One of the major recommendations made in the final report of the Task Force on Health & Well-Being in November 2004 was to “create a health and well-being newsletter.” Welcome to our inaugural issue! Please note the new logo for Health & Well-Being at Princeton, which we hope captures our mission of increasing the awareness of programs, services, and benefits related to health and well-being, for all members of the Princeton University community.

Carebridge Offers Employee Services

This year, Princeton University has entered into a contract with Carebridge Corporation, a company that offers 24-hour-a-day, 7-day-a-week employee assistance and work/life counseling for faculty, staff, and their household members, at no cost to them. There is also a counselor on campus eight hours a week.

The program provides telephone and/or face-to-face counseling sessions, and covers the following issues: child care, elder care, family/marital relationships, alcohol/drug problems, stress management, time management, financial concerns, parenting/school issues, college planning, adoptions information, work relationships, legal assistance, depression and anxiety, grief and loss, continuing education, spouse/child/parent abuse, and relocation guidance.

During the first three months of the University’s affiliation with Carebridge, 325 services to faculty and staff already have been provided. Please visit the Carebridge Web site (www.carebridge.com) for more information. Also, see page 3 of this newsletter for upcoming Carebridge seminars on campus.

Highlights

2
Health
Smoking cessation
CPR courses
HeartSmart
Screening for mental health online
New UHS Web site launched

3
Work/Life
TIAA-CREF
Prescription home delivery
Carebridge seminars
Staff Service Awards Luncheon

4
Fitness
FitFest 2005
Fitness discounts
Fitness center newsletter
Faculty/Staff programs
Calendar of events
Weight training and diabetes

5
Dining
Healthy Eating Lab
Conscious Cuisine®

6
Well-Being
Featured office: University Services
Spirituality
Panel discussion: Do prayers heal?
HeartSmart

Employee Health at University Health Services invites faculty and staff to participate in HeartSmart, a program designed to help identify risk for cardiovascular disease, diabetes, and renal and liver problems. This confidential program takes place over two sessions. Participants will first have a blood sample drawn, taken after fasting, which will be tested for cholesterol and blood sugar levels, and kidney and liver functions. At a one-on-one follow-up session, an Employee Health professional will conduct a brief physical exam, discuss risk reduction techniques, and help participants develop a strategic plan to improve their health. Specialist care, if needed, will be advised. Program cost is $15.

To schedule a HeartSmart appointment, contact Peggy Henke, office manager for Employee Health, at 258-5035; phenke@princeton.edu.

Screening for mental health online

Princeton students, staff, and faculty can now access confidential scientific online screening tools for depression, anxiety, eating disorders, alcohol and other drug problems, bipolar illness, and post traumatic stress at the new University Health Services (UHS) Web site.

To access the screening for mental health online program:
1. Go to the UHS Web site at www.princeton.edu/uhs, then
2. Drag your cursor over the Student Services button on the UHS home page
3. Next, click on Health Promotion and Wellness Services, then
4. Scroll down to Preventive Mental Health Screenings and click again.

The results are strictly confidential and information on how to find more assistance is offered at the end of each survey.

For additional information, contact Gina Baral, coordinator of Health Promotion and Wellness Services, University Health Services, at 258-5036; gbaral@princeton.edu.

Smoking cessation program

Faculty and staff can sign up to participate in a six-week smoking cessation group offered by Employee Health at University Health Services (UHS). This free program consists of six one-hour sessions and is based on the School of Public Health model of the University of Medicine and Dentistry of New Jersey. Nicotine patches and medications are available at an additional cost to the participant.

The next Smoking Cessation Program will be held on Thursdays in April and May: April 7, 14, 21, 28 and May 5 and 12.

For more information or to sign up, contact Peggy Henke, office manager for Employee Health, at 258-5035; phenke@princeton.edu.

CPR courses

In honor of Heart Awareness Month, University Health Services and Outdoor Action are offering adult CPR courses for all faculty, staff, and students. The American Heart Association course will teach participants to recognize and care for life-threatening respiratory or cardiac emergencies in adults. Classes will be offered on the following dates:

Wednesday, February 23, 6 p.m. to 10 p.m.
Wednesday, March 2, 6 p.m. to 10 p.m.

