NEW U Newsletter
- February 2021

NEW U is a wellness committee responsible for promoting health and wellness among staff and faculty. We strive to provide information, events and ideas to educate and motivate you into a healthier lifestyle.

The Requirements to being a Wellness Participant in 2021

2. Receive one dental screening/cleaning or an annual vision screening.
3. Receive one preventative service. (Annual routine exam, mammogram, colonoscopy, etc.)
4. Participate in at least 5 activities throughout the year in a wellness activity sponsored by NEW U or individual activities. These 5 activities must be in at least (2) of the following categories: Nutrition, stress management, fitness & wellness education.

Wellness participants will receive an additional $300 in their health savings accounts during the year. Those who satisfy the wellness requirement by June 4, 2021 will receive the $300 in June. Otherwise, those who satisfy the wellness requirement by December 3, 2021 will receive the $300 in December.

Stress Management Lunch & Learn with Dr. Suzanne Chong
February 4 — noon — Zoom

Obligations, deadlines, and other responsibilities are inevitable in our day-to-day living, but occasionally our to-do list turns into a stressor that overpowers our well-being.

This conversation on stress management will allow us to gain insight into why there are some days we feel more overwhelmed than others, develop flexibility so that we can roll with the punches, and discuss strategies that help us come out feeling more balanced and grounded. *Earn a Wellness Point for Participating

Join Zoom Meeting
https://ursinus-edu.zoom.us/j/96619216707

Traditional Teachings of Yoga Lunch & Learn with Katie Bean
February 10 — noon- Teams

Did you know there are 8 entirely different limbs of yoga that guide the practitioner towards a satisfying and fulfilling life, not just a physical workout? The purpose of the physical postures, the asana, is to prepare the body and mind to meditate.

Come to just scratch the surface of the traditional teachings of yoga and learn about the 8 limbs with Katie Bean, Certified Trauma-Informed Yoga Teacher. *Earn a Wellness Point for participating.

Click here for more information regarding New U.

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4th: STRESS MANAGEMENT LUNCH & LEARN
5th: WEAR RED DAY
10th: TEACHINGS OF YOGA LUNCH & LEARN
14th: VALENTINE’S DAY
15th: PRESIDENT’S DAY
22nd: WASHINGTON’S BIRTHDAY

Join Zoom Meeting
https://ursinus-edu.zoom.us/j/96619216707

Register here.

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February earned the title of National Cherry Month as it includes both President’s Day and Washington’s Birthday. The "alleged chopper of the cherry tree", the first President of the United States is deeply rooted in folklore. When young George Washington’s father asks who chopped down a cherry tree on the family farm, young Washington replied, “I cannot tell a lie, I chopped down the cherry tree.” And so, this links Washington and cherries forever to February.

Quinoa Salad with Cherries and Feta
Makes 4-6 servings

Ingredients
– 2 cups cherries
– Kosher salt
– 2 cups quinoa
– 3 tablespoons minced shallot
– 3 tablespoons red wine vinegar
– 4 tablespoons olive oil
– 1/2 cup minced flat-leaf parsley
– 1/2 pound feta cheese, crumbled
– 1/4 cup toasted slivered almonds

Directions
1. Pit the cherries into a small mixing bowl, and let sit while you make the quinoa.
2. Bring a large pot of water to a boil. Add the quinoa to a fine-mesh strainer, and rinse thoroughly under cool water. Add the quinoa to the boiling water, and cook for 6-8 minutes, and strain.
3. Add an inch of water to the quinoa pot, set the strainer (with the cooked quinoa still in it) inside the pot; make sure the quinoa doesn’t touch the water. Cover with the lid, turn the heat up to high, and steam for 3-5 minutes, or until the quinoa is tender and no longer waterlogged. Put cooked quinoa in bowl.
4. Slice the pitted cherries into thin rounds, and set aside in another small bowl. Add the minced shallot, red-wine vinegar, olive oil, and 1/2 teaspoon salt to the bowl that the cherries were pitted into. Whisk to combine.
5. Drizzle the dressing over the warm quinoa; add the parsley, feta, and almonds; and toss to combine. Serve at room temperature.

Get Recipe Here.

February—Heart Month

Heart disease is a leading cause of death in the United States, causing one in four deaths each year. But there’s a lot you can do to live a heart-healthy life.

1. Move More
2. Eat Healthy Foods
3. Aim for a Healthy Weight
4. Reduce Stress & Improve Sleep
5. Know your numbers
6. Quit Smoking

Wear red on Friday, February 5th -

for National Wear Red Day to raise awareness about heart disease and encourage others to do the same.

FIRST AID/CPR/AED ADULT
9 am to 12 pm in IDC 114
Saturday, February 20

This is the American Heart Association class with a course completion card. The card is good for 2 years. **The Cost $80 for the class payable upon arrival to the class.**

In person class and seating will be limited so register early! Click here for more details!

* Earn a Wellness point.

Ursinus offers all Faculty & Staff the Employee Assistance Program (EAP) to help those seeking support and resources on matters of Family, Health, Life, Money and Work. The insurance provider for this program is Metropolitan Life Insurance Company.

For consultation services call: 1-888-319-7819
Or log on to metlifeeap.lifeworks.com,
user name: metlifeeap and password: eap

Check out the COVID-19 (Coronavirus) Toolkit which offers articles and resources on the virus.