



HR Update

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Wellness Fair 2010

Another successful Annual Wellness Fair was held on April 14, 2010. Almost 300 staff, faculty and students attended the event. This event was a collaborative efforts of the Human Resource and the Counseling Center. Attendees had opportunities to:



Learn how to make Sushi with Dr. Tomoko Grabosky.



Talk with Melissa Blizzard about the Recreation Center



Talk with our staff in the Women's Center



Get a fitness assessment with the Exercise Science Club



Get a mini-session to sample Reiki with Jack Rentzel



Become acquainted with therapy dogs



Get to sample various tea from Chartwells Dining Services—Starbucks.

Almost 40 exhibitors participated in the Wellness Fair . See sample below:

Chambersburg YMCA



Orthopedic & Spine Physical Therapy

Spiritual Center



Highmark Blue Shield

Liberty Mutual



Wal-Mart Vision Center

Door prizes

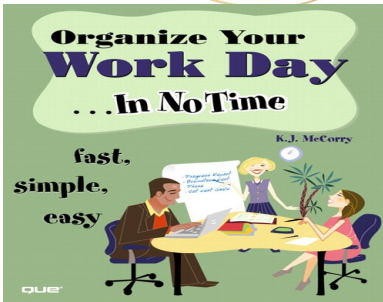


Cumberland Val-



ley Chiropractic & Massage

10 Minutes That Could Save Your Whole Day



What can you do in 10 minutes that could help you get your entire day under control? Write an effective to-do list. Here's how:

- **Take the time.** Schedule 10 minutes everyday to work on your to-do list. Ideally, write out and update your list first thing in the morning, or, even better, as the last thing you do as the day ends.
- **Rate your tasks.** A simple 1-2-3 works well for prioritizing. Write a "1" next to

the tasks that are most important and crucial to reaching your goals. A "2" designates still-important tasks that should be done as soon as the 1's are finished. Tasks designated "3" should be accomplished at some point, but they can be delegated or rescheduled.

- **Break it down.** Split large tasks into manageable piece so you can schedule, focus on and complete one at a time.
- **Update as you go.** If un-

scheduled emergencies come up, add them to your list and reprioritize. You'll ensure that important tasks don't get lost in the shuffle, and you'll be able to better document your time.

- **Celebrate your accomplishments.** Finally, every time you check off an item, smile to yourself and enjoy that feeling of a job well done.

(Top Performance)



Nine Easy Ways to Give Your Brain a Boost

SEAP

Call toll-free
(800) 692-7459
(800) 824-4306 TDD
or log on to
www.liveandworkwell.com
access code:
Pennsylvania



Nobody develops six-pack abs in just one exercise session, and it's the same with brain health. It's important to develop good habits and stick to them. Following are nine simple ideas for increasing your brain power. And remember, United Behavioral Health (UBH) is here to help. Call or log on any time for help with any of life's challenges.

1. **Laugh out loud.** Laughing relaxes your muscles, reduces tension and can even boost your immune system.
2. **Create something.** Pretend you're a kid and learn to paint, make pottery, design stained glass or carve wooden animals. Don't worry about the results — just enjoy the process.
3. **Learn something new.** Whether you're learning to play the cello or taking Italian classes, you're building new

connections in your brain — and building community, too!

4. **Feed your head.** New ideas are like a healthy meal for your brain, so get up and get going. Visit a museum. Take in a movie or concert. Explore a new town or discover something new about your own.
5. **Solve a puzzle.** Some people like crosswords and word jumbles, while others love to solve a Sudoku puzzle. Working your way through a puzzle is like asking your brain to do push-ups. And that's a good thing.
6. **Read and discuss.** There's nothing like a good book, and a book club can be a great way to expand the experience while making new friends. Your local library or community center can point you in the right direction.

7. **Get involved.** Play a sport, join a yoga class, volunteer in a soup kitchen or your local school. There are plenty of ways to match your skills to someone's needs.

8. **Don't forget to breathe.** Inhale deeply through your nose to the count of eight, and out through your mouth to the count of 16. You'll feel tension begin to melt away.

9. **Recharge your batteries.** For brain health, you need to be rested. Don't forget the power of a good night's sleep.

(SEAP March 2010)

Laughter
is the
BEST
medicine.