The course fee is $16 and the location is Frist 307. To sign up, please visit the Outdoor Action TripStore at https://oa2.princeton.edu/tripstore. Call 258-6230 for further information.

New University Health Services Web site launched

Members of the University community now can find important information about University Health Services and health issues on a new Web site at www.princeton.edu/uhs. The site contains information organized specifically for students and for faculty and staff, as well as general health facts and helpful information about University Health Services.

In the upper right corner of the site, there is a section for breaking news stories regarding health and well-being. For example, information recently was posted on upcoming employee health services programs, cold and influenza prevention tips, and commonly used pain medications and increased risk of heart attack and stroke.

For more information go to the University Health Services Web site: www.princeton.edu/uhs
TIAA-CREF

TIAA-CREF counselors are on campus for individual counseling sessions every Wednesday and Thursday. Sessions are held in 2 New South Conference Room between 9 a.m. and 4 p.m. Schedule an appointment today with a TIAA-CREF consultant who can answer questions about your financial matters. A TIAA-CREF consultant can help you develop long-term financial strategies, find the right investment allocation mix for you, learn about TIAA-CREF retirement income flexibility, and compare lifetime income vs. cash withdrawal options.

To schedule a counseling session, please sign up on TIAA-CREF’s Web site at www.tiaa-cref.org/moc or call Joyce Trainer at 800-842-8412.

Did you know that you can save money for retirement while reducing your taxable income? During 2005, you can defer up to a maximum of $14,000 ($18,000 if you are age 50 or over) in the Princeton University Tax Deferred Annuity Plan. (This plan is also known as the Group Supplemental Retirement Plan or 403(b) Plan.) For more information about participation in the plan, or for an enrollment form, please contact Elaine Richards at 258-9109.

Prescription home delivery

A Home Delivery Incentive Program has been implemented through Medco for participants who are on maintenance medication. If you fill your maintenance prescriptions through Medco’s Home Delivery Service (mail order), you will receive a three-month (90-day) supply for the cost of a two-month (60-day) supply. However, if you renew your prescription for maintenance medication through a retail pharmacy for more than three consecutive months, subsequent refills will cost twice the retail pharmacy copayment rate.

For example: If you take Lipitor as a maintenance drug, and you refill your prescription through a retail pharmacy, a 30-day supply will cost $16. If you continue to renew your Lipitor prescription through a retail pharmacy; on the fourth month, and any subsequent months, you will be charged $32 for that 30-day supply. If you have Lipitor filled through Medco By Mail, your cost would be $32 for a 90-day supply. Using Medco By Mail should result in substantial savings for you and your family.

Carebridge seminars

Carebridge will be conducting on-campus seminars on various faculty and staff assistance and work/life topics throughout 2005. Seminars will be presented on a range of topics such as balancing work and personal life, financial management, and establishing healthy lifestyles.

The March seminar is titled “Finding Summer Care for Your School-Age Children” and will be held on Wed., March 9 from 10 a.m. to 11 a.m. and again from 1:30 p.m. to 2:30 p.m. in Multipurpose Room A in Frist.

This session follows the successful first seminar in February on “Finding the Services Your Elder Parent Needs.” Upcoming topics include balancing work/life, establishing healthy lifestyles, financial management, helping your child succeed in school, and stress management.

To attend, contact Sheryl Farah at 258-9112 or sherylf@princeton.edu. You will receive additional details as we approach each seminar date.

Staff Service Awards Luncheon

The Staff Service Awards Luncheon acknowledges staff members who have completed 10, 15, 20, 25, 30, 35, and 40 years of service to the University during calendar year 2004. Honorees have been invited to the event, to be held March 2, 2005, at Jadwin Gym. If you are an honoree, and haven’t already done so, please RSVP by e-mail to hr@princeton.edu or call 258-8644. For more information about the event, visit www.princeton.edu/hr/recog/luncheon.htm.
FitFest 2005

FitFest 2005 will be held on Thursday, March 3, in Dillon Gym. This first-time, annual event is being coordinated by the Department of Athletics, Physical Education, and Recreation and co-sponsored by the Offices of Campus Life, Human Resources, and the Frist Campus Center. Other campus groups that are scheduled to take part include the Department of Public Safety; Dining Services; Lesbian, Gay, Bisexual, Transgender Student Services; the Office of Risk Management; the Ombuds Office; and University Health Services.

