



Letter From the Director



It's been a little over a month since May commencement and the campus is quiet, serene, and beautiful. As I sit in my office and listen to the birds chirping I can't help but think about and appreciate all the hard work our employees put in this past academic year and their unwavering dedication to the education and experience of all Stony Brook University students. With summer officially only a few short days away, I hope that our faculty and staff have the opportunity for some much needed (and deserved) rest and relaxation.

In this issue, we interview wellness advocate and senior leader Dexter Bailey, Senior Vice President in the Office of University Advancement. Colleen's Corner offers continued guidance for a "Happier U" with a priority on self-care; the Environmental Health & Safety contributes a safety guide for preventing tickborne diseases; the Stony Brook Medicine Nutrition Division teaches us how to freeze/dry fresh herbs; and the Stony Brook Athletic

Performance Program provides tips for designing an effective strength training program.

If you'd like to contribute health and wellness articles to HEALTHIER NUWS, please email me at bryan.weiss@stonybrook.edu. Thank you for reading our newsletter and look for our next issue in the coming months.

Here's to a summer filled with gorgeous weather, long tranquil days, and countless memories.

Bryan Weiss

Leading the Charge

Dexter Bailey

Senior Vice President, Office of University Advancement



Q: How do you fit physical activity into your busy schedule?

A: Physical activity every day is essential, otherwise I cannot function at a high level. At 6 am Monday through Friday, sun, rain, snow, cold or hot, I run 2.5 to 3 miles and do 30 min of calisthenics. I fall asleep looking forward to the morning. At the end of my run and workout I close my eyes and meditate, stretch and just take deep breaths to be in the moment... happy to be alive and thankful.

Q: What is your favorite way to de-stress after a demanding work week?

A: Golf, if and when I get a chance to play. Also cutting the grass and doing yard work is relaxing to me, plus reading and sometimes just watching my kids do stuff.

Q: Describe a typical weeknight meal at home.

A: I often get home late and after my kids and wife have already eaten. I try to grab something filling, yet still somewhat healthy, but I don't always achieve the goal.

Q: Where is your next vacation destination?

A: Jamaica. I am from Jamaica and there is just something I find primal about being there. The air smells better, sun feels warmer, food taste better. Just feels right.

Q: The last day of the most ambitious fundraising effort in SUNY history, the Campaign for Stony Brook, is June 30. How close is Stony Brook to meeting its goal of \$600 million and given the continued decline of state support, how important is a professional fundraising program?

A: I have high confidence that Stony Brook will meet and modestly exceed the historic goal. Philanthropy is best when it is creating the margin of excellence to make our university even better for our students and faculty. Declining state support threatens our ability to raise private funds because donors want to know that their gifts are going to an organization that is financially stable. Donors who support Stony Brook are interested in creating access to excellence for our students while inspiring our faculty to perform at their highest level in the classroom and in our labs. Lack of state funding stifles our momentum and discourages many donors who expect the state to do its part for New York's preeminent public university.



Colleen's Corner

EAP for a Happier U

By Colleen Stanley, MFT, CEAP
Lead Coordinator
Stony Brook University Employee Assistance Program

Self-Care

I hope that you are enjoying the warmer weather as much as I am! Get outside and spend some time in nature, it's one of the best ways to reboot your body and mind. In this article, I will continue to look at the 7 Core

Practices for a Happier U, with a focus on self-care.

7 Core Practices for a Happier U

Acceptance

Gratitude

Mindfulness

Self-Care

Kindness

Flow/Creativity

Spiritual Connection/Purpose

Self-care is on the opposite spectrum of healthcare. self-care is care provided "for you, by you". It's about identifying your own needs and taking steps to meet them. It is taking the time to do some of the activities that nurture you. For many people in healthcare, self-care does not come easily as our career choices focus our attention on the other.

Self-care is the art of extending loving kindness to yourself. My son Everest is better at this than I am. I have been observing him and trying to learn from him. He is able to make choices, in the moment, to take care of his needs. I have had a tendency to push myself hard until I'm exhausted and sometimes angry or resentful. Often only recognizing what I needed later, but sometimes knowing what I need to do to take care of myself and not doing it. Making other people/things more important than myself. I asked Everest how it is that he is good at self-care, and he told me it was because I had always given him permission to do what he needs to take care of himself. I did not have this, I felt valued when taking care of others. Many people, especially women, get the same messaging.

Self-care means becoming the best parent to yourself and making choices for your long-term wellness. It means sometimes doing what you don't want to for the good that will come later. Exercising, eating healthy, getting enough sleep, we all know what we "should" do, but why do some of us struggle with self-care, when others find it comes easily?

If you struggle with self-care try examining your belief systems. Do you view self-care as selfish or self-loving? Once you become aware of the unconscious tapes running in your mind, you can choose if the belief works for you or if you would like to change it. For example, old belief - "self-care means wasting time, I am valuable when I am accomplishing something, especially for someone else." New belief - "taking care of myself is my responsibility."

