

OCTOBER 2013

Healthy PSU

Healthy People in a Healthy Place



GET ENGAGED

Take the time this month to learn more about your personal health. Here's how:

- Go to your individual secure [Harvard Pilgrim portal](#) any time in the month of October & fill out the **online health risk assessment** – receive a \$50 gift card for your participation
- Attend **Healthy Returns** (see information below) to get free cholesterol, blood pressure & basic health assessments & free health counseling – receive gift card for participation
- Look forward to a *Healthy PSU* survey to share your ideas for future workshops and programs and anytime email us: healthy-psu@plymouth.edu

Goals for October:

Get Informed!

- Try out a *new* **WELLNESS WEDNESDAY WORKSHOP!**
- Attend the **BENEFITS FAIR**
 - Learn about the new *Choice Plan*
 - Participate in *Healthy Returns*
 - Visit the *Healthy PSU* booth & raffle
- Start a new walking program with *PSU Walks!*
- Shop for locally grown foods

Save the Date!

**Flu Vaccine
Clinic**
Oct. 11th
10:00 am – 2:00 pm
HUB Hage Room

**Healthy Returns
& Benefits Fair**
Oct. 24th
10:30 am -2:30 pm
HUB Hage Room

**Meredith Bay
Trick or Trot 5K
& Kids Spooky
Sprint**
Oct. 26th, 9:00 am
Meredith, NH
For more information,
[click here](#)



Eat Local – Eat Healthy

With the farmer's market now over, continue to buy fresh, local produce & goods each week with **Local Foods Plymouth**. Log on to:

<http://localfoodsplymouth.org/> between Sun-Tues, buy your products, & pick them up Thursday afternoons from 4-6 pm at the UPS Store on Main Street, Plymouth.

WELLNESS WEDNESDAY WORKSHOP

Learn to Deal with Stress with Meditation

with **Gina Kelly Ph.D., APRN**

Healthy PSU is sponsoring a 4-week series of noontime sessions for anyone interested in learning how to meditate! Gina will introduce a variety of ways to use meditation to become “stress resilient”, to increase happiness, decrease suffering and enjoy life more fully. Each session will include a brief talk/discussion followed by a relaxation and meditation experience. Each week will introduce a different type of meditation! If you are ready to adopt a new practice to improve health, this workshop series is for you!

When: Wednesdays, October 30-Nov 20th

Time: 12 noon- 1:00 pm

Where: Frost Common Lounge

Register by e-mail at healthy-psu@plymouth.edu or at the *Healthy PSU* booth during the Healthy Returns event on October 24th.

Workshops are at no cost for full-time faculty and staff. Limited enrollment, sign up early!

Meditation Mondays

Mondays 12:20-12:45 pm (excluding holidays) at Frost Commons. Different meditation practices each week. No experience necessary – all are welcome.

PSU Walks

Are you interested in getting more daily physical activity, but don't feel like you have the time or know how to do it?

Consider joining our PSU Walks program. Get a **free pedometer**, learn how to set goals and slowly increase your daily physical activity. Rewards include *Healthy PSU* water bottles, t-shirts and free exercise psychology consulting.

Contact Jill at jytarkleson@plymouth.edu

**EAT WELL
BE ACTIVE
REDUCE STRESS**

Everything you need to know about how to be healthier at work & in our community can be found at:

<http://www.plymouth.edu/healthy-psu/resources/>

Butternut Squash Lasagna

Recipe submitted by **Angel & Rodney Ekstrom**

1 butternut squash, peeled & cubed
1/4 c. butter
1/3 c. flour
4 c. milk
12 no-boil lasagna noodles
2 1/2 c. shredded mozzarella cheese
1/3 c. parmesan cheese
nutmeg, salt & pepper
1 Tbsp. olive oil

Preheat oven to 375 degrees. Grease 9x13 pan. Cook squash in pan w/1 T olive oil, salt & pepper, 1 c water - cover & simmer until tender. Mash 1/4 c butter in sauce pan, whisk in 1/3 c flour & 4 c milk - bring to a boil, add squash & pinch of nutmeg. Pour 3/4 c. of sauce to pan. Layer with noodles, sauce & cheese. Bake for 40 minutes. Serves 8.

ENJOY this tasty fall meal!

