Upcoming Events:

Food For Thought: Diabetes Breakfast
November 4, 8:30 a.m. - 9:30 a.m.
International Center Commons
http://richmond.csod.com

Financial Wellness Series: Holiday Budgeting
November 12, 12 p.m. - 1:00 p.m.
International Center Commons
http://richmond.csod.com

Benefit Fairs
November 5, 11, and 13,
9:00 a.m. - 4 p.m.
Weinstein Center, Basketball Courts

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University of Richmond Employee Wellness
Diabetes Awareness Month

What is diabetes? What are the types of diabetes?
Diabetes is a number of diseases that involve problems with the hormone insulin. Normally, the pancreas (an organ behind the stomach) releases insulin to help your body store and use the sugar and fat from the foods you eat. Diabetes is a lifelong disease.

Type 1 Diabetes:
Type 1 diabetes occurs because the insulin-producing cells of the pancreas (called beta cells) are destroyed by the immune system. People with type 1 diabetes produce no insulin and must use insulin injections to control their blood sugar. Type 1 diabetes most commonly starts in people under the age of 20, but may occur at any age.

Type 2 Diabetes:
Unlike people with type 1 diabetes, people with type 2 diabetes produce insulin. However, the insulin their pancreas secretes is either not enough or the body is resistant to the insulin. When there isn’t enough insulin or the insulin is not used as it should be, glucose can’t get into the body’s cells. Type 2 diabetes is the most common form of diabetes, affecting almost 18 million Americans. While most of these cases can be prevented, it remains for adults the leading cause of diabetes-related complications such as blindness, non-traumatic amputations, and chronic kidney failure requiring dialysis. Type 2 diabetes usually occurs in people over age 40 who are overweight, but can occur in people who are not overweight. Sometimes referred to as "adult-onset diabetes," type 2 diabetes has started to appear more often in children because of the rise in obesity in young people. Some people can manage their type 2 diabetes by controlling their weight, watching their diet, and exercising regularly. Others may also need to take a pill that helps their body use insulin better, or take insulin injections.

Often, doctors are able to detect the likelihood of type 2 diabetes before the condition actually occurs. Commonly referred to as pre-diabetes, this condition occurs when a person’s blood sugar levels are higher than normal, but not high enough for a diagnosis of type 2 diabetes.

How Is Diabetes Managed?
At the present time, diabetes can't be cured, but it can be managed and controlled. The goals of managing diabetes are to:

- Keep your blood sugar levels as near to normal as possible by balancing food intake with medication and activity.
- Maintain your blood cholesterol and triglyceride (lipid) levels as near their normal ranges as possible by avoiding added sugars and processed starches and by reducing saturated fat and cholesterol.
- Control your blood pressure. Your blood pressure should not go over 130/80.
- Slow or possibly prevent the development of diabetes-related health problems.

Source: webmd.com

Employee Wellness Spotlight: Ribbon Run

The 3rd Annual Ribbon Run will be held on Friday, November 13 at 4pm. The Ribbon Run is a collaborative effort between Richmond College, the RCSGA Junior Class, and our partners in Recreation and Wellness to increase awareness of the White Ribbon Campaign and benefit our community partner, Safe Harbor. Registration is now open and is available to the first 200 runners! Runners can register online at http://bit.ly/2015URWRCRibbonRun. We hope that you join this great event!
What is influenza (also called the flu)?
The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year. People who have the flu often feel some or all of these signs and symptoms:
- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)

Some people may have vomiting and diarrhea, though this is more common in children than adults.

*It’s important to note that not everyone with the flu will have a fever.

How Flu Spreads
Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

Period of Contagiousness
You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

Preventing the Flu: Good Health Habits Can Help Stop Germs
The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent flu.

1. Avoid close contact.
Avoid close contact with people who are sick. When you are sick, keep your distance from others to prevent them from getting sick too.

2. Stay home when you are sick.
If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. Cover your mouth and nose.
Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.
Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid touching your eyes, nose or mouth.
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.
Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Source: [http://www.cdc.gov/flu/keyfacts.htm](http://www.cdc.gov/flu/keyfacts.htm)
10 Ways to Cope With Emotions Without Cigarettes

You might feel like smoking helps you get through times when you just can’t deal with your emotions. Although you might feel better in the moment, smoking isn’t really helping. You probably feel better while smoking because you’re taking a time out. The actual smoking doesn’t really have much to do with feeling better.

1. Take a time out
A short break from a stressful or upsetting situation can help you think more clearly and help you make a healthy decision about what to do next.

2. Express yourself
Call or text a friend who you can talk to about what’s bothering you.

3. Distract yourself
Take a walk, play a game, or read a good book.

4. Get your body moving
If you’re feeling low, take a walk or a jog around the block.

5. Rehearse and practice dealing with stressful situations
If your go-to response to uncomfortable emotions is to stuff them away and pretend they’re not there, it may be time to try to express them. When we bury or deny feelings, they build up until we are on the verge of exploding at the slightest offense. This can be especially tricky when you need to confront someone who has hurt or offended you.