Doing self-care better means checking in with yourself on a regular basis. For years I have practiced

asking myself throughout the day, "what do I need to do to take care of myself right now?" and then following through. Periodically I ask myself what do I need to do to take care of myself in a larger way, for instance save for retirement, make a career change, or go on vacation. self-care means sometimes saying yes and sometimes saying no to opportunities. If you are overextended, maybe saying no to additional obligations is just the thing. I recently stepped down from a committee that wasn't really where I wanted to spend my time and energy. I'm opening up to saying yes to the beach which is a place that really refuels me. What refuels you? What gives you pleasure? Make a list of the things that give you joy. How often are those things included in your daily life? What changes can you make to include on a daily basis the things that bring you joy and replenish you?

Mindfulness-Based Stress Reduction (MBSR) is in its essence, a course in self-care. Our first onsite MBSR course was an amazing success. Here's what some of the participants had to say about their experience:

"The class far exceeded my expectations. I came in curious about the practice and unsure because I have never meditated before. I'm leaving with a new mindful outlook - a new sense of being - in the moment." Michele, Nurse Practitioner

"I valued coming and spending time for myself. I thought I was knowledgeable, but learned more than I expected". Peter, Professor

"The class has fundamentally affected me in allowing me to shift my perspective." Brian, Educator

Our next course in MBSR will be held in the Fall semester. Contact me or look to www.stonybrook.edu/eap for more details coming soon.

For more self-care ideas:

<https://www.stonybrook.edu/commcms/eap/resources/iwanthelpwith/selfCare.html>

Environmental Health and Safety Focus

Safety Guide - Prevent Tickborne Diseases

By Clifford Knee

Safety, Training, Environmental Compliance, and EHS Manager Southampton Campus

SAFETY GUIDE



Environmental Health & Safety

May 2018

PREVENT TICKBORNE DISEASES

Some ticks carry pathogens that can cause human disease, including but not limited to Anaplasmosis, Babesiosis, Ehrlichiosis, Lyme disease and Rocky Mountain spotted fever. Tickborne diseases can result in mild symptoms, including fever/chills, aches and pains (headache, fatigue, and muscle aches) and a rash, treatable at home to severe infections requiring hospitalization.

Tick ID

1. **Lone Star Tick:** Transmits Ehrlichia chaffeensis and Ehrlichia ewingii (which cause human ehrlichiosis), tularemia, and STARI.
2. **Gulf Coast Tick*:** Transmits Rickettsia parkeri rickettsiosis, a form of spotted fever.
3. **Brown Dog Tick:** Transmits Rocky Mountain spotted fever (in the southwestern U.S. and along the U.S.-Mexico border).
4. **American Dog Tick:** Transmits Tularemia and Rocky Mountain spotted fever.
5. **Black Legged (Deer) Tick:** Transmits Lyme disease, anaplasmosis, babesiosis, and Powassan disease.

* Found mostly in coastal areas of the U.S. along the Atlantic coast and the Gulf of Mexico.

ENVIRONMENTAL Health Advisory



How to Remove a Tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.

Preventing Tick Bites

Avoid Direct Contact with Ticks

- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.

Repel Ticks with DEET or Permethrin

- Use repellents that contain 20 to 30% DEET
- Use products that contain permethrin on clothing.

Find and Remove Ticks from Your Body

- Bathe or shower as soon as possible after coming indoors
- Conduct a full-body tick check
- Examine clothing, gear and pets.
- Tumble dry clothes in a dryer on high heat for 10 minutes

For more information: www.cdc.gov/ticks

We Care About Safety... People - Science - Education - Medicine - Environment
Environmental Health & Safety – 110 Suffolk Hall, Stony Brook, NY 11794-6200; Phone: 631-632-6410

Core Nutrition

Preserving Garden-Fresh Herbs

By Michelle Hu
Dietetic Intern, Department of Family, Population and Preventive Medicine, Stony Brook Medicine

Fresh herbs straight from the ground are so refreshing, but they will only last about a week in the fridge. While some have the luxury of growing herbs in their backyard or windowsill, winter is too cold and harsh for the herbs to continue to grow during those months. Therefore, preserving herbs allows us to make the most out of our fresh herbs by freezing or drying them.

Freezing

Rinse, remove leaves from stems, and pat dry. Freezing can be done in different ways and stored throughout the winter without significant loss of flavor:

1. Bunch the leaves together and place in airtight bag or container, and freeze them. You'll have to cut up the clumps of herb when cooking.
2. Or, freeze the leaves individually first on a flat tray, and then place them in airtight bag/container. This gives you the ability to pick only necessary amount of leaves needed for a recipe.
3. Or, finely chop or blend herb or a combination of herbs with olive oil, freeze the mixture in covered ice cube trays. Store frozen cubes in freezer safe containers. Use when sautéing vegetables and preparing soups, sauces, marinades and more!

