

Volume 5 • Issue 1 • Fall 2010

wellnessworks

UNIVERSITY OF MINNESOTA

MAKING CONNECTIONS

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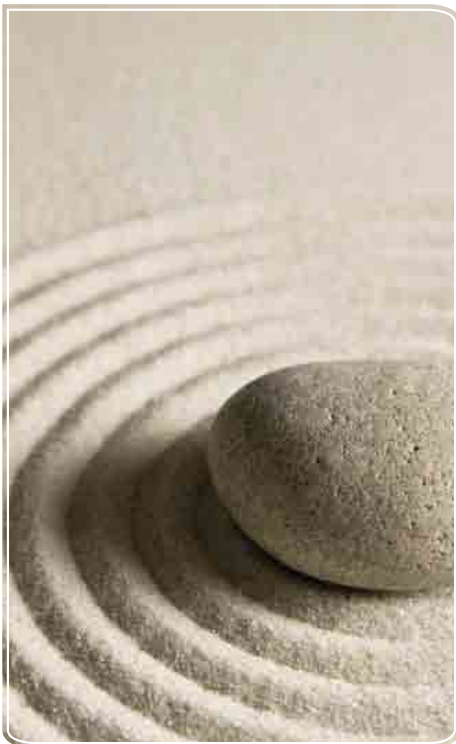
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The University of Minnesota, founded on the belief that all people are enriched by understanding, is dedicated to the advancement of learning and the search for truth; to the sharing of this knowledge through education for a diverse community; and to the application of this knowledge to benefit the people of the state, the nation and the world. The University's threefold mission of research and discovery, teaching and learning, and outreach and public service is carried out on multiple campuses and throughout the state.

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Dear Readers:

Humans are intrinsically social beings, perhaps the most social on the planet. The need to connect with others on many levels is almost as important to our overall well-being and survival as having adequate shelter, food and sleep.

Far more than our ancestors, we can be exposed to new people, new ideas and global news all day long if we choose to, but the important things, the things that nourish our humanity such as developing and maintaining deep connections with one-another, having the time to absorb all that information and still stay connected with ourselves, can sometimes be lost in the shuffle.

Why is this? How can we combat what appears to be a slow unraveling of our traditional social fabric as we interact on a more virtual level and have less face-to-face time? Could it be as simple as cooking a home-made meal, enforcing a screen-free day once a week at home, or calling an old friend once in a while?

It might be. This issue of *Wellness Works* is dedicated to simple solutions and interesting stories about how to reconnect on a deeper level—with others and with ourselves—to ensure we don't neglect that all-important aspect of our basic natures.

Sincerely,
The Editors

six dimensions OF WELLNESS



emotional wellness

Being emotionally self-aware by accepting, managing and expressing feelings. Seeking out and nurturing trusting, committed and mutually-respectful relationships. Having a positive outlook and recognizing challenge, risk and conflict as opportunities for emotional growth.

physical wellness

Making health a priority by being regularly physically active, and making proper nutrition choices. Being aware of how our body best functions, how we feel, and how we manage stress. Creating balance by making positive health choices and seeking appropriate medical care.

occupational wellness

Finding satisfaction in rewarding and meaningful work that utilizes unique personal skills and talents and enhances lifestyle. Expressing values and commitment through paid or volunteer work that contributes to overall well-being.



spiritual wellness

Realizing the importance of questioning the meaning and purpose of life and the lives of others. Appreciating that not everything can be understood. Becoming tolerant of other viewpoints while still holding fast to personal values, goals and purpose. Developing a sense of unity and wholeness, and turning thoughts into action.

intellectual wellness

A simple commitment to life-long learning and personal development. Seeking out opportunities beyond “book knowledge” that include creativity, critical thinking, and being intuitive and expressive.



social wellness

Understanding and valuing the interconnectedness between human beings. Respecting family and community through effective communication. Recognizing the importance of a healthy living environment and respect for the natural world. Striving for positive, interdependent relationships to foster harmonious living.



THE QUIETED MIND

*How Extended Silent
Meditation Heals
and Connects*

Molly Kelash—editor, Wellness Works

Catherine (Cass) McLaughlin regularly practiced meditation, but after losing several people she loved in quick succession, she became more and more attracted to the idea of living in silence for a while at a silent meditation retreat.

In 2007, she took a sabbatical from her job as outreach coordinator for the Center for Spirituality & Healing to participate in a three-month silent meditation retreat called The Shamatha Project.

Wellness Works interviewed her about this experience, which she says brought her greater connection to loved ones she had lost, herself and those around her:

Wellness Works: I understand you took some time away from the hustle of the world and entered a place of silence. What prompted you to do it?

Cass McLaughlin: Only a few months after I started working at the Center in 2002, and only a year after my brother, John McLaughlin, died from a brain tumor, a co-worker from a previous job died suddenly. Then my other brother William, who was on Senator Paul Wellstone's staff, was killed along with the senator and six other people in a plane crash.

The immensity of that loss was both personal as well as

public. Somewhere in the months that followed I recall saying to my supervisor that "someday I will want to participate in a 1-3 month meditation retreat." As a growing meditator, it seemed to bubble up from within, as a deep aspiration.

When my step-grandfather Ross Moir died six months later, I used vacation time to participate in a Twin Cities Vipassana Cooperative nine-day silent meditation retreat.

As a firm believer in the necessity of sabbaticals for staff as well as faculty, I signed up for the three-month Shamatha Project for professional enhancement and with

Continued on next page

the conscious intention of healing from all my losses in recent years.

WW: What is the philosophy behind not speaking?

CM: Silent retreats are useful for getting away from everyday distractions of life, slowing down and being with what is in the present moment. It helps us to see how the mind is often hijacked by life around us or by our own doing, even when there are fewer external distractions.

We are all caught up in multi-tasking, living as if we have ADD in the work place and throughout our culture. In reality we can only really focus on one task at a time. Without awareness and practice we can lose our ability to be fully

present to what is right in front of us. Being on a silent meditation retreat helps one practice being in "present moment awareness" so we may bring that back to our everyday lives.

"I also felt a keener sense of awareness from deep within my own experiences and connection to others"

Some people say that they could never do it or that they have trouble sitting still to meditate. I did, too, when I first tried it in the early 90's, but a seed was planted. My father used to call me "Chatty Cathy," so if I can do it, I am

convinced that anyone can with practice, time and good teachers.

WW: What did you hope to get out of it?

CM: When I read about the Shamatha Research Project held at Shambhala Mountain Center in the Colorado Rocky Mountains, it resonated with me. Shamatha (meditative quiescence) or Calm Abiding is a meditation practice from both the Theravada and Tibetan Buddhist traditions.

