpage Village Restoration. It's a lot of fun, a lot of walking and there are plenty of activities the whole family can be a part of. You haven't lived until you try to cut a log with a cross cut saw or husk a pile of corn!

**Q: What are three heart-healthy items always in your refrigerator?**

**A:** Greek yogurt, avocados and cherry tomatoes. My family likes to snack and those items are guilt-free, but pack plenty of taste and nutritional value.

**Q: What are some things you do personally to keep your computer secure and your identify safe?**

**A:** There are a lot of things, but I'll mention a few:

- For one, I no longer reuse passwords. Admittedly, even I used to do that despite advice not to! But with so many websites getting breached today, if a website you use gets broken into, the bad guys will take that one stolen password and try it on all the other sites you might use. Further, most of my passwords have been converted to sentences instead of passwords, which are much harder to crack in the event of a breach. I keep track of them using a password manager. I also turn on two-step and two-factor authentication whenever the option is presented to me. Almost all major websites offer that as an option today.
- I keep all my devices and applications fully patched and run antivirus on them as well.
- Finally, I am also very careful about websites I visit, links I click on and email attachments I open. Those are the most common ways computers, smartphones and tablets get infected today.

**Q: What single thing would you recommend we do to stay digitally healthy?**

**A:** There is no such thing as a silver bullet, but if I had to pick one, I would recommend you think long and hard about where you save sensitive data and what would happen if that data was stolen. Once you have a handle on what you need to protect, you will make better choices about how to do so. You can't protect what you don't know and the bad guys will even try to combine seemingly innocuous data from multiple sources and do serious damage with it.

**Q: In a typical month, what are some cyber security challenges you encounter?**

**A:** At Stony Brook we try to detect potential security incidents before they turn into a significant incident. Because of that, at times we are inundated with information that requires follow-up and we become aware of many incoming attacks being directed at our organization on any given day. It is our job to prioritize our efforts so that we focus on items that are most likely to have a negative impact before they do. Balancing the risk to the organization with the business goals of the organization can be challenging at times, but very effective as well.



**Colleen's Corner**

**EAP for a Happier U**

By Colleen Stanley, MFT, CEAP  
*Lead Coordinator  
 Stony Brook University Employee Assistance Program*

**Q: How do you know when you're in a good relationship? My partner doesn't hit me, so don't think I'm in an abusive relationship, but it doesn't always feel good.**

**A:** The quality of your close relationships matter; good relationships keep us happier and healthier. High conflict relationships are bad for your health, while securely attached relationships are protective. Where you put your attention grows, and the relationships that make it over the long haul are tended to on a regular basis. Healthy relationships are filled with loving kindness.

**What does a healthy relationship look like? It's beautiful; there is nothing harsh about it.**

1. Respect - when you disagree you fight fairly. Refraining from name calling, and other violence like pushing, shoving, biting, hitting, etc. Everyone is valued for their opinions and can express themselves freely.
2. Sense of self - you maintain some separateness.
3. Team - you work together for common goals.
4. Communication - you both feel heard, and actively work towards listening well.
5. Empathy - you both have the ability to put yourself in the others position and can feel their pain, sadness, etc.
6. Being with that person nourishes you most of the time.
7. Trust - you feel safe with them; physically, emotionally, spiritually and financially. They are a safe place to land.
8. Inspiration - they inspire you to become your best self.
9. Happiness - you play together, laugh and enjoy!
10. Heart connected - you feel a sense of love and/or fondness.

How healthy is your relationship with yourself? Lean into this question and open your heart. Do you treat yourself as well as you do other people? How kind are you to yourself? Look at the self-talk you do, and ask would you talk to a good friend that way? Ultimately learning to become your own best friend is a tremendous gift and will change the way you experience the world.

## Environmental Health and Safety Focus

### After Dark: The Most Dangerous Time to Drive

By Clifford Knee, *Safety Training and Environmental Compliance Manager*

Lack of light, compromised night vision, rush hour, impaired drivers and fatigue all contribute to making driving at night more dangerous than during any other time of day. In fact, traffic deaths are three times greater at night, according to National Safety Council research.

When it's dark outside, depth perception, color recognition and peripheral vision are compromised. And the glare of headlights from an oncoming vehicle can literally blind a driver temporarily.

Even with high-beam headlights on, visibility is limited to about 500 feet (250 feet for normal headlights) creating less time to react to something in the road - especially when driving at higher speeds.

What should you do to combat darkness?

- Aim your headlights correctly, and make sure they're clean
- Dim your dashboard
- Look away from oncoming lights
- If you wear glasses, make sure they're anti-reflective
- Clean the windshield to eliminate streaks
- Slow down to compensate for limited visibility and reduced stopping time

Evening rush hour (between 4 and 7 p.m. on weekdays) is among the most dangerous time to drive due to crowded roadways and drivers eager to get home after work. During the winter season, it's dark during rush hour, compounding an already dangerous driving situation.

How can you make it home safely during rush hour?

