

Health Watch News

Mini Health Screening

This “mini” health screening is open to all ASU benefits-eligible employees who have a State-of-Arizona issued insurance card.

The 30-minute screening includes:

- Blood Glucose
- Blood Pressure
- Full Lipid Panel
- Body Composition (% body fat & weight)



Fasting is **not** required—and you will get results immediately. You must bring your State-of-Arizona-issued health insurance card to the screening.

TUES, Sept. 1 | 7:30-1:30pm
Memorial Union, room 242 (LaPaz)

REGISTER

<https://www.pickatime.com/client?ven=11602212&event=210191>

Zumba Fitness

Zumba is a new fitness routine that fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program. The goal is simple: We want you to want to love working out—and to get hooked. In one exhilarating hour, you'll achieve long-term health benefits through these caloric-burning, body-energizing, awe-inspiring movements.

The routines feature interval training sessions where fast and slow rhythms and resistance training combine to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba.

Melinda Mills-Walkey has more than 20 years of dance experience and is currently working toward her BS in Exercise Science. She is certified for Zumba Toning and Zumba Gold along with AFAA (Aerobic and Fitness Association of America) Group Exercise.

Dress appropriately (comfortable, loose-fitting exercise clothes) to Zumba.

WED, Sept. 2 | Noon-1pm
Memorial Union, Room 085 (lower level).

Registration Required: www.asu.edu/hr/training

Deadline: Sept. 1

A minimum sign-up of 15 participants is required.

QUESTIONS? 480.965.4751

Wake Up

Are you having a hard time sleeping? Do you think sleep plays an important part in your life? Dr. Leonard Moss will discuss the mechanisms that lead to sleep and the causes and remedies for insomnia. Learn what you can do so your nights are not so long.

Dr. Moss is the Medical Director at Valley Oximetry Sleep Disorders Center (Biltmore). He earned his medical degree from the University of Kansas (Kansas City), completed his residency in Internal Medicine at the University of Nebraska Medical Center and his Pulmonary Fellowship at Creighton Medical School.

Dr. Moss is board certified in Sleep Medicine and has expertise in a broad spectrum of sleep-related disorders, including sleep apnea, insomnia, parasomnias and excessive daytime sleepiness.

THURS, Sept. 3 | Noon-1pm
Memorial Union, Room 242 (LaPaz)

Registration Required: www.asu.edu/hr/training

Deadline: Sept. 1

A minimum of 15 participants is required.

QUESTIONS? 480.965.4751

Flu Shots on Campus

Flu shots for employees only will be offered daily the weeks of **Sept. 14-18**, and **Sept. 28-Oct. 2**, at the Tempe campus.

IMPORTANT: To receive the shot at no charge, you must show BOTH your valid State-of-Arizona issued employee insurance card and your valid ASU Sun Card (no exceptions). All benefits-eligible ASU employees are welcome. Non-benefits-eligible employees may receive a flu shot for \$12.

Employees' family members, retirees, student employees, graduate assistants and other students are NOT eligible to receive a shot through this program; no exceptions will be made. Shots will be given on a first-come-first-served basis for as long as the supply lasts.

TIMES/LOCATIONS

SEPT. 14-18 & SEPT. 28-OCT. 2 | 10am-2pm
Outside Campus Health on Palm Walk

NO APPOINTMENT NEEDED



Be the Biggest Loser

Why We Gain Weight, How We Lose and How to Create a Lifestyle of Peak Health and Wellness

Despite the way it feels, losing weight isn't a mysterious process. It's a simple matter of burning more calories than you eat. Mike Fett, Tina Cardenas and Nichole Obman along with 102 of their colleagues started the Iron90 Workplace Wellness on Jan. 5, 2009. Together, the three shed an incredible 207.5 pounds in six months. The entire staff lost 1,500 lbs in six months, for an average weight loss of more than 13 pounds per person. See their *before* photos and hear how a customized meal and fitness training plan helped them shed body fat and create lean muscle.



WED, Sept. 9 | Noon-1pm

Memorial Union, room 242 (LaPaz).

Registration Required: www.asu.edu/hr/training

Deadline: Sept. 2

A minimum of 15 participants is required.

QUESTIONS? 480.965.4751

Winning the Migraine Pain Game Naturally

Is it actually a migraine or just a headache? Find out how to tell the difference and learn the role that stress, allergies, diet, tension, posture and hormones can play. You will also receive helpful information on

preventing migraines naturally.