Knowing the healing power of meditation, which some say is a form of prayer or listening deeply to one's body, mind and spirit, I saw it as an opportunity to contribute to evidence-based research ("Longitudinal Studies of Effects





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of Intensive Meditation Practice on Attention, Emotional Regulation, and Their Neural Correlates”) to help mainstream these practices in our culture in education, health care, etc.

I also saw it as a way to seek out my own healing, healing for my family and the community at large. I felt burnt out and needed renewal. When I returned, a couple of colleagues said I seemed more at peace and grounded. I also felt a keener sense of awareness from deep within of my own experiences and a connection to others.

WW: Were your expectations met, or did things turn out differently than you thought?

CM: Well, I did not know what to expect, though I was surprised

that it took nearly two months to unwind and to let go of work. Then there was unplugging from the news and my life as I knew it. It was also difficult to disconnect from my family and to miss various family gatherings. Even so, I was surprised that after a couple of months I touched a very still and calm place within that was very healing. By the end of the third month I had gone from meditating 30 minutes a day to eight hours a day, proof to me that almost anyone can do it.

WW: Did you find that living without speaking made you closer to those around you or did you find it isolating?

CM: Both. It is really interesting how the mind projects its own view of others and makes up

making connections

The Four Immeasurables: Practicing for Cultivation Wholesome Qualities of the Heart

LOVING KINDNESS

- Getting in touch with your and others' heartfelt aspirations and motivations is useful as the mind's antidote for difficult emotions of envy and jealousy.

COMPASSION

- Wanting yourself and others to be free from suffering and a desire to help alleviate all suffering is useful as an antidote when anger and hatred arise.

EMPATHETIC JOY

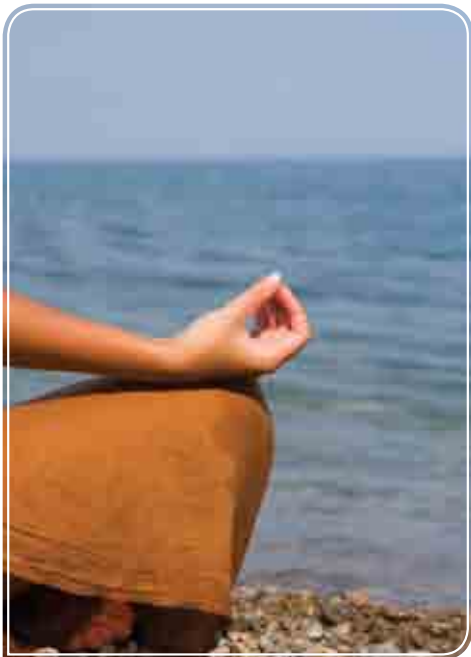
- Delight in, having gratitude for celebrating your own and others' wholesomeness, success and joys is useful as an antidote for sadness and grief.

EQUANIMITY

- Even-heartedness, mindfulness and impartiality; and being present without attachment or aversion is useful for alleviating the highs and the lows of favoritism.

stories as reality. I can laugh at it now and most times create more distance or let go of the stories to be in the present moment, but it is astounding how conditioned and habituated the mind is to projecting. Eventually, my heart became wide open and I felt so much love

Continued on next page



for and connection to everyone who participated in the project, as well as my family and colleagues at the Center who supported me from a distance.

In between meditation sessions I practiced what is called "The Four Immeasurables: Loving Kindness, Compassion, Empathetic Joy and Equanimity." These beautiful discursive meditation practices, which I think of as Four Universal Virtues, serve as antidotes to difficulties that come up in one's life, and I still practice them most days.

WW: Was it difficult?

CM: It takes a lot of courage to drop out of a full, busy life and be with yourself in silence for so long, but being in community created a supportive synergy. At times it

was difficult working through my own suffering from those recent losses—at the nine day retreat I experienced a panic attack, and felt like I was going to die, so I had some apprehension that I might experience something worse. But I made it through with the supportive, safe community and accomplished meditation guides, like Allan Wallace. It is very liberating to learn how the mind (as in the Tibetan meaning of connected "heart and mind"), through my own experience, reacts, and that I can slow it down in the present moment and respond more consciously, or mindfully.

"Meditation is a way to develop greater consciousness, choice, resiliency, and practice mindfulness for greater presence in everyday life."

I also found it difficult to gradually ease back into talking. It was so loud—my body was much more keenly sensitive to sound and I did not feel ready. I felt I could have kept going with meditating. There were also some challenges returning and integrating back into my life, but now, when I am able to keep up with daily practices and skills I learned, it deepens my capacity to be a more loving presence and have greater equanimity in response to the highs and lows.

WW: Are you still in touch with any of the others in your group?

CM: Yes, I see them when they come to Minnesota, at other meditation gatherings and I'm connected to a few people online. I am sure someday we will have a reunion. It was three years ago last June when it ended and some of my friends are still in silent meditation retreat. I like to think of them meditating and send them my love.

It is exciting that more and more people are learning how to meditate in various ways, to take time out and attend silent meditation retreats in our country, slowly changing our culture to be more reflective, contemplative and mindful. Meditation is a way to develop greater consciousness, choice, resiliency, and practice mindfulness for greater presence in everyday life. These practices cultivate emotional balance that enhances both body and spirit. ♦

The Center for Spirituality offers Taking Charge of Your Health (TCOYH) programs and retreats with the same name, The Purpose Project, and an eight week Mindfulness Based Stress Reduction (MBSR) program that includes a day-long silent retreat between the sixth and seventh weeks. Check out www.csh.umn.edu for more details.

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www.wellness.umn.edu

comfort FOODS

Creating Comfort With the Food We Make

Kristine Igo—assistant director, Healthy Foods, Healthy Lives Institute

About the Healthy Foods, Healthy Lives Institute

The mission of the University of Minnesota Healthy Foods, Healthy Lives (HFHL) Institute is to increase and sustain the University's impact in the interdisciplinary arena of food, agriculture and health by building the University's capacity in research, learning and community engagement. The priority areas for focus are food safety, prevention of obesity and chronic disease, and food policy. Within these priority areas, of special importance is the integration of agriculture and medicine.

The major goal of the HFHL Institute is to utilize and help build the strengths of the University of Minnesota in the area of food and health to advance scientific and public knowledge and influence public policy; ultimately by uniting researchers and the community to find innovative solutions around food and health.

One Sunday afternoon, I spent a couple of wonderful hours in the kitchen with my two sons, peeling and slicing local Haralson apples, then measuring and mixing ingredients that yielded a beautiful apple pie. Later, I prepared dinner while my oldest son worked on his homework and my younger son sat looking through picture books.

By the time dinner was ready my youngest was fast asleep on the couch. Not surprising, given that he had a sore throat and sniffles most of the day. I gently woke him up and after a few minutes he joined us at the dinner table. Tonight we were trying something new—beef, broccoli and carrot stir-fry. I was fairly confident my oldest son would be very willing to try this new dish, given that all

the ingredients were familiar and foods that he typically eats. The youngest, though not big on new dishes, also liked all the ingredients, so I crossed my fingers as he joined us at the table.

