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| Sept-Oct 2014 Newsletter |
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Welcome, it’s hard to believe another academic year has arrived!

Recently Fr. Maher shared an inspirational message about gratitude, pointing out a life focused on gratitude can lead to more personal satisfaction, as well as personal and professional fulfillment.

A healthly lifestyle is more than eating well and excerising; wellness is about fulfilling all five elements of Seligmans PERMA Model. "PERMA" represents the five essential elements that should be in place for us to experience lasting well-being. A display of gratitude to others expresses postive emotion and helps build personal relationships with your co-workers; fostering a sense of personal well being and companionship.



Need more information? Check it out at [PERM Model](http://www.mindtools.com/pages/article/perma.htm)

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| Feeling gratitude and not expressing it is like wrapping a present and not giving it.  ~William Arthur Ward |
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| In the CommunityMove-It Monday Walk Meet @ 12:05 outside Gallagher  10/6,10/20,10/27,11/3,11/10 Kiernan Recreation Employee Wellness HoursDaily from 11am-3 pm **Extended-** Sat/Sun 9am-9pm Mental Illness Awareness Week October 5-11  **Depression Screening Day**  October 9, LLG Rm 110 Flu Shot Clinic October 21, 2104  3 pm-6 pm MPR  Be prepared for the BUG. Get your flu shot early. |

## HELP CULTIVATE A CULTURE OF GRATITUDE AT NIAGARA

## A Message from Dr. Bonnie Rose

## In keeping with Fr. Maher’s sentiment, it is important to keep Niagara’s culture of gratitude alive and well in our personal and professional lives.

## In addition to encouraging a sincere thank you whenever a colleague helps you, or when you see a great job being done, we have several programs to officially recognize individuals for their great work at Niagara.

## Outstanding Employee Award

## The Outstanding Employee Award recognizes those employees who consistently exhibit superior job performance and high levels of quality service while demonstrating our Vincentian Mission. Nominations may be made by NU employees, students, alumni, parents, or other persons who come in contact with NU employees.

## Purple Pat Program

## The Purple Pat program allows you to immediately express your appreciation for a job well done and provide pinpointed feedback to your colleagues and/or mentors. It is a great way to say thank you, and show your gratitude to a fellow employee.

## When you choose to offer someone a digital pat, he/she will receive an email stating that you have done so, and directing them to a website containing their Purple Pat certificate. In addition, the Office of Human Resources will be forwarded a copy of your acknowledgment.

## Have you thanked someone today? Start by sending a Pat!

## *Nomination forms for the Outstanding Employee Award and the Purple Pat Program can be found at myNU.*

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## Healthy Monday’s Return to NU?

## Healthy Mondays at NU is a new collaborative effort of the Student Health Center, Counseling Center, Kiernan Recreation Center and Sodexo. Our mission is to encourage healthy behaviors within our Niagara community: students, staff and faculty. Individuals who commit to making small positive changes within their daily routines every Monday are more likely to maintain these habits throughout the week. Healthy Monday programming will encourage behavioral changes in an individual’s physical, mental and spiritual health.

## The Healthy Monday campaign is a national movement backed by leading public health schools that dedicate the first day of every week to health. Why Monday? It’s the January of the week, the perfect time for a fresh start. People are more likely to begin exercising, start a diet or quit smoking on Monday than any other day of the week. It’s a call to action built into every calendar-offering 52 chances a year to live a longer, healthier life. Click here for more information on how to start your healthy Monday program <http://www.wikihow.com/Participate-in-the-Healthy-Monday-Campaign>

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## MOVING MONDAY CAMPAIGN-Walking Coaches Wanted

## Join your colleagues for a brisk “MOVE IT MONDAY” walk; enjoying the beauty of NU’s campus! Meet your walking coach at 12:05 outside the glass doors of the Gallagher Center.

## We are currently seeking highly motivated individuals interested in becoming a walking coach. All it takes is a desire to get up and moving during your lunch break. You pick the Monday and we share with you our designated NU mile walking paths, including our new university bike path.

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## MEATLESS MONDAY CAMPAGIN

## Every Monday, choose a meatless menu option from Dining Services or wherever you decide to eat. Interested in delicious meatless recipes and more information and cooking tips? Sign up at <http://www.meatlessmonday.com/join-the-movement/>



MINDFUL BY SODEXO

It’s as easy as scanning the barcode!

Sodexo is committed to creating healthy environments for their customers. Central to this effort is providing healthy, nutritious foods. They’ve listened to their customers and researched marketplace trends. Their executive chefs and registered dietitians worked together to create an exciting collection of recipes.

The result is Mindful by Sodexo – an approach that focuses on transparency of ingredients, delicious food, satisfying portions and clarity in message so that making Mindful choices becomes second nature.

While designed for use in their cafes, Mindful is an approach that you can easily adopt at home with your family. Come check it out!

