

WINTER WELLNESS-LAND UWSP EMPLOYEE WELLNESS



@UWSP Employee Wellness

WHAT IS EMPLOYEE WELLNESS?

By: Kaitlyn Hedman

The employee wellness practicum at UWSP puts on a wide range of events here on campus. This semester, practicum students coordinated the 12th annual Safety and Wellness Fair, staffed a booth at the Benefits Fair, promoted the Turkey Trot Thanksgiving run, led yoga sessions in the CPS building, and facilitated programs for Facility Services employees. Employee wellness students also participated in many behind the scenes activities to benefit the well-being of campus staff. Students worked with Risk Management to promote information about ergonomics, sent out a weekly wellness report to staff emails, regularly posted health news and videos to the Employee Wellness Facebook page, went to each of the campus building to take blood pressures, promoted Healthy as a Dawg, and created monthly bulletin boards. Many of these events and activities will be highlighted throughout the newsletter. UWSP employees lead busy, hectic lives and our main goal is to help the employees on this campus maintain a happy and healthy lifestyle.



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7 DIMENSIONS

By: Brogan Bartel

Every dimension of wellness plays a role in developing our individual sense of wellness. Throughout different times in our lives one dimension may be more prominent than others, but an adverse effect can be observed if we neglect any dimension over a period of time. ***The 7 Dimensions include:*** Spiritual, Physical, Emotional, Career, Intellectual, Environmental, & Social

Check out more about these dimensions on our webpage at:

<https://www.uwsp.edu/HPHD/Pages/7dimensions.aspx>



*UWSP Employee Wellness Students:
Becca Sasse and Hannah Mertens*



Healthy as a Dawg

Written by: Brooke Arneson

Congratulations to this semester's Healthy as a DAWG Role Model, Lori Brilowski. Lori is a great example of how a healthy employee lives. She displays healthy characteristics in each of the seven dimensions of wellness. Prior to coming to UWSP, Lori had a business at home for 15 years. She missed interacting with people, so she thought it was time to look for a different job. That's when she started as a financial specialist in Albertson Hall (University Library). Lori now interacts with people every single day. Whether it's the same people every day or new people. She's just happy to be around others to create social wellness.

Lori has a positive outlook on life and that's what makes people want to be around her. She frequently reaches out to her friends to do activities and socializes with everyone around her. Lori's main goal is to maintain a healthy lifestyle. Her way of doing this is by working out on a daily basis and eating right. Lori really enjoys walking and biking. During the day at work, she will get up and walk to the 6th floor of the library and back using the stairs. Somedays, she does this more than three times. This is her way of getting active throughout the day instead of just sitting at her work desk all day. Lori is also very active in her parish. She really enjoys helping the ones around her. That just shows how caring of a person she is. She doesn't care who you are, but is willing to help. We hope this semester's Healthy as a DAWG Role Model inspires and motivates others to live healthy lifestyles!



Pictured above: 2018 Fall Role Model Lori Brilowski



MAC HOURS

7:00AM - 3:00PM

Monday - Friday



Wellness Walk

Written by: Mallory Price

Looking to de-stress and enjoy the beauty of outside? The Green Circle Trail offers 27 miles of scenic hiking and biking looping through the area and connects to over 45 miles of additional trails. The Brickyard Trail has forested areas and follows a small stream past meadows followed by many ponds. Here are the simple steps to follow to enjoy a wonderful walk on the Green Circle Trail. Begin at Zenoff Park (1001 2nd Street North) and head east following the Brickyard Trail. Keep following this all the way until you meet the edge of Schmeckle Reserve. Once you hit Schmeckle, turn around and on the way back you can walk through the Sculpture Park and enjoy wonderful sculptures created by Stevens Point artist. This walk is around 2.5 miles and is welcome to leashed pets and bikes.

Not only will you be getting outside but you will be engaging in physical activity. Walking is a great way to be active and is the most popular physical activity among adults. It requires no special clothes or equipment, and it's free. According to the U.S. Department of Health and Human Services, regular walking has many health benefits. It may lower risks for high blood pressure, heart disease, and diabetes while strengthening bones and muscles. Now get outside and enjoy the many trails offered on the Green Circle!



