

# Wellness Newsletter



September 2009

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## September Celebrates

- ♥ America on the Move
  - ♥ Healthy Aging Month
  - ♥ National Yoga Awareness
  - ♥ Prostate Cancer Awareness
  - ♥ 6-12 National Suicide Prevention Week
  - ♥ Whole Grains Month
  - ♥ 13 Celiac Disease Awareness Day
  - ♥ Ovarian Cancer Awareness
  - ♥ National Sickle Cell Month
  - ♥ National Cholesterol Education Month
  - ♥ Fruit and Veggie Month
  - ♥ 21 World Alzheimer's Day
- [www.healthfinder.gov](http://www.healthfinder.gov)



IPFW Employee Spotlight:

**Bill Saylor, Department of Athletics, Recreation and Intramural Sports**-Assistant Director of Athletic Media Services

My wife and I wanted to help add more vegetables into our son's food (he is almost two), and we found the book "Sneaky Chef" by Missy Chase Lapine (another similar book is "Deceptively Delicious" by Jessica Seinfeld). In those books it shows fun way to add vegetable purees into everyday recipes. Getting the book worked out great in conjunction with our participation in the fruit and vegetable challenge. My wife has become an expert at making a lot of the foods, and you can't even tell there are vegetables in them! My personal favorites are spaghetti with sweet potato and squash puree added (baby food works great instead of pureeing it on your own) and macaroni and cheese with pureed cauliflower in it. We have really liked the additional fruits and vegetables because we know how good it is for us, plus we are hoping that by adding fruits and vegetables into our everyday foods that we can show our son how to eat healthy by our example.

## Great Eats... Get 'Em Cheap!

Who doesn't want to have a great meal for a great price?! IPFW Health and Wellness kicks off its annual fall nutrition series presented by Chris Kuznar, Mastodon Advising Center and Larry Kuznar, Sociology & Anthropology.

You don't have to be a college student to enjoy a quick and easy meal that is also kind to your pocket! This workshop will be great information for everyone!

**"Budget Friendly Tasty College Cooking 101"**  
**September 17 from 12-1 PM in KT 146**

Maintaining a healthy weight depends on achieving energy balance. Day by day aim to balance energy burned with food and beverage calories consumed. To STOP weight gain, most America's need to do two simple things: add 2000 steps to each day and eat 100 few calories.



## 15 Ways to Cut 100 Calories

1. Try turkey sausage or Canadian bacon for less fat than regular
2. Lighten up your omelet, frittata, or scrambled eggs by using 4 egg whites or 1/2 cup egg substitute
3. Stuff a pita pocket with more fresh vegetables, less meat and cheese
4. Pick water-packed tuna instead of tuna packed in oil
5. Limit meat portions to 3-4 ounces (the size of a deck of cards)
6. Reduce your portion of cooked rice and pasta by half a cup
7. Turn a mixed green or spinach salad into a main dish by including blueberries, diced apples, or strawberries, almonds, and grilled chicken
8. Substitute half or all the oil in a recipe with applesauce when baking.
9. Freeze grapes or watermelon wedges for a popsicle-like treat
10. Try hummus with pita wedges
11. Pay attention to serving sizes, most soda cans contain 2 servings
12. Quench your thirst with bottled water instead of soda from the vending machine
13. Limit yourself to 1 portion of bread, rolls, crackers, chips or, better yet, save your appetite for your meal
14. Dip your fork into the dressing, then into your salad greens
15. Choose a healthy option item designated by a symbol on the menu

*From 100 Ways to Cut 100 Calories by America on the Move*



## September Upcoming Events



*Hummus*

### INGREDIENTS

- 2 15 ounce cans of chickpeas, drained and rinsed
- Juice of 1 small lemon (seeds removed, pulp optional)
- 1 tablespoon good olive oil
- 1 tablespoon tahini (sesame paste, you can find it in the "international" aisle in the grocery store )
- 2 small or one large clove of garlic, finely grated
- Water to adjust consistency
- Sweet hungarian paprika to garnish

A strong blender or food processor.