I should have predicted what happened next—he looked at his plate and began to cry. When I think about it now, I am not at all surprised by his reaction. If I were tired, sick and hungry, I too, would cry if I were presented with something so foreign. When we are sick we crave emotional and physical comfort. “Comfort” foods provide the best of both—they satisfy our hunger and give us a sense of well-being. For my son, an exotic new meal was not what he needed. He wanted to be wrapped in the familiarity and comfort of a





peanut butter and jelly sandwich.

Not all foods are comfort foods, and everyone has their own list. The criterion for a comfort food is not just that it please our palate. Wheat toast with butter and honey, fresh baked banana bread, ham loaf, roasted chicken and greens—those are my comfort foods, and while they are delicious to me, with each also come images of meals enjoyed around the table and afternoons spent in the warmth of the kitchen. I am reminded of my parents, my children and many other friends along the way. The comfort comes from the time shared and the memories generated.

Sadly, many of the foods we eat today, and the way we eat them, do not lend themselves to filling our treasure chest of comforts. Slow Food, an international organization working to counter the fast food lifestyle, encourages people

to prepare meals from scratch and to sit down at mealtimes. When we are too busy to spend precious time breaking bread with family and friends, we not only sacrifice these present moments of joy, we also risk depriving ourselves of the long term benefits of emotional connection and security that re-surfaces and manifests itself in our personal comfort foods.

Many of the foods we eat today, and the way we eat them, do not lend themselves to filling our treasure chest of comforts.

After dinner, I put my youngest son to bed. While my oldest son and I finished up his homework, we shared a slice of that pie we baked earlier in the day, truly enjoying the fruits of our labor. If nothing else, the bonding experience of

making connections

Slow Food

Slow Food is an international organization founded in Italy in 1986 after the first McDonald's opened in Rome. Slow Food has more than 83,000 members worldwide who:

- Raise public awareness, improve access and encourage enjoyment of local, seasonal and sustainably grown foods
- Care for the land and protect biodiversity for today's communities and future generations
- Perform educational outreach within their communities and work with children in schools and through public programs
- Identify, promote and protect fruits, vegetables, grains, animal breeds, wild foods and cooking traditions at risk of disappearance
- Advocate for farmers and artisans who grow, produce, market, prepare and serve wholesome food
- Promote the celebration of food as a cornerstone of pleasure, culture and community. The Minnesota chapter of Slow Foods holds several events each year. Learn more at www.slowfoodmn.org.

baking from scratch with my boys made a deep impression on me and I now will add apple pie to my comfort food list. I hope my sons can do the same. ♦

tackling CHILDHOOD OBESITY

School of Public Health Researchers Embark on a \$7 Million Endeavor to Help Families Make Healthier Food Choices

Kristin Stouffer—director of communications, School of Public Health

faces of wellness



Daehia Barr-Anderson

assistant professor—School of Kinesiology

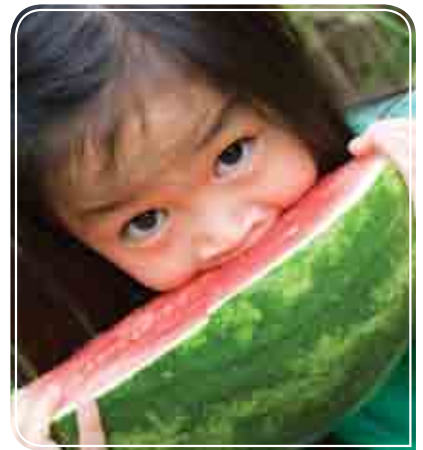
I believe that having healthy habits including being active and eating a variety of foods in moderation—even those deemed ‘unhealthy’—results in this sort of blueprint for general health. Then, when faced with illness, my body has the means to bounce back to a more balanced well-being. Having a young daughter has reinforced my habits, because I want to be a good role model for her. Being well physically, mentally and emotionally is dependent upon support from my family and friends. Ultimately, the driving force is just about feeling good every day.

Lunch from a vending machine. A doughnut on the go. Takeout for dinner. All too often, when it comes to eating, the easy choice is the unhealthy choice. While research over the past few years has scored some small successes in addressing the way we eat in specific settings, it has shown that there are no easy fixes and no single strategy when it comes to taming the vast food landscape in our country. Fighting America’s obesity epidemic requires a strategy encompassing all the environments in which we make choices about how to eat and live.

Helping families negotiate these environments to avoid childhood obesity is the focus of a new \$7 million federally funded grant awarded to researchers at the University of Minnesota School of Public Health and HealthPartners Research Foundation. The work will focus on families with preschool children. It will also target low-income and minority families—groups that tend to be at

highest risk for obesity and related diseases, such as Type 2 Diabetes.

The study marks one of the first times researchers will combine multiple proven solutions, including health advisers, parenting classes, home visits, and community recreation. The aim is to encourage parents to instill healthy habits in their children.



“Parents play a pivotal role in promoting healthy food choices and an active lifestyle for their children,” says Simone French, Ph.D.,



obesity prevention expert and School of Public Health associate professor. “Childhood obesity prevention efforts have to start with parents.”

To lead the seven-year project, French is partnering with Nancy Sherwood, Ph.D., an adjunct associate professor in the school and a senior investigator at HealthPartners Research Foundation. They will employ a unique three-pronged approach.

First, the researchers will partner with pediatric and family practice clinics. According to Sherwood, the health care system is an important source of information about health risk prevention behavior. But while most families have regular contact with a pediatric primary care provider in the early childhood years, few obesity prevention studies have been conducted in these settings.

Primary care physicians will talk with parents about the importance of healthy eating and physical activity for their child. Each family will work with a designated “family advocate” at the clinic and

during in-home visits to support a healthy environment.

Second, researchers will work with parents through the Minneapolis and St. Paul Public Schools’ Early Childhood and Family Education. Parents and children will attend weekly classes that focus on the home environment and parenting practices around providing healthy food choices, limiting screen time, and encouraging active play.

The third component involves partnering with communities to increase the affordability and accessibility of healthy food and physical activity resources. The research team will work with local stores to ensure healthy foods, such as fresh produce, are available. They will also team up with community centers to create sports and recreation activities for parents and children.

“With this study, we’re able to combine many of the specific strategies we’ve learned over the years about how to promote healthy foods and physical activity among families. The community-based connections with food retailers

making connections

Pre-birth, Preschool, Tweens, Teens and Co-eds

Many other experts from the University of Minnesota School of Public Health are working on studies to prevent obesity among youth of all ages.

