



## Letter From the Director



The weather is warming and the flowers are in bloom; signs that point to the wrap up of another successful academic year at Stony Brook University. As one chapter closes, another one commences; the sweetness of spring breeds a time for new beginnings and fresh starts.

Last week we launched our annual "Ready, Set, Move!" Wellness Walking Challenge. A fun-filled incentive campaign that encourages regular physical activity, comradery with colleagues and invites participants to experience all that nature has to offer while improving their health and wellness. Our goal of providing flexible engagement opportunities that reach *Far Beyond* our main campuses is showing success with over 25 Stony Brook locations represented across both SBU and SBM. There's still time to sign up, please see more details at the bottom of this newsletter.

In this issue we interview wellness advocate and senior leader Jerrold Stein, Interim Assistant Vice President for Student Affairs and Dean of Students. Colleen's Corner discusses "spring cleaning", our Environmental Health & Safety team talks spring allergies and drowsiness, the Stony Brook Medicine Nutrition team offers insightful information about farmers' markets and our resident RD provides a delicious blueberry peach muesli parfait.

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.

Here's to a spring filled with promise and optimism,

Bryan Weiss

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## Leading the Charge

Jerrold Stein

*Interim Assistant Vice President for Student Affairs and Dean of Students*



**Q: What is your favorite springtime activity?**

**A:** Other than being a spectator at the Roth Regatta, my favorite springtime activity is walking. I try to walk about 4-5 miles a day. Running/jogging used to be my favorite activity, but I recently found that walking was less demanding on my body and the benefits were similar.

**Q: As co-founder of Stony Brook's Red Watch Band (RWB), can you tell us a little about the program?**

**A:** Preventing death and injury due to toxic consumption of alcohol is so relevant to the work we do on college campuses. Despite the fact that a tragic incident (the death of a faculty member's son) was the impetus for the creation of the program, this work has been so rewarding and from the beginning it has

been a team effort. Credit for the creation of the 4-hour RWB training curriculum goes to Lara Hunter, Ellen Driscoll and their colleagues in the Center for Prevention and Outreach. More recently we created "Creating the RWB CARE Team", a group of about 30 popular student leaders who serve as student ambassadors to increase participation in the training program and help spread the message. Since the team was created, participation in RWB Training programs has increased dramatically. About 2,000 SB students are trained annually.

**Q: What is your favorite go-to healthy meal?**

**A:** BBQ grilled salmon with fresh vegetables.

**Q: What is your personal strategy for managing stress?**

**A:** Besides walking, spending time with my grandson who is now 8 months old. It allows me to focus my complete attention to his care and forget about the trivial matters that surround me. It helps me put things in perspective.

**Q: When reading books or watching movies, what is your preferred genre?**

**A:** My preferred genre is historical fiction, especially the period before, during and after WW II. My father was a bronze star recipient and this helps me see life through the lenses of my parents.

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## Colleen's Corner

### EAP for a Happier U

By Colleen Stanley, MFT, CEAP

*Lead Coordinator*

*Stony Brook University Employee Assistance Program*

### Spring Cleaning

Do you ever feel overwhelmed? Then think about what are you ready to get rid of. Spring is a natural time of year for releasing what no longer serves us. This creates breathing room in our lives and this space

makes life a little easier.

Reflect on the things, people, emotions, thoughts and habits that you have, and remove what is no longer in your best interest. Is there a task you can delegate to someone else? Is there a social obligation that you can say no to? Is there a personality in your life that drains your energy? You will find the more you release, the more you relax... and the more you relax, the more you release. Whenever possible use the "touch it once" rule. If it's in your hand do not wait to take action. Postponing decisions adds piles of unnecessary items to your life which can become time consuming later. When you eliminate the things that no longer bring you joy or value, you will create more time for things you love.

Find a way to schedule decluttering into your life on a daily/weekly basis, and seasonally. Predictability calms the central nervous system reducing stress and anxiety. Creating routines for releasing will bring a sense of calm and order to your life. If the thought of decluttering your mind/office/home feels overwhelming, just begin somewhere. Take a small actionable step clearing one room, desk or drawer at time.

