

NEWSLETTER

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Spring 2007

Health Promotion and Wellness

Dr. Sandra Moore
smoore@oswego.edu
Chair, Associate Professor

Dr. Bernard Booser
drbernardboo@yahoo.com
Associate Professor

Dr. Corey Brouse
cbrouse@oswego.edu
Assistant Professor

Mr. Kenneth Peterson
kpeterso@oswego.edu
Associate Professor

Support Staff

Ms. Mary LaPierre, Secretary
mlapierr@oswego.edu

Office Address

354 Wilber Hall
Oswego, New York 13126
Phone: 315-312-6386
Fax: 315-312-2788

Website:
www.oswego.edu/hpw

The *Newsletter* is published by the faculty and staff of the Health Promotion and Wellness Department.

Bernard Booser, Ph. D, Editor
Mary LaPierre, Co-Editor

Message from the Chair

Greetings! On behalf of the faculty in the Department of Health Promotion and Wellness, I am pleased to present you with our second newsletter. Since the inception of the Wellness Management program, in 1999, the number of majors has grown to 130. We also have many Health Science and Athletic Coaching minors, as well as students involved in dance, self-defense and martial arts classes.

Through this newsletter, we hope to foster better communication between faculty, students and graduates. I hope you will enjoy this second issue.

If you have items of interest that you would like to have included in future issues, please feel free to contact me at (315) 312-2162 or email me at smoore@oswego.edu.

CONGRATS!

Professor Brouse and her husband, Chuck, are expecting their 2nd child this July.

May 2007 Grads

Thomas Assuma, Andrea Brandl, Derek Dillabough, Kristen Ellis, Nicole Fehrman, Ashley Fuller, Trevor Gilligan, Clodagh Kenny, Ellery Littlefield, Evan Lynch, Shawn Moody, Gina Pierce, Angela Putman, Rachel Ritchie, Jeannine Rossi, Jessica Sprague, Jessica Stala, Ryan Stiles

August 2007 Grads

Peggy Ding, Allison Glowacki, Travis Graham, Derek Lyons, Jessica Maltese, Jolene Montgomery, Paul Palucci

Congratulations & Best Wishes

Dates and Items to Remember ~ Fall Advisement and Registration: Begins April 9th

Please register as soon as you are able to avoid getting closed out of classes you need to fulfill your requirements.

EMPLOYMENT OPPORTUNITIES FOR SUMMER:

Camp Director @ Camp Hollis, a Children's Summer Camp in Oswego

Dates of Employment: June 1, 2007 – September 1, 2007

Salary: \$5900 (plus room and board) For more information, please contact Oswego City-County Youth Bureau @ 315.349.3451

Attn: Jim Farfaglia email jim@oswegocounty.com

Website: www.oswegocounty.com/youth/hollis



Faculty



Professor Ken Peterson

Moving to the wellness area within the department has been a challenge and a renewing opportunity to reacquaint myself to Wellness Management

students. I have found the transition meaningful and rewarding. My love for teaching over forty-three years has been working with students out of class as well as in class. My office remains open for consultation or just talking with students about Wellness or life in general!

Announcements

Minjung Seo - The State University of New York and the Health and Wellness Department welcomes Minjung Seo as our newest faculty member. Our new Assistant Professor comes to us from Purdue University, Lafayette, Indiana. We anticipate her contributions will be most meaningful for students, staff and the University. She will teach health and wellness courses along with her ongoing research activities.

Bon Voyage!



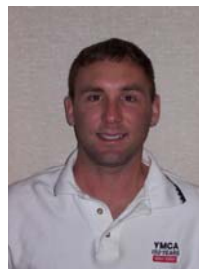
Mary LaPierre, Departmental Secretary, announces her resignation effective, May 16, 2007. Mary has served the department, students, and the campus approximately five years. She expects to join her recently retired husband in Florida. She

expressed her joy of being affiliated with the department and the campus. Mary expressed how much she will miss everyone. Best wishes to the LaPierre's.

