

# Wellness Newsletter



October 2008

## Inside This Issue

- 1 Mental Health Month 2008
- 2 Recipe of the Month
- 2 Upcoming Events
- 2 Screening Updates!
- 2 Flu Shot Information

## ***Mental Health Resources***

### **Employee Assistance**

**Program:** Call 260-373-8060 or 1-800-721-8809

### **Student Assistance**

**Program:** (260) 373-8060

or (800) 721-8809

[www.ipfw.edu/dos](http://www.ipfw.edu/dos)

### **Crisis Assistance Helpline:**

(260) 373-7500 or (800)

284-8439

### **National Alliance on**

**Mental Illness** 447-8990

[www.nami.org](http://www.nami.org)

### **YMCA 24-Hour Domestic**

**Violence Crisis Line**

447-7233



This year will celebrate the 20<sup>th</sup> year for the IPFW Health Fair! Do you have any Health Fair memories (speakers, events, etc) from any of the past 20 years? Interested in being involved this year?

Contact Jen at [rohertyj@ipfw.edu](mailto:rohertyj@ipfw.edu) or call 481-6746!

## **October is Mental Health Month**

It is appropriate for us to recognize the importance of mental health, according to the American Psychiatric Association, some 8 million to 14 million Americans suffer from depression each year. As many as one in five Americans will suffer at least one episode of major depression during their lifetimes.

IPFW will shed light on Mental Health month with two specific events in October. **Wednesday, October 1, Bryce Mackie will present his documentary called *Eternal High*.** Eternal High was created by Bryce to share his experience with depression and suicide. At 17 years old, Bryce found himself consumed with thoughts of suicide. A budding film student, popular in school, an all-state athlete, a good student with loving parents, Bryce appeared to have everything. Bryce was, however suffering with depression, thoughts of suicide, self-injury and anxiety. This portrait of a “normal” teenager shows just how common mental illnesses are. **Bryce Mackie presentation, Walb Union Ballroom, 12-1 pm, October 1, lunch provided.**

Suicide is an all too common thought when someone is suffering from depression. “Suicide is often a fatal response to a treatable and reversible condition – that condition most often being depression,” said Douglas G. Jacobs, M.D., Associate Clinical Professor of Psychiatry at Harvard Medical School and founder of Screening for Mental Health, Inc. It is vitally important to “implement programs to teach students how to recognize the warning signs of suicide, where to turn for assistance or how to help someone who may be at risk,” he said.

On **October 9, from 10 am-5 pm, IPFW will host Mental Health Day in the Walb Union first floor.** Screenings for depression will be available as well as education tables and a de-stressing zone. Students and staff are welcome to join in and take advantage of the free resources. National Depression Screening aims to raise awareness and reduce the stigma around mental health disorders on campus. The event also seeks to identify those individuals at-risk and refer them to appropriate resources. “I think that we clinicians often underestimate just how difficult and anxiety provoking it can be to go through the process of seeking treatment. For the students that are screened and get help, receiving a screening makes a huge difference,” said John C. Okiishi, PhD, a staff psychologist at Brigham Young University.

Mental Health Day will also provide three free workshops:

- **Secure Beginning: An Introduction to Infant and Early Childhood Mental Health for Parents and Caregivers** presented by Terry Muhlbauer Ph.D., HSPP, and Psychologist. Dr. Muhlbauer will focus on infant and toddler social-emotional milestones as well as signs a child or parent may need help. Tips for parents on nurturing to promote positive mental health in their very young children and what the field of Infant Mental Health has to offer parents and care givers will be presented.
  - **10-11 am, Walb Union 114/116, October 9**
- Are you caring for or care about someone who is aging? **Caring for Aging Family and Friends: An Informational Series on Medical and Social Services** is designed to help individuals balance the responsibilities of work and care giving. A two part series with information about local social service and health care providers as well as medical experts providing information on diagnosis and treatment options.
  - **12-1:30 pm, Walb Union Ballroom, October 9, free lunch served**
- **Alcohol and the College Campus: Can the Two Mix Responsibly?** This University Religious Forum topic will explore this topic and how it relates to our campus and beyond.
  - **12-1:15 pm, Walb Union 222/224, October 9, free lunch served**

[www.mentalhealthscreening.org](http://www.mentalhealthscreening.org), [www.smogdance.com](http://www.smogdance.com)