- Don't be an impatient driver; slow down
- Stay in your lane and beware of drivers who don't; anxious drivers dart from lane to lane
- Even though the route may be very familiar, don't go on autopilot; stay alert
- If you're in an unfamiliar area, consult a map before you go and memorize your route
- Don't touch your phone, don't eat or drink or do other things that take your mind off the road

More than 30 people die every day in crashes that involve a driver impaired by alcohol, according to the Centers for Disease Control and Prevention. Add to that drivers impaired by prescription medicines and other drugs, and that number goes up significantly.

The fact is, impaired drivers are most frequently on the road after dark - particularly between the hours of midnight and 3 a.m. on weekends.

**While we do only one quarter of our driving at night, 50 percent of traffic deaths happen at night. It doesn't matter whether the road is familiar or not, driving at night is always more dangerous.**

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## Core Nutrition

### Think Outside the Lunchbox

By Victoria Miranda, *Dietetic Intern, Nutrition Division, Department of Family Population and Preventive Medicine, Stony Brook Medicine*

Packing lunch for work is a great idea, regardless of whether you are trying to lose weight, be healthier, save money or save time. Bringing your own lunch allows you to be in control of how you fuel your body inside, and outside, of work. After all, we do eat lunch every day. Eating the same thing can be boring, because who wants to eat a variation of a bland meat and cheese sandwich with fruit and chips Monday through Friday. I guarantee after a few weeks of eating that, you'll want to switch to eating out more often and we all know that will be expensive in more ways than one. The portions are larger, the food has more sodium and calories, and you might be tired, bloated and uncomfortable after eating. How can someone get through the work day after that?

Here are some suggestions to packing a healthy and enjoyable lunch:

- Invest in Containers
  - What do you want to bring your lunch in that will keep your food fresh? There are plenty of

ways to transport food. You could use glass containers, plastic bags, or a thermos if you don't have access to a microwave. Another great buy would be a reusable water bottle that you can fill right in the office to keep hydrated!

- Plan Ahead
  - Whether you do your shopping every week or every few days, planning out meals to eat for the week is a great way to keep organized. This way when you're at the store you can just pick up the key things for lunch and won't have to worry about it. Once you get home, you can even divide it up into bags/containers to make packing lunch the night before even easier.
- Foods To Include
  - Try to include nutrient dense foods for lunch, this way you'll be fuller longer. Instead of refined grains, include whole grains with your lunch, such as whole grain bread. Instead of full-fat foods, try low-fat proteins and dairy. Try seafood and vegetable proteins like shrimp or legumes. Make sure to include a variety of colors with your fruits and vegetables. These foods will be high in vitamins, minerals and fiber!
- Portion Size
  - No matter how healthy your lunch is, you will still gain weight if you're eating too much. Increased weight will increase your risk for health issues, such as heart disease and type 2 diabetes. For grains, you should have a ½ cup, or two slices of bread. A protein portion should be about the size of your palm, or 3 ounces, and you should have ½ cup fruits and at least 1 cup of vegetables.

### Try These Recipes for an Easy, Enjoyable and Healthy Packable Lunch!

#### *Chicken Caesar Pita*

3 oz. of baked chicken, shredded carrots, sliced tomatoes, lettuce, a sprinkle of Parmesan cheese stuffed into a half whole grain pita with low-fat Caesar dressing on the side and an apple.

#### *Fiesta Chopped Salad*

Black beans, shredded lettuce, tomatoes, corn, avocado and red onion topped with low-fat ranch dressing with grapes and whole grain crackers on the side.

#### *Tangy Roast Beef Sandwich*

3 slices of roast beef, spinach, tomatoes, red onions, horseradish mayo on whole wheat bread with sliced peppers and strawberries.



## Healthy Eats

### Pumpkin Hummus

By Stephanie May, *Campus Dining Registered Dietitian*

**Serving Size:** 2 tablespoons

**Makes:** 16 servings

#### Ingredients

1 cup canned chickpeas (low sodium if possible)  
3/4 cup canned pumpkin (not canned pumpkin pie mix)  
3 tablespoons maple syrup  
1 tablespoon sunflower butter  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
1/4 teaspoon stevia  
1/4 teaspoon salt  
2 teaspoons oil of choice (olive, coconut, sunflower, avocado, etc.)

#### Directions

1. Place the chickpeas in a strainer and run under warm/hot water for one minute; this will help the hummus have a smoother texture. Drain well.
2. Place the chickpeas in a food processor and pulse for 30-45 seconds, then add the remaining ingredients and blend until smooth. This will take a good 4-6 minutes; stop several times to scrape down the sides of the processor until it was smooth.
3. If serving immediately, drizzle with oil and top with pumpkin seeds. You can also store the

hummus in a glass jar for up to a week; stir well before each use.

**Nutrition**

Per serving size:

Calories: 42, Fat: 2 g, Saturated Fat: 0.5 g

Cholesterol: 0 mg, Sodium: 48 mg, Carbohydrates: 5 g, Fiber: 1 g, Sugar 3 g, Protein: 1 g

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