# Health Note

Enterovirus D68

A recent surge in respiratory illnesses nationwide has been associated with the Enterovirus D 68. As of October 1, 2014 the Centers for Disease Control and Prevention (CDC) has confirmed EV-D68 infections in 42 states and the District of Columbia. Enteroviruses are typically seen from July to October. Although most children will recovery without incidence; children who have underlying medical conditions such as asthma, diabetes, and low immunity may become very ill. Protect your family by learning more: [EB-V68 Patient Information Series](http://patients.thoracic.org/wp-content/uploads/2014/04/ats-enterovirus1.pdf)

COLD VS FLU

Common Cold

The common cold is caused by one of the hundreds of strains of the cold virus. The viruses cause infections of the nose, throat, head and chest. A cold usually lasts 7-10 days. Currently, there is no cure for the common cold. Antibiotics are not used to treat the common cold. There are several steps you can take to relieve the symptoms. Decongestants, Antihistamines, Tylenol or Ibuprofen are helpful.

Flu

Influenza is spread by droplets mainly through coughing or sneezing of infected persons. These droplets can be inhaled into the respiratory tract or picked up after touching a contaminated surface. The virus can live on contaminated surfaces for up to 6-8 hours. Influenza-like illness can vary in severity from mild to severe. Symptoms last 7-10 days and full recovery may take up to 2 weeks. An antibiotic does not help cure the flu, you must treat the symptoms. Antiviral prescriptions are helpful but must be started within the first 48 hours from the onset of symptoms and are recommended for students with chronic medical conditions

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| Symptoms | Cold | Flu |
| Fever | Less common < 100.5 | Sudden onset > 100.5 |
| Headache | Mild or absent | Prominent |
| Muscle aches | Mild or absent | Prominent |
| Fatigue & weakness | Mild or absent | Extreme |
| Runny nose, congestion, sneezing | Common | Nasal congestion |
| Cough | Less common | Common |
| Eye symptoms | Watery eye | Sensitivity to light, pain on motion |
| Diarrhea & vomiting | Rare | Sometimes |
| Sore throat | Common | Common |
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Prevention

• Avoid touching your eyes, nose or mouth. Germs spread that way.

• Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it, washing your hands thoroughly afterwards.

• Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol –based cleaners are also effective.

• When you have to cough/sneeze, do so into your sleeve, not your hands.

• Open your office/dorm window daily for fresh air.

• Disinfect your room/office by wiping down all surfaces with Clorox or Lysol wipes daily and when needed. You may also use Lysol spray.

• Eat a well-balanced diet, drink plenty of liquids, get 8-9 hours of sleep a night, and exercise regularly. Keeping your immune system healthy prevents illness.

• If you are ill, stay home and limit your contact with others to prevent infecting them.

# More Important News

KIERNAN CENTER MEMBERSHIP &WELLNESS HOURS

All university employees are invited to use the Kiernan Center facilities free of charge from 11 a.m. to 3 p.m. every day of the week with extended hours Sat/Sun 9am-9pm. This service is provided to promote health and wellness for our University community. Employees may purchase a membership if they wish to use the facility outside of wellness hours. For your convenience, membership payments can be conducted through a payroll deduction. Forms for the authorization of a payroll deduction are available in the Human Resources Office. Kiernan Center Hours: Entire facility is open for use with exception of pool. There are times due to scheduled programs that some areas may be closed.

FLU SHOT CLINIC- Oct 21

Independent Nursing Care will host our annual flu shot clinic on Wednesday, Oct. 21, from 3-6 p.m. in the lower level Gallagher Center, multi-purpose room. All NU students, employees, and family members are invited to attend. Insurance cards must be presented at time of service. Please check out the Health Center website at http://www.niagara.edu/healthcenter/ for a list of accepted insurances. Cash payment for vaccines will also be accepted at the following cost: $30 flu shot, $40 flu mist. Questions may be referred to student health services at ext. 8390.



OCTOBER IS BREAST CANCER AWARENESS MONTH

Last year nearly 1.7 million new cases of breast cancer were diagnosed worldwide. The CDC has identified breast cancer as the second most common cause of death from cancer among white, black, Asian/Pacific Islander, and American Indian/Alaska Native women. With it being the most common cause of cancer in women, not counting some forms of skin cancer. During breast cancer awareness month take the time to take your health into your hands and create an Early Detection Plan; consider inviting others to do the same! [Create your plan today!](http://www.nationalbreastcancer.org/breast-cancer-awareness-month)

Know the facts. For more information go to [what do I need to know?](http://ww5.komen.org/BreastCancer/Statistics.html)

MENTAL HEALTH AWARENESS WEEK- Oct 6-12

Look for our campus wide programming events this week aimed at bringing increased awareness to this often silent illness through community outreach, education and advocacy. Supported by the offices of counseling services, health services and active minds.

NATIONAL DEPRESSION SCREENING DAY- Oct 9

Held annually during Mental Illness Awareness Week in October, NDSD raises awareness and screens individuals for depression and related mood and anxiety disorders. Help remove the stigma associated with this illness by stopping by our screening booth or consider bringing a friend so you may both be screened. Bought to NU as a collaborative effort of Active Minds, department of Psychology, Counseling Services, Health Services and the Mental Health Association in Niagara County.