



Letter From the Director



With the damp and dreary weather in our rear-view mirror, we look to warm sunny days ahead; firing up the BBQ for summer cookouts and lazy beach days; making memories spending quality time with friends and family.

We are excited to announce that Healthier U is partnering with SBU campus-partner Island Federal Credit Union on offering employee financial wellness solutions. Personal finance plays a critical role in people's lives and overall well-being; what we earn, spend and save is woven into all aspects of our lives. Did you know that 75% of Americans live paycheck to paycheck? Or that 37% of all Americans carry a revolving credit balance of almost \$17,000? We understand the impact that financial stress can have on our workforce, both in their personal and professional lives, and we're excited to provide programs that will help build better financial habits along with resources that will allow our employees to

prosper regardless of income level or life stage. Stay tuned for more information coming soon.

In this issue we interview wellness advocate and senior leader Gary Kaczmarczyk, Assistant Vice President for Environmental Health & Safety. Colleen's Corner discusses the hot topic of mindfulness-based stress reduction, our Environmental Health & Safety team offers strategies for preventing tick-borne diseases, the Stony Brook Medicine Nutrition team talks about the Stony Brook Heights Rooftop Farm and how they're bringing organic produce directly to their patients, and our new "Healthy Money" section highlights Island Federal Credit Union's services and commitment to the SBU community.

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

May your summer be one of rest and refreshment,

Bryan Weiss

Leading the Charge

Gary Kaczmarczyk
*Assistant Vice President
Environmental Health & Safety*



Q: How do you personally invest in your health and wellness?

A: I have always believed that it is extremely important to take time to renew your mind, body and spirit. It's part of Steven Covey's 7th Habit - "Sharpen the Saw." I try to take time each week to exercise, eat healthy, give thanks, and to engage in other mindful and social activities.

Q: Describe a typical weeknight meal at home.

A: My wife and I love eating fresh vegetables. Our typical weeknight

meal almost always begins with a large salad, a protein (meat or fish) and lots of grilled vegetables from the local farm stands or our own garden.

Q: What kind of safety recommendations does the Department of Environmental Health & Safety have for individuals and families during the summer months?

A: The summer season can bring a great deal of enjoyment for outdoor fun and relaxation. When working or spending time outdoors it is really important to protect yourself from mosquitoes, ticks, extreme temperatures, and the sun's ultraviolet (UV) rays. We have information on our [EH&S Website](#) to prevent illness from some of these environmental concerns.

Q: Who has been one of your greatest influences?

A: Years back, I worked in construction safety where my boss (Jack) always stressed the importance of spending time in the field with the workers to learn about their jobs so that I would better understand how to relate our requirements to their work. Establishing good communications helps to build mutual understanding and trust, a fundamental element of effective leadership.

Q: What is one thing people might be surprised to know about you?

A: I ride a motorcycle :)



Colleen's Corner

EAP for a Happier U

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

Mindfulness-Based Stress Reduction

I recently completed a course in Mindfulness-Based Stress Reduction (MBSR); it was a powerful experience. In order to get the most out of the class, it required me to change.

Jon Kabat-Zinn the creator of MBSR says "Mindfulness is paying attention, on purpose, in the present moment, without judgement, as if your life depended on it...because it does." Over the course of 8 weeks we systematically trained our brains to think differently. We learned to recognize how much time is spent ruminating over the past or worrying about the future, and to call ourselves home to the present.

I am happier. My life is better than I realized. I am naturally more often in gratitude. What other people do or do not do, bothers me less. I am less reactive, and more aware of where I have choice. I have learned to reflect on how much time I am spending on things that drain me, and how much time I am spending on things that revitalize me, and to make changes.

My life is not "someday" it is NOW. This is it. I am learning to look at what life presents with open-hearted curiosity and to lean into my own uncomfortable experiences just as I do with my clients. I am paying attention to myself in a different way.

If you are interested in learning more, go to

<http://www.stonybrook.edu/commcms/eap/happieru/mindfulness.html> and watch a 5 minute introduction to MBSR by Jon Kabat-Zinn. There are several excellent MBSR teachers on Long Island, and most offer a free introduction prior to the course beginning. If you want to talk about MBSR, or other options for reducing your stress, call me in the EAP office at 631-632-6085.

Environmental Health and Safety Focus

Preventing Tick-Borne Diseases

By Clifford Knee
Safety Training and Environmental Compliance Manager

Tick season is upon us and it is important to take measures to prevent tick bites when outdoors. Some ticks carry pathogens that can cause human disease including, but not limited to, Lyme Disease, Babesiosis,

Ehrlichiosis, and Rocky Mountain Spotted Fever. Tick-borne diseases can result in mild symptoms, including fever/chills, aches and pains (headache, fatigue, and muscle aches), and a rash. Tick-borne diseases can vary from being treatable at home to severe infections requiring hospitalization.