The event will bring together a wide variety of fitness and wellness activities under one roof. Included are interactive experiences (massage, wellness screenings); demonstrations (tai chi, Pilates, belly dancing); free classes (yoga, hip hop); mini-lectures (How to Purchase Home Equipment, Breast Cancer Awareness); workshops (Stress Reduction, Improving Your Golf Game); a Campus Walk and a Fun Run.

The aforementioned campus groups and many off-campus agencies and organizations will host tables and provide information on fitness and wellness. The first 1,000 participants who register on that day will receive a free pedometer courtesy of the Department of Athletics, Physical Education, and Recreation. To see a schedule of events go to www.princeton.edu/~recsport/fitfest.html. For more information, contact Matt Brzycki at 258-3520 or brzycki@princeton.edu.

Fitness discounts

Recently the Task Force on Health and Well-Being, in conjunction with the Department of Athletics, Physical Education, and Recreational Sports, developed a listing of fitness facilities that offer discount rates to the University community. To see the list, go to www.princeton.edu/hwbtf/facilities.shtml. To receive a print version call 258-3204.

Fitness center newsletter

Stephen Fitness Center publishes its own newsletter, which has important information about upcoming programs and events at Dillon and Stephens. Please check it out online at www.princeton.edu/~recsport/facilities/JanFeb2005.html.

Faculty/Staff programs

All programs are available for faculty and staff. In January, for example, yoga classes began at satellite facilities in the chemistry department and Firestone Library. Also in January, pick-up games of noon volleyball began in Dillon Gym on Thursdays with noon basketball on Mondays, Wednesdays, and Fridays. For more information about these and other activities, call the main office in Dillon Gym at 258-3531.

Did you know?

• Your facility permit allows you to use Dillon Gym (main floor, group fitness room, multi-purpose room, Stephens Fitness Center, martial arts room, dance studio, squash courts, pool); Jadwin Gym (indoor track); DeNunzio Pool; and Baker Rink.
• The Stephens Fitness Center has 5,880 pounds of dumbbells, 1,350 pounds of fixed barbells, and 6,060 pounds of plates.

Calendar of events for recreational sports and fitness

Mon., Feb. 28
Noon hoops tournament (main floor, Dillon Gym; day 1)

Thu., March 3
FitFest 2005 (10 a.m.–2 p.m. main floor, Dillon Gym)

Fri., March 4
Noon hoops tournament (main floor, Dillon Gym; day 2)

Mon., March 7
Noon hoops tournament (main floor, Dillon Gym; day 3)

Wed., March 10
Get-A-Grip Challenge (8 a.m.–6 p.m. Stephens Fitness Center)

Thu., March 17
Spring Fun Run

Mon., March 28–Fri., April 1
Wellness screening, body composition (7 a.m.–8 p.m. Stephens Fitness Center)

Mon., March 28–Tue., April 26
30-day distance challenge (8 a.m.–8 p.m. Stephens Fitness Center)

Thu., April 7
Indoor triathlon (8 a.m.–8 p.m. Stephens Fitness Center)

Note: The wellness screenings are free and do not require an appointment or a facility permit.

Weight training and diabetes

In a six-month study that involved 36 people (aged 60-82), researchers concluded that weight training coupled with a moderate weight-loss program helped older individuals who had type 2 diabetes to improve their blood sugar and increase their muscular strength and lean-body mass. The subjects did nine exercises three times per week targeting their legs, arms, and abdomen. Source: Diabetes Care

For more information about fitness at Princeton go to www.princeton.edu/recsport
Healthy Eating Lab

The Healthy Eating Lab has expanded its hours and the locations around campus where its food is available.

Located on the 100 level of Frist Campus Center, the Healthy Eating Lab serves lunch from 11:30 a.m. to 2:30 p.m., and now is also open for dinner from 5 p.m. to 8 p.m., Monday through Friday. The lab offers a wide range of health-conscious options, including fresh salads and sushi, grilled chicken, marinated vegetables, soups, and teas.

Healthy Eating Lab selections also are available in the Frist Food Gallery and the Chancellor Green Café.

Based on feedback collected by the University’s Task Force on