Joseph A. Rotella M.D., D.C., is the founder and operator of Scottsdale Medical Center, a comprehensive facility offering Family Medicine and Chiropractic services in Scottsdale. His special area of interest is in the

integration of medical and chiropractic care for headache sufferers.

Dr. Rotella received his Doctorate of Chiropractic from Cleveland College of Chiropractic in Kansas City, MO, and a Doctorate of Medicine from the American University of the Caribbean in St. Martin, Netherlands Antilles.

THURS, Sept. 10 | Noon-1pm

Memorial Union, Room 242 (LaPaz)

Registration Required: www.asu.edu/hr/training

Deadline: Sept. 3

A minimum sign-up of 15 participants is required.

QUESTIONS? 480.965.4751

INFORMATION SESSION

WEIGHT WATCHERS AT WORK

Kick-off this fall—and those unwanted pounds—by joining Weight Watchers. Did you know a supportive network and a structured format for weight loss are right here on campus?

Classes are held 11:45-12:30pm each Tuesday at Campus Recreation (SRC) in the 2nd floor classroom. Membership in Campus Recreation is not required, but you must show your valid ASU ID (Sun Card) to enter and mention you are there for Weight Watchers.

NOTE: At least 18 employees must be pre-registered Tuesday, Sept. 15 for the program to take place. Registration and info will be handed out then.

COST: \$120 for ten weeks

DATES: Sept. 22-Nov. 24

MORE INFO: You must attend the Sept. 15 session

Acid-Base Balance and Your Health

Did you know acid-base balance is critical to your health? Do you even know what that means? When your health is poor and you have an increased diet acid load, you might experience a decline in sports performance, loss of muscle mass, an increased risk for osteoporosis and chronic low back pain.

Carol Johnston, Professor and Director of the Nutrition Program of the College of Nursing and Health Innovation, will describe diets with high- and low-acid loads and discuss the scientific evidence linking acid-base metabolism to disease.

Dr. Johnston received her doctorate from the University of Texas in Biological Sciences. She has published more than 85 peer-research articles and book chapters in the areas of vitamin C metabolism, low-carbohydrate and diabetic diets, maternal factors in insulin resistance, and vegetarian nutrition.

She is currently investigating the role of vitamin C nutrition in fat oxidation and adiposity risk. She also is researching how vinegar ingestion affects diabetes management, and the relationship between fish ingestion and mental health.

WED, Sept. 16 | Noon-1pm

Memorial Union, Room 242 (LaPaz)

Registration Required: www.asu.edu/hr/training

Deadline: Sept. 9

A minimum of 15 participants is required.

QUESTIONS? 480.965.4751

HASSLE-FREE HEALTHCARE SERVICES

Really? Yes—and you can be a part of making it a reality for ASU employees. Participate in focus groups on smart, simple, interactive technology from ASU SkySong company, Allviant.

MORE INFO

www.carepass.com/asu-efg

Trauma: Life in the ER

The magnitude of trauma injury as a public health problem is enormous. Challenges in the care of a trauma patient are complex and involve every aspect of hospital resources. Learn how a Level I Trauma Center faces these challenges on a daily basis in the care of a multiple trauma patient, and also provides insights into the future of trauma care.

Dr. Charles K. Hu, MD, FACS, FCCP, is an emergency room and level one trauma physician. He received his Doctor of Medicine from Wayne State University, Detroit, MI. He is currently Director of Surgical Trauma ICU at Scottsdale Healthcare. He also is an Assistant Professor of Surgery at Loma Linda University School of Medicine in California.

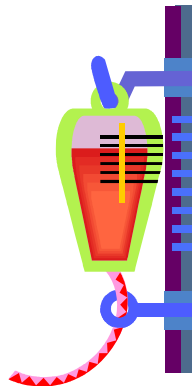
TUES, Sept. 22 | Noon-1pm
Memorial Union, Room 242 (LaPaz)

Registration Required: www.asu.edu/hr/training

Deadline: Sept. 8

A minimum of 15 participants is required.

QUESTIONS? 480.965.4751



Men's Health

Are you someone who is committed—or would like to be committed—to an activity but life, work and family demands leave limited time for personal pursuits?

In this introductory workshop, Dr. Amoia will cover the basics of creating an effective exercise program with proper preparation and injury prevention steps.

Dr. Amoia has a BS degree from Arizona State University and BS degree in Human Biology and Doctor of Chiropractor degree from the National College of Chiropractic. He treats all areas of the spine, focusing on lower back and leg pain. He has done extensive post-graduate work in acupuncture, receiving his Fellow from the International Academy of Clinical Acupuncture.

