

# Wellness Newsletter



July 2009

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## July Celebrates

- ♥ UV Safety Month
- ♥ 20-24 National Youth Sports Week
- ♥ Hemochromatosis Awareness Month

## What Vaccines do **You** Need?



Each year millions of adults in the US are hospitalized or require other medical attention as a result of vaccine-preventable diseases (VPDs).

- 50-70,000 adults in the US die each year from disease for which vaccines are available.<sup>1</sup>
- VPD deaths in adults are similar to other important causes of death in adults such as colorectal cancer and breast cancer.<sup>2</sup>

Take the Centers for Disease Control (CDC) quiz located on the link below to find out which vaccines **YOU** may need.

Access this CDC website for the quiz to determine your needed vaccines.  
<http://www2.cdc.gov/nip/adultImmSched/>

IPFW/Parkview Health and Wellness Clinic can administer any of the vaccines you may need. Contact the clinic at 481-5748 to be sure they have a supply of the needed vaccine before you come in.

### References

1. Wilson, K. Public policy largely ignores adult immunization needs *Managed Care*. 2000. Available at: <http://www.managedcaremag.com/archives/0010/0010/immunization.html>. Accessed June 6, 2009.
2. Kung, H., et al. *National Vital Rep* 2008; 56(10):1-120.

Whooping cough (pertussis) is the only vaccine-preventable disease on the rise in the US. Generally received as a child, this vaccination fades. The CDC recommends a one-time booster shot for pertussis (administered in combination with vaccines against tetanus and diphtheria) for adults 19-64 years of age who have not previously had a Tdap.

New vaccines now exist. Two vaccinations became available in 2006 against herpes zoster (shingles), a painful reactivation of the virus that causes chickenpox and Human papillomavirus, the cause of most cervical cancer, genital warts and other diseases.

As we age, we are more likely to develop serious diseases caused by common infections. Make sure your vaccinations are up to date!

Boston University School of Medicine



## IPFW Employee Spotlight:

**Lynda McGehee, Registrar**

My co-worker Juanita and I decided it was time to come on board and get healthy. We both joined the gym and began watching our food intake. We began the first week of June and try to walk each day. We begin at Kettler, walk over the bridge and around the student housing then back across the bridge back to the VPA building and up to Kettler. On the days it rains you will find us in Kettler doing laps around each floor and then taking the stairs up and down each floor. Having the ability to use our breaks and lunch hours helps that it allows us to have a friend to walk with. The Wellness program is a great source of information and encouragement as well as our other coworkers and boss!



**Weeknight Grilling  
Spicy Turkey Burger**

Prep Time: 20 minutes  
Cook Time: 20 minutes  
Serves: 8

**INGREDIENTS**

- 2 lbs lean ground turkey
- 2 Tbsp minced garlic
- 1 tsp minced fresh ginger root
- 2 fresh green chile peppers, diced
- 1 medium red onion, diced
- 1/2 cup fresh cilantro, finely chopped
- 1 tsp salt
- 1/4 cup low sodium soy sauce
- 1 Tbsp freshly ground black pepper
- 3 Tbps paprika
- 1 Tbsp ground dry mustard
- 1 Tbsp ground cumin
- 1 dash Worcestershire sauce

**DIRECTIONS**

1. Preheat the grill for high heat.
2. In a bowl, mix the ground turkey, garlic, ginger, chile peppers, red onion, cilantro, salt, soy sauce, black pepper, paprika, mustard, cumin, and Worcestershire sauce. Form the mixture into 8 burger patties.
3. Lightly oil the grill grate. Place turkey burgers on the grill, and cook 5 to 10 minutes per side, until well done.

www.allrecipes.com

# July Upcoming Events

**July 15: Summer Fest!**  
6:45 AM- 2-Mile run/walk.  
Meet at the Hilliard Gates Sports Center.  
**Walb Union Events:**  
Spa Room: 1-3 PM  
Zumba: 2-3 PM  
Nature Walk: 1:30-2:30PM

**July 20: Fruit and Veggie Challenge Begins!**

**July 28: Canning and Freezing.** KT G46, 12-1 PM

**July 29: Cholesterol and Blood Health Screening**  
WU 222, 7-10 AM  
Register  
[www.ipfw.edu/health](http://www.ipfw.edu/health)

Employee and Spouse  
**Healthy Purdue HealthPath Questionnaire**



**It pays to be healthy in 2010!**  
(and another \$200 for a spouse/partner!)

Visit  
[www.purdue.edu/healthypurdue](http://www.purdue.edu/healthypurdue)  
and click the StayWell Health Management link.  
**Don't delay!**

Summer fun at the Hilliard Gates Sports Center!

**Sport Center Hours:**

M-Th: 5:30am-10:00pm  
Friday: 5:30am- 8:00pm  
Saturday: 8am - 5pm  
Sunday: Noon - 8pm

**Summer II Fitness Classes begin the week of July 6<sup>th</sup>! Register today! Call 481-6619**

Movement for Life, Zumba & Mid-Day Yoga Stress Break. Classes will be held at Williams Theatre RM 113

**Monday, July 13  
4:45-6:45 PM  
FREE! Fitness Assessments  
Gates Sports Center**  
Blood pressure, Height, weight, body composition and blood sugar available



**The Bottom Line:**



**Recommendations for Vegetable and Fruit Intake**

**Try these tips to fit more fruits and vegetables into your day:**

- **Keep fruit out where you can see it.** That way you'll be more likely to eat it. Keep it out on the counter or in the front of the fridge.
- **Get some every meal, every day.** Try filling half your plate with vegetables or fruit at each meal. Serving up salads, stir fry, or other fruit and vegetable-rich fare makes it easier to reach this goal. Bonus points if you can get some fruits and vegetables at snack time, too.
- **Explore the produce aisle and choose something new.** Variety is the key to a healthy diet. Get out of a rut and try some new fruits and vegetables—include dark green leafy vegetables; yellow, orange, and red fruits and vegetables; cooked tomatoes; and citrus fruits.
- **Bag the potatoes.** Choose other vegetables that are packed with more nutrients and more slowly digested carbs.
- **Make it a meal.** Try some new recipes where vegetables take center stage. Visit [www.meatlessmonday.com](http://www.meatlessmonday.com).

**Source:** [www.hsph.harvard.edu](http://www.hsph.harvard.edu)

**IPFW Employee 6-Week Fruit and Veggie Challenge**  
July 20-August 30  
Register at [www.ipfw.edu/health](http://www.ipfw.edu/health) or through department mailing  
Register before Wednesday, July 15  
Team or individual challenge!  
**Healthy Purdue Purple Apple**

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)