For more tips on clearing clutter visit: [www.stonybrook.edu/eap/happieru/organization](http://www.stonybrook.edu/eap/happieru/organization)

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## Environmental Health and Safety Focus

### Spring Allergies & Drowsiness

By Clifford Knee

*Safety Training and Environmental Compliance Manager*

Spring is coming! It's time to shed the heavy coats and bask in the longer daylight hours. But the weather conditions are less than ideal for some who are plagued with allergies. Luckily, modern medicine has made coping with the symptoms that much more bearable. However, these over-the-counter drugs for temporary relief have side effects well known to most allergy

medicine users. Most commonly experienced is drowsiness.

Drowsiness should not be taken lightly while driving or even doing the most mundane of tasks on a worksite. But most do not realize that even without drowsiness, the body can still be in a sedated state where coordination is reduced, reaction time is slowed, and judgement is impaired. The use of allergy medication can affect one's ability to focus and complete tasks effectively.



**Here are some tips to help reduce the discomfort of allergy season while maintaining productivity:**

- Take the medication for only extreme allergy attacks, especially if you are operating machinery and/or power tools.
- If taking the medication is a necessity, take the smallest dose possible that will still offer a level of symptom relief.
- Before taking the medicine, be sure to read the product labels alongside the product warnings. The small print gives a more detailed rundown on the contents of the drug and possible side effects.
- Follow the recommended dosage suggested on the bottle or by your doctor. Taking extra doses does not necessarily mean more relief, but more side effects.
- Don't mix medications. Always remember that no matter how much relief the drugs can offer, allergy medications are chemicals. Incompatibility is not uncommon and can cause more harm than good. A mixture of medications, or drugs with alcohol, could potentially aggravate a side effect or cause others.
- Don't try new medications during work.
- Additional questions about dosage or allergy medications should be directed at your doctor or pharmacist as some products may prove to be less in-convenient than others.

For more tips and resources to help keep you and your workplace safe, visit the Environmental Health and Safety homepage at [stonybrook.edu/ehs/](http://stonybrook.edu/ehs/).

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## Core Nutrition

### Become Farmers' Market Savvy

By Elizabeth Iozzino

*Dietetic Intern, Department of Family Population and Preventive Medicine, Stony Brook Medicine*

#### Tips to Shop at Your Local Farmers' Market

When shopping at your local farmers' market, keep some of these tips and suggestions in your back pocket for the best farmers' market experience. When shopping, remember which produce is in season so you will know what to expect and which fruits and vegetables will be the freshest. Bring your own canvas bags, keep it green and save some plastic. Also while shopping, take advantage of the farming experts who are behind the table. Most farmers' markets have workers on the farm come and sell the produce, so ask questions and use their knowledge about the produce you are buying. In addition, try to be spontaneous, buy something new, or mix different vegetables together for dinner. You never know exactly what will be at the market, so try not to make a list and expect to leave with everything on it. Instead keep an open mind. And lastly, buy in bulk! The best way to get a bargain is buying the produce that is in season. You can always freeze your fruits and veggies for later when they are no longer available fresh and off the farm. And most importantly, have fun!

#### 10 Reasons to Visit the Farmers' Market

1. Freshly picked, ripe food is at its peak in flavor and nutrition.
2. Shopping at farmers' markets supports your local farmers and keeps the money you spend closer to your neighborhood.
3. Fresh fruit and vegetables are full of antioxidants and important nutrients from plants.
4. It's a great way to get your kids involved.
5. Farmers' markets can be important anchors for vibrant communities.
6. Buying vegetables (to fill half your plate) is recommended by the Academy of Nutrition and Dietetics.
7. Farmers often have good recommendations on ways to prepare their products.
8. You can try a new fruit or vegetable!
9. SNAP and WIC are often accepted at most farmers markets.

10. Farmers' markets are easy to find (Visit the Healthier U [homepage](#) to find a local farmers' market).

### **Target Fitness: Nutrition Therapy Program**

Are you ready to lose weight permanently? Target Fitness, a 5-week professional nutrition therapy program includes:

- weight loss strategies lead by a registered dietitian
- body composition analysis
- weight and fitness goals
- stress reduction and behavioral techniques
- food taste testing
- guidelines on reading food labels
- a personalized supermarket tour!

Target Fitness started this week and will run every Tuesday in May from 5:45 - 6:45pm in the Department of Family Medicine at 181 Belle Mead Road, East Setauket, NY 11733. Program cost is \$100.

Target Fitness is offered by the Stony Brook Medicine Nutrition Division and sponsored by Healthier U.