### DIRECTIONS

1. Drain and wash the chickpeas, add to blender or food processor.
2. Add grated garlic, olive oil, tahini, lemon juice, and about 2 tablespoons of water.
3. Puree until there are no whole chickpeas, and the hummus is a thick paste.
4. Remove from bowl of mixer and garnish with a sprinkle of paprika. You could drizzle some olive oil and toss some chopped tomatoes on top of it if you desire. Serve with pita bread.

This dish makes a lovely addition to a middle eastern appetizer platter, the centerpiece for a tray of veggies, or an amazingly filling snack. You can add all sorts of things to your hummus (see the variety of different pre-made hummus in the grocery store for inspiration!)

Number of Servings: 14  
 Recipe submitted by  
 SparkPeople user  
 GRANT\_ME\_WINGS.

**September 8:** 6-Week Meditation Workshop begins. CM 148, 12-1 PM. Register at [www.ipfw.edu/health](http://www.ipfw.edu/health)

**September 9:** Cholesterol Screening. 7-10 AM, WU 222. Free for IPFW Students and IPFW faculty/staff.

Register [www.ipfw.edu/health](http://www.ipfw.edu/health)

**September 17:** Budget-Friendly Tasty College Cooking 101. KT 146, 12-1 PM.

**September 21:** World Alzheimer's Day. KT Lower Level, 9:30-11:30 AM.

**September 22:** Cholesterol Screening. 7-10 AM, WU 222. Free for IPFW Students and IPFW faculty/staff.

Register [www.ipfw.edu/health](http://www.ipfw.edu/health)



### It pays to be healthy in 2010!

\$200 for employees and their spouses/SSDP for participating in the Purdue Health Program, **HEALTHY PURDUE**

Visit

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

and click the StayWell Health Management link. **Don't delay!**

Start the semester off right 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

**Fall I Fitness Classes begin the week of August 31<sup>st</sup>! Register today! Call 481-6619**

Classes will be held at Dolnick Learning Center

**Monday, September 14  
 4:45-6:45 PM  
 FREE!**

**Fitness Assessments  
 Gates Sports Center**

Blood pressure, Height, weight, body composition and blood sugar available

## Important Health Alerts:

### Update from Allen County Department of Health:

As of August 7th there have been 127 cases of pertussis (Whooping cough) reported in Indiana in 2009. This is compared to 28 cases as of the same week in 2008. By the end of 2008 there were 271 cases of pertussis reported. If the same statistics hold for this year that means a lot of people will be contracting pertussis in the next few months. There's a way to prevent this from occurring. Be sure you have received the pertussis booster vaccination. One Tdap (tetanus, diphtheria and pertussis) booster is recommended for all individuals 10 through 64 years of age. Stop by the IPFW/Parkview Clinic to update your immunization to prevent becoming a department of health statistic.

IPFW/PARKVIEW WELLNESS CLINIC

### H1N1 Virus Information:

#### Prevention

- Wash hands often or use alcohol-based hand cleaner. Wipe commonly touched surfaces such as doorknobs, keyboards, telephone, etc.

#### If You Are Sick

- If you're sick with fever or chills AND a cough or sore throat - don't come to class.
- If you're sick, stay home for 24 hrs after your fever has gone away.

#### Symptoms

- You may have the flu if you have fever or chills AND a cough or sore throat.
- What to Do If You Get Flu-Like Symptoms <http://bit.ly/hvsaSf>

#### More Flu Information

- Get important 2009 H1N1 flu info from the mobile CDC Web site at <http://m.cdc.gov>
- 2009 H1N1 Flu and You. Q&A from CDC [www.cdc.gov/h1n1flu/qa.htm](http://www.cdc.gov/h1n1flu/qa.htm)

[www.cdc.gov](http://www.cdc.gov)

If you have a question you would like answered by the university, please email Walt Branson, chair of the IPFW Pandemic Planning Committee, at [branson@ipfw.edu](mailto:branson@ipfw.edu)

<http://www.ipfw.edu/pandemic/>

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)