De-Stress for the Holidays By: Becca Sasse

Reach out. Volunteering your time to help others is a good way to lift your spirits and broaden your friendships.

Be realistic. The holidays don't have to be perfect or just like last year. Just do what you can.

Set aside differences. Try to accept family members and friends as they are.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed.

Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to stress and guilt.

Try these suggestions: Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese, or drinks, get plenty of sleep, and incorporate regular physical activity into each day .

Take a breather. Make some time for yourself. Spend just 15 minutes alone, without distractions. Some options may include: Taking a walk at night and stargazing, listening to soothing music, getting a massage, or reading a book.



CPS YOGA

by: Shawnie Sarkkinen & Hannah Mertens

The College of Professional Studies started their first yoga and mindfulness sessions for employees of UWSP to come have fun while reducing stress, and improving concentration amidst the hectic work day. We would love to have you there whether you are a novice or yoga professional as the classes are tailored

to your ability. Keep an eye out for when it will be held this spring semester! Thank you for those who attended this semester, and another big thank you to our Dean for providing yoga mats for the class! Once again, we would love to have you there as it was created for your benefit.



HEALTHY CAULIFLOWER MASHED POTATOES

Ingredients:

- 1 medium head cauliflower (3 lbs.) trimmed and cut into florets
- 3 cloves garlic
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Directions:

1. Bring a large pot of salted water to a boil, add cauliflower and garlic and cook for about 10 minutes or until cauliflower is fork tender. Drain, return it back to the hot pan and let it stand for 2 to 3 minutes with the lid on.
2. Transfer the cauliflower and garlic to a food processor, add the olive oil, salt and pepper and purée until smooth. (A potato masher or hand blender works too).
3. Adjust salt and pepper to taste.

Facility Services

By: Hannah Mertens

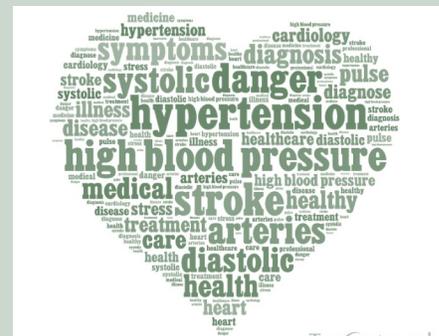
Employee Wellness held our first facility services program on Thursday Oct. 18th. Since the program fell in October, we wanted to have our yummy treats include pumpkin as an ingredient. We made pumpkin bars and pumpkin energy bites. Everyone seemed to love the way they tasted. Having their blood pressure taken was also an option at the program and quite a few of the participants took advantage of that opportunity. Lastly, the crew was very brave and ventured out in the cold and wind for a mindfulness walk. The program was a success and we are thankful for all the employees that joined us!



Blood Pressure

By: Brogan Bartel

Did you know that UWSP Employee Wellness students visit *EACH* building on campus *TWICE* a semester? This Fall semester, our practicum students broke a record by screening over 240 faculty members blood pressures! We offer blood pressure screenings to every UWSP employee. By opting to get your blood pressure checked, you are helping students better understand how to take, read, and talk about blood pressures. You are also helping yourself. According to Mayo Clinic, regularly checking your blood pressure can have several positive benefits. It can help with early diagnosis, help track your numbers for treatment by your physician, encourage better control, and potentially save health care costs.



