

November 2014 Newsletter



Healthy PSU seeks to promote a culture of positive health by providing leadership, opportunities and support for all PSU employees and their families, encouraging health and wellness in varied ways and thereby building *healthy people in a healthy place*.

Dear Faculty & Staff,

We are excited to inform you that our Healthy PSU Program Manager, Denise Normandin has been nominated by the WELCOA (Wellness Council of America) President, Ryan Picarella for *WELCOA's Top 100 Health Promotion Professionals* award.



Denise has worked diligently and deserves this recognition for her contribution to the health and wellness industry. Please take a moment to review Denise's nomination "Healthy People in a Healthy Place" and start voting.

Additionally, Denise recently completed the certification requirements to earn WELCOA Faculty status. Please join us in congratulating Denise on her achievement!

Sincerely, The Healthy PSU Steering Committee

[**Vote Now**](#)

*You can vote more than once but not more than once an hour (5 stars=5 points). Voting closes on Friday, **November 7th** at 11:00 PM (CST). Thank you!*

A Taste of Healthy PSU 2014 Cookbook Pre-sale!

Dear Faculty and Staff,

Thank you for sharing your favorite recipes! The cookbook is in production and should be arriving in time for the holidays (mid-December). We will be offering pre-sales at all the of the November and December events/workshops. You will also want to check out our *Healthy Cooking* tree at the 7th Annual Festival of Trees on Dec. 5 & 6 from 10:30 to 8!



The cost of the cookbook is \$14.00

Please complete the [pre-order form](#) with your check payable to Healthy PSU and walk over to HR to drop it off or send via inter-office mail to Human Resources, MSC #14.

Many Thanks, *The Healthy PSU Cookbook Committee*

USNH Wellness Program

University System of New Hampshire  Harvard Pilgrim Health Care 

 **MYPATH2WELLNESS**

Remember to Complete the HPHC Health Questionnaire by **November 7th!**

[On-line Health Questionnaire \(HQ\)](#)

Join Healthy PSU for
The Great American Smoke out

Quick Links

[HEALTHY PSU WEBSITE](#)

[PSU HUMAN RESOURCES](#)

[Open Enrollment](#)
[October 27-November 7](#)

[HARVARD](#)
[PILGRIM HEALTHCARE](#)
[MyPath2Wellness](#)

[EMPLOYEE ASSISTANCE](#)
[PROGRAM](#)-access code USNH

[TANDEM CARE](#)

[CENTER FOR ACTIVE LIVING](#)
[AND HEALTHY COMMUNITIES](#)



Thursday, November 20

10:00 - 2:00

HUB Fireplace Lounge

- Free Smoking Cessation Resources
- Free Blood Pressure Screenings by the PSU Student Nurses Association
- Healthy Snacks, Giveaways and more!
- [Online Smoking Cessation Resources](#)

EAT WELL Resources

NOVEMBER 19

EAT WELL WORKSHOP

Frost Commons, 12:15 - 1:00

Mindful Eating During the Holiday Season!

Diahnn Thompkins, MS, RD

[Register today!](#)



The Pedal Powered Smoothie Maker!

SAVE THE DATE: "Rock the Bike" PEDAL POWER

Tuesday, December 9 ~ 11:30 - 1:00 Union Grille

What does it feel like to blend a smoothie using pure human power? Come find out! At this event you can enter to win a "Smoothie Wellness Break" for your department!

REDUCE STRESS Resources

Take a Wellness Break!

Mindful Mondays

"Group Meditation"

12:20 - 12:45 pm

Frost Commons

Tuesdays

"Yoga for All"

12:00 - 1:00 pm

Welcome Center

Wellness Wednesdays

"Walking4Wellness"

Meet in front of the HUB at

12:00 for a group walk

"Healthy Eating Options"

A Mindful menu item

featured on Wednesdays at the Union Grille.

Thursdays

"Weight Watchers At Work"

Meets weekly at 12:30 pm in the Silver Center for the Arts, Conf. Room 130.

Fresh Fridays

"Farm to Desk"

On-campus Delivery

9:30 - 10:30 am

D & M Building ~ 1st floor

Stay Connected



INTERNATIONAL WEEK:
Nov. 17-21

The Center for Global
Engagement and Healthy PSU
invite you to:

*Yoga & Indian
Inspired food event!*

Thursday, November 20
4:00-6:00

HUB Hage Room

[Click to reserve your spot on a yoga mat!](#)



African Drumming Workshop for All:
Friday, November 21 from 12:10 - 1:00
Welcome Center/Ice Arena [RSVP](#)

BE ACTIVE Resources

Designated Sneaker Days

The first Wednesday of each month: **Next: December 3**



Take a Wellness Break - Meet in front of the HUB at Noon for a group walk around campus!

"New" 4-week session group exercise



Keep up to date on
engagements!
Add the Healthy PSU
Channel
to myPlymouth



Focus 2020-Goal 5:
PSU will distinguish
itself as a holistic
health and
wellness-centered
environment.

PSU Faculty, Staff and family
members enjoyed the
"After Hours" apple picking
event at Cardigan Mtn.
Orchard

Introduction to PiYO for Beginners (a combination of Pilates and Yoga exercises). Come try out this exciting new class - Walk-ins welcome!

Mondays, Nov. 3-Nov. 24, 5:00-6:00 PSU Welcome Center

Healthy PSU-[Physical Activity Resources](#)

The PE Center-[Pool Hours](#)

Outdoor Center-[Faculty/Staff Rental Info](#)

HUB Recreation Center- [Group exercise schedule](#)

Please welcome our new Wellness Champions!

Barbra Alan, Katie Bush & Kelsey Donnelly

Are you interested in becoming a Healthy PSU Wellness Champion or do you have a personal success story to share?

Contact us: healthy-psu@plymouth.edu



*Featured Recipe from
the
Healthy PSU
Cookbook:*

[Acorn Squash Stuffed with
Quinoa & Apples](#)