Research

Dr. Corey Brouse - While the majority of her research continues to focus on colon cancer screening behaviors in low income, minority populations, she has been working on expanding into other areas as well. One area she is interested in learning more about pertains to the ways in which students can be engaged in effective conversations about the importance of cultural competence. Some of the findings of a research study completed with Oswego students can be found in the article entitled: (Brouse) Using "*The Spirit Catches You and Then You Fall*" to prompt discussions about cultural competence in an undergraduate health course. Health Education Journal 2007; 66 (2) 179-87

Adjunct Faculty



Mike Quirk, Professor Quirk is an enthusiastic teacher in the field of Health and Wellness. He teaches Nutrition Concepts and Scientific Foundations of Fitness. In his spare time, Professor Quirk trains for Iron man triathlons and marathons so he knows the importance of living a healthy lifestyle. His goal as a professor is not only to teach his students about choosing a healthy lifestyle, but to also inspire them to find wellness in all aspects of their lives. He thinks that wellness is a conscious and deliberate effort to live a healthy lifestyle by paying attention to certain key areas such as stress management, nutrition, exercise, and environmental sensitivity.

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Departmental Travel



Dr. Corey Brouse will be attending the International Conference on Global Health, which is hosted by the Global Health Council, this May in Washington D.C. The focus of the conference this year revolves around what we can do to help the world's poorest citizens. The focus is on building worldwide partnerships to deliver health care effectively to those living in poverty. Dr. Brouse is excited to be a part of discussions on the best way to do so.

Dr. Bernard Boozer will travel to Africa this summer to research African involvement in the American Slave Trades.

Students in Leisure



May I present to you, the broomball champions of 2007!!!! If you take a closer look at the picture you will notice that there is one individual that probably does not belong. Is that our nutrition professor? Yes, that is Dr. Licatese, HSC 315 professor and broomball champion.

“I was very excited when I was given the opportunity to play. I have to thank one of my former students Tim Daly for letting me on the team.

I had a lot of fun playing with these guys and hopefully, I can do it again next year. I definitely realized quickly that I was not in the same shape I was in college, but this old man kept up. Ice packs were my friend after each game, and I still have scars on my arms and hands. It was well worth it and I can't wait to play again!!!!”

Health Tips for All

21 Reasons to see a nutritionist

- Have children who insist on eating junk food when they come home from school.
- Lose control with your eating after 3PM
- Think you're eating well but not getting the results you want.
- Have a love/hate relationship with food.
- Are overweight, or underweight.
- Have diabetes or hypoglycemia.
- Have heart or kidney disease.
- Have high cholesterol or high blood pressure.
- Have a gluten intolerance or celiac disease.
- Tested positive for HIV.
- Have Crohn's disease or ulcerative colitis.
- Get anxious around food.
- Have trouble sleeping, worrying about what you ate.
- Can't relax unless you exercise for at least an hour.
- Feel like once you get the taste of something, you can't stop.
- Feel hungry all the time.
- Never feel hungry.
- Have polycystic ovarian syndrome.
- Are trying to "eat healthy".
- Have food allergies or intolerances.
- Are uncomfortable about the way you're eating, for any reason.

(Sources: Registered dietitians Debbie Yannascoli and Terry Podolak)

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Cell phone Tips:

(unverified)

Emergency – The emergency number worldwide is 112. Dial 112 and the mobile will search any existing network to establish the emergency number for you.

Have you locked your keys in your vehicle?

Does your car have remote keyless entry? It may come in handy someday. If you lock your keys in the vehicle and the spare keys are at home, call someone at home on their cell phone from your cell phone. Hold your cell phone about a foot from your car and have the person at your home press the unlock button, holding it near the mobile phone on their end. Your car will unlock. It saves someone from having to drive your keys to you. Distance is no object. You could be hundreds of miles away, and if you can reach someone who has the other “remote” for your car, you can unlock the doors (or the trunk). Editor’s Note: It works fine! We tried it out and it unlocked our car over a cell phone!”