Healthy Peppermint Mocha Cupcakes

For the cupcakes:

- 1 cup warm nonfat milk
- 4tsp instant coffee granules
- 1 1/4 cups unsweetened cocoa powder
- 1 cup white whole wheat flour
- 1 1/2 tsp baking powder
- 3/4 tsp baking soda
- 1/2 tsp salt
- 1 tbsp. unsalted butter
- 2 large egg whites (room temp.)
- 2 tsp vanilla extract
- 3/4 tsp peppermint extract
- 2 1/2 tsp vanilla stevia
- 1/2 cup plain nonfat Greek yogurt

For the frosting:

- 2 cups plain non-fat Greek yogurt
- 1/4 cup unsweetened cocoa powder
- 2 servings sugar-free, fat-free chocolate pudding mix
- 5/8 tsp vanilla stevia

For the full recipe:

Visit amyshealthybaking.com

Keep Calm & Get Your Flu Shot

By: Jenna Schultz

Winter is here and that means it is flu season. The flu is a contagious respiratory illness caused by the influenza virus and is highly active around this time. The Centers for Disease Control and Prevention (CDC) recommend that everyone six months of age and older receive an annual flu vaccine.

Flu activity generally peaks between the months of December and February, although it varies year to year.

The CDC recommends that individuals get a flu vaccine by the end of October. However, getting vaccinated later can still be beneficial. Vaccinations will continue to be offered throughout the entire flu season by local health providers.

The flu is very contagious and is spread mainly from person to person in close contact through coughing or sneezing

by people with the flu.

The single best way to prevent influenza is to make sure to get vaccinated each year. There are many places where you can get your annual flu vaccine. Most local Pharmacies offer flu shots to walk-ins. Make sure to get the shot and not the flu, your body will thank you!



Holidays on a Budget

By: Kelly Burkholtz

The holidays can easily break the bank by spending more than planned. Holidays are often celebrated with giving gifts to those we care about. However, there is more to this special occasion. In order to save money during the holidays, try a few simple tips and remind yourself about the true meaning of the season. First, setting a budget is ideal. Knowing how much is set aside for gifts which will allow a simpler shopping experience. Try talking about gift exchanges with family and friends. These type of exchanges usually call for one gift instead of multiple, which means spending less. Also, take advantage of sales prior to the season. It is never too early to stock up. If you are crafty, feel free to make unique gifts. If gift-giving doesn't sound like something you can do this year, communicate with your family. You can still celebrate and have a great time without gifts. Talk about having a potluck or a "catch-up year" where no one does gifts and enjoys a nice meal with each other instead. Making a meal costs less than gifts and everyone will pitch in to make it special.

Six Ways to Stay Active this Winter

By: Shawnie Sarkkinen

Ever find yourself cooped up in the house during the cold, chilly, winter months? Finding a way to stay active can become hard when the temperature drops, however, there are many ways get moving in the cold that are both fun and easy. Here are some fun winter activities to get you started:

Snowshoeing. Snowshoeing is essentially walking (with special shoes) and can be a great way to enjoy the outdoors and be active. Whether you are a novice or expert, it is a great activity that can be performed by just about anyone. If you do not have a pair and would like to first try out this activity, check out Outdoor EdVentures located in the lower level, Room 002 of the Allen Center. They have equipment for all types of winter sports that may be rented for 1, 3 or 7 days.

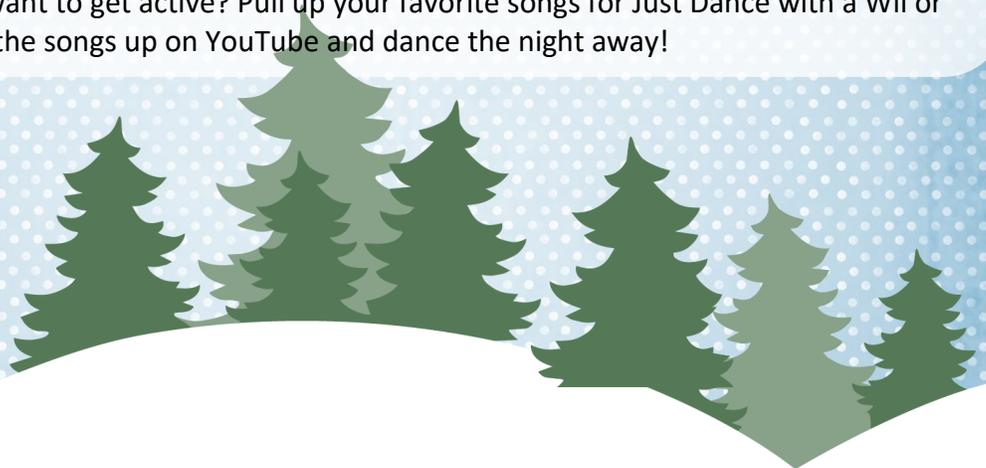
Ice Skating. Rent some skates or bring your own at the Willett's open skate. The Willett Hockey Arena holds open skate every Sunday.