TUES, Sept. 29 | Noon-1pm

Memorial Union, Room 225 (Yuma).

Registration Required: www.asu.edu/hr/training

Deadline: Sept. 15

A minimum of 15 participants is required.

QUESTIONS? 480.965.4751

PERSONAL STORY

Organ Donation Myths & Facts

According to the United Network for Organ Sharing (www.UNOS.org), more than 101,000 Americans—including more than 1800 Arizona residents—were on the national waiting list for a life-saving organ transplant as of April 1, 2009.

Our guest speaker will tell a personal story regarding organ & tissue donation. The Donor Network of Arizona will have a representative available to discuss the facts of donation, eliminate misconceptions and answer questions.

TUES, Oct. 6 | Noon-1pm

Memorial Union, Room 242 (LaPaz)

Registration Required: www.asu.edu/hr/training

Deadline: Oct. 1

A minimum of 15 participants is required.

QUESTIONS? 480.965.4751

Natural Skin Care:

Where Health Meets Beauty

Learn about the care and feeding of your skin—*naturally*—with products you can make yourself.

Dr. Liz Jeffries will explain how your skin's health and beauty are much more than just skin deep and the

important connection between your overall health and radiant skin.

You'll learn how to cleanse, nourish and balance your skin and find out how it will help your overall health and create a more stress-free, radiant you. You'll better understand and respect your skin and your health, and get ideas and

recipes to make your own skin care preparations.

Dr. Liz received her Doctor of Chiropractic degree from Sherman College and her Bachelor of Science degree from California State University, East Bay. She maintains a practice in the Harmonic Healing Center in Tempe, where she also provides services as a certified Nutritional Consultant and Reiki practitioner.

THURS, Sept. 24 | Noon-1pm

Memorial Union, Room 242 (LaPaz).

Registration Required: www.asu.edu/hr/training

Deadline: September 10

A minimum of 15 participants is required.

QUESTIONS? 480.965.4751



Nutritional and Biochemical

Treatment of Pain and Inflammation

Our bodies weren't designed for modern life. We're sitting ducks to a daily barrage of toxins, infectious agents and stress—seen and unseen.

This kind of demand requires a lot of support to maintain your immune's system resilience. Our go-go lifestyle doesn't make room unless we pay attention to everything: what we breathe, eat, drink, absorb and feel. It all has a pro- or anti-inflammatory effect, and for most of us, the factors are skewed toward inflammation.



Learn how to make lifestyle changes that will naturally lower excess inflammation in your life.

Dr. Genet received both her BS degree in Human Biology and Doctor of Chiropractic degree from the National College of Chiropractic. She treats all areas of the spine with a focus on head, neck, shoulder, arm and hand pain using gentle, effective techniques. Dr. Genet is a member of the Arizona Association of Chiropractic.

WED, Oct. 7 | Noon-1pm
Memorial Union, Room 242 (LaPaz)

Registration Required: www.asu.edu/hr/training

Deadline: September 30

A minimum of 15 participants is required.

QUESTIONS? 480.965.4751

Living with MS

Do you know someone who is living with Multiple Sclerosis (MS)? I do. Sue Kelly, RN, was diagnosed with MS in 1999. She is an ASU graduate and a maternal/child nurse at Scottsdale Healthcare Shea.

Ms. Kelly will focus on the importance of wellness activities in anyone's life and how exercise plays an important role in living well—with or without with MS. The key to a joyful life is learning how to maximize our strengths.

THURS, Oct. 8 | Noon-1pm
Memorial Union, Room 240 (Navajo)

Registration Required: www.asu.edu/hr/training

Deadline: Oct. 1

A minimum of 15 participants is required.

QUESTIONS? 480.965.4751

The World of Herbal Nutrition

Herbs and the foods you probably already eat have many beneficial health properties. Marjorie Meyer, a Registered Dietitian and a Doctor of Pharmacy, delves into *The World of Herbal Nutrition* as she focuses on finding accurate resources and quality products.

She earned her Registered Dietitian and Doctor of Pharmacy degrees from Purdue University and has continued her education on herbs, functional foods and weight control, as well as nutrition support. She is currently a pharmacist at Scottsdale Healthcare Osborn.



TUES, Oct. 13 | Noon-1pm
Memorial Union, Room 242 (LaPaz)

Registration Required: www.asu.edu/hr/training

Deadline: Oct. 6

A minimum of 15 participants is required.