Hidden Battery Power

Imagine your cell battery is very low. To activate, press the keys *3370# and your cell phone will restart with this reserve and the instrument will show a 50% increase in battery. This reserve will get charged when you charge your cell phone next time.

How to disable a STOLEN mobile phone?

To check your mobile phone’s serial number, key in the following digits on your phone: *#06#. A 15 digit code will appear on the screen. This number is

unique to your handset. Write it down and keep it somewhere safe. When your phone gets stolen, you can phone your service provider and give them this code. They will then be able to block your handset so even if the thief changes the SIM card, your phone will be totally useless. You probably won’t get your phone back, but at least you know that whoever stole it can’t use/sell it. If everybody does this, there would be no point in people stealing mobile phones.

Cell Phone companies are charging us \$1.00 to \$1.75 or more for 411 information calls when they don’t need to.

Most of us do not carry a telephone directory in our vehicle, which makes this situation even more of a problem. When you need to use the 411 information option, simply dial: (800) FREE 411, or (80) 373-3411 without incurring any charge at all. Program this into your cell phone now.



Stress Busters: 25 ways to reduce stress

1. Laugh – When we laugh, blood flow to the brain is increased, endorphins (painkilling hormones) drop.
2. Gain Support – At times we need others to cope adequately with stress
3. Learn to Manage Anger – Uncontrolled anger leads to over reacting, which leads to increased stress.
4. Be Decisive – Making decisions and taking action increases your personal sense of control and thus decreases your stress.
5. Be Assertive – Share your wants and needs while being respectful to the wants and needs of others.

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6. Sleep – Lack of adequate sleep can make you moody, angry and more vulnerable to the daily stressors that you face.
7. Change your Environment – Color, lighting, smells, and noise influence our senses. Surround yourself in an environment that is comfortable and relaxing to you.
8. Use Positive Self-Talk – Don't blame yourself for everything – it is not all your fault. If you talk to yourself in positive terms about such events, you will have higher self-esteem and lower stress levels.
9. Choose Winners – Spend time with those who are optimistic and have high self-esteem.
10. Reward Yourself – Do something fun. You deserve it. Doing pleasurable activities helps to boost our immune system.
11. Create Rituals – It can be a comfort to know that some things do not change even when chaos is all around us.
12. Nurture Your Spirituality – It is important to take quiet, reflective time out of your day for yourself to focus on something else instead of your stresses.
13. Use a journal. Writing down your feelings can help relieve emotional stress.
14. Play. The next time you're feeling anxious or stressed, take a break and do something fun.
15. Slow Down. Try moving, talking and behaving in a relaxed, slower manner.
16. Get a Pet. Whether it's a dog, cat, bird or fish, a pet can play a vital role in stress relief.
17. Take a Vacation. It's important to get a total change of scenery, a new environment. It's a great time to put aside your stressors for a few days and gain perspective on your life.
18. Take Up a Hobby. In doing something you genuinely like, you're apt to get so absorbed in it that you don't notice time passing.
19. Delegate. Those who don't become overloaded with unfinished tasks making them stressed, less productive and isolated by their excessive expectations.
20. Be In Control of Your Finances. Worry over personal finances is a major source of stress.
21. Don't Procrastinate. Procrastination causes stressful feelings of guilt and anger.