- Researchers are studying pregnant women to better understand how their own health affects that of their child in the months and years that follow.
- Researchers collected genetic samples from more than 800 kids aged one to 11 at the Minnesota State Fair this year. The samples will be used for the Gopher Kids Study to examine the genetics of child growth and obesity.
- Project Eat (Eating Among Teens) continues to publish influential findings showing, for example, that kids eat better when they have family meals, are involved in food preparation, and limit TV.
- Mobile devices and GPS data are part of the technology used to track college-aged students to determine how they can make better choices during the critical years of early adulthood.

and recreation centers will help support changes in the long term,” says French. “This comprehensive approach marks a new era in family-based childhood obesity prevention.” ♦

fuel for PROFESSIONAL SUCCESS

*Bryan Sanders—director of development & marketing,
Department of Recreational Sports*

faces of wellness



Phil Esten

president and CEO—Alumni
Association

Being a college athlete helped me to develop skills and characteristics that have shaped who I am today: setting goals, facing adversity and perseverance; work ethic and time management; and the value of stamina due to maintaining physical health. Well-being is also about healthy social interactions and relationships, which can serve us all well personally and professionally. Connecting with others helps me—helps all of us—better navigate our roles here on campus, and creates intangible support on all different levels. But in the end, it's about being resilient and durable, and being the person I want my family to see.

For many of us, finances, children, married life, family dynamics, health issues and other personal life challenges can have a negative impact on our performance in the workplace and our overall health and well-being. Separating personal life from career isn't always the easiest thing to do and the additional stress of a professional workload can often be completely overwhelming.

But there are ways to mitigate that stress by getting re-involved in activities we may have enjoyed in the past that connect us with other people in a fun, healthy way.

Take recreational sports, for example. Many of us may have enjoyed them in high school and college, but somewhere along the line our

participation falls by the wayside. As research of students shows, however, participation in a healthy group activity like recreational sports can enhance overall outcomes in many areas of life.

Research outcomes on students

Extensive national and University of Minnesota research shows that students who are involved in activities outside of the classroom during college, particularly recreational sports:

- have higher grade point averages and higher graduation and retention rates
- are more socially integrated into the campus community
- have a greater sense of affiliation with their institution
- feel better about their overall collegiate experiences than those not involved.

Students' direct involvement in recreational sports also shows a positive change in personal development skills such as: leadership,





time management, organizational skills, multi-tasking, communication, interpersonal relationships, self confidence and image. Participation in recreational sports also reduces stress; and improves overall happiness, self-confidence and well-being.

Applying the research to your personal and professional life

While the studies mentioned above were focused on students, the positive outcomes are definitely transferable to our personal and professional lives after college. Keeping recreation and “outside of the workplace experiences” a part of your daily routine can bring back the energy and balance your work day might be missing.

Scheduling rec sports and other fitness related activities

It is often easier to find an excuse to exclude recreational sports and fitness from your day than to include them. The bottom line is that you need to prioritize the activity or it will continue to fall by the wayside, along with the beneficial outcomes. The key to making time for these activities is to block out time on your calendar for your choice of recreation and do everything you can to avoid missing it. Another key ingredient to success is finding a co-worker to join you and hold you accountable for your new commitment. You can return the favor by offering the same positive encouragement, and together you build a support system that produces two happier, healthier working professionals.

making connections

Good Networking Skills

- **It's not about you.** Networking is building mutually beneficial relationships. Leave the “sales pitch” behind and focus on giving something back, or learning from someone else.
- **Be an active listener.** A key component of effective communications is active and respectful listening. Maintain eye contact—don't look around the room; nod in silent agreement without interjecting; during a pause, validate the speaker by reinforcing something stated.
- **Ask good questions.** Good questions help build trust. Keep questions positive and focused. If a question elicits a negative response, express empathy but re-direct the conversation back to the topic. Allowing the other individual to talk first generates excitement about your topic.
- **Be sincere.** Disingenuous people are easily identifiable. Be engaged and present when interacting, and emphasize common interests and accomplishments.

Consider recreational sports and other fitness-related activities as one way to fuel your professional success—and have some fun while you're at it. ♦

maintaining CONNECTIONS

Connecting With Those We've Loved & Lost

Jolynn Gardner, PhD—instructor, School of Epidemiology

faces of wellness



Debbie Ringdhal

clinical assistant professor—School of Nursing

I am an educator and practitioner in nursing, integrative health and healing, nurse-midwifery, Reiki and meditation. Through the years, my understanding and relationship with personal wellness has evolved from being goal or outcome-oriented to recognizing well-being as a journey or process. It is about living, growing and changing—and being comfortable with where you are in that process. At the end of a day if I've had meaningful and purposeful encounters that make me and others feel good, I can mark it as a good day.

Of all life experiences, perhaps two of the most universal are grief and death. Every one of us will at some time experience loss and, ultimately, we will grieve that loss. These are natural and expected parts of life, but also parts of life that are often denied. Our society in particular is often referred to as a “death-denying” society. We generally aren't afraid to watch depictions of death on TV or in movies, but we rarely like to think or talk about it on a personal level. We often say the subject is just too sad, scary or painful.

When it comes to grief, often we find that the most profound and poignant grief we can experience comes after the loss of a loved one. It tears at our hearts and overwhelms our souls. The pain we feel is almost palpable. And, contrary to much popular opinion, this is entirely normal—and even healthy.

When someone dies or we experience a significant loss, we often assume that we should “get over” or “work through” our grief in a specified amount of time—six





months? A year? This notion in and of itself sets us up for internal turmoil, as we realize that it's often not possible to "get over" the loss of a loved one in such a short period of time, if ever. Then, when we surpass this arbitrary timeline and we find we still miss our loved one, we wonder if something is wrong with us, or if our grief is unhealthy.

We would all do well if we looked at grief and loss from a new perspective. Rather than trying to "get over" grief, maybe we should acknowledge it, accept it, and even embrace it. The notion, then, is to integrate our grief and work towards a "new normal" for ourselves. This is productive grieving, as Columbia University professor and grief researcher George Bonanno contends in his book, *The Other Side of Sadness*.

