

Main Campus Wellness Committee Newsletter

May is Health & Fitness Month

May holidays and observances:

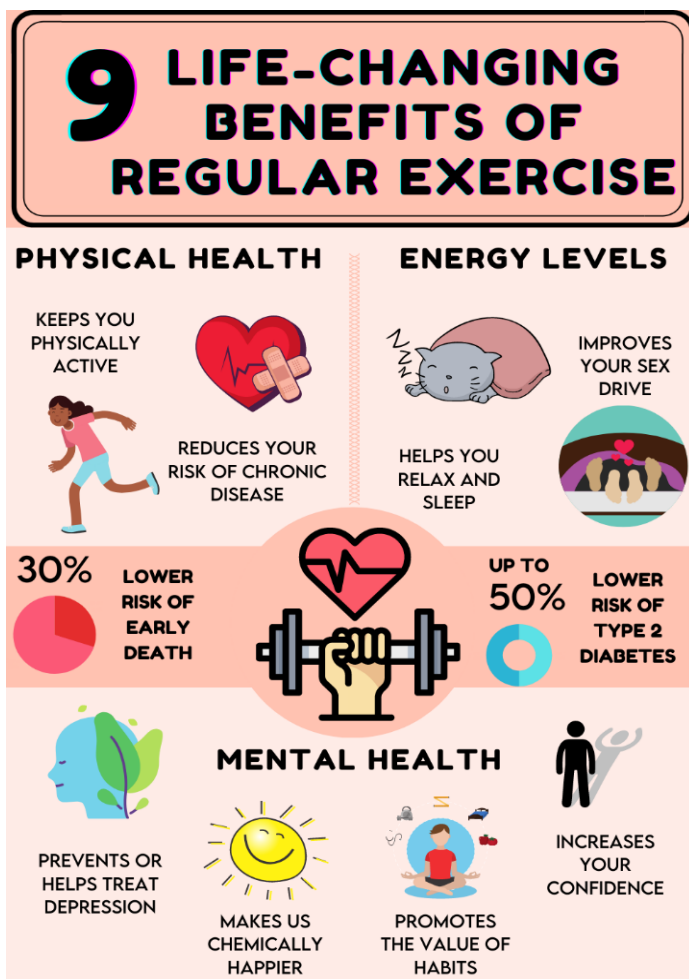
See the list below to heighten your awareness of holidays and observances in May. Click on each link to learn more.

- [Skin Cancer Awareness Month](#)
- [Arthritis Awareness Month](#)
- [Kentucky Derby](#) - May 4
- [National Teacher Appreciation Week](#) – May 6-10
- [National Nurses Week](#) - May 6-12
- [Mother's Day](#) - May 12
- [Memorial Day](#) - May 27 (celebrated)

Wellness Topic: [Health & Fitness](#)

Why is your health and fitness so important? Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.

Exercise is one of the single most important thing you can do to improve your health. Here's how it helps:



EAP Topic: [Lyme Disease](#)

Here are some resources you can request from EAP:

- [Lyme Disease - What You Need to Know](#)
- [Understanding Tick Bites and Lyme Disease](#)
- [Children and Lyme Disease](#)
- [Pregnancy and Lyme Disease](#)

If you would like additional resources on these topics, as well as free and supportive counseling, referrals to health professionals, and/or answers to your confidential questions, contact EAP Supervisor Michelle Stolicker or one of their Coordinators at this link: [EAP Homepage](#)

Mark your calendars!

- **EAP Virtual Workshops:** The sessions below will be presented live and online by EAP Supervisor Michelle Stolicker. Anyone interested can register by emailing eap@ocmboces.org with the title(s) in the subject line and your contact information in the body of the message. **If you can't attend live, you can still register and receive a replay link and slides.**
 - **May 1 - Caregiver Camp: Alzheimer's & Related Dementias** - 4:30 - 5:30 p.m.
 - **May 8 - 5 Languages of Love Revisited** - 4:30 - 5:30 p.m.
- **Noontime Walks - Tuesdays & Thursdays:** Twenty-minute walks begin **May 7** at 12:15 p.m. Put on a comfortable pair of shoes and meet outside the Main Campus administrative entrance. All paces are welcome. Walks will occur on all regularly scheduled workdays through Thursday, **May 30**. If the weather is inclement, we will inform the receptionist or post a sign if the walk is canceled. Of course, you can still go out on your own.
- **Food Truck Friday:** 11 a.m. - 1 p.m. on site near the Adult Ed Entrance. 10% of all proceeds benefit Adult Ed students in need.
 - **May 3 [Oompa Loompyas](#)**
 - **May 31 [Sippy's Ice Cream](#)**
- **Syracuse Pride:** On Wednesday, **May 15**, we invite you to wear orange, blue & white to support our very own Syracuse Mets as they take on Iowa at NBT Bank Stadium. Let's show our Syracuse Pride in workplace fashion! (No hats, please.)

