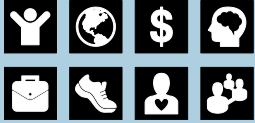


# UR Well EMPLOYEE



## UPCOMING EVENTS:

### Mindful Monday's

Wilton Center: Interfaith Prayer Room  
Monday's from 12-1pm  
Open to UR Community

### Educational Session

July 26—10am  
Brown Alley Room  
"The Impact of Changing I to We:" The Cameron K. Gallagher Foundation  
Open to UR Community

## INSIDE THIS ISSUE:

Educational Corner	2
Recipe	2
RVA Bicycle Rides	3
Fidos After 5	3
Karen's Korner	4

# Employee Wellness Newsletter

VOLUME 3

ISSUE 8

JULY 2017

## University of Richmond Employee Wellness

### Take a Phone Vacation



"Our devices hold out the false promise that there is something more important, more urgent, and more interesting than our present-moment experience," says psychologist Christopher Willard, author of *Growing Up Mindful*. Just because it's Summer doesn't mean you only need one vacation. Sometimes a vacation is needed from the things we carry with us every day! With the increased prevalence of smart watches, even not having your phone in your hand doesn't mean not having your phone with you anymore. Here are some guidelines to cultivate a healthier relationship with your phone:

- **Turn off certain notifications.** Before you casually allow an app permission to send you alerts and notifications, take a moment to assess how important those notifications are. That way, when your device alerts you, you can be certain it's something that requires your attention, not just a strategic notification from an unproductive app.
- **Know the value of your screen real estate.** Your home screen acts as your phone's foundation so eliminating apps that aren't a useful tool such as calendars, mail, maps, settings, and messages, can eliminate the temptation to linger too long.
- **Consider custom notifications.** Set custom vibration patterns or alert tones to certain contacts so you know who is trying to get in touch to further prioritize your screen time. This can train

your attention away from jumping at unnecessary push notifications.

- **Utilize folders.** Move nonproductive apps to categorized folders to be able to easily access specific services.
- **Practice mindfulness with your gadgets.** When you're alerted by your device, take it as an independent sign to pause and re-center yourself. If it's a notification you're not looking forward to answering, perhaps utilize the interruption to remember to take a deep breath in and out. When your smart watch buzzes, take that as a reminder to sit up straight, adjust your posture, and drink some water.
- **Set specific mindfulness reminders.** If you're the type that cannot live without your phone in your hand, here is some advice for you: make your background some reminder to acknowledge your current state of being. Typing in the unlock passcode could be another opportunity to take calming breaths. Set silent reminders to have your device alert you to get up and move around, if you sit for the majority of the day. Set reminders to be sure you're getting the proper level of hydration, even!

Adapted from: <https://www.mindful.org/5-ways-organize-phone-unhijack-mind/>



## Educational Corner: Sun Safety: From Sunscreen to Sunglasses

Sun safety is always in season! No matter the weather, sun exposure can cause damage to skin, resulting in a multitude of negative effects – most commonly skin cancer. In just 2013 alone, the Centers for Disease Control and Prevention reported there were more than approximately 71,943 individuals diagnosed with melanoma of the skin. People of all skin colors are at risk for sun damage. These are some standards determined by regulations from the Food & Drug Administration: Limiting your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are most intense. Using broad spectrum sunscreens with a Sun Protection Factor (SPF) value of 15 or higher regularly and as directed. (Broad spectrum sunscreens offer protection against both UVA and UVB rays, two types of the sun's ultraviolet radiation.)

If you don't have much hair, apply sunscreen to the top of your head, or wear a hat. No sunscreen completely blocks UV radiation, and other protections are needed, such as protective clothing, sunglasses, and staying in the shade.

No sunscreen is waterproof.

Interestingly, the FDA also has something to say about the function and importance of sunglasses. As the sun reflects off of sand, water, and even snow, this increased exposure to UV radiation heightens the risk of developing eye problems:

Choose sunglasses labeled with a UVA/UVB rating of 100% to get the most UV protection. Do not mistake dark-tinted sunglasses as having more UV protection. The darkness of the lens does not indicate its ability to shield your eyes from UV rays. Many sunglasses with light-colored tints, such as green, amber, red, and gray can offer the same UV protection as very dark lenses.

Children should wear sunglasses that indicate

the UV protection level. Toy sunglasses may not have UV protection, so be sure to look for the UV protection label.

Consider large, wraparound-style frames, which may provide more efficient UV protection because they cover the entire eye-socket. Understand that pricier sunglasses don't ensure greater UV protection.

Even if you wear contact lenses, wear sunglasses that offer UV protection.

Know that sunglasses are the most effective when worn with a wide-brim hat and sunscreen.

Source: <https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm049090.htm>



## Healthy Cooking: Avocado Chicken Salad

### Ingredients:

- 1 cup finely chopped cooked chicken
- 1 avocado, seeded and peeled
- 1 apple, peeled, cored, and diced
- 1/4 cup chopped celery
- 1/4 cup diced red onion
- 2 tbsp finely chopped cilantro
- 2 teaspoons lime juice
- 1/2 teaspoon kosher salt
- Pinch of ground black pepper
- 1 teaspoon olive oil (optional)



### Method:

1. Place the chicken, avocado, apple, celery, and red onion in a medium bowl.
2. Gently mash the avocado with a fork and stir so everything mixes well.

Add the cilantro, lime juice, salt and pepper. Add more lime juice or salt to taste. If the mixture seems dry, you can stir in a teaspoon of olive oil.

3. Serve in the avocado skin (pictured above) or on whole grain bread, toasted bread, or salad greens.

### Source:

Adapted from: [simplyrecipes.com](http://simplyrecipes.com)

## New Riders Bicycling Rides

A guided bicycling ride along (or around) the Virginia Capital Trail every first Saturday of the month between April- August. Ride lengths vary for the novice rider to the skilled enthusiast.

**Dates:** April 1, 2017 - August 5, 2017

**Recurrence:** Recurring monthly on the 1st Saturday

**Venue:** Dorey Park - Henrico, VA

**Time:** 8:30 AM to 12:00 PM

**Price:** Free

**Website:** <http://www.raba.org/new-rider-ride-april-1-2017/>



Richmond Area Bicycling Association  
**2017 NEW RIDER RIDES**

April 1  
 May 6  
 June 3  
 July 1  
 August 5

**Distance:**  
 20 and 30 Mile options

**Where:**  
 Dorey Park at the lake (Approx.  
 1 mile from Dorey Park Rd. Entrance)

**Bring:**  
 Bike and Helmet

**Arrive:**  
 8:00 AM

**Cost:** Free!

For more information visit  
[www.raba.org](http://www.raba.org)

## Fidos After 5

The Garden partners with the Richmond SPCA on the second and fourth Thursdays in June through mid-September for Fidos After 5 in which leashed dogs are allowed. Suggested \$2 "pet admission" benefits Richmond SPCA. There is an international selection of live music each week at this event.

Visit the website for specifics: <http://www.lewisginter.org/visit/events/fidos-after-5/>

**Dates:** June 8, 2017 - September 14, 2017

**Recurrence:** Recurring monthly on the 2nd Thursday

**Venue:** Lewis Ginter Botanical Garden

**Time:** 5:00 PM to 9:00 PM

**Price:** Adults - \$13; Seniors (55+) - \$11; Military (with ID) - \$10; Children (3-12) - \$8; Children (under 3) - Free; Members - Free



# UR Well EMPLOYEE



Visit Us At:

[employeewellness.richmond.edu](http://employeewellness.richmond.edu)

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## Karen's Korner, Karen Hensley, UR Dietician: Healthy BBQ Eating

Summer is here and with it comes prime barbecue season. BBQs mean good company and good food. If you are trying to eat healthy, eating at a summer cookout can be challenging. Many of the traditional barbecue foods are loaded with fat, salt, sugar and calories. However, there are plenty of delicious healthy options.

First rule is don't go hungry. It's hard to stick to appropriate portion sizes when you are starving so remember to eat a snack before going to your barbecue. Also, offer to bring a dish that you know is healthy. This way you are sure to have at least one healthy option. Here are some healthy food options that you can choose to put on your plate at your next cook-out.

- Choose a lean protein such as chicken, veggie burger, or turkey burger.
- Fill half your plate with raw veggies and fresh fruit such as a chopped salad, sliced crudité, watermelon or fruit salad.
- Beans are a great source of fiber. Choose baked beans are your carbohydrate for your meal. They are a good source of fiber and have protein.
- Corn on the cob is a good starchy vegetable choice... just watch the butter and salt. Corn is a starchy vegetable and should count as your carbohydrate for the meal. Add a corn on the cob for a healthy, fiber filled carbohydrate.
- Try eating your burger bun-free. If you have chosen baked beans or corn-on-the-cob, then make your burger or chicken, bun free. Remember, carbohydrates should take up ¼ of your plate.
- Choose kebabs with lots of vegetables (and meat). A kebab has your meat and some veggies. It cuts down on the total amount of meat. You could also choose a leaner protein option by choosing chicken or turkey kebab.
- Eat a vinegar-based coleslaw instead of mayonnaise-based. Mayonnaise is high in fat where vinegar-based coleslaw usually is much lower in fat and is a much healthier choice.

## The Midtown State Fair

The Midtown State Fair returns to Libbie Mill Midtown Sunday, July 16th! It's old-fashioned fun with a twist! Join in the fun around the lake at this Fire, Flour & Fork kick-off event. We'll have a Bake Walk, farmer cook-offs, heirloom tomato tastings, music, dancing, culinary word spelling bees, chicken impersonating, pickle-face making, aluminum foil origami, chef demos, plus food truck fare and beer and wine. Enter our pickle and peach pie or cake contests, too!

**Date:** July 16, 2017

**Venue:** Libbie Mill Midtown

**Time:** 11:00 AM to 4:00 PM

**Price:** Free

**Website:** <http://midtownstatefair.com/>

