



# HEALTHIER NUWS

A WELLNESS PUBLICATION DEDICATED TO FACULTY AND STAFF

## Letter From the Director



With 2016 behind us and moving forward into the New Year, now more than ever is a great time to think about how we can have a greater, more impactful influence on the people in our life and the community in which we live and work.

Whether it's using words that are positive, inspiring and hopeful; listening closer and being more present during interactions; or simply carving out more time to spend with family and friends; investing in your overall well-being can help you live a happier, healthier and more satisfying life.

Please visit the Healthier U Wellness Portal [homepage](#) for more information on empowering programs and invaluable resources to help you on your journey.

February is American Heart Month and in this issue, we welcome Pamela Kostic from the Stony Brook Heart Institute to help raise awareness and education around heart disease and heart health. "Leading the Charge" features wellness advocate and senior leader Carol Gomes, Chief Operating Officer and Chief Quality Officer at Stony Brook University Hospital. Colleen's Corner discusses kindness, our Environmental Health & Safety team talks sleep deprivation, the Stony Brook Medicine Nutrition team offers tips for a healthy new year and our resident RD provides a healthy, body-warming recipe for butternut squash soup.

If you'd like to contribute health and wellness articles to HEALTHIER NUWS, please email me at [bryan.weiss@stonybrook.edu](mailto:bryan.weiss@stonybrook.edu). Thank you for reading our newsletter and look for our next issue in the coming months.

Wishing you all the best in 2017 and looking forward to helping create a *Healthier U!*

Bryan Weiss



### Leading the Charge

**Carol Gomes**  
*Chief Operating Officer*  
*Chief Quality Officer*  
*Stony Brook University Hospital*

**Q: What are three heart-healthy items always in your refrigerator?**

**A:** Our family is fond of berries, so we always make sure that the refrigerator is stocked with blueberries, raspberries and salad greens.

**Q: Do you have a New Year's resolution or goal for 2017?**

**A:** My New Year's resolution for 2017 is to spend more time exercising.

So far, so good...I've been going to the gym four times per week before work.

**Q: What is your favorite way to de-stress after a demanding work week?**

**A:** My favorite was to de-stress after a demanding work week is to spend time with the family and take a walk on the beach on Saturday mornings, even during the winter!

**Q: Who has been one of your greatest influences?**

**A:** There are so many wonderful influences in my life, but the most important influence is my family, who remind me to balance work and life, taking time to smell the roses.

**Q: Where is your next vacation destination?**

**A:** We are celebrating my daughter's 16th birthday in Hawaii before the winter ends.



## Colleen's Corner

### EAP for a Happier U

By Colleen Stanley, MFT, CEAP  
*Lead Coordinator*  
*Stony Brook University Employee Assistance Program*

#### Kindness

It seems the world is focusing on our differences right now more than ever.

Through the chaos and noise one thing holds me steady, the choice to be kind. I'm human, I'm not kind every moment of every day, but I do my best to be conscious and default my choices to the kindest option.

If you want to feel better notice when someone is kind and look for opportunities to pay it forward. The act of searching for kindness shifts your focus to what's not wrong. It will change the way you feel and will change our community. If you want to improve your marriage or work relationships, try choosing kindness. This doesn't mean being sappy or withholding feelings, frustration or anger. It means expressing your thoughts and feelings in a kind manner rather than with daggers. To understand more about the benefits of kindness, visit: [www.stonybrook.edu/eap/happieru/kindness](http://www.stonybrook.edu/eap/happieru/kindness).

#### EAP News:

##### New Hotline Established to Offer Assistance to Refugees Left in Vulnerable Situations at New York Airports

Governor Andrew M. Cuomo announced the launch of a confidential toll-free hotline for New Yorkers to report family members, relatives, friends or colleagues believed to be passengers on flights coming into the state, but are missing or believed to be detained. The hotline bolsters the state's efforts to protect the rights of New Yorkers, their families and loved ones and allows those left in extremely vulnerable situations to notify the Department of State.

**To Report Loved Ones Who Are Passengers on Incoming Flights and Believed to be Missing or Detained, Call 1-888-769-7243.**

The hotline will operate 24 hours a day, seven days a week and will offer translation services.

