

## UC HEALTH & WELLNESS NEWSLETTER

Keep checking the H & W website for updates on offers, events & NEW challenges!  
[www.utica.edu/hr/wellness](http://www.utica.edu/hr/wellness)

**We're back for a second year!**

### 2013~2014 UC Health & Wellness Opening Event

Monday September 9th 12-2 in Boehlert Conference Room

#### Lunch~Drinks~Popcorn~Raffles~Games

- Meet the committee and your UC Wellness Champions-sign up to become a champion!
- Pick up your "UC Passport to Health" and get a point just for being at the opening.
- Sign up for our first campaign of the year "Stop Stress This Minute" - First 30 entries receive a free book that accompanies the program.
- FREE Chair Massages
- Excellus members -Sign up for Healthy Rewards and earn \$\$\$ just for signing up...

**We will help you.**



#### **NEW!!** ~ UC Passport to Health

We want to reward your efforts to incorporate wellness in your life. Pick up your passport at the opening and track your activities as they happen. Instead of just a pat on the back, we will enter your name into a prize drawing for every 5 points you accumulate.

**The more you participate, the better your odds of winning.**

Seeking UC Wellness Champions  
If you are walking the talk, we want you!

**WELLNESS IS CONTAGIOUS!**

Help your co-workers catch your "*wellness virus*".

Encouragement and Motivation are  
key factors for success.

Benefit contact numbers:

**Delta Dental:**  
Group Number: 10898  
Division Number: 00001  
Member Services: 1-800-932-0783

**Excellus Member Service:**  
CDHP: 1-800-499-1275  
PPO: 1-800-765-5226  
Medicare: 1-866-846-8643  
Primemail: 1-866-260-0487

**Human Resource  
Directions (Employee  
Assistance Program):**  
315-525-1370

**Bank of Utica:**  
797-2700



UC IS A "FIT FRIENDLY" WORKSITE  
Awarded by the American Heart Assoc.

## UPCOMING AUGUST LUNCH & LEARN

August 14th 12-1 Meet with Jim Smith, UC Associate Professor of PT to learn how our exercise equipment works best for you. Clark Athletic Center Fitness Room.

Sign up now <http://www.utica.edu/hr/wellness/lunchandlearn.cfm>

**WE UNDERSTAND SCHEDULES VARY. PLEASE FEEL FREE TO ENTER A SESSION THAT HAS ALREADY BEGUN. WE DON'T WANT YOU TO MISS OUT.**

### Give a Chair Massage Gift Certificate to a Co-Worker

Now you can purchase a gift certificate through Human Resources

Celebrate an accomplishment, say thanks, happy birthday or just help them through a tough time. Whatever reason you can think of - \$1/minute from 10-20 minutes.

### *Get to know the UC Health & Wellness Committee Members*



**A volunteer committee has been working hard to bring wellness into the forefront at Utica College. I applaud their efforts, thank them for their dedication and hard work, and would like to introduce myself and them to you.**

**Please meet:**

**Caren Ganeles Summers, Wellness & HR Coordinator**

Asked to be the UC Wellness & HR Coordinator in April 2012, my first reaction was to ask if that was a hint that I should become more active as I was hardly a poster child for wellness. Although always a healthy person, I didn't think much about long term wellness or pay much attention to a healthy lifestyle. I was more or less active at various times of my life; in fact you could say I had a "once in a blue moon" attitude. Once in a blue moon I walked, worked out, swam, etc. but I did nothing with regularity except read, watch TV and do my crafts.

Since I have become more educated concerning different aspects of wellness, I have begun to make more mindful decisions about how I treat my body and what I put into it. It is reassuring to know that even at my age (ahem), I can make a change that directly affects the outcome of my health, and have fun at the same time. It's true that not everyone takes the same path, but we can all get there. If I can do it...you can do it.

**Please meet:**

**Dan Sheffer, Head Athletic Trainer**

Dan's fitness journey started as a high school and collegiate runner where the team atmosphere provided a training regime, structure and support. Without that structure after college, he and his doctor noticed patterns over a 10 year period that were heading in an unhealthy direction. So Dan sought out that structure and support here at UC and through a combination of healthy eating and regular exercise has made a new path. He currently utilizes a mix of running, cardio workouts, light lifting, and of course racquetball. Dan recommends a workout partner to motivate you and use Healthy Rewards if you can.

He quotes "Ten years ago I would've said being healthy was 50% diet and 50% exercise, five years ago I said 66% diet and 33% exercise, but today I think it's 75% diet and 25% exercise because I know I can eat more calories than I can burn off in a day. Ask me again in five years. It's a marathon, not a sprint. Good luck!"



Please meet:

Adam Pack, UC Professor of Biology

A competitive swimmer and water polo player in college, Adam switched from exercise to food in graduate school, eventually exceeding 250 pounds in 2006. A weight-loss bet with a friend inspired him to drop 75 pounds, and take up running and triathlon.

He has completed several marathons, and the grueling Lake Placid Ironman triathlon. He looks forward to using his experiences and knowledge of biology to help the UC community get, and stay, well.



### Make your own Greek salad dressing

- 1/4 cup(s) white wine, dry-variety
- 1/4 cup(s) fresh lemon juice
- 1 medium uncooked shallot(s), minced, or more to taste
- 2 tsp sugar
- 1 tsp Dijon mustard
- 2 Tbsp olive oil, extra-virgin
- 1 Tbsp dill, fresh, chopped
- 2 tsp fresh oregano, chopped
- 1 tsp fresh parsley, fresh, chopped
- 1 tsp kosher salt
- 1/4 tsp black pepper, freshly ground



In a medium bowl, combine wine, lemon juice, shallot, sugar, and mustard; slowly whisk in oil. Whisk in herbs, salt and pepper. Yields about 4 teaspoons per serving.

