October is Breast Cancer Awareness month and we are proud to launch our new employee wellness program during this time. Most of us have been affected by cancer, either directly or indirectly. What have you done to help those wonderful people around you?

We have all heard of the Susan Komen Foundation and the Race for the Cure, but how did it get started? Susan Komen was diagnosed with breast cancer at the age of 33. She died only 2 years later after her battle with this disease. While going through several surgeries, radiation, and chemotherapy, Susan discussed with family that she wanted to contribute to fighting this cancer and helping those in the future. After her death, her sister founded the organization we all know so well. It has been around for more than 25 years. Who said, ‘one person cannot make a difference.’?

Statistically speaking, research shows women who have been on long-term hormone therapy have increased risk of breast cancer, however, there is no link to birth control at this point. Approximately 2,000 men get breast cancer per year, accounting for 1% of all breast cancer patients. One of the most common risk factors for men is having a female relative with breast cancer.

Postmenopausal women are the most common cancer patients. They can decrease their risk of cancer by maintaining a healthy weight and being physically active. (American Journal of Epidemiology, 2008) Present research suggests that adding flaxseed to your diet and increasing your Vitamin A may decrease some breast cancers. Additional research is needed. (Mayo Clinic, 2006)

The Komen Foundation has given grants totaling over $400 million and over $1 billion in non-profit funds dedicated to curing breast cancer at every stage. Please contact the American Cancer Society at (314) 286-8100 or Komen Foundation at 1-877-GO-KOMEN to make a donation.

Remember, one person can make a difference!

---

**WELLNESS INCENTIVE PROGRAM**

We are excited about the many wellness programs and activities Lindenwood will be offering. Throughout the year, you will have the opportunity to attend “Well-at-Work” series, answer on-line trivia, walk the new walking routes, participate in the incentive program, and much more!

**“WellBuck” Incentives for October**

- Well-at-Work Series: $5,000
- Register for on-line tracking (www.10000steps.org.au) by October 20th: $1,000
- Show support of Breast Cancer Awareness Month: $10,000
  (get a mammogram, attend a health fair, participate in a walk for the cure, donate to a charity org, etc.)

Throughout the incentive program, you may request to receive extra WellBucks for off-campus activities that promoted your personal well-being, please submit request to: lindenwell@lindenwood.edu

For more information on the incentive program, visit: www.lindenwood.edu/lindenwell
The word ergonomics comes from the Greek words “ergon” meaning work and “nomos” meaning “laws”. Ergonomics is defined as the science of adapting tasks, workstations, tools, and equipment to fit the worker rather than forcing the body to fit the job. In other words, making your body be as lazy as possible and still get your job completed!

The study of ergonomics covers all aspects of the job. The body is not only affected by physical stressors but environmental stressors play a role as well.

Physical stressors include musculoskeletal disorders (MSDs) also known as cumulative trauma disorders (CTDs) or repetitive strain injuries (RSIs). These are repeated stress or over use injuries that occur to the soft tissues of the body which includes muscles, tendons, ligaments, cartilage, and the nervous system.

Area that are most prone include the arms, neck, back, hands, fingers, wrists, shoulders, and eyes. Possible injuries that may occur to these areas include tendonitis, tenosynovitis, carpal tunnel syndrome, circulation problems and lens deformities.

Environmental factors can also present problems for the human body. Working in extremely hot or cold weather, improper lighting, excessive noise, and poor air quality are just a few examples that may have a negative effect on the body in some way.

So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s troubles are enough for today.”
Matthew 6:34

Stress is one of the main causes of illness today. Worry is one of the components of stress. If we rid ourselves of worry we are one step closer to good health practices. We find that Jesus had some of the same concerns as He addresses the exact issue of worry in Matthew 6:34 where he states, “So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s troubles are enough for today”. In the The Message a more contemporary version of the Bible we read, “Give your entire attention to what God is doing right now, and don’t get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the times come”. So the message is deal with what is present and quit worrying about issues that you have no control. Be at peace and take time to sit and meditate on what is important to you. Establish a time each day that you can talk with God; some call this daily disciplining - a time spent with God.

Stress is one of the main causes of illness today. Worry is one of the components of stress. If we rid ourselves of worry we are one step closer to good health practices. We find that Jesus had some of the same concerns as He addresses the exact issue of worry in Matthew 6:34 where he states, “So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s troubles are enough for today”. In the The Message a more contemporary version of the Bible we read, “Give your entire attention to what God is doing right now, and don’t get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the times come”. So the message is deal with what is present and quit worrying about issues that you have no control. Be at peace and take time to sit and meditate on what is important to you. Establish a time each day that you can talk with God; some call this daily disciplining - a time spent with God.

So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s troubles are enough for today.”
Matthew 6:34

Stress is one of the main causes of illness today. Worry is one of the components of stress. If we rid ourselves of worry we are one step closer to good health practices. We find that Jesus had some of the same concerns as He addresses the exact issue of worry in Matthew 6:34 where he states, “So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s troubles are enough for today”. In the The Message a more contemporary version of the Bible we read, “Give your entire attention to what God is doing right now, and don’t get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the times come”. So the message is deal with what is present and quit worrying about issues that you have no control. Be at peace and take time to sit and meditate on what is important to you. Establish a time each day that you can talk with God; some call this daily disciplining - a time spent with God.