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- **Be Seen in Green:** We'd also like to encourage everyone to wear green on Friday, **May 17**, to support Mental Health Awareness Month.
- **Book Club:** Bring your lunch, discuss your favorite book(s), share what you're currently reading and comment on the book club pick. Join the book club on **Wednesday, May 29, from 12 - 1 p.m.** in the Skaneateles Conference Room to discuss "The Women" by Kristen Hannah. Contact Penelope Abrams at pabrams@ocmboces.org if you have questions or recommendations for the club.
- **Syracuse Workforce Run: Thursday, June 6.** Send in the summer with your colleagues at the Syracuse Workforce Run! This is an opportunity to come together as a team and have fun while running/walking a 5K course on the Onondaga Lake Parkway. The run begins at 6:45 p.m. Hope to see you at the lake! The cost is \$43. [You can use this link to register for the OCM BOCES corporate team.](#)

Easy Healthy Recipe: Have a healthy, favorite recipe to share in this newsletter? Email it to ddiriwachter@ocmboces.org.

Mason Jar Chicken Salad with Avocado Ranch Dressing

Serves 4 | Calories 338

Ingredients:

- 1 tbsp avocado oil
- 1 lb. boneless skinless chicken breast halves, cut into 1-inch cubes
- 1 tbsp chili powder
- 1 avocado
- 2 tbsp low-fat cottage cheese (or Greek yogurt)
- 1 lime, juiced
- 1 tsp ranch seasoning blend
- 1 ½ cups cherry tomatoes, halved
- 1 cup canned corn, drained and rinsed
- 1 medium red onion, thinly sliced
- 1 large head broccoli, rinsed and chopped into florets

Directions:

1. In a large skillet over medium heat, add avocado oil. Place chicken in skillet and sprinkle chili powder over chicken. Cook, stirring often until browned, about 8 to 10 minutes. Remove from heat and cool.

2. In a food processor, place avocado, cottage cheese, lime juice and ranch seasoning and process until smooth, about 30 seconds to 1 minute.
3. To assemble the mason jars, divide the dressing among four 32-oz jars with lids. Repeat with remaining ingredients, layering tomatoes, chicken, corn, red onions, and broccoli. Place lids tightly on jars and refrigerate until ready to eat. [Click here for recipe.](#)

HEALTH TIP CORNER

Skin Cancer: People often ask, "What does skin cancer look like? What should I be looking for?" Dermatologists typically recommend the ABCDEF method/guidelines; however, notice they have added the F for failure to heal. This one is important! They can't tell you how many non-healing "pimples" "sores" "cuts" "splinters" (the list goes on and on) that actually turned out to be skin cancers. For this reason, if you have ANY lesion that is not healing, you should have it checked out by your dermatologist.

[Click here to see a video from the Cleveland Clinic \(2:42 mins\).](#)



Virtual Calming CORNER

Our very own Hillary O'Hagan in OCM BOCES Instructional Support Services has created a "Virtual Calming Corner" for students, families and educators to find tools and strategies for managing emotions and feelings. Please use these resources to reflect, find peace, and care for yourself! [Click here](#) for the full list of resources.

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Fun Corner

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2	3	1	9	7	6	8	5	4
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[Click here](#) for the answer!

**Join our Main Campus Wellness Committee
meeting on 6/3/24**

(Meetings are the first Monday of each month.)

Thinking about becoming a Wellness Member?

Have a wellness idea or question?

Reach out to Beth Salatti

bsalatti@ocmboces.org or

Mari Ukleya mukleya@ocmboces.org

**Keep an eye out for email invitations to
Wellness Committee events!**

Dates to remember for June:

June 6 – Syracuse Workforce Run

June 14 - Calle Tropical

June 21 - Yum Yum Shack



#MENTALHEALTHMATTERS

MAY 20TH: HIDING IN PLAIN SIGHT SHOWING

IN HONOR OF MENTAL HEALTH AWARENESS MONTH IN MAY, THE YOUTH DEVELOPMENT DEPARTMENT AT OCM BOCES WILL BE HOLDING A SHOWING OF THE DOCUMENTARY: HIDING IN PLAIN SIGHT: YOUTH MENTAL ILLNESS FEATURES FIRST-PERSON ACCOUNTS FROM MORE THAN 20 YOUNG PEOPLE, RANGING IN AGE FROM 11 TO 27, WHO LIVE WITH MENTAL HEALTH CONDITIONS, AS WELL AS PARENTS, TEACHERS, FRIENDS, HEALTHCARE PROVIDERS IN THEIR LIVES, AND INDEPENDENT MENTAL HEALTH EXPERTS. HIDING IN PLAIN SIGHT GIVES EDUCATORS AN OPPORTUNITY TO CONSIDER THE IMPORTANCE OF DESTIGMATIZING YOUTH MENTAL ILLNESS. UNDERSTANDING THE COMPLEXITIES OF THIS TOPIC AND PROMOTING DIALOGUE TO HELP EDUCATORS ENGAGE STUDENTS.

[CLICK HERE FOR MORE INFORMATION & REGISTRATION](#)

#MENTALHEALTHMATTERS

[Click on the image above or on this link to register on MLP.](#)

**Mental Health Awareness resources from our
Youth Development Department:**

- [Mental Health Resources for Families](#)
- [10 Tips for Parents Coping with Anxiety](#)
- [Mental Health Resources for Parents of Adolescents and Young Adults](#)
- [Why does Youth Social Life & Confidence Matter for Mental Health?](#)
- [Social Media and Mental Health](#)
- [When Home Life is Hard](#)
- [Mental Health High School Curriculum Guide](#)
- [Every Day Mental Health Classroom Resource](#)