QUESTIONS? 480.965.4751

Thera-Bands

Recognized as the original system of progressive resistance for over 25 years, and endorsed by American Physical Therapy Association (APTA), Thera-band elastic resistance has been proven to increase strength, mobility and function, as well as reduce joint pain. Exercise programs using Thera-bands can improve functional ability and athletic performance, rehabilitate injuries and treat many chronic diseases.

In this class, Nicole Saltzman, PT, will show you the basics of using Thera-bands to improve your general wellness and fitness program. Ms. Saltzman completed her MS degree in Physical Therapy at Widener University in Chester, Pennsylvania. Her graduate thesis paper, on lengthening the hamstring muscles without stretching using "awareness through movement" was published in the December 2006 issue of the *Physical Therapy Journal*. She has more than 10 years' experience as a physical therapist.

Thera-bands provided!

WED, Oct. 14, Noon-1pm

Memorial Union, Room 085 (lower level)

Thera-bands will be provided in class.

Registration Required: www.asu.edu/hr/training

Deadline: Oct. 1

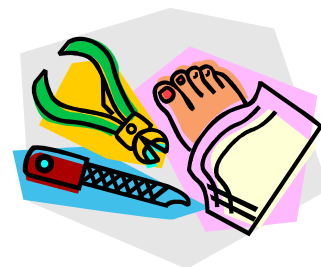
A minimum of 15 participants is required.

QUESTIONS? 480.965.4751

Taking Care of Your Feet

Stop neglecting your feet right now and be on the road to a long and healthy life. It may be hard to believe, but many people do not know the basics of foot care. This presentation will cover foot care tips, nail care, shoe buying suggestions and common foot and ankle conditions.

Dr. Ana Burns has a BS from North Carolina State and a medical degree from Temple University School of Podiatric Medicine in Philadelphia. She is board qualified by the American Board of Podiatric Surgery and has training in foot and ankle surgery, diabetic wound care, trauma, arthroscopic surgery and joint replacement. She has a Scottsdale practice and also works at Scottsdale Healthcare.



TUES, Oct. 20 | Noon-1pm
Memorial Union, Room 242 (LaPaz)

Registration Required: www.asu.edu/hr/training

Deadline: Oct. 6

A minimum of 15 participants is required.

QUESTIONS? 480.965.4751

Chair Massages

Is your department interested in having 15-minute therapeutic chair massages?

GET MORE INFO

Liz Badalamenti | 480.727.6517
elizabeth.badalamenti@asu.edu

Arthritis Health

Just because you are getting older doesn't mean you have to do less and experience more pain. For many people, arthritis can be disabling and even frightening.

Whether it affects your knee, shoulder, spine, hands or other joints, there are many ways you can still enjoy an active lifestyle, both at work and play. In this class, you will learn about the various aspects of arthritis and the latest treatments available.

Jan Revella, R.N., arthritis nurse specialist, will discuss problems and solutions, and will leave time for a questions period. Ms. Revella is director of research and education for the Sonoran Spine Research and Education Foundation. She is founder and director of Arthritis Education by Professionals, Inc., and has written the *Step-by-Step Arthritis Manual*.

THURS, Oct. 22 | Noon-1pm

Memorial Union, room 242 (LaPaz).

Registration Required: www.asu.edu/hr/training

Deadline: Oct. 8

A minimum of 15 participants is required.

QUESTIONS? 480.965.4751

Improve Your Health with Feng Shui



You've heard about Feng Shui before, but did you know this ancient Chinese wisdom can improve your health? Learn how to clear your clutter, which colors will improve your health and also get tips for your bedroom, kitchen and bathroom.

Sandy Sue Rector is a Feng Shui Master and has studied the Black Hat tradition of Feng Shui since 1998. She attended the Paradigm Institute of Feng Shui. Schooled in both Classical and Western traditions, Ms. Rector bridges the ancient Taoist philosophy with modern-day reality. With her skill and expertise, she educates and empowers people to co-create environments that support, nurture and enrich their lives and careers.

THURS, Oct. 29 | Noon-1pm

Memorial Union, room 242 (LaPaz)

Registration Required: www.asu.edu/hr/training

Deadline: Oct. 15

A minimum of 15 participants is required.

QUESTIONS? 480.965.4751

Financial Planning Boot Camp

How to Survive

the "New Normal Economy"

Do you have your financial house in order? Come spend an hour learning prudent common sense approaches to managing your way through the "New Normal Economy."