As we do this, we find that we can free ourselves from unfounded beliefs about grief and allow ourselves to grieve in a healthy manner. What often happens when we do this is that we actually engage in healthy reflection on the one we've lost. In short, we find that we are able to make connections to that person long after they're gone. Many people who have successfully integrated the loss of a loved one into their lives state that they often feel that loved one's presence. The reminders may be subtle—a song, a place, a smell, an experience—but the feeling, over time, becomes one of comfort, rather than overwhelming sadness. As one of my former students said, "I don't ever want to 'get over' the loss of my dad. Connecting to him every now and then reminds me of just how very much I love him." Thus, as we contemplate grief

making connections

How to Grieve In A Healthy Way

Summarized from *The Other Side of Sadness* by George Bonanno (2009)

- When we experience a loss, grief is a very normal reaction. It is actually unhealthy to suppress or ignore our need to grieve.
- Overwhelming sadness, "muddled" thinking, and a lessening of enthusiasm for life are common early responses to grief – and generally not a cause for concern.
- There is no prescribed time-frame for grief.
- It is normal, healthy and even recommended to reminisce about those we've loved and lost. Our reflections and memories help us heal.
- Marking anniversaries and other rituals are often powerful tools to help us grieve and also help us heal.
- The pain of grief gradually lessens, but we won't forget those we've loved and lost—and this is good.

and loss, let us remember that it is not only important, but also good for us to maintain connections to those we've loved and lost. ♦

the INTELLECTUAL LEADER

Nursing Leadership Program Focuses on Integrative Care

Tony Baisley—communications director, Center for Spirituality & Healing; co-director for communications, School of Nursing

faces of wellness



Pauline Boss

family therapist and professor emeritus—Department of Family Social Science

Being physically healthy, having a natural curiosity and a deep connection with people we love is how I define well-being. Through much research, writing and practice, I've encouraged people to maintain connections with their loved-ones as they slowly fade with dementia, while trying to maintain connections with a 'healthy' people, as well. Caregivers—like all of us—need to escape the stress of daily work, to be surrounded with a support system of family and community.

Do occasional aches and pains drive you to see a chiropractor or massage therapist? If so, you are not alone. A nationwide government survey (December 2008) found that approximately 38 percent of U.S. adults and 12 percent of children use some form of complementary or alternative—or integrative—medicine or therapy. As consumers increasingly demand healthcare that is more integrated and holistic, the University of Minnesota believes that the nursing profession is well-positioned to be leaders in more comprehensive approaches to healthcare.

In a move to meet growing interest in integrative health, the University of Minnesota's School of Nursing, in collaboration with the Center for Spirituality & Healing, created an advanced degree program that specializes in integrative health and healing, called the Doctorate of Nursing Practice (DNP). The DNP program has 14 specialty areas, one of which is Integrative Health and Healing (IHH).



The U of MN's DNP/IHH is the first of its kind in the country. It prepares nurse leaders to work with individuals, families, communities and health systems to improve health by focusing on health promotion, disease prevention and chronic disease management, with a special emphasis on managing lifestyle changes and incorporating use of complementary therapies. Nurses will learn to apply a new set of perspectives and skills in many different settings including hospitals, outpatient facilities, health plans, corporate and community organizations, and in private practice.

The George Family Foundation recently granted the Center for Spirituality & Healing \$556,000 to create a fellowship and co-curricular program that will prepare nurses in the program through 2015.

“This bold grant will prepare a new generation of nurse leaders with a background in integrative health and healing,” said Center director, Mary Jo Kreitzer, PhD, RN, FAAN. “We are so grateful to Penny and Bill George for their thoughtful, creative leadership in this field, and for being bold agents of changes in healthcare.”

The fellowship program will provide unprecedented clinical and professional development opportunities—both nationally and abroad—to more than 40 nurse fellows. The accompanying co-curricular program will bring pioneering thought-leaders to Minnesota to conduct forums, intensive workshops and other activities to facilitate dialogue and strategic learning around issues associated with nursing leadership in integrative health. These activities will impact hundreds more nurses who will be invited to participate.

In addition to the Center and the School of Nursing, the grant involves Allina Hospitals & Clinics, home of the nation’s largest hospital-based integrative health program, and the Penny George Institute for Health and Healing. Allina’s nurse leaders will help



design the initiative’s co-curricular component, and nurses interested in advancing their careers in integrative health will be encouraged to enroll in the DNP program in order to take advantage of several fellowship opportunities designated for Allina staff.

“This program will allow our students to expand their horizons well beyond the University of Minnesota. It is consistent with our belief that learning is significantly enhanced when students attain national and international experience, complementing their academic coursework,” said School of Nursing dean Connie Delaney, PhD, RN, FAAN.

Penny George says her foundation chose to create the fellowship because the program will foster nurse leaders who will be key to the success of integrative care and the future of U.S. health reform.

“Nurses by training and inclination understand the primary importance of prevention, optimal health and wellbeing. For healthcare to shift its focus from disease to

health, healing and optimal wellness, nurses need to be empowered with greater skills in leadership and collaboration—there must be more nurse leaders who understand and practice patient-centered, integrative care. We hope the nurses who emerge from this esteemed program will collaborate with medical leaders, administrators and allied health professionals to bring about the transformation of our health-care system that is so desperately needed.” ♦

For more information about the DNP program, and fellowship opportunities, visit the School of Nursing’s website at www.nursing.umn.edu.

making connections

Open to the Public Lecture: “Spirituality in Nursing Practice”

SAVE THE DATE for the first public lecture made possible by the George Family Foundation’s support of Nursing Leadership at the University of Minnesota. On February 10, 2011, at 3 pm, the Center for Spirituality & Healing will host Janet Quinn, PhD, RN, FAAN, as she speaks on the topic of “Spirituality in Nursing Practice” at the Mayo Memorial Auditorium. The public is invited to come and be inspired by this lecture. Visit the Center for Spirituality & Healing’s website for more information: www.csh.umn.edu.

the need for human CONNECTION

Why social networking cannot replace real-life relationships

Lisa Lemler—assistant director, Department of Recreational Sports

Never in history have humans been so instantly and globally connected. Today's communication technology has transformed

our interactions at work and changed the way many of us conduct our personal lives. We can order take-out for dinner or find the nearest restaurant, pay the mortgage, compare car insurance, and even watch children arrive home safely from school—all via the touch screen of a smart phone. Families, friends and colleagues are instantly in communication, regardless of location or distance from one-another. Such immediate connection fuels globalization and allows us to create a network of relationships through servers such as Facebook, MySpace and LinkedIn. With these tools and others, we can be virtually connected to hundreds, even thousands of people all over the world.

So why is it that some of us feel more alone than ever?

Social networking

Facebook is a “social utility that connects people with friends” and MySpace is “a place for friends”. But does accumulating and maintaining hundreds of virtual

friendships replace or mirror real-life friendships one has developed over a lifetime?

Probably not, says one researcher. Psychologist Will Reader of Sheffield Hallam University in Britain found that the virtual relationships people are “managing” are not likely to replace worldly relationships. “Although the numbers of friends people have on these sites can be massive, the actual number of close friends is approximately the same in the face-to-face real world,” says Reader. It is a well-known statistic that most people have five close friends. Reader found that regular users of social networking sites reported nearly the same number of close friendships.