22. Get Organized. Prioritize activities and use time management tools.
 23. Eat Right. Stay healthy and stress-resistant by taking time out for meals, eating at regular times, avoiding sugars and fats.
 24. Exercise. Try these tips: squeeze something (such as a squishy ball); do an aerobic activity, take a walk; swim. Exercise helps to work out our tension and helps to release those "feel good" hormones.
 25. Relax. Breathe deeply. Visualize something pleasurable. Listen to soothing music.
- Adapted from Stress: 63 Ways to Relieve Tension and Stay Healthy (Copyright 1996 People's Medical Society) Charles B. Inlander

ARTICLES OF INTEREST

Black Children and Second-Hand Smoke

Black children, in the March Issue, CHEST may be far more susceptible to illness and the ill effects of second-hand tobacco smoke than their white counterparts. In Dr. Stephen Wilson's study, which included 220 black children that were exposed to at least five cigarettes a day, those children had significantly higher toxin levels in their blood and hair than their white counterparts that were exposed to the same amount of smoke. Wilson's study may shed some light on why black children are more susceptible to asthma, sudden-infant death syndrome and low birth weight. (Chest, March 2007)

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Extract From Grape Seeds May Help Prevent Cancer

University of Alabama, Birmingham, research found in their study that hairless mice exposed to ultraviolet light as a control group with their diets supplemented with grape seed proanthocyanidins (GSP's) inhibited light induced carcinogenesis. Mice that were supplemented with GSP's had up to 65 fewer tumors than the control group mice as well as smaller tumors that did develop 78 percent smaller. The study's principal investigator stated: It suggests that regular consumptions of GSP's as a dietary supplement may be beneficial for the prevention of skin cancers.

http://news.yahoo.com/s/nm/200770326/hl_nm/grapeseed_cancer_dc

Most Angioplasties Unneeded, Study Says

Dr. William Boden of Buffalo General Hospital led a study with the conclusion that drug therapy to unclog arteries is just as effective and in some cases better than angioplasty. Angioplasty also does not save lives or prevent myocardial infarction (heart attack) in non-emergency heart patients. Additionally, angioplasty provides only slight and temporary relief from chest pain. Boden recommends trying drugs first and if relief is not meaningful, the patient should consider angioplasty or bypass surgery, which does save lives. The study also reminds us angioplasty fixes only one blockage at a time whereas; drug therapy affects/treats all the arteries. (*New England Journal of Medicine, April 2007*)

The Dangers of Meth

Shawn Bridges, the starring character of "No More Sunsets" died recently from his long term methamphetamine use. The 27 minute video was made to share his story with others who are using or contemplating use of crystal meth. During Bridges' final months of being hospitalized, he had heart attacks, slurred his words, according to his father to guttural sounds, spat up blood, had urinary

infections and had dangerously weight losses since he couldn't keep food in his stomach. An additional video is contemplated chronicling Bridges' final year including testimonials from those who were touched by "No More Sunsets" (*Suhr, Associated Press, Yahoo*)

HEALTH AND WELLNESS HEADLINE TICKER

Contaminated Pet Food

The Chippewa Herald reported salvaged pet food contaminated with an industrial chemical was distributed to hog farms and fed to swine in approximately six states. It is not known whether any of the hogs that consumed the contaminated food has entered the food chain. (*The Chippewa (Washington) Herald, April 27, 2007*)

Salt is a Four Letter Word

A team of American researchers at the Center for Science in the Public Interest (CSPI) revealed an inconclusive study on hotly debated issue of salt intake, hypertension, heart disease, myocardial infarction and stroke. The study may have been inconclusive because many of the subjects chosen may have been pre-hypertensive or hypertensive. Further study on this controversial subject is recommended. CSPI has been an advocate for salt limitation in food for years.

The Times of London reported:

"Food without salt is like life without wit. Those who give up Man's savory mineral condemn themselves to the seventh circle of Hell, where carnal sinners are rationed to a diet of unsalted porridge and eggs" (*Center for Consumer Freedom, 2007*)

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Do Meetings Make You Stupid?

An empirical study examined group participant's ability to think of as many brands of soft drinks and compared to individuals working alone who were asked to do the same thing. This finding may suggest the collective thinking of a group may not be better than individual productivity. Since this story first aired on MSNBC, may be light on details further research on the collective efforts of groups performance versus individual efforts need to be studied. (*Yahoo Alerts, April 24, 2007*)

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354 Wilber Hall
Oswego, NY 13126