This workshop will help you create a budget, set financial goals, think globally and discuss how you can profit from a coming recovery in the next part of the economic cycle.

Buck Bandura, CFP, graduated with a degree in finance from Arizona State University and started his career as a financial advisor in 1998. He obtained the certified financial planner designation in 2004 and started his own business—Matrix Wealth Management—in May 2006.



TUES, Oct. 27 | Noon-1pm

Memorial Union, room 242 (LaPaz).

Registration Required: www.asu.edu/hr/training

Deadline: Oct. 13

A minimum of 15 participants is required.

QUESTIONS? 480.965.4751

Depression:

A Multi-dimensional Perspective

Depression affects millions of Americans and their loved ones every year. If depression is affecting your life, there are a variety of helpful resources available to help.

The Employee Assistance Office will host a panel discussion on the topic to educate people about depression, offer options and answer questions. Panel participants will include an individual sharing her personal experience with depression, a counselor from Employee Assistance Office (EAO) and a resident psychiatrist from Banner Good Samaritan.



WED, Oct. 28 | Noon-1pm

Memorial Union, Room 207 (Gold)

Registration Required: www.asu.edu/hr/training

Deadline: Oct. 14

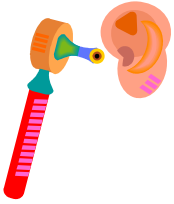
A minimum of 15 participants is required.

QUESTIONS? 480.965.4751

Additional INFO

Speech and Hearing

The ASU Speech and Hearing Clinic is one of the Valley's best kept secrets! It's open to the public and offers expert, comprehensive research-based services to patients of all ages.



A wide range of diagnostic audiological services to assess hearing ability and balance are available using the most innovative techniques, materials and state-of-

the-art equipment. The clinic also provides rehabilitative services to provide hearing aids, cochlear implant mapping, FM systems, other assistive devices and aural rehabilitation.

The general public can receive services for a competitively priced fee. Insurance is accepted with appropriate prior authorization; discounted rates are available for ASU employees and students, and a sliding fee scale is available for those who meet the financial eligibility requirements.

MORE INFO

480.965.2373 | www.shs.asu.edu/clinics

Behavior Change for Weight Loss

The ASU Clinical Psychology Center offers sessions to help participants change behavior to lose weight.

Sessions focus on:

- Understanding the role of thoughts, feelings and behavior in weight gain
- Changing your surroundings to promote healthy behavior
- Maintaining healthy behavior long-term



Once interest and availability has been assessed, program meetings facilitated by members of the Clinical Psychology Center will be scheduled on a weekly basis in the Psychology Building on the Tempe campus.

MORE INFO

The Clinical Psychology Center | 480.965.7296

Personal Money Management/ Credit Counseling

ASU Work/Life Balance Programs in partnership with Debt Free Credit Counseling, Inc., a non-profit public service, offers personal money management assistance for ASU employees. If you are feeling over-extended and overwhelmed, "drowning" in debt, or have too few checks and too many bills, this service may be just what you need.

In addition to bankruptcy counseling, services include tips on how to:

- get a credit report/correct report errors;
- budget and balance a checkbook;
- set up affordable re-payment plans;
- stop collection activity; and
- improve credit rating.

30-MINUTE APPOINTMENTS

Available the 1st and 3rd Tuesday each month, 11am-1pm at the University Services Building

CONTACT

Elizabeth Badalamenti, RN, BSN | 480.727.6517

Debt Free Credit Counseling

Janice Buzzelle | Credit Counseling Specialist
1148 W. Baseline Rd. | Mesa | 480.388.3520

Legal Services

ASU offers a legal assistance program for all employees, faculty and staff. No legal situation is too big or small.

The services include:

Preventative Legal Services

- Unlimited Consultation
- Letters Written
- Contracts reviewed
- Will Preparation

Motor Vehicle Legal Services

- Traffic Ticket representation
- Major Accident Representation

Civil Trial Defense Services

- Civil Trial Defense

IRS Auditing Services

- Audit Representation

Legal Shield

- 24-hour contact for emergency services

MORE INFO

ASU Legal Services Representative
Wendell Wesley | 480.232.1831

COST: \$15.95—with no obligation or hidden costs



Health Watch News is a publication of the ASU Employee Wellness Program, a division of Human Resources.

P.O. Box 875705, Tempe, AZ 85287-5705
480.727.6517 | www.asu.edu/hr/employee_wellness