Humor



Having a good sense of humor is necessary for health, happiness, and stress reduction. A hearty laugh is good for the heart. It improve circulation, lowers blood pressure, and releases tension. You breathe easier after a good laugh. It promotes ideal breathing by relaxing the diaphragm, neck, and shoulders. Laughter also strengthens the immune system by stimulating the thymus—the master gland of the immune system, located near your heart.

Norman Cousins, author of Anatomy of an Illness and several other insightful books and former professor at the UCLA School of Medicine, compared laughter to inner jogging. He said: “Hearty laughter is a good way to jog internally without having to go outdoors”.

Laughter is not only healing for the body but also for the mind and spirit.

After a good laugh, we are able to think

more clearly. This is one of the reasons why laughter helps us manage stress better. When under stress, the reptilian brain takes over, causing us to react to situations in ways that are often inappropriate. Laughter gets the right brain (and the left!) back on top.

A good sense of humor or a good rolling laugh can give us a lift when life is bearing heavily on us. Instead of being left flat by what life drops on you, you can rise to the occasion. Laughter can be a form of resurrection.

Humor does not have to be obscene to induce laughter, nor does it have to be laughing at someone else. A sense of humor is an attitude: a way at looking at ourselves and life that helps us rebound rather than break from mistakes and tragedy. Humor brings hope and harmony.

Phil Milgrom
Showing You How to Bring More Heart, Health, and Harmony to Work and Life

Battery Recycling

Did you know that SU has Battery recycling boxes for used batteries. Look for collection boxes located by trash and recycle container in most academic buildings.

People are using more and more household batteries. Remote controls, toys, flashlights, smoke detectors—these are just some of the products that require batteries in our daily lives. Over three billion dry cell batteries are sold each year in the

U.S. Because batteries disposed of in municipal landfills and trash incinerators can disperse significant amounts of heavy metals and other toxic substances into the air and water, battery waste prevention and recycling strategies are essential.

Batteries may produce the following potential problems or hazards:

- Pollute the lakes and

streams as the metals vaporize into the air when burned.

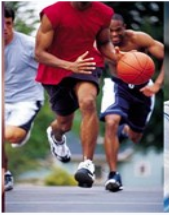
- Contribute to heavy metals that potentially may leach from solid waste landfills.
- Exposes the environment and water to lead and acid.
- Contain strong corrosive acids.
- May cause burns or danger to eyes and skin.



Welcome New Employees



Preston Baker—Computing Technology Center
Dennis Robinson—Extended Studies
Samuel Vazquez—Custodial & Housekeeping Services



Attention Highmark members Is there a YOU in Healthy U?

If you haven't participated in the Healthy U program yet, it isn't too late! The **deadline of May 31, 2010** still gives you time to complete the requirements to earn the reward of **significant discounts** on your future healthcare premiums!

Don't hesitate, log on and do it today!

www.highmarkblueshield.com

For more detailed information, checkout the **Healthy U** section on the "Faculty & Staff" tab of the PASSHE website www.passhe.edu



6 Quick and Easy Exercise and Health Tips

Want to get outdoors, improve your health and socialize with friends? It might be time to put on your walking shoes.

Take a tip from Sisters Together: Move More, Eat Better, a national initiative of the Weight-control Information Network (WIN): Incorporate walking into your daily exercise and health plan to:

- Help control weight
- Lower your risk for certain diseases
- Build bone density

Get moving with these 6 exercise and health tips from Sisters Together: Move More, Eat Better:

1. **Make it fun.** Find a partner. Your walking partner should be able to match your speed.
2. **Find proper footwear.** Wear shoes with proper arch support, a firm heel and

thick, flexible soles.

3. **Wear clothes that will keep you dry and comfortable.** Look for synthetic fabrics that absorb sweat and remove it from your skin.
4. **Divide your walk into sections.** Warm up by walking slowly for five minutes. Then, increase your speed and do a fast walk. Finally, cool down by walking slowly again for five minutes. Do light stretching after your warm-up and cool-down.
5. **Try to walk as often as possible.** To avoid stiff or sore muscles and joints, start gradually. Over several weeks, begin walking faster, going farther, and walking for longer periods of time. Aim for 30 minutes of walking a day on most, if not all, days of the week.

6. **Set goals and rewards.** A goal might be participating in a fun walk or walking continuously for 30 minutes. Reward yourself when you meet a goal, but not with high-calorie foods.

NEWS USA