Herbs for Freezing			
Basil	Lemon balm	Parsley	Sweet cicely
Chervil	Lemon verbena	Rosemary	Sweet marjoram
Cilantro	Lovage	Sage	Tarragon
Chives	Mint	Savory	Thyme
Dill	Oregano	Sorrel	

Drying

Drying can be done by air-drying or oven-drying:

1. Air-dry: Rubber band and hang a small bunch of herbs in a well-ventilated room, away from light.
2. Oven-dry: Herbs such as basil and parsley have thick, succulent leaves, are better dried in a dehydrator or oven. Put herbs on baking sheet and place in open oven on low heat, approximately 180 degrees F, for 2-4 hours

When leaves are dry, remove them from their stems and store in an airtight jar.

Herbs for Drying			
Basil	Mint	Sage	Thyme
Dill	Oregano	Savory	
Fennel	Parsley	Scented geraniums	
Lovage	Rosemary	Tarragon	

Athletic Performance

Tips for Designing an Effective Strength Training Program

By George J. Greene III

Assistant Athletics Director for Athletic Performance, Stony Brook University Department of Athletics

It can be very difficult to know where to start when designing an effective strength training program. Nowadays, with so much information readily available, it has become increasingly difficult for a novice to decipher the good from the bad.

Below I describe four basic guidelines based on the S.A.I.D principles that will help point you in the right direction. Specific Adaptation to Imposed Demands (S.A.I.D) is the body's response to properly attending to the concepts of overload, specificity, volume, intensity, progression, individualization, and variation in training.

1) Follow the S.A.I.D Principles: The S.A.I.D principles describe the process that occurs when muscle tissue is progressively overloaded during exercise. This results in adaptation to the imposed stress. As the

physical stress is repeated and increased, the body will continue to increase in strength. In a nutshell, you must give your body a reason to grow bigger and stronger. Progression is key, following the same program with the same sets, reps, and weight will most certainly lead to stagnation.

Key Points

1a) Overload: Overload is achieved by progressively placing more stress on the body than it is accustomed to. An example if this would be an athlete who performs a bench press for five repetitions of 135lbs on week one. On week two, in order to overload the muscle, he or she would have to either perform more reps with 135lbs or increase the weight for the same number of repetitions.

1b) Specificity: Specificity involves training the muscles in a fashion comparable to which the performance is based. For example, a power lifter training for a competition needs to use the exercises, loads and intensities like those used in a meet to be adequately prepared.

2) Train for Injury Prevention: Nothing is worse than battling an injury. Although you can't prevent everything, it has been shown that proper strength training programs can help reduce the chances of an injury occurring. In addition to strength training focus on flexibility and recovery with static and dynamic stretching, yoga, and foam rolling.

Key Points

2a) At around age 30 we start losing as much as 3 to 5 percent of lean muscle mass per year due to aging. Thankfully strength training is your secret weapon to combat this! Resistance training programs increase bone strength, bone mineral density, and increase tendon and ligament strength that will help you maintain lean muscle mass and strength as you get older.

3) Train Smarter, Not Harder: Now let me clarify: this is not a free pass to take it easy in the gym. Training hard and being consistent is incredibly important. However, smart training is the crux of a successful program leading to long-term gains. For example, if you are aiming to hit 6-8 reps on your and at rep 7 you think there is a chance you will miss the 8th, shut it down. This stops you from training to failure, saves your nervous system, and allows you to come back the following week fresh to shoot for that 8th rep. (Progression)

Key Points

3a) Train Movements, Not Muscles. In sports and daily activity, no body part ever works in isolation. Your body works synergistically to produce movements such as running, jumping, bending, and carrying. For this reason, it is all the more important to train your body using integrated movements.

4) Documentation: This is one important practice that I have found to be effective for anyone starting a fitness program. Documenting all of your training and even your caloric intake can pay dividends long term. When following the S.A.I.D principle, a training log will help ensure you are moving in the right direction and provide you with a resource to go back to. It gives you a trial and error opportunity to eliminate what didn't work and make note of what did.

Programs & Events

Summer Healthier U Fitness Classes

Stay motivated this summer with Healthier U sponsored fitness classes at the Campus Recreation Center! Choose from a variety of classes including Pump & Sculpt, Zumba, and Core & More. Classes are free to all faculty/staff and fill up fast...so don't delay, sign up today!

Visit the link below for more information and to register.

<https://www.surveymonkey.com/r/summer18fitness>

LGBTQ* Pride Mixer

PRIDE MIXER

Love Gets
Better
Together

Stony Brook University invites the LGBTQ* community, friends and supporters to celebrate Pride Month with warm conversations and great food.

THURSDAY, JUNE 21

6 pm to 8 pm
201 Main Street • Port Jefferson

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Open to all students, employees and supporters.

PRESENTED BY:

Office of the President • Office of the Chief Diversity Officer
Office of Community Relations • Office of Alumni Relations • LGBTQ* Center

If you need an accessibility-related accommodation or for more information, please contact Lee Bitsói,
Chief Diversity Officer, at lee.bitsoi@stonybrook.edu

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Metered parking is available behind the restaurant and appetizers will be available for all to enjoy.

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