Lindenwood University student Darcy Chase is working with Julie Mueller and Dr. John Oldani in developing re-cycling and environmental friendly initiatives for the university. Ms. Chase is a member of “Go Green” which is a student organization committed to protecting the environment. You may have already been approached by Darcy to help in this matter. Other re-cycling initiatives are in the planning process and “Go Green” will be reporting to Mueller and Oldani shortly on initiatives. Faculty, staff and students will be briefed on these projects as they are implemented. If you have any ideas to help in this matter, please contact Dr. Oldani or Julie Mueller. They will make suggestions to “Go Green.” After all, it fits in with all the green trees we have on campus.

Another initiative called, The University Readership Program, provides copies of daily newspapers free of charge. Newspaper stands are provided in classroom buildings and unused papers are recycled. Funding for the program is provided through the Student Activities Office and was initiated by LU Student Government.
SOCIAL HEALTH—WALKING TRAILS

The walking trails are up and “running”. We are excited to see people enjoying the trails! There are 24 different trails to follow. Starting points are presently located at Roemer Hall, Welcome Center, Fine and Performing Arts, Memorial Arts Building and the Spellmann Center. Look for the Walking Route sign at each building, route cards are connected to each sign.

We are currently working on more trails. We encourage you to take a friend on the walking route or set up a friendly competition between your co-workers. Physical activity is much more enjoyable when done with a friend.

To download routes, visit:
www.lindenwood.edu/lindenwell

MENTAL HEALTH

We already know our stress triggers: work, family, friends, role responsibilities, etc. The list can be endless. Go ahead. Write them down. See how long it is! With some of our stressors, we actually have a bit of control and can tolerate them. Yet, with the more intense or chronic stressors, we have little to no control. BUT, we do have control in HOW we respond to these stressors.

There are six major coping categories that we can use as a resource for dealing with these types of stressors: [1] diversions, [2] family, [3] interpersonal, [4] mental, [5] physical, and [6] spiritual. This article will explore diversions. There are six types of diversions or distractions: [1] getting away is a time to be off by ourselves and be able to listen to our thoughts, whether it be daydreaming or going to a movie. Hobbies can be any activity where our creativity and imagination are used fully. If our work does not have a product at the end of the day, then building or making something that does have a product could be an escape. Learning can range from joining a club that is focused on one of our interests or just reading for enjoyment. There are clubs for just about anything, different makes of car clubs, writing groups, etc. Using music for coping can range from playing an instrument to listening to music. It is hard to think about something else when we are singing. Music can also be used for self-soothing and relaxing. Playing not only is fun, it can be used for coping. Sports and board games are play. If we choose to go out with friends, it may be better to go out with friends that are “good time” friends who would rather laugh than talk. Work, yes work, can help with coping with stress by getting involved in a new project that we enjoy or by volunteering our time to help others. When we are coping with relationship or family stressors, work is helpful to pull our minds out of that stressor for a while.

READING YOUR PALM ... WHAT IS IN THE FUTURE

Indoor walking routes will be located on the website for rainy days.

If you have ideas for a Well-at-Work Series, please email lindenwell@lindenwood.edu

For all the most up-to-date information on the current incentive program, including: the “WellBucks” program, monthly workshops, and weekly activities, visit the website:
www.lindenwood.edu/lindenwell

November Observances:
American Diabetes Month
Lung Cancer Awareness
Pancreatic Cancer Month
Pulmonary Hypertension Month
National Alzheimer’s Disease Month
WHAT DID YOU CHOOSE?

Big Mac has 540 calories and 29 g. of fat. Whopper with cheese has 760 calories and 47 g. of fat.

NUTRITIONAL TIP

Do not add the onions while browning the meat. You can reduce your fat calories by 1/3 if put them in after browning.

HEALTHY RECIPE OF THE MONTH

STUFFED PEPPERS

<table>
<thead>
<tr>
<th>1 lb. lean ground beef</th>
<th>1 tsp sea salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 tsp black pepper</td>
<td>1/4 tsp cayenne pepper</td>
</tr>
<tr>
<td>2 garlic cloves, crushed</td>
<td>1/2 c. onion, chopped</td>
</tr>
<tr>
<td>1/2 c. Minute Rice</td>
<td>3 medium green peppers, cut in halves, seeded</td>
</tr>
<tr>
<td>3—8 oz tomato sauce</td>
<td>1/4 c. water</td>
</tr>
<tr>
<td>3 Tbsp Parmesan Cheese, grated</td>
<td></td>
</tr>
</tbody>
</table>

Directions:
Preheat oven to 425°F. In pan, brown ground beef. Drain fat and then add onions. Stir in 1 1/2 cans of tomato sauce, water, 1 Tbsp cheese, salt pepper and garlic. Heat, covered 3-5 minutes. Stir in rice and let stand, covered, for 7 minutes.

Meanwhile, prepare peppers by seeding and washing them. Spoon meat mixture into peppers and placing on cookie sheet. Top with remaining tomato sauce and cheese. Cook 15-18 minutes.

You may also freeze stuffed peppers (without tomato sauce and cheese on them) for 3 months in freezer bags, 6-9 months in vacuum sealed bags.