**UPCOMING EVENTS:**

**Financial Wellness Series:**
Long Term Care and Elder Housing
September 8th, 12 p.m.–1 p.m.
Carole Weinstein International Center, Commons
http://richmond.csod.com

**Caregiving: Medicaid**
September 21st, 12 p.m.–1 p.m.
Jepson Faculty Lounge
http://richmond.csod.com

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**Happiness Week**

**September 26 - October 2**

Happiness Week is designed to help employees engage with each other, stay active, and embrace every day experiences that elevate their mood.

**Monday**—Laughing Yoga

**Tuesday**—Walk the Lake

**Wednesday**—Ice Cream Truck

**Thursday**—Richmond Animal League

**Friday**—(Rain day for walk the lake)

**Saturday**—Tail Gate before the Faculty/Staff Appreciation Football Game

**Sunday**—Cruisin’ with Crutcher

Please visit [http://employeewellness.richmond.edu/happiness-week.html](http://employeewellness.richmond.edu/happiness-week.html) for details and information on registering for events.
Educational Corner: Joint Health

What exactly is a joint?
A joint is where two or more bones are joined together. Joints can be rigid, like the joints between the bones in your skull, or movable, like knees, hips, and shoulders. Many joints have cartilage on the ends of the bones where they come together. Healthy cartilage helps you move by allowing bones to glide over one another. It also protects bones by preventing them from rubbing against each other. Keeping your joints healthy will allow you to move by allowing bones to glide over one another. It also protects bones by preventing them from rubbing against each other.

What can happen if I don’t take care of my joints?
Some people get arthritis. The term arthritis is often used to refer to any disorder that affects the joints. Although you might think arthritis affects only older people, it can affect young people, too. There are many different forms of arthritis:

- **Osteoarthritis** is the most common type of arthritis and is seen especially among older people. In osteoarthritis, the surface cartilage in the joints breaks down and wears away, allowing the bones to rub together. This causes pain, swelling, and loss of motion in the joint. Sometimes, it can be triggered by an injury to a joint, such as a knee injury that damages the cartilage.
- **Rheumatoid arthritis** is known as an auto-immune disease, because the immune system attacks the tissues of the joints as if they were disease-causing germs. This results in pain, swelling, stiffness, and loss of function in the joints. People with rheumatoid arthritis may also feel tired and sick, and they sometimes get fevers. It can cause permanent damage to the joints and sometimes affects the heart, lungs, or other organs.
- **Gout** is a form of arthritis that is caused by a buildup of uric acid crystals in the joints, most commonly in the big toe. It can be extremely painful. There are several effective treatments for gout that can reduce disability and pain.
- **Juvenile arthritis** is a term often used to describe arthritis in children. Children can develop almost all types of arthritis that affect adults, but the most common type that affects children is juvenile idiopathic arthritis.
- **Other forms of arthritis** may be associated with diseases like lupus, fibromyalgia, psoriasis, or certain infections. In addition, other diseases might affect the bones or muscles around a joint, causing problems in that joint.

How do I keep my joints healthy?

Physical activity

Being physically active is one of the most important things you can do to keep your joints healthy. Regular activity helps keep the muscles around your joints strong and working the way they should. Even people who already have arthritis can benefit from regular physical activity, which will help reduce disability and keep the joints working well. Children and teenagers should get 60 minutes or more of physical activity each day. When exercising or playing sports, be sure to wear the proper protective equipment to avoid injuring your joints. Remember that injuries to your knee early in life can lead to osteoarthritis later on, so be sure to wear protective pads and shoes that fit well. It’s also important to warm up and stretch before exercise. If you have any concerns about your health, talk to your doctor or a physical therapist to find out what kinds of activities are right for you.

Eat a healthy diet

Physical activity, along with a balanced diet, will help you manage your weight. Avoiding excess weight puts less stress on your joints, especially in your knees, hips, and feet. This can help reduce the wear and tear that may lead to arthritis later in life.

Speaking of diet, no specific diet will prevent or cure arthritis. However, eating a balanced diet will help manage your weight and provide a variety of nutrients for overall health. A balanced diet:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat dairy products like milk, cheese, and yogurt.
- Includes protein from lean meats, poultry, seafood, beans, eggs, and nuts.
- Is low in solid fats, saturated fats, cholesterol, salt (sodium), added sugars, and refined grains.
- Is as low as possible in trans fats.
- Balances calories taken in through food with calories burned in physical activity to help maintain a healthy weight.