Anyone using Facebook knows that social networking can re-connect us with people from different eras regardless of age. According to a recent statistic, (Reed Business Information), 42% of people over age 50 in the United States now use an online social networking

making connections

A Connected Society

- Global consumers spent more than five-and-half hours on social networking sites like Facebook and Twitter in December 2009, an 82% increase from December 2008 when users were spending just over three hours on social networking sites.
- With 206.9 million unique visitors, Facebook was the No. 1 global social networking destination in December 2009 and 67% of global social media users visited the site during the month.
- People in the U.S. continue to spend more time on social networking and blog sites as well, with total minutes increasing 210% year-over-year and the average time per person increasing 143% year-over-year in December 2009.

site, nearly double the percentage in 2009—representing the fastest growing demographic.

The appeal is understandable—even if we haven't maintained relationships with individuals from our past, we're naturally curious to know what has become of them. This curiosity can be tinged with a bit of hubris, too—how do we measure up when compared to an old boyfriend, a classmate, the high school quarterback? When we “friend” old acquaintances, there can be a satisfying honeymoon—a momentary thrill that comes with re-connecting and sharing details of our current lives. But even if a strong bond once existed, online re-connection does not guarantee a rekindling of a strong, close friendship.

“It can be exhilarating, at first, to connect with long-lost friends,” says network science expert Steven Strogatz, PhD, a professor at Cornell University. But, he says, dedicating more time to casual ties vs. actual strong relationships may be a harmful ruse. “The distinction between genuine friends and acquaintances is becoming blurred. Users (...of social networking sites) are spending time managing relationships with people they don't really care about.”

Perhaps the difference between a virtual friendship and real friendship is just that—we need to care about the person. While social



networking sites and other technology have made it possible for loved ones to stay in touch and communicate across the globe, friendships and relationships go beyond electronic connection, beyond even face-to-face contact. We have to be willing to open ourselves up to heartbreak, to disappointment, to genuine care, concern and love. We have to be socially and emotionally connected to one another.

Time, effort, and intention

It is well-documented that maintaining positive relationships is one of the most important elements contributing to a healthy lifestyle. By taking the time to strengthen relationships we allow ourselves to open up and also strengthen ourselves.

Relationships are complex and develop over time. For some people, “opening up” in an effort to build

a friendship or develop trust with a colleague doesn't come naturally, and can be terrifying. So, for many, utilizing an online network to establish a first contact is a perfectly legitimate way to eliminate some of that anxiety. But eventually, we need to move beyond that into personal interaction for a real relationship to grow, to begin to feel comfortable and develop a sense of trust. We need to connect on a deeper and more satiating level.

It is easy to put relationship-building at the bottom of our lists—especially at work. With the advent of email, virtual meetings, and shared electronic documents, our work-life has been simplified, but may be at the expense of true collegiality with our colleagues. It is quick and easy to send an email to reply to a phone message instead of returning the call. We have to be willing to sacrifice time and to put forth a bit of effort to build

Continued on next page

making connections

Social Networking Benefits

Research suggests positive impacts

- Recent research suggests social networking can offer benefits, from additional resilience to greater life satisfaction to reducing the risk of health problems. actually unhealthy to suppress or ignore our need to grieve.
- The social support within a network leads to feeling like a part of a larger group and helps in stroke recovery, memory retention and boosts overall well-being.
- Social networking can produce collective phenomena: from perception of self, to political candidate preference, to overall level of happiness.

relationships if we consider it of value—and it usually is. We may need to intentionally boost our social skills and learn to interact as both a person and a colleague, for instance. We have to be willing to slow down.

And some research suggests slowing down—in terms of technology—might be in the best interest of our social well-being. High speed connecting may affect the way we react to people. In a recent University of South Carolina study, brain scans showed that volunteers needed at least 4 to 6 seconds to process stories of virtue or social pain in others. “It

takes a certain amount of time to fully experience complex social emotions,” says the lead author, cognitive neuroscientist Mary Helen Immordino-Yang. “Heavy reliance on the rapid intake of certain information—especially in younger, developing minds—could have consequences on our morality.”

Prioritizing social connections

If you want to go fast, go alone. If you want to go far, go together.

This well-known bible passage is quoted by psychologists, economists, business leaders and authors alike. It is a reaffirmation that we can’t simply “go it alone,” whether it be in business, in the workplace, or in life. Obviously, if we just want to tackle the mundane tasks of daily life such as answering email, grocery shopping or paying bills, going it alone can be far more efficient. But going far—achieving, being successful, being a leader in business, in one’s family or in one’s spiritual life—is entirely dependent upon interaction with others. And acquaintance-based relationships simply won’t do; positive interactions that involve emotion, trust, and reciprocal respect and understanding from people are what get us far in life and can also keep us healthy and well in the meantime.

In *Loneliness, human nature and the need for human connection*, authors John T. Cacioppo and William

Patrick write, “... Human beings do not thrive as the ‘existential cowboys’ that so much modern thought celebrates. While it may be literally true that ‘we are born alone’ and that ‘we die alone,’ connection not only helps us to make us who we are in evolutionary terms, it helps determine who we become as individuals.” In both cases, the authors say, human connections, mental health, psychological health and emotional well-being are all inextricably linked.

*By taking the time to
strengthen relationships
we allow ourselves to open
up and also strengthen
ourselves.*

Beyond the well-documented research of support systems during a crisis, or the evidence that social support actually lengthens one’s life span, positive social interactions also contribute to overall wellbeing on a daily basis. A positive social interaction can change your perspective on a day, ease the burden of a heavy workload or lessen the emotional impact of complicated or even tragic situations. If being healthy is a priority, then making changes in our social interactions by prioritizing our most meaningful relationships, ensuring that we go the distance with those we care most about, should be a priority as well. ♦



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Ask the Dietician

How Local Food Can Make Everyone Healthier

There are many reasons to buy foods from local farms and even more ways to do it. The first is the simple joy of eating fresh, tasty, nutritious food. Food that has not been shipped 1,500 miles from

its original growing site simply tastes better, often costs less and is often better for you than its cousins from other parts of the country or world. Another reason is that by buying local foods, you benefit the farmers who grew it, the communities where they live and the people to whom you are feeding it. Basically, local foods connect you to your local community, economy and environment.

“I found myself adding sugar, salt and vinegar to try to get the flavor right,” she says. “Eventually, I bit into a carrot and realized that my mirepoix, (a basic carrot, celery and onion mix used to start soups) was totally flavorless. It really makes you appreciate having truly fresh food that hasn’t been sitting in trucks and warehouses for weeks before it gets to you.”

Today, the Campus Club spends roughly 65% of its food budget on local foods. Doing so brings together the University and greater community in ways that enriches all involved. Most of the produce comes from the Cornercopia, a student-run organic farm, which sells many of its vegetables at Church Street farmer’s market every Wednesday from 11am-2pm. Jones purchases free range antibiotic-free chicken and eggs from

Beth Jones is a devotee to locally grown food and was reminded of why on her first day as executive chef of the Campus Club. Previously a chef at Lucia’s restaurant in Minneapolis, which purchases the majority of its food from local vendors, Jones decided to make her Golden Beet Borscht, a soup she had made many times at Lucia’s. But she noticed it lacked its usual flavor.

