



Wellness Works

Syrgov.net/wellness.aspx

Welcome Donna Briscoe!!

The employee Wellness Committee is happy to introduce Donna Briscoe as our new Wellness committee coordinator! Donna became the Assistant Director of Personnel and Labor Relations in January of 2015 after 24 years working in the Personnel Department at the Van Duyn Home and Hospital. Donna is excited to help launch new spring wellness activities, and is looking forward to involving all City Departments in wellness initiatives!

If you or someone from your department would like to help with the employee wellness program, or if you have ideas or input for the committee, please do not hesitate to contact Donna by calling 448-8776, or emailing her at dbriscoe@syrgov.net.

Creekwalk Expansion Coming Soon!

By Eric Ennis, NBD

The City of Syracuse in conjunction with C&S Companies, held three public meetings in February and March that presented the initial designs being considered for the 2.6-mile extension of the Onondaga Creekwalk from Armory Square to Kirk Park. The project involves numerous city departments, and right now you can view the preliminary routing options and offer your input and ideas! You can view the presentation from these

public meetings on the city website and provide feedback at comments@onondagacreekwalk.com.



What is a CSA share?

A Community Supported Agriculture share, or CSA share, is a great way to make it easy to incorporate fresh local produce into your diet on a regular basis. When you buy a CSA share, you will receive a box of fruits and vegetables from a local farm each week for the duration of the growing season (June-October). CSA pickup locations often include libraries, Co-ops, community centers, and offices. Shares typically cost around 500 dollars each for the whole season. Some CSA shareholders split their share with another family or friend to cut the cost and make sure no produce goes to waste. Three farms offering CSAs in the area are:

Hartwood Farm- 655-5652;

www.hartwoodfarm.com

Common Thread Community Farm- 882-0086;

www.commonthreadcsa.com

Freedom Rains Farm (a part of Grindstone Farm)- 298-4139;

www.freedomrainsfarm.com

March 2015

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Contributing Writers in this issue:

Donna Briscoe

Mary Carbery

Elizabeth DeJoseph

Eric Ennis

Lindsay Speicher



Health Benefit Highlight: Routine Adult Physical Exams

Did you know you and your dependents (19 and over) are covered 100% for a routine physical each calendar year?

All adults should visit their health care provider from time to time, even if they are healthy.

The purpose of these visits is to:

- Screen for diseases
- Assess risk of future medical problems
- Encourage a healthy lifestyle
- Update vaccinations
- Maintain a relationship with a health care provider in case of an illness

Our plan document can be found by logging into your account on www.MyPOMCO.com. Go to the City of Syracuse Benefits Center and then click the Forms and Communication button.



Quiz: Are You Living Smart?

Submitted by Mary Carbery, Law
Quiz from the American Cancer Society

Now that the snow is melting and temperatures are slowly rising it's time to shake off those winter blues! Spring is a great time to take a step back and reevaluate your lifestyle choices. Are you living smart? Answer "Yes" or "No" for each question to see where you're at!

- 1.) I eat at least 2½ cups of vegetables and fruits every day.
- 2.) I eat whole-grain bread, pasta, and cereal instead of refined grain products.
- 3.) I try to choose foods low in calories and fat.
- 4.) I rarely eat red meat or processed meat like bacon, hot dogs, and sausage.
- 5.) I take it easy on high-calorie, baked goods such as pies, cakes, cookies, sweet rolls, and doughnuts.
- 6.) I rarely add butter, margarine, oil, sour cream or mayonnaise to foods when I'm cooking or at the table.
- 7.) I rarely (less than twice a week) eat fried foods.
- 8.) I try to stay at a healthy weight.

- 9.) I get at least 150 minutes (2.5 hours) of moderate or 75 minutes (1 hour and 15 minutes) of vigorous physical activity throughout each week.
- 10.) I usually take the stairs instead of waiting for an elevator.
- 11.) I try to spend most of my free time being active, instead of watching television or sitting at the computer.
- 12.) I never, or only occasionally, drink alcohol.



0-4 "Yes" answers: Diet alert!

Your diet is probably too high in calories and fat and too low in plant foods like vegetables, fruits, and grains. Take a look at your eating habits and find ways to make some changes.

5-8 "Yes" answers: Not bad! You're halfway there.

Look at your "No" answers to help you decide which areas of your diet need to be improved, or whether your physical activity level should be increased.

9-12 "Yes" answers:

Good for you! You're living smart!

Keep up the good habits, and keep looking for ways to improve!

Healthy Recipe: Moroccan Chick Pea Salad with Mint

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| 1 1/2 cup medium diced onions | 1 tsp. ground cumin |
| 1/3 cup olive oil | 1/4 cinnamon |
| Sea salt | 1 1/2 Tbsp. chopped garlic |
| 2 tsp. paprika | 1/2 cup tomato paste |
| 2 tsp. crushed dried chilies | 1 1/2 Tbsp. chopped fresh parsley |



In large frying pan over medium-low heat, cook onion in olive oil with 1 1/2 tsp. salt, paprika, diced chilies, cumin, and cinnamon until onion is soft, about 10 minutes. Add garlic, and cook for 2 minutes. Add tomato paste, mix well and cook for 5 minutes.

In large bowl, stir together onion mixture, parsley, mint and chickpeas. Taste; add more salt, if needed. Serve at room temperature.
Serves 4 to 6.

Contributed by Elizabeth DeJoseph, from Pan Chanco bakery and café in Kingston, Ontario

Upcoming Events:

Free 5-minute Chair Massage and Spine Scan:



Wednesday, April 22, 2015, 2:00 – 2:00pm, Syrastat

To sign up e-mail Margaret Chajka at mchajka@syrgov.net

Employee Wellness Committee Meeting:

Thursday, April 9th, 12pm, Syrastat