Book a chair massage. 3rd Friday of every month in Strebel 105C.

ONLY \$1 per min (10-20 min)

<https://www.utica.edu/ucadmin/finance/hr/chairmassage.cfm>



"If you haven't exercised in a while, you may need to stretch and warm up before you stretch and warm up."

You may be out of shape, but  
**YOU CAN DO IT!**

Make Maggie *your*  
personal trainer...

\$15 per 1/2 hour

[cbsummers@utica.edu](mailto:cbsummers@utica.edu) for info

Clark Athletic Center

[maggie\\_matrulli@yahoo.com](mailto:maggie_matrulli@yahoo.com)

## DO YOU SUFFER FROM MIGRAINES? CONTINUED FROM JULY ISSUE

### Q: Are there different kinds of migraine?

A: Yes, there are many forms of migraine. The two forms seen most often are migraine with aura and migraine without aura.

Migraine with aura (previously called classical migraine). With a migraine with aura, a person might have these sensory symptoms (the so-called “aura”) 10 to 30 minutes before an attack:

- seeing flashing lights, zigzag lines, or blind spots
- numbness; or tingling in the face or hands
- disturbed sense of smell, taste, or touch
- feeling mentally “fuzzy”

Only one in five people who get migraine experience an aura. Women have this form of migraine less often than men.

Migraine without aura (previously called common migraine). With this form of migraine, a person does not have an aura but has all the other features of an attack.

### Q: How can I tell if I have a migraine or just a bad tension-type headache?

A: Compared with migraine, tension-type headache is generally less severe and rarely disabling. Compare your symptoms with those in the following chart to see what type of headache you are experiencing.

Symptom– Intensity/Quality of pain/Location of pain/Other symptoms	Migraine	Tension
Mild to moderate	X	X
Moderate to severe		X
Intense pounding/throbbing or debilitating		X
Distracting but not debilitating	X	
Steady ache	X	X
One side of the head		X
Both sides of the head	X	X
Nausea/vomiting		X
Sensitivity to lights/sounds	Rare	X
Aura before onset of headache		X

### Q: How can I tell if I have a migraine or a sinus headache?

A: Many people confuse a sinus headache with a migraine because pain and pressure in the sinuses, nasal congestion, and watery eyes often occur with migraine. To find out if your headache is sinus or migraine, ask yourself these questions:

In addition to my sinus symptoms, do I have:

1. moderate-to-severe headache
2. nausea
3. sensitivity to light

If you answer “yes” to two or three of these questions, then most likely you have migraine with sinus symptoms. A true sinus headache is rare and usually occurs due to sinus infection. In a sinus infection, you would

away with treatment of the sinus infection.

**Q: When should I seek help for my headaches?**

**A:** Sometimes, headache can signal a more serious problem. You should talk to your doctor about your headaches if:

- you have several headaches per month and each lasts for several hours or days
- your headaches disrupt your home, work, or school life
- you have nausea, vomiting, vision, or other sensory problems (such as numbness or tingling)
- you have pain around the eye or ear
- you have a severe headache with a stiff neck
- you have a headache with confusion or loss of alertness
- you have a headache with convulsions
- you have a headache after a blow to the head
- you used to be headache-free, but now have headaches a lot

**Q: What tests are used to find out if I have migraine?**

**A:** If you think you get migraine headaches, talk with your doctor. Before your appointment, write down:

1. how often you have headaches
2. where the pain is
3. how long the headaches last
4. when the headaches happen, such as during your period
5. other symptoms, such as nausea or blind spots
6. any family history of migraine
7. all the medicines that you are taking for all your medical problems, even the over-the-counter medicines (better still, bring the medicines in their containers to the doctor)
8. all the medicines you have taken in the past that you can recall and, if possible, the doses you took and any side effects you had

Your doctor may also do an exam and ask more questions about your health history. This could include past head injury and sinus or dental problems. Your doctor may be able to diagnose migraine just from the information you provide.

You may get a blood test or other tests, such as CT scan or MRI, if your doctor thinks that something else is causing your headaches. Work with your doctor to decide on the best tests for you.

**Q: Are migraine headaches more common in women than men?**

**A:** Yes. About three out of four people who have migraines are women. Migraines are most common in women between the ages of 20 and 45. At this time of life women often have more job, family, and social duties. Women tend to report more painful and longer lasting headaches and more symptoms, such as nausea and vomiting. All these factors make it hard for a woman to fulfill her roles at work and at home when migraine strikes.

**Q: I get migraines right before my period. Could they be related to my menstrual cycle?**

**A:** More than half of migraines in women occur right before, during, or after a woman has her period. This often is called “menstrual migraine.” But, just a small fraction of women who have migraine around their period only have migraine at this time. Most have migraine headaches at other times of the month as well.

How the menstrual cycle and migraine are linked is still unclear. We know that just before the cycle begins, levels of the female hormones, estrogen and progesterone, go down sharply. This drop in hormones may trigger a migraine, because estrogen controls chemicals in the brain that affect a woman’s pain sensation.

Talk with your doctor if you think you have menstrual migraine. You may find that medicines, making lifestyle changes, and home treatment methods can prevent or reduce the pain.