Meet the Dietician:



Katie Elenkiwich

Katie Elenkiwich received her Bachelor of Science degree in nutrition from the College of St. Benedict and is a registered and licensed dietician. She works for Boynton Health Service as a nutrition counselor for students, a health coach for staff and faculty and a health promotion specialist within the clinic and the University community. Katie especially enjoys working with people interested in weight loss, correcting current metabolic disorders such as high cholesterol or diabetes, and modifying food behaviors that lead to an unhealthy lifestyle.



Lori Callister of Callister Farm. Callister Farm sells its products at the Seward Co-op in Minneapolis, and the downtown St. Paul farmers market.

“Local foods connect you to your local community, economy, and environment.”

Is buying local foods is more expensive? Yes and no. Most local produce is actually more affordable because extra costs from packaging and shipping are non-existent. Individuals can purchase a quarter of a cow or half a hog, which significantly decreases the cost of an

average steak or pork chop. Free range chickens and eggs are more costly, but less so if you are careful to use all parts of the chicken, and, Jones feels, worth it for the more humane animal treatment. Since Jones started buying local foods, Campus Club costs have actually significantly decreased, which she attributes to watching what she orders and living by the motto “waste not.”

Jones plans the daily menu based on two factors: the weather, and the fruits and veggies available in the cooler. Jones also freezes all leftover vegetable peels and chicken bones until enough scraps have accumulated to boil them together for a tasty homemade stock.



Local foods have been found to be higher in certain nutrients as well. A study published by Penn State found that eggs from pasture raised chickens—those kept outside where they can forage

Top Ten Reasons to Buy Locally Grown Food

1. Helps to sustain the environment
2. Promotes tourism within the area
3. Grown locally instead of travelling 1,500 miles from field to the table
4. Promotes healthy food choices
5. Maximum freshness
6. Exceptional taste
7. Unique varieties
8. Nutritious and affordable
9. Help support our family farms
10. Retains food dollars in the community

Taken from *Local Foods* by Jane Grimsbo Jewett and Derrick Braaten, Minnesota Institute for Sustainable Agriculture, University of MN

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Continued on next page

for bugs and grass—contained 2.5 times more omega-3 fatty acids and twice as much Vitamin E as eggs from caged hens. Local produce may be higher in water soluble vitamins as well due to a shorter lag-time from harvest to consumption. The longer a fruit or vegetable sits, the more degradation of certain nutrients, such as vitamin C, occurs.

“Local food is just better on so many levels,” says Jones. “It helps local economy, and keeps families on their farms. The food looks and tastes better, so it requires less time and effort to make into something really delicious...I’ve gotten to know a lot of the people in the local foods community. That social aspect, and the personal

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relationships you develop with farmers, their employees, and often their families, makes gathering

and preparing your food a fun, rich experience, rather than a chore.” ♦

Campus Club Recipe:

AUTUMN PAPPARDELLE PASTA WITH ROASTED SQUASH, CHARD & BACON

This dish is currently featured on the Campus Club Bar Menu. I like to make it with pappardelle, which is a wide pasta that really holds the sauce. Experiment with different varieties of local winter greens and squash you see at the farmer’s markets, too. Kabocha, Kuri, and Butternut all are great!

INGREDIENTS:

- 2 tablespoons olive oil
- 1 large onion, julienned
- 4 cups winter squash, peeled, seeded, medium dices
- ½ teaspoon dried chili flakes
- 6 strips bacon (we use Fischer Farms)
- 2 large cloves garlic, minced
- 1/3 cup white wine
- 4 cups chard, kale, or mustard greens, stems removed, leaves washed and roughly chopped
- 1 ½ cups cream (we use Valley View Farms, available at local co-ops.)
- 1/3 cup grated parmesan cheese
- 1 pound pappardelle or other large pasta

DIRECTIONS:

Preheat the oven to 425 degrees. Toss the onions and squash with the olive oil, and sprinkle with salt, pepper and chili flakes. Roast on a baking sheet for about 10 minutes, or until the squash is soft and beginning to brown. Begin boiling the pasta. Brown the bacon in a large sauté pan, until just crisp. Drain a bit of the oil, and add the squash, onions, and garlic. Sauté for 1 minute. Deglaze the pan with the wine, and cook until the liquid has almost evaporated. Add the chard, cream and parmesan, and allow to bubble until slightly thickened. Drain the pasta, and toss in the pan with the sauce. Season to taste with additional salt and pepper, and serve immediately.



Core Strength & Stability for Enhanced Living

Annette Biggs, fitness director—Department of Recreational Sports

Our abdominal, hip and back muscles are collectively referred to as our body's core. The core supports and stabilizes the spine during static positions and movement, making core strength and stability necessary for efficient and injury-free daily movement.

Consider the nature of your job: are you seated most of the time, relying on back rests and computer desks instead of your core for support? Do you lift heavy

objects for the majority, or part of your work day? Muscles can grow tight and inefficient in these cases, limiting range of motion and increasing the risk for injury. Faulty biomechanics and inactive core musculature are often to blame.

In most of us, there is an imbalance between the strength of the abdominal muscles and the lower back muscles, so it's important to create balance between these

muscle groups. Once balance is established, or has improved, exercising with equipment can help develop and strengthen muscles further. In previous *Wellness Works* "Workstation Fitness" articles we have discussed stability balls and the BOSU® ball. Incorporate these into the core exercises below for 20-30 minutes a day, most days of the week, completing 2-3 sets of 8 repetitions each.

EXERCISE 1: Abdominal Crunches *(Strengthen your abdominals)*

- In supine position with neutral spine, bend knees at 90 degrees.
- Place hands behind the head, or cross over the chest. Relax the neck (See Figure 1).
- Contract abdominals and push lower back into floor.
- Slowly raise shoulder blades off the floor, curling toward the knee joint just enough to feel the majority of the spine off the floor (See Figure 2).
- Slowly return to starting position, consistently contracting abdominals.
- As shoulder blades touch the floor, immediately curl up again. Abdominals should remain contracted throughout the set.
- As an option, shift focus to oblique muscles by crunching diagonally (see Figure 3).
- To progress, incorporate a stability ball utilizing appropriate form as described above. Ensure feet are secured on floor before starting exercise (see Figure 4).