Source: webmd.com

Healthy Cooking: Healthy Burrito Bowl

- 1 garlic clove, finely minced
- 2 Tbsp onion, finely minced
- 2 Tbsp red wine vinegar
- 2 Tbsp worcestershire sauce
- 1/4 cup olive oil
- 1 tsp salt
- freshly ground black pepper, to taste
- 1/2 tsp tarragon, chopped
- 1 Tbsp oregano, chopped
- 2 Tbsp chives, chopped
- 1/2 Tbsp parsley, chopped
- 1/2 Tbsp sugar
- 2 large ripe tomatoes, sliced 1/4-inch

Directions:
In a large casserole dish, add and mix finely minced garlic, finely minced onion, red wine vinegar, Worcestershire sauce, olive oil, salt, freshly ground black pepper, chopped tarragon, chopped oregano, chopped chives, chopped parsley, and sugar. Add sliced tomatoes to the casserole dish and flip each slice a few times to evenly coat with marinade. Let tomatoes marinate at room temperature for at least 20 minutes, longer if time is permits.
5 Tips to Make Eating Well During the School Year Simpler

1. Embrace make-ahead breakfasts. Overnight oats take about five minutes to throw together. Kids not oatmeal fans? Toss favorite smoothie combinations into freezer bags, then just add milk and blend for a morning meal packed with nourishing fruits and veggies.

2. Make lunch fun. Try cutting sandwiches and fruits into fun shapes, filling up a Bento box with a balanced assortment of finger foods (whole-grain crackers, cheese, fruit, chopped veggies, and a dip), or transforming go-to sandwiches into wraps. And by all means, don’t forget to include a treat. A low-sugar fruit leather or whole-grain cookie will delight your child and help prevent the dreaded candy-bar swap.

3. Stock up on easy-to-eat snacks. Find healthy ways to indulge your kids’ snack cravings and fuel their bodies through mid-afternoon soccer practice and homework sessions. Keep pre-chopped veggies and fruits (check out our Chop Chop offerings), protein-packed nut butter and hummus, and nutrient-dense nuts and cheese for quick after-school snacks.

4. Find family-favorite meals that fit your lifestyle. First browse our Quick and Easy recipes for quick-to-table, dietitian-curated meals. Then check out our meal bundles and dinner kits for easy-prep, delicious suppers. Need us to make dinner for you? No problem. Just choose from our prepared food offerings.

5. Shop relayfoods.com for your weekly groceries. We scour product labels for you so you can rest easy knowing your family’s food is all-natural. Every single one of our offerings is guaranteed to meet our minimum food standards (learn more on here) and be free of things like artificial additives, high fructose corn syrup, and hydrogenated fats.

Source: http://blog.relayfoods.com/2016/08/22/your-back-to-school-survival-guide/

Wellness Coaching

UR Well EMPLOYEE is excited to announce the launch of Wellness Coaching this Fall semester! Wellness Coaching is a motivational, team approach between a coach and client to recognize the clients’ skills and dreams, focus on life’s goals, and to move past challenges that stand in the way of those goals.

The goal of wellness coaching is to help you make changes in your life and take control of your health and wellness. The changes you make are totally up to you. The coach will guide you along the way by providing strategies to achieve your goals. After an initial face-to-face meeting (50-60 minutes), wellness coaching can happen via e-mail, over the phone, or continue face-to-face. Follow-up sessions are approximately 20-30 minutes in length. This is a free service offered to full-time employees. You are allocated up to three face-to-face sessions per academic year. Additional email and phone sessions are determined between you and your coach.

If you are interested in meeting with a wellness coach or have any additional questions, please email Heather Sadowski at hsadowsk@richmond.edu.
Evidence supporting the impact of foods on inflammation in the body is limited but we do know that some foods have the ability to suppress inflammation. However, it is unclear about how much and how often you need to eat these foods to see the benefit. Fatty fish, berries, and tart cherry juice are a few foods that have been found to have anti-inflammatory effects. Other recommendations are to eat an overall healthy diet to help enhance the body’s immune system and provide antioxidants to reduce inflammatory stress.

Other recommendations for eating to reduce inflammation and assist in joint health:

- Stay away from saturated and trans fats as they increase inflammation.
- Eat more plant-based protein foods which include beans, nuts, and seeds.
- Choose whole grains and high fiber foods. Fiber controls blood glucose and can therefore help to control inflammation.
- Choose heart healthy fats (unsaturated fats) such as avocados, olive oil, nuts, and seeds.
- Eat omega 3 fatty acids such as fatty fish (salmon, tuna, mackerel), walnuts, flax seed, chia seeds.
- Eat a rainbow of fruits and vegetables for the phytochemicals.
- Drink enough water.
- Spice up your food. Curry, cinnamon, and ginger have been shown to have anti-inflammatory properties.
- Maintain a healthy weight. Carrying extra weight means more stress on your joints.

Karen’s Korner: Inflammation & Diet, Karen Hensley, UR Dietician

Karen Hensley, MS, RD, CSSD
Email: khensley@richmond.edu

UR Fit

Are you ready to get stronger, lose weight, work in small groups, and kick-start your healthy lifestyle? Join Recreation & Wellness’ popular six-week UR Fit program this fall, running September 19th through October 28th. Throughout the program you will be working in teams to reach your fitness goals, build a social environment, and learn important information about exercise, nutrition, and healthy lifestyle habits.

Registration is $45.00 and begins on Monday, September 5th, with 45 spots available. Visit the Member Services desk at the Weinstein Center to register. For more information, contact Sarah Sheppard at sshshepp@richmond.edu.