**Please contact Health Connect at (631) 444-4000 to register.  
Space is extremely limited; don't delay, register today!**

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## **Healthy Eats**

### **Blueberry Peach Muesli Parfait**

By Stephanie May  
*Campus Dining Registered Dietitian*

#### **Ingredients**

- 3/4 cup peach blueberry and quinoa yogurt mix
- 2 teaspoons popped quinoa
- 1 tablespoon grilled diced peaches
- 1 tablespoon honey

#### Peach Blueberry and Quinoa Yogurt Mix

- 2 tablespoons tri-color quinoa, cold
- 1 1/4 ounces grilled diced peaches, cold
- 2 tablespoons quick oats
- 1/2 cup vanilla Greek yogurt
- 2 tablespoons blueberries frozen, thawed
- 3/8 teaspoon honey

#### Popped Quinoa

- 2 1/4 teaspoons tri-color quinoa, raw

#### Tri-Color Quinoa Cooked

- 1 tablespoon water
- 2 3/8 teaspoons tri-color quinoa, raw

#### Grilled Diced Peaches

- 1/2 ounce peach slices, unsweetened, frozen, thawed

## Instructions

1. *Peach Blueberry and Quinoa Yogurt Mix*: In a mixing bowl, combine all ingredients until well blended. Refrigerate for at least 2 hours before use.
2. *Popped Quinoa*: Heat a saucepan over medium high heat until surface is almost smoking. Add quinoa. Turn heat down to medium cover pot and shake it. Shaking pot ensures that quinoa won't burn. It also agitates the seeds, prompting them to pop.
3. *Tri-Color Quinoa Cooked*: In a pan steam, uncovered, for 5 minutes or until water is absorbed.
4. *Grilled Diced Peaches*: Heat grill to medium. Lightly spray both sides of peach slices with vegetable oil spray. Place on grill and cook 2 minutes per side or until charred and softened. Remove from grill, and dice into 1/4 inch pieces.
5. *For Service*: In a cup, place 1 tablespoon honey, 3/4 cup yogurt mixture, 2 teaspoons popped quinoa and 1 tablespoon peaches. Chill and serve.

## Details

Yield: 1 parfait

Prep time: 15 minutes

Cook time: 10 minutes

*Adapted from the Mindful by Sodexo website.*

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## Engagement Programs

### "Ready, Set, Move!" Wellness Walking Challenge

As the weather changes and the days become warmer and longer, many people get the itch to go outside and experience all that nature has to offer. Say goodbye to winter, make strides and spring forward your activity level with the Healthier U "Ready, Set, Move!" Wellness Walking Challenge!

The annual "Ready, Set, Move!" Wellness Walking Challenge is a hybrid program of our popular "Walk on Wednesdays" and "Walk to Win" programs with increased opportunities for engagement, excitement and engagement. Participants will receive weekly emails with tips to get you moving, fun quizzes and challenges, program statistics and much more. **New for 2017, individual program participants can substitute other forms of cardiovascular exercise for walking.** Whether you compete as an individual or as part of a team, participants have opportunities to win lots of prizes!

Program is free to all employees. Don't delay, sign up today!

[http://www.stonybrook.edu/commcms/healthieru/programs/ready\\_set\\_move.html](http://www.stonybrook.edu/commcms/healthieru/programs/ready_set_move.html)

### Healthier U & UUP Line Dancing Workshop Begins Monday, 5/8

Back by popular demand, Healthier U in partnership with UUP is pleased to offer another line dancing workshop! The new series will begin on Monday, 5/8, run for seven weeks and take place at the Long Island State Veterans Home on East Campus from 5:15 - 6:15pm.

Line dancing is a great way to exercise, boost your memory, reduce stress, improve your balance and energy levels, meet new friends and have fun all at the same time! Whether you're an experienced dancer or a beginner, everyone will learn the basics and get a good workout. Partners not needed.

Come join Deanna, from Dancing with Deanna, to learn all the current dances and some of the classics to a variety of music styles. Dances will be selected based on the skill level of the class. Get moving this spring, burn off the calories and make some new friends in the process!

Program is free to all employees and space is limited. Register today!

<https://www.surveymonkey.com/r/SBULD2>

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[stonybrook.edu/healthieru](http://stonybrook.edu/healthieru)

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