Downhill Skiing & Snowboarding. Rent skis and snowboards, or bring your own to Granite Peak Ski Area. Located only 25 minutes away from Stevens Point, this is a great option to get active outside if you are looking for something more extreme. Make sure to watch for deals such as night skiing, family night and specials on free rentals.

Toboggan Hill at Iverson Park. This park has a toboggan hill along with multiple sledding hills that are open to the public open throughout the winter.

Join a gym. Even on the coldest winter days, joining a gym makes for a space to still get active without the frostbite.

Just Dance. The popular dancing game for home entertainment is also a great workout. Don't want to leave the house, but still want to get active? Pull up your favorite songs for Just Dance with a Wii or PlayStation or simply pull the songs up on YouTube and dance the night away!



HOLIDAY PITA TREES From: Betty Crocker Kitchens

Ingredients:

4 whole wheat pita folds
16 thin pretzel sticks, halved
1/4 tsp garlic-pepper blend
1/4 c. chopped red bell pepper

2 tbsp. finely chopped parsley
1/2 c. guacamole
1/2 c. light sour cream

Steps:

1. Cut each pita fold into 8 wedges. Insert pretzel stick half into center of bottom of each wedge to form "tree trunk".
2. Mix sour cream, guacamole, parsley and garlic-pepper blend. Spread about 1 teaspoon sour cream mixture on each pita wedge.
3. Sprinkle about 1/4 teaspoon bell pepper on each wedge or arrange to form a garland. If desired, cover and refrigerate up to 8 hours before serving.



Risk Management

By: Kelly Burkholtz

Safety and Risk management are important partners with Employee Wellness. A focus area of risk management is ergonomics, or learning to better fit workers with their equipment. This includes proper workstation set-up for employees whose job is mainly at a desk. Proper adjustment of chair, desk, monitor, mouse, and keyboard, are some of the essentials of ergonomics. Setting up the workstation to fit the individual can help prevent workplace injuries, such as carpal tunnel syndrome. Correct lifting and fall prevention are also important safety areas. Properly lifting large/heavy items will prevent injury. Wearing proper footwear and avoiding a cluttered area will also ensure a safer work zone where falls are minimal.

Visit the campus Risk Management Website for more information.

<https://www.uwsp.edu/rmgt/Pages/default.aspx>

BENEFITS FAIR

By: Maham Khan

The Benefits Fair was a great time for employees to learn about the array of benefits that are offered to employees at UWSP. There were many great vendors, who came from all over the state. The Fair provided employees with a wealth of information and helped them make informed decisions about the various health plans and retirement options available. It was a great opportunity for Employee Wellness to be there and help employees have some fun while learning about their blood pressures and other wellness events to be a part of.

*Employee Wellness students volunteering at the Benefits Fair:
Maham Khan, Nouzong Vue,*





HAPPY HOLIDAYS from Employee Wellness!

Edited by: Shawnie Sarkkinen, Brogan Bartel, and Kaitlyn Hedman



WINTER WONDERLAND

By: Maham Khan

Bring your family or friends to the Winter Wonderland located in Marshfield. Offering breathtaking displays of over 1,500,000 L.E.D. lights with many fun activities like Santa visits, horse drawn carriage rides and live music nights.

- ◇ Open 7 days a week starting November 24th through December 31st
- ◇ Walking and drive thru light displays
- ◇ Nighttime horse drawn rides (Rides are no charge/First come first serve)
- ◇ Animated displays
- ◇ Holiday music
- ◇ <https://www.rotarywinterwonderland.com/>