



***SUNY Brockport Wellness
Committee***

Fall 2006 Newsletter



When preparing for winter you have to prepare everything. Simply pulling out the winter clothes, a shovel, and a snowbrush is not enough in New York! Here are some tips and recommendations, for your house, that you should be aware of when winter is around the corner:

Maintain gutters

Remove leaves, sticks and other debris from gutters so melting snow and ice can flow freely. This can prevent ice from building and causing water to seep into the house. You may also consider installing gutter guards. Gutter guards are screens that prevent debris from entering the gutter and direct the flow of water away from the house and into the ground.

Trim trees and remove dead branches

Ice, snow and wind can cause weak trees or branches to break, damaging your home, car or injuring someone walking on your property.

Check insulation

Add extra insulation to attics, basements and crawl spaces. If too much heat escapes through the attic it can cause snow or ice to melt on the roof. This can cause snow on the roof to melt and refreeze which leads to ice buildup. Ideally, the attic should be five to ten degrees warmer than the outside air.

Keep the house warm

The temperature in your house should be at least 65 degrees. The temperature inside the walls where the pipes are located is substantially colder than the walls themselves. A temperature lower than 65 degrees will not keep the pipes from freezing.

Maintain steps and handrails

Broken stairs and banisters can become deadly when covered with snow and ice. Make repairs now to prevent someone from falling and seriously being injured.

Get to know your plumbing

Learn how to shut the water off and know where your pipes are located. If your pipes freeze, time is of the essence. The quicker you can shut off the water or direct your plumber to the problem, the better chance you have to prevent the pipes from bursting.

Quick Fact: In 1621 the Pilgrims and Native Americans held the first thanksgiving feast. This feast was the model for what we now know as Thanksgiving Day.

A Warm Winter?

Forecasters said they expected El Nino to bring warmer-than-average temperatures across much of the country including the West, the Plains, the Midwest, the northern mid-Atlantic and **most of the Northeast.**



or



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Quick Fact: An estimated 30 million tons of debris was left behind by the “Friday the 13th storm” in and around Buffalo this year.

Getting Healthy

How much do you know about what makes up a healthy lifestyle?

1. How do you define working out?

- a. Going to the gym.
- b. Turning the jump-rope for the neighbor's kid.
- c. Playing Frisbee with your dog.

2. How do you define good nutrition?

- a. Eating a vegetable at every meal.
- b. Eating two vegetables at every meal.
- c. Drinking a fruit smoothie for breakfast.

3. Which of these is a healthy activity?

- a. Push-ups, sit-ups, or running the track.
- b. Walking the dog after dinner.
- c. Spending Saturday afternoon snoozing on the sofa.

The correct answer to every question is A, B, and C. According to the growing "Stealth Health" movement, sneaking healthy habits into our daily living is easier than we think.

Quick Fact: Eat a handful of walnuts before bed. You'll be giving yourself a boost of fiber and essential fatty acids along with the amino acid tryptophan, which is a natural sleep-inducer.



Taking Responsibility for your life.

By Stuart Sorensen

A few quotes to think about as you work through your busy day...

“If we don’t take control of the direction our lives will take, we leave ourselves to the mercy of others, often with disastrous consequences.”

“Such people are like rudderless boats on the ocean, completely at the mercy of the tides to take them wherever they will.”

“People who don’t know where they are going, usually end up where they don’t want to be.”

And a few of our personal favorites:

**“The Universe does not judge good or bad. It just accepts what is.
How about you?”**

“Do you want to be right...or do you want to be happy?”

“When you fight yourself, there’s no way to win.”

“The way we choose to see the world creates the world we see.”

Ideas for building Trust

By Jay Gilpatrick

Trust is key in becoming successful in both the business world and your personal life. Here are some key things that you should focus on when you are dealing with your family and your employee/employers:

1. Don't gossip; be trustworthy of the confidence of friends.
2. Loyalty goes both ways among friends.
3. Don't intimidate others, don't swear, and don't call people names.
4. Go the extra mile to help a friend.
5. Don't lie; tell the truth as you know it to be.
6. Don't laugh at serious matters.
7. When down, seek those you trust to confide in and be there for them in their difficult times.
8. Allow mistakes, to err is human.
9. Understanding requires good communication skills.



Quick Fact: 100 million flu shots will be given this year. Also, on average 36000 Americans die and 200,000 are put in the hospital do to this virus.

Forgiveness

Harvard Women's Health Watch, January 2005

Studies from multiple universities are showing that simply forgiving people can improve your health. Here are 5 different reasons that you should focus on forgiving your friends, foes, and family members.

1. **Reduce stress**—higher levels of stress hormones and increased blood pressure and heart rate.
2. **Change of Heart**—willingness to forgive may lower your heart disease risk. University of Tennessee, forgiving a family member or a friend for betrayal was associated with lower blood pressure, lowers heart rate, and a reduced workload for the heart muscle.
3. **Stronger Relationships**—UB studies show that women were able to resolve their marital conflicts more effectively when they were able to forgive their spouses for mistakes rather than letting them build up.
4. **Help with Pain and Chronic Illness**—The ability to forgive yourself, your pain, or your illness may help promote healing. At Duke university 43 people suffering chronic back pain were selected and those who were trained in a Buddhist practice used to transform anger into compassion, felt a great decrease in the pain and anxiety.
5. **Greater Happiness**—when you forgive someone, you make yourself – rather than the person who hurt you – responsible for your future happiness.