Figure 1



Figure 2



Figure 3



Figure 4

Continued on next page

EXERCISE 2: Back Extension *(Lower back strengthening)*

- In prone position with neutral spine, flex toes & have toes touch floor (Figure 1).
- Place hands behind the head, or cross over the chest. Relax the neck.
- Contract abdominals and push pelvis into floor, eyes fixed on floor.
- Slowly raise chest until you feel spine somewhat straightened, keeping pelvis on floor (Figure 2).
- Slowly return to starting position, consistently contracting abs.
- As chest touches the floor, immediately start the back extension again. Abdominals should remain contracted throughout the set.
- To progress, incorporate a stability ball utilizing appropriate form as described above. Ensure feet are secured against a wall before starting exercise (Figure 3).

Figure 1



Figure 2



Figure 3



EXERCISE 3: Glute Bridge *(Core stabilization)*

- In supine position with feet on floor, create 90 degree angle at knees (Figure 1).
- Contract gluteals while maintaining neutral spine. Relax the neck.
- Slowly raise hip and pelvis toward ceiling until you feel spine somewhat straightened, keeping shoulders on floor (Figure 2).
- Slowly return to starting position, consistently contracting abdominals.
- As gluteals touch the floor, immediately start glute bridge again. Abdominals and gluteals should remain contracted throughout the set.

Figure 1



Figure 2



EXERCISE 4: Plank (Core stabilization)

- In prone position place elbows at 90 degrees right below shoulders, flex toes and ankles, lifting off floor (Figure 1).
- Contract abdominals and gluteals, maintaining neutral spine.
- This position creates tension in abdominals and lower back region. Avoid squeezing fists.
- Maintain position for 15-30 seconds with normal breathing.
- To progress, incorporate a BOSU® ball utilizing appropriate form as described above. Ensure feet are secured on floor before starting exercise (Figure 2).

Figure 1



Figure 2



Want to know how your core strength compares to your peers'? How do you compare to national guidelines for core strength? The Department of Recreational Sports offers fitness assessments. Contact fitness@umn.edu ♦

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APPLE LAYER

7 Granny smith apples (peeled, cored and sliced)
Small amount of lemon juice for apples

STREUSEL TOPPING

1 stick of butter
1 cup of brown sugar
½ tsp cinnamon
1 cup gluten-free oats
½ cup sliced almonds (optional)

DIRECTIONS

In a 9x13 baking dish, layer the sliced apples and toss with lemon juice. To make streusel layer: In a medium bowl, combine brown sugar, cinnamon, oats, almonds, and cut in butter until the mixture is crumbly. Spread this mixture on top of the apples.

Bake at 350 degrees for 40-45 minutes.



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TOP TEN TIPS FOR CREATING BETTER CONNECTIONS

- 1. Use online social media...wisely.** While it cannot replace face-to-face time, email, Facebook, webcams, sharing photo albums and other online communication can be a great way to enhance connections, or reconnect with people who are and have been important in our lives.
- 2. Take a break from your BlackBerry®.** Being available 24/7 can be just as bad if not worse than not connecting at all. Disconnect electronically after a certain time of every day and for one weekend a month—if not every weekend—to allow yourself time for introspection, reflection and face-to-face time with those who are most important to you.
- 3. Join an adult sports team.** While many of us gave up organized sports after high school or even before, research has shown that playing on a team can greatly add to our feelings of well-being and connectedness. Plus it's fun!
- 4. Meditate.** Creating space for relaxation time every day is a way to recharge your batteries and allows you to be more open to possibilities and personal connections.
- 5. Eat local food.** Going to your local farmer's market or receiving food from a community farm on a regular basis is a good way to connect with and be part of enhancing your health, your family's health and the health of your community.
- 6. Cook a meal or bake something from scratch.** Even if you are making a meal for one, creating and serving a real, homemade meal from the ground up can be a profoundly satisfying experience.
- 7. Sign up for recreational activities you enjoy.** Pottery, painting, floral arrangements, woodworking, writing – lifelong passion or fleeting interest, if you can squeeze in time for a fun activity you may not only feel more centered, but meet some great new people in the meantime.
- 8. Do something you believe in.** Doing something to further a cause, help a deserving non-profit or make your corner of the world a little brighter can help you feel more fulfilled and connected on a daily basis.
- 9. Vacation to see friends.** Traveling to see far-flung friends can sometimes be a much richer experience than merely being an anonymous tourist. Even if they live in the middle of nowhere, reconnecting with old friends could even prove to be more enriching than an impersonal trip to New York City or Paris.
- 10. Sleep.** Without enough sleep, our perceptions are off, our ability and desire to be around others can be diminished and, frankly, we are not at our best. Seven-to-eight hours is ideal.

wellnessworks

Fall 2010 Survey

Wellness Works was first published in Fall 2006 in an effort to educate and engage the university community by raising awareness of wellness resources and initiatives on campus that strive to improve health and well-being. The editorial group for the magazine continues to evaluate all aspects of the magazine, including distribution methods.

Instructions: Cut along dotted line, fold in half and place in campus mail. If not using campus mail, place in envelope and mail to address provided below.



wellnessworks

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Campus Delivery Code: 2061



Please take a moment to complete the following survey, and let us know if you would like to continue receiving *Wellness Works*.

- I would like to continue receiving *Wellness Works* in my campus mailbox.
- I would like to be added to the mailing list.
- I would prefer to read *Wellness Works* online.
- I am interested in receiving additional copies of the magazine (Quantity : _____).
- Please remove my name from the mailing list.

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Address: _____

City: _____ State: _____ Zip: _____

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Please rank the following article types in order of personal interest, with 1 being the most interesting and 6 being the least.

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|--|---|
| <input type="checkbox"/> Feature Article (p. 5 in this issue) | <input type="checkbox"/> Articles based on the 6 dimensions of wellness (pp. 10-22 in this issue) |
| <input type="checkbox"/> Fitness Tips and Techniques (p. 27 in this issue) | <input type="checkbox"/> Ask the Expert (p. 24 in this issue) |
| <input type="checkbox"/> Top Ten Tips (p. 30 in this issue) | |

Please suggest article topics you would like to see in future editions of *Wellness Works*.

Please offer any additional feedback specific to *Wellness Works*.

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 (40-49) (50-59) (60-64) (65+)

WHAT IS THE WELLNESS COLLABORATIVE?

The Wellness Collaborative is comprised of representatives from across campus with an active interest in the well-being of the University of Minnesota–Twin Cities community. The group, which

first met in 2005, has a vision to make wellness a core value of the university community. Through informal meetings, the Wellness Collaborative works to fulfill its mission of enhancing the culture

of wellness on campus through collaborative efforts.

If you would like more information, please contact Wellness Collaborative chair, Lisa Lemler, at 612.625.8822 or lemler@umn.edu.

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Center for Spirituality & Healing

Phone: 612.624.9459

Email: dimon007@umn.edu

Website: www.csh.umn.edu

Department of Recreational Sports

Phone: 612.625.6800

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