



ROSE Newsletter

January/February 2015



JANUARY IS...



Cervical Health Awareness Month

HPV (human papillomavirus) is the most common sexually transmitted disease, and a major cause of cervical cancer. About 79 million Americans currently have HPV, but many don't know they are infected. HPV can be prevented by the HPV vaccine. Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care.

For more, visit: <http://www.nccc-online.org/>

FEBRUARY IS...



American Heart Month

Make knowing your heart health numbers the New Year's resolution that you keep in 2015:

- **Blood Pressure:** normal blood pressure is below 120/80.
- **Cholesterol:** total cholesterol of 200 mg/dL or lower is considered normal; optimal LDL (bad cholesterol) is 100 or lower.
- **Waist size:** use a tape measure to circle your waist at the belly button—if your waist size is equal to or more than 35 inches in women / 40 inches in men, you're at increased risk of cardiovascular disease, diabetes, metabolic problems, high blood pressure and abnormal cholesterol.

Information adapted from: <http://www.webmd.com/heart/features/do-you-know-your-heart-numbers>

HEALTHY LOVE

January and February are also stalking and teen dating violence awareness months. Take some time to learn about these forms of abuse and share your knowledge with the young people in your life. Here are some facts:

Stalking

- 6.6 million people are stalked in the U.S. per year.
- More than 1/2 of female victims and more than 1/3 of male victims indicated that they were stalked before the age of 25.
- 2/3 of stalkers pursue their victims at least once per week, many daily, using more than one method, including technology and mobile devices.



Teen Dating Violence

- 1 in 3 U.S. teens will experience physical, sexual or emotional abuse by someone they are dating.
- Only 33% of teens who were in a violent relationship ever told anyone.
- 81% of parents believe teen dating violence is not an issue or admit they don't know if it's an issue.

All people of any age deserve healthy, safe relationships!

For more about teen dating violence, please visit: <http://www.loveisrespect.org/teenDVmonth>

INDOOR PLAY IDEAS FOR KIDS

Beat "cabin fever" during January and February with these fun activities:

At Home

- Go camping inside! All you need is a blanket tent, flashlight, and a little imagination.
- Homemade play-dough: mix 1/4 cup salt, 1 cup flour, 1/4 cup water in a bowl. Knead in food coloring, unsweetened Kool-Aid, or glitter for extra fun.
- Make a mystery box. Cut a hole in the side of a shoe box (big enough for your child's hand). Put items in and let kids guess just by touch (gross them out with a handful of cooked spaghetti!)

Around Town

- The Marketplace Mall has a free indoor play area for all kids under 42".
- City and community library branches have many free events. For listings, visit: <http://www.3.libraryweb.org/home2.aspx>

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SPIRITUALITY AND HEALING

Regardless of how one experiences spirituality—whether in prayer or meditation, walking in nature, etc.—fostering a connection between body, mind and spirit can help us cope with stress and sickness. According to research, the meaning, comfort, inner-peace and hope that spirituality affords can contribute to better health.

Identify things that bring you serenity and strength and make time for spiritual wellness. Regard simple pleasures like singing, reading something inspirational, volunteering, or swimming as opportunities to rejuvenate. Prayer, meditation, or other spiritually renewing activities can be practiced each day and often cost nothing.

<http://familydoctor.org/familydoctor/en/prevention-wellness/emotional-wellbeing/mental-health/spirituality-and-health.html>



EAT WELL, FEEL WELL

You don't have to deprive yourself to clean up your diet. Try a few of these simple changes/substitutions:

- 100% whole wheat bread or pita, rather than white bread
- For a salty snack, try mixed nuts; for a sweet snack, try dark chocolate (or, better yet, combine!)
- Add one more fresh fruit or veggie serving per day
- Prepare brown rice instead of white rice
- Cook sweet potatoes instead of white potatoes
- Consider ground turkey as an alternative to ground beef

For 83 great substitution ideas, visit: <http://greatist.com/health/83-healthy-recipe-substitutions>

Rather than an “all or nothing” approach, make healthier choices one meal at a time. This month try a healthier breakfast option, such as:

- 1 cup of Raisin Bran or Cheerios with low fat milk, a piece of fruit, and a cup of coffee.

For more ROSE info. visit our website:
www.urmc.rochester.edu/psychiatry/outreach/Project-Rose.aspx
Or call Iwona Juskiewicz:
(585) 275-3687

BREATHE EASIER

One of the most important choices you can make at the start of 2015 is to stop smoking, or help a loved one quit.



Why Quit?

- Improve your health
- Save money
- No more hunting for a spot to smoke
- No more standing in the cold
- Smell better
- Taste food better
- Breathe easier
- Set a good example

What You Need to Quit?

- The desire to quit
- A quit date (and a calendar to mark it)
- A list of family and friends who will support you
- Identify triggers (when do you like to smoke? What makes you want to smoke?) and come up with solutions so they don't derail you
- When you're ready, get rid of all ashtrays, lighters, cigarettes, etc.

For support and resources call the NY State Quit Line: 1-866-697-8487, or visit: <http://nysmokefree.com/>