6. Make a list and set goals
Break down your larger tasks into smaller steps. Then cross off each step as you go to see your progress.

7. Don’t let negative thoughts take over
If you’re feeling down about yourself or life, make a list of things for which you are grateful.

8. Give yourself a break
Instead of demanding total perfection from yourself, allow yourself to be happy with doing a pretty good job.

9. Exercise, eat regularly, and get plenty of sleep
Being physically rundown can make it much harder to deal with a bad mood. Take care of yourself.

10. When you are feeling extremely upset, use the Stop-Think-Breathe method
Stop for a minute and think about the big picture. Sometimes things that don’t really matter in the long run can get you all worked up in the moment. Count to 10, breathing deeply, and concentrate on calming down.

Source: Digital Benefit Advisors

Healthy Holiday Eating: Connie Diekman, MEd, RD & Susan Finn, PhD, RD

Thanksgiving only comes around once a year, so why not go ahead and splurge? Year after year, most of us pack on at least a pound (some gain more) during the holidays — and keep the extra weight permanently. But Thanksgiving does not have to sabotage your weight, experts say. With a little know-how, you can satisfy your desire for traditional favorites and still enjoy a guilt-free Thanksgiving feast.

Lighten Up
Whether you are hosting Thanksgiving dinner or bringing a few dishes to share, make your recipes healthier with less fat, sugar, and calories. "There is more sugar and fat in most recipes than is needed, and no one will notice the difference if you skim calories by using lower calorie ingredients," says Diekman.

Her suggestions:
- Use fat-free chicken broth to baste the turkey and make gravy.
- Use sugar substitutes in place of sugar and/or fruit purées instead of oil in baked goods.
- Reduce oil and butter wherever you can.
- Try plain yogurt or fat-free sour cream in creamy dips, mashed potatoes, and casseroles.

Police Your Portions
Thanksgiving tables are beautiful displays of traditional family favorites. Before you fill your plate, survey the buffet table and decide what you’re going to choose. Then select reasonable-sized portions of foods you cannot live without.

- "Don't waste your calories on foods that you can have all year long," suggests Diekman. "Fill your plate with small portions of holiday favorites that only come around once a year so you can enjoy desirable, traditional foods."
- Skip Seconds.
- Try to resist the temptation to go back for second helpings.
- "Leftovers are much better the next day, and if you limit yourself to one plate, you are less likely to overeat and have more room for a delectable dessert," Diekman says.
- "White turkey meat, plain vegetables, roasted sweet potatoes, mashed potatoes, defatted gravy, and pumpkin pie tend to be the best bets because they are lower in fat and calories," says Diekman. But she adds that, "if you keep your portions small, you can enjoy whatever you like."

Slowly Savor
Eating slowly, putting your fork down between bites, and tasting each mouthful is one of the easiest ways to enjoy your meal and feel satisfied with one plate full of food, experts say. Choosing whole grains, fruits, vegetables, broth-based soups, salads, and other foods with lots of water and fiber add to the feeling of fullness.
- Spread out the food and fun all day long. At the Finn family Thanksgiving gathering, they schedule dessert after a walk, while watching a movie together.
- "We eat midday, and instead of another meal at dinnertime, we continue the feast with dessert a few hours after the main meal," Finn explains.

Go Easy on Alcohol
Don’t forget those alcohol calories that can add up quickly.

- "Have a glass of wine or a wine spritzer and between alcoholic drinks, (or) enjoy sparkling water," says Diekman. "this way you stay hydrated, limit alcohol calories, and stay sober."

Be Realistic
The holiday season is a time for celebration. With busy schedules and so many extra temptations, this is a good time to strive for weight maintenance instead of weight loss.

- "Shift from a mindset of weight loss to weight maintenance," says Finn. "You will be ahead of the game if you can avoid gaining any weight over the holidays."

Focus on Family and Friends
Thanksgiving is not just about the delicious bounty of food. It’s a time to celebrate relationships with family and friends. “The main event should be family and friends socializing, spending quality time together, not just what is on the buffet,” says Finn.

Source: [http://www.webmd.com/diet/10-tips-for](http://www.webmd.com/diet/10-tips-for)
Flu season starts around October and usually peaks in January/February. But you can catch the flu all year long. Symptoms may be minor, like a runny nose or sore throat, or very serious – even life-threatening. Your best protection is to get the flu vaccine each year. It’s even safe for babies as young as 6 months. Talk to your doctor if you have questions or concerns about the vaccine.

Because the flu is spread through contact with affected people and things, good hygiene is an important defense. Wash your hands often to kill germs, and avoid people who are sick. If you get the flu, stay home for at least 24 hours after a fever passes so you’re not contagious.