Some fundamental ways to prevent tick-borne diseases:

- Avoid direct contact with ticks.
 - Avoid wooded and brushy areas with high grass and leaf litter.
 - Always walk in the center of trails.
- Repel ticks with DEET or permethrin.
 - Use repellants that contain 20-30% DEET.
 - Use products that contain permethrin on clothing and sneakers.
- Find and remove ticks from your body.
 - Bathe or shower as soon as possible after coming indoors.
 - Conduct a full-body tick check.
 - Examine clothing, gear and pets.
 - Tumble dry clothes in a dryer on high heat for 10 minutes.

For more information, please visit:

<https://ehs.stonybrook.edu/news/prevent-tickborne-diseases-0>

Core Nutrition

Stony Brook Heights Rooftop Farm Growing Season Begins

By Cara Montesano, MS, RD

Community Grants Coordinator, Department of Family, Population and Preventive Medicine, Stony Brook Medicine

For the sixth year, Stony Brook Heights Rooftop Farm will bring garden-grown produce straight to patients' bedside.

Stony Brook University Medical Center's rooftop farm provides hundreds of pounds of fresh, organic produce to the hospital's patients and community members in need across Long Island. Nestled on the third floor of the Health Sciences Center, the hospital's 2,242 square foot farm, known as Stony Brook Heights Rooftop Farm, has been tilled, composted and has recently received seedlings raised in the Life Sciences Greenhouse.

Urban agriculture, which is raising food in unique places such as rooftops, has been steadily growing as a solution to providing locally grown fruits and vegetables to communities. The incubation and development of urban agricultural models are supported and fostered by both the United States Department of Agriculture (USDA) and the New York State Division of Agricultural Development (NYSDAD).

Produce grown on farms located in unusual places like Stony Brook Heights Rooftop Farm calls attention to the source of fresh produce and in turn provides the opportunity to highlight the nutritional importance of eating fresh fruits and vegetables. The farm utilizes only organic gardening methods to produce loads of fruits, vegetables, and herbs such as zucchini, eggplant, cucumbers, tomatoes, garlic, Swiss chard, basil, strawberries and watermelon. This produce is used to supplement healthy patient meals and is provided with an informational card identifying the ultra-local source and the benefits of eating whole foods. Visibility of the source offers an opportunity to connect plants with food, and nutrition.

Some of the farm's products are also provided to the Stony Brook Food Pantry located on West Campus, Hope House Ministries, Stony Brook WIC programs and Stony Brook Home, a medical student-run free clinic in Islip Terrace. Any students or staff that access the campus food pantry can receive a voucher to obtain fresh produce from the farm during the growing season. The Stony Brook Home and Stony Brook WIC programs distribute the donated produce to patients along with healthy, affordable recipe ideas.

About Stony Brook Heights Rooftop Farm

Our farm is a symbol of our nutrition philosophy and our goal to change the culture regarding food and eating habits - that is to eat a variety of whole foods with an emphasis on fresh and organic produce. With the conjoined efforts of students, staff, the Nutrition Division of the Department of Family, Population and Preventive Medicine and Dietetic Interns, all of the produce is grown organically and typically yields about 1,500 pounds of produce each season.

For more information or for community service opportunities on the Stony Brook Heights Rooftop Farm please contact:

Healthy Money

Island Federal Credit Union Partners with Stony Brook University

By John McGregor
Vice President, Island Federal Credit Union

In late October 2015, Island Federal Credit Union announced an innovative, campus-wide partnership with Stony Brook University, a driving force of the regional economy and an internationally recognized research institution. The 10-year corporate advertising sponsorship touches upon the entire University community including student and alumni, faculty and staff, Stony Brook Athletics and the Arts, as it includes:

- Two full-service branches and multiple ATMs to serve Long Island's largest single-site employer. Island serves faculty, staff, and students of both the University and the Health Services Center.
- The naming rights of the Island Federal Credit Union Arena, home to Stony Brook's Division 1 Men's and Women's Basketball and other events.
- Presenting sponsorship of the renowned Stony Brook Film Festival.
- Support of the Long Island State Veterans Home, the Stony Brook Children's Hospital and the School of Business.
- Internships and research opportunities that will enable Island to develop new products and services to serve our entire membership now and in the future.

With this partnership, Island and Stony Brook will have a direct and immediate impact on all of Long Island!

Healthier U and Island Federal Credit Union care about your financial wellness. If you have questions or want to meet to discuss your financial well-being, please email financialwellness@islandfcu.com.

SBU branch locations:

- *West Campus - Student Activities Center (Lower Level)*
- *East Campus - HSC Tower (2nd Floor)*



Stony Brook University/SUNY is an affirmative action, equal opportunity educator and employer. 15110748

stonybrook.edu/healthieru

STAY CONNECTED:

