



BeWell

FALL 2023
EDITION

INSIDE THIS ISSUE:

Upcoming Events	2
Lunch & Learns.	2
BeActive Spotlight	2
Breast Cancer Awareness ...	3
Back to School and Mental Health	4
PAWS UP!	5
WeightWatchers	5
Featured Recipes:	
Turkey Wraps	6
Crispy Chicken Fingers....	6

8 DIMENSIONS OF WELLNESS

Our wellness program's mission is to inspire employees to lead a balanced healthy lifestyle across all dimensions of wellness.



INTELLECTUAL



EMOTIONAL



PHYSICAL



SOCIAL



OCCUPATIONAL



FINANCIAL



ENVIRONMENTAL



SPIRITUAL



Wellness Tips from the Top

CONVERSATION WITH LESLYN WILLIAMSON, REGIONAL VICE PRESIDENT AND
CHIEF NURSING OFFICER FOR PENN STATE HEALTH HAMPDEN MEDICAL CENTER



What is the most rewarding aspect of your role? Having the ability to make the changes that are a must for our community, for our patients and also for our staff. Because when you can make that change and make people feel valued, they know that they belong.

How do you see patient experience playing a role in

employee wellness? When employees cannot care for our patients because they haven't been cared for themselves, then that becomes a challenge. When we can't give our patients our full self to ensure that their needs are met, we know it is time to check in and be aware. To get there we need to be grounded and know that we are able to step away. We are able to do deep breathing exercises, be mindful, and have a conversation with a wellness coach if we need to. All those things put us in that position that we now can help our patients to get to that great outcome of great patient experience. And as a leader myself, I have to ensure that I take care of my staff which leads to happy patients and great outcomes.

What do you like to do to maintain your own well-being? I like to read, practice cleansing deep breathing exercises,

take long walks and drink a nice hot cup of tea, no matter how hot it is!

How do you encourage your employees to take care of their own mental well-being? By taking breaks and stepping away when they feel like they are not their best self and also encouraging each other to take breaks when they notice others needing help. I like to focus on investing in a healthy work-life balance. I encourage setting boundaries, especially on the weekends or if you have children at home, it's so important to have balance. To set an example, I try to wait to send emails I typed up over the weekend until Monday morning. I want my employees to know how important it is to be fully invested in themselves outside of work as well.

What is your biggest motivator to stay healthy? I like to say that health is wealth. What really motivates me is my family and my grandchildren. I try to focus on the things I know are good for us to do to maintain a healthy body, but also ensuring that I prioritize the recommended preventative care.

What do you hope for the future of wellness at Penn State Health? I hope that employees will say that at Penn State Health we have a plethora of Wellness opportunities, activities and it's not a one-size-fits-all. I hope that people reach out for support and utilize the resources provided. They must see that we care about them and we value what they bring to the table.

By Kathleen Allen, Project Coordinator with Penn State PRO Wellness. She facilitates components of the BeWell employee wellness initiatives for Penn State Health employees in partnership with Penn State Health Human Resources.

WE WANT TO HEAR FROM YOU!

Are you having a wellness event or do you lead an employee program that may be of interest to Penn State Health employees? Please consider submitting content for our next BeWell newsletter. Photos are welcomed and encouraged along with your submission! Send all submissions to BeWell@pennstatehealth.psu.edu.

Upcoming Events



BeWell Challenges: BeMindful – Oct. 1-31



The BeMindful Challenge is a free system-wide, month-long, virtual mindfulness challenge for Penn State Health employees, running October 1-31.

Participating individuals are encouraged to **practice mindfulness for each of the 31 days in October**. Throughout the duration of the challenge, weekly emails will be sent to registrants and will include tips and tricks to be more mindful throughout the day.

[CLICK HERE TO REGISTER](#)

Lunch & Learns:



"Breast Cancer – From Diagnosis to Treatment"

Oct. 12 | Noon-1 p.m

Monali Vasekar, MD

[REGISTER HERE](#)



BeActive Challenge Winners and Highlights



BeWell hosted an activity challenge, BeActive, during the month of July for Penn State Health employees. Participants were encouraged to walk 10,000 steps a day for the entire month. Thank you to all employees who participated in this challenge!

Congratulations to the individuals/teams in the following winning categories:

Most Steps (Team Category)

1. Lisa Felsher, Nayda Dierolf and Morgan Glassey
2. Erynne Lehman, Jack Swing and Samantha Bohn
3. Adam White, Yvonne Geibel and Kecia Shaw
4. Ryan Williams, Chrissy Rapp and Kelly Strohl
5. Erica Hollenbaugh, Rangers Gonzalez and Joe Haas

Best Team Name (Team/Individual Category)

1. Ashley Shachter (Feel the Derm – Dermatology)
2. Jennifer Snyder, Laura Bixler, Amanda Kells (Pace Makers – Cardiology)

Most Steps (Individual Category)

1. Karen Spencer
2. Guilly Preston
3. Kasey Whare
4. Ellen McDevitt
5. Melissa Stradnick

Breast Cancer Awareness



Sourced from [Cdc.gov/cancer/breast](https://www.cdc.gov/cancer/breast)

Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways:

- **Keep a healthy weight**
- **Exercise regularly**
- **Don't drink alcohol, or limit alcoholic drinks**
- **If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you**
- **Breastfeed your children, if possible**
- **If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, talk to your doctor about other ways to lower your risk**

Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it occurs.

Mammograms are the best way to find breast cancer early. When it is easier to treat and before it is big enough to feel or cause symptoms.

Symptoms may include:

- **Any change in the size or the shape of the breast**
- **Pain in any area of the breast**
- **Nipple discharge other than breast milk (including blood)**
- **A new lump in the breast or underarm**

If you have any signs that worry you or would like to begin preventative screenings, speak with your doctor.

TIME FOR THAT MAMMOGRAM?

Throughout the month of October, Penn State Health is proud to host Mammogram Days for employees and the community. Females age 40 and older are invited to schedule their annual mammogram screening. Dates and time vary between counties. Please call for more information and scheduling.

Berks 610-378-2246 | Cumberland 717-972-4900 | Dauphin/Lancaster 717-531-6955

Back to School and Mental Health

Deepa Sekhar, MD

Mother of three, General pediatrician, Penn State Health Pediatrics, Executive director, Penn State PRO Wellness, Professor, pediatrics, Penn State College of Medicine



“Consider that some of the stress for kids is similar to an adult starting a new job and wondering... where do I sit? When is lunch? How will I find my way around? Will I meet any friends? Will I understand the work?”

The start of school can bring mixed emotions for parents and kids who may feel both anxiety and excitement at the prospect of the upcoming year. These feelings are normal, and many of these emotions are tied to starting a new routine and facing the unexpected. Consider that some of the stress for kids is similar to an adult starting a new job and wondering... where do I sit? When is lunch? How will I find my way around? Will I meet any friends? Will I understand the work?

Many school districts offer a back-to-school or meet the teacher event in advance of the first day. This is a great way to alleviate back-to-school jitters. For bigger transitions, e.g. elementary to middle or middle to high school, many districts offer more extensive orientation programs led by peers.

If your school does not have this type of programming, here are a few ideas that may help. Reaching out to friends with older children who can tell your child what to expect may be useful. Kids often share tips adults wouldn't consider (e.g., my son was advised to purchase a shelf for his middle school locker and buy an extra gym shirt from an older friend). Second, reaching out to a teacher, even your child's teacher from last year (especially for elementary students), may be reassuring. Your child can do this with your help by email, perhaps focusing on a

few specific questions. Third, identifying areas of familiarity, e.g., your friend up the street is riding the same bus, or so-and-so from last year is in your class, may be helpful.

In addition, gear up the home routine. The week before school dial back bedtimes, and wake your kids up a little earlier. Look at last year's backpacks, lunch boxes and school supplies and figure out where you need to invest. While a whole new school wardrobe may not be necessary or realistic, have your child consider if there are a couple new items that would ease the transition.

Finally, listen, acknowledge and validate your child's feelings. Remind them that many of their peers are feeling similarly. All this said, if your child seems excessively anxious or depressed about the return to school, do reach out to a guidance counselor or your child's pediatrician well in advance of the first day for more tailored approaches to address these feelings.



“Listen, acknowledge and validate your child's feelings”

PAWS UP!



PAWS UP!

We all like to feel appreciated for doing a great job. Our employees' accomplishments are recognized through our rewards and recognition program, PAWS UP! This program was designed for peers to recognize and encourage one another, and for managers to distribute awards when their employees exemplify our RITE/RICE values of respect, reverence, integrity, teamwork, compassion and excellence. We also celebrate career milestones through this program, to thank our employees for continuing to be a part of the important work that we do.



To access the PAWS UP! website, visit pawsup.werecognize.com

- Respect
- Reverence
- Integrity
- Teamwork
- Compassion
- Excellence
- Career Milestones



WeightWatchers



Step into fall with healthier habits—and a free smart scale



WeightWatchers® offers a community of support, a nutrition plan tailored just to you and science-backed tools to help you reach your health goals.

DID YOU KNOW?

WeightWatchers tools make tracking your activities easier—and tracking is one of the keys to building healthier new habits. Join by Oct. 31 and get a free smart scale that syncs right to your WW your app.* Redeem for your Bluetooth scale offer at WW.com/freescale.

LIVING WITH DIABETES?

WeightWatchers has a clinically tested** Diabetes-Tailored Plan.

ALREADY A WEIGHTWATCHERS MEMBER?

Call 866-204-2885 for questions or to sync your current account.



Join WeightWatchers through Penn State Health for as low as **\$8.48 per month** (up to six months per year) on select plans—**50% off the retail price!**[†] Sign up at WW.com/us/PennStateHealth.

* FREE scale offer: Get a free smart scale when you buy an eligible WW plan between 9/1/23 and 10/31/23. Available only where WW plans are offered through your employer/health plan in participating areas only. One smart scale per member. Redeem by 10/31/23. While supplies last. U.S. addresses only. Allow approximately 4 to 6 weeks for delivery. Offer not available to current members. Cannot be redeemed for cash. Nontransferable. Offer subject to change without notice.

** Based on a 6-month multicenter trial. Apolzan JW et al. A Scalable, Virtual Weight Management Program Tailored for Adults with Type 2 Diabetes: Effects on Glycemic Control. Nutrition & Diabetes. 2023. Funded by WW International, Inc.

† Pricing reflects the cost for WW's Core membership plan through your organization. Monthly payment required in advance. You'll be automatically charged each month in accordance with company pricing until you cancel. Pricing may adjust to the standard monthly rate if your relationship with your organization changes or terminates, or the agreement between your organization and WW terminates.

Back to School Friendly Recipes



Turkey Wraps

Here's a quick, easy wrap that will brighten up any lunch box. Use hummus instead of mayonnaise for a healthy, creamy spread on these tasty wraps.

INGREDIENTS:

2 whole grain tortillas (8-inch diameter)
2 Tbsp hummus
4 slices low-sodium roasted turkey breast (4 oz)
4 Romaine lettuce leaves
4 slices tomatoes
2 slices reduced fat cheddar cheese (2 oz)

PREPARATION:

1. Lay out the wraps on a flat surface. In the center of the tortilla, spread 1 tablespoon of the hummus on each wrap and top each with 2 slices turkey, 2 romaine leaves, 2 tomato slices and 1 cheese slice.
2. Fold an inch of the top of the wrap down over the filling, then fold an inch of the bottom up over it. Starting with one side, roll the wrap up tightly into a log.

NUTRITION:

Serving size: 1 wrap	Saturated Fat: 1g	Carbohydrates: 28g
Calories: 249	Cholesterol: 26mg	Fiber: 4g
Fat: 6g	Sodium: 640mg	Protein: 22g



Recipe Source: prowellness.childrens.pennstatehealth.org/family/nutrition/recipes/#recipe/trending/page/2/turkey-wraps

Lunch Box Crispy Chicken Fingers

Back to school and back to work means back to packing lunches. These crispy chicken fingers made with panko bread crumbs help you keep lunch healthy, tasty and portable. Add some cucumber and carrot slices, grapes and a small flour tortilla for a balanced lunch that will keep you going until dinner.

INGREDIENTS:

1 1/2 lbs boneless skinless chicken breast, sliced into strips
2 eggs
1 cup panko bread crumbs
1 tsp paprika
1 tsp dried basil
1 tsp dried oregano
1 tsp dried parsley
1/2 tsp garlic powder
1/2 tsp salt
1/4 tsp black pepper

PREPARATION:

1. Preheat the oven to 375 degrees. Lightly spray a baking sheet with nonstick cooking spray.
2. In a bowl, whisk the eggs. In another bowl, combine the panko bread crumbs, paprika, basil, oregano, parsley, garlic powder, salt and black pepper.
3. Dip chicken into egg and then toss into panko mixture.
4. Arrange the chicken in a single layer on the prepared baking sheet. Spray the chicken with nonstick cooking spray. Bake for 12 to 15 minutes, or until the chicken is cooked through and golden. Serve immediately or at room temperature.

NUTRITION:

Serving size: 2 chicken tenders	Saturated Fat: 1g	Carbohydrates: 8g
Calories: 182	Cholesterol: 128mg	Fiber: 0g
Fat: 3g	Sodium: 311mg	Protein: 29g



Recipe Source: prowellness.childrens.pennstatehealth.org/family/nutrition/recipes/#recipe/lunch-box-crispy-chicken-fingers