For more information, please visit:

[www.governor.ny.gov/news/governor-cuomo-announces-new-hotline-protect-refugees-and-report-individuals-believed-be](http://www.governor.ny.gov/news/governor-cuomo-announces-new-hotline-protect-refugees-and-report-individuals-believed-be)

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## Environmental Health and Safety Focus

### When Lack of Sleep Becomes a Safety Concern

By Clifford Knee  
*Safety Training and Environmental Compliance Manager*

According to the National Safety Council, people often make light of how little sleep they get. An over-worked, over-tired condition has become the norm for many. But a good night's sleep is not just a novelty, it's a necessity. The effects of fatigue are far-reaching and can have an adverse impact on all areas of our lives. Adults need an average of seven to nine hours of sleep each night, but 30% report

averaging less than six hours, according to the National Health Interview Survey.

### Here are 10 real dangers associated with a sleep-deprived workforce:

1. Decreased communication
2. Performance deteriorates
3. Increased risk of becoming distracted
4. Driving impairments
5. Increased number of errors
6. Poor cognitive assimilation and memory
7. Poor mood appropriate behavior
8. Greater risk-taking behavior
9. Inability to make necessary adjustments
10. Effects of sleep deprivation compound across nights

### To improve your sleep habits:

- Go to bed and wake up at the same time every day.
- Try to keep the same sleep schedule on weeknights and weekends.
- Use the hour before bed for quiet time. Avoid strenuous exercise and bright artificial light, such as from a TV or computer screen. The light may signal the brain that it's time to be awake.
- Avoid heavy and/or large meals within a couple hours of bedtime. (Having a light snack is okay.) Also, avoid alcoholic drinks before bed.
- Avoid nicotine (for example, cigarettes) and caffeine (including caffeinated soda, coffee and tea) before bedtime.
- Spend time outside every day (when possible) and be physically active.
- Keep your bedroom quiet, cool, and dark (a dim night light is fine, if needed).
- Take a hot bath or use relaxation techniques before bed.

### If you're a shift worker, you may find it helpful to:

- Take naps and increase the amount of time available for sleep
- Keep the lights bright at work
- Limit shift changes so your body clock can adjust
- Limit caffeine use to the first part of your shift
- Remove sound and light distractions in your bedroom during daytime sleep (for example, use light-blocking curtains)

### *Sweet Dreams!*

For more tips and resources to help keep your workplace safe, visit the Environmental Health and Safety homepage at [stonybrook.edu/ehs/](http://stonybrook.edu/ehs/).

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## National Health Observance

### February is American Heart Month

By Pamela Kostic, RN, CCCC  
*Cardiovascular Care Coordinator, Stony Brook Heart Institute*

February is designated as American Heart Month. The first American Heart Month took place in February 1964 proclaimed by President Lyndon B Johnson. Medicine has come a long way since 1964 however, and unfortunately, Heart disease remains a major health threat for Americans. Stony Brook Medicine is taking on this fight by becoming Long Island's first and only Chest Pain Center with PCI (percutaneous coronary intervention) accredited by the American College of Cardiology since 2005. As a Chest Pain Center, we can ensure patients who are experiencing any cardiac issues from an acute heart attack to preventative screening the most effective and efficient assessment.

Heart disease is the **leading cause** of death for both men and women. About 610,000 Americans die from heart disease each year - that's **1 in every 4 deaths**. In the United States, someone has a heart attack every *42 seconds!* Heart disease is the leading cause of death for people of most racial/ethnic groups in the United States, including African Americans, Hispanics, and whites. For Asian Americans or Pacific Islanders and American Indians or Alaska Natives, heart disease is second only to cancer.

**Heart disease is preventable.** Addressing risk factors associated with heart disease immediately will significantly decrease the likelihood of a serious cardiac event.

### **Risk Factors**

**High Blood Pressure, high LDL cholesterol and smoking** are major heart disease risk factors. About half of Americans (49%) have at least one of these three risk factors. Others include:

- Diabetes
- Overweight and obesity
- Poor diet
- Physical inactivity
- Excessive alcohol use
- Family history of heart disease

**Be your healthiest and feel your best by preventing heart disease.** Get active with increase physical activity. Eat better which can help control your weight, blood pressure, blood sugar & cholesterol. Choose fruits and vegetables over "empty-calorie foods". Limit salt and alcohol and take medication prescribed by your doctor.

**Sign up with Stony Brook's Healthier U Wellness Portal for a personalized health and wellness program.** For more information, [CLICK HERE](#).