***Are you or a friend feeling helpless or hopeless? Join us! Help is available!***



## Turkey Noodle Soup

Makes 6 Servings

### Ingredients

- Cooking spray
- 1 cup sliced carrot
- 3/4 cup chopped onion
- 4 garlic cloves, minced
- 1 cup sliced celery
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 6 cups fat-free, less-sodium chicken or veggie broth
- 2 cups uncooked egg noodles
- 1 tbsp low-sodium soy sauce
- 1 bay leaf
- 2 cups shredded turkey (~8 oz)
- Coarsely ground black pepper

### Preparation

Heat a large saucepan over medium-high heat. Coat pan with cooking spray. Add carrot, onion, and garlic; sauté 5 minutes or until onion is lightly browned. Add celery, salt, and 1/4 teaspoon pepper; sauté 3 minutes. Add broth and next 3 ingredients (through bay leaf); bring to a boil. Reduce heat, and simmer 5 minutes. Add shredded turkey; cook 3 minutes. Discard bay leaf. Sprinkle with coarsely ground black pepper, if desired.

[www.allrecipes.com](http://www.allrecipes.com)

## Upcoming Events

<p><b>Mental Health Day</b> October 9, 10 am-5 pm Walb Union</p> <p><b>All day:</b> Screenings, de-stress area and information. Experts on hand to answer questions.</p> <p><b>10-11 am</b> Children and Mental Health WU 114/116</p> <p><b>12-1:15 pm</b> Alcohol and the College Campus: Can the Two Mix Responsibly? WU 222/224</p> <p><b>12-1:30 pm</b> Caring for Aging Parents WU Ballroom</p>	<p><b>Cholesterol and Wellness Screenings</b></p> <p>Free to IPFW Employees/Spouses, IPFW Retirees/Spouses and 100 IPFW Students</p> <p>Register at <a href="http://www.ipfw.edu/health">www.ipfw.edu/health</a></p> <p>Free test includes Total Cholesterol, HDL, LDL, Triglycerides and Glucose. Blood Pressure, height and weight also measured.</p> <p><b>October 15</b> WU 114/116 7-10 am</p> <p><b>October 21</b> WU 222/224, 7-10 am</p>	<p><b>De-Stress with Fitness!</b> <b>Sport Center Hours:</b></p> <p>M-Th: 5:30am-10:00pm Friday: 5:30am- 8:00pm Saturday: 8am - 5pm Sunday: Noon - 8pm</p> <p><b>Registered Students are free with ID</b></p> <p>Employee memberships available (\$25 annual fee)</p> <p><b>Monday, October 20</b> <b>4:45-6:45 PM</b> <b>FREE! Fitness Assessments</b> <b>Gates Sports Center</b> Blood pressure, Height, weight, body composition and blood sugar available</p>
<p>Join us, <b>Thursday, October 16</b> for <b>Energize the Soul...Eating Mindfully Workshop</b> as we explore what it means to be mindfully aware of the food you eat. Walb Union 222/224 12-1 PM</p>		

Stay informed! Visit us at [www.ipfw.edu/health](http://www.ipfw.edu/health)



[www.purdue.edu/healthypurdue](http://www.purdue.edu/healthypurdue)

Purdue Benefit Eligible Employees and Spouses:

**November 7<sup>th</sup> is the deadline for Healthy Purdue 2008 five apple criteria!**

To earn \$250 (pre-tax), log or return completed program information to Jen Roherty in Walb Union 234.

Let us help you be successful! Call 481-6746 or 481-6647.

To self-track apples or complete on-line workshops, visit [www.purdue.edu/healthypurdue](http://www.purdue.edu/healthypurdue)



## Be a Flu Fighter!

- If you're sick, stay home!
- Wash your hands
- Cover your cough
- Get a flu shot

[www.fighttheflu.org](http://www.fighttheflu.org)

IPFW provides FREE flu shots for IPFW Employees/spouses, IPFW Retirees/Spouses and 150 IPFW students. There will be three flu shot days on campus:

- October 22, 9 am – 4 pm, WU 114/116
- November 4, 3 pm - 7 pm, WU G21
- November 12, 10 am – 2 pm, WU 114/116

Sponsored by IPFW/Parkview Health & Wellness Clinic.

For more information call 481-6647 or 481-6746 OR visit [www.ipfw.edu/health](http://www.ipfw.edu/health) & [www.ipfw.edu/clinic](http://www.ipfw.edu/clinic)