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## **Core Nutrition**

### New Year, Healthier U!

By Cara Montesano, MS, RD

*Public Health Nutrition Programs Coordinator, Department of Family Population and Preventive Medicine, Stony Brook Medicine*

#### Ways to Increase Physical Activity at Work:

- *Take the stairs*- Instead of waiting for elevators or riding an escalator, chose the stairs instead. Not only will this increase your physical activity for the day without using any additional time, it will also help you avoid long elevator waits.
- *Lunch walk* - Before or after eating lunch, take 15-20 minutes out of your lunch break to go for a brisk walk throughout your work building. If the weather is nice, step outside and go for a walk around the building to enjoy the scenery, get some fresh air, and get moving. The fresh air will also wake you up from a mid-day slump and have you ready to tackle the rest of the day!
- *Set a timer* - Set a timer once per hour to engage in the quick full body workout below, do approximately 8 repetitions of each exercise per session.

#### Quick Exercises You Can Do at your Desk:

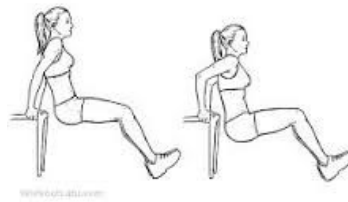
- *Legs* - With chair pushed securely against a wall, stand up straight in front of the chair. Slowly lower the body down engaging the thighs until the buttocks is slightly grazing the chair. Raise up, and repeat.



- *Abs* - With chair pushed securely against a wall, sit with back straight and legs extended. Slowly raise legs engaging abs. Slowly lower legs, and repeat.



- **Arms** - With chair pushed securely against a wall, slide forward and off the chair with arms securely placed on the chair seat. With legs at a 90-degree angle and shoulders directly over wrists, slowly lower body down so that the elbows are at a 90-degree angle. Slowly raise back up engaging the arms, and repeat.



### Healthy Plan-Ahead Snacks:

- **Sweet** - Non-fat yogurt with berries and nuts
- **Salty** - Whole grain crackers and a hard-boiled egg
- **Sweet & Salty** - Low-fat string cheese with a piece of fresh fruit

### **Target Fitness: Nutrition Therapy Program Begins 2/23**

Are you ready to lose weight permanently? Join Target Fitness, a professional nutrition therapy program! Join our 10-week nutrition education, lifestyle and wellness program for \$190 (includes all 10 group sessions and nutrition education materials).

Target Fitness starts on February 23 and will run on Thursdays at the Wang Center, from 12:30 pm - 1:30 pm. We are here to help you achieve a Healthier U this New Year!

Target Fitness is offered by the Stony Brook Medicine Nutrition Division and sponsored by Healthier U. Space is extremely limited; don't delay, register today!

<https://www.surveymonkey.com/r/SBtargetfitness>



## **Healthy Eats**

### Slow Cooker Butternut Squash Soup

By Cassie Santaniello  
*Sodexo Dietetic Intern*

#### **Ingredients**

- 2 cups vegetable stock
- 2 cloves garlic, peeled and minced
- 1 carrot, peeled and minced
- 1 granny smith apple, cored and diced
- 1 medium (uncooked) butternut squash, peeled, seeded, and diced (can purchase already peeled, seeded butternut squash at your local supermarket)
- 1 sprig fresh sage v 1 white onion, diced
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper, or more to taste
- 1/8 teaspoon cayenne, or more to taste
- Pinch of ground cinnamon and nutmeg
- 1/2 cup canned (unsweetened) coconut milk
- Optional garnishes: extra coconut milk and a sprinkle of cayenne pepper (or smoke paprika)

#### **Directions**

1. Add vegetable stock, garlic, carrot, apple, butternut squash, sage, onion, salt, pepper, cayenne, cinnamon, and nutmeg to a large slow cooker. Toss to combine.
2. Cook for 6-8 hours on low, or 3-4 hours on high until the squash is completely tender and mashes easily with a fork. Remove and discard the sage. Stir in the coconut milk.
3. Use an immersion blender to puree the soup until smooth. (Or you can transfer the soup in two batches into a traditional blender and puree until smooth, being very careful when working with the hot liquid). Taste and season with additional black pepper and cayenne pepper if needed.
4. Serve warm, with optional garnishes if desired, and enjoy!

#### **Details**

Yield: 6-8 servings

Prep time: 15 minutes

Cook time: 4 hours

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[stonybrook.edu/healthieru](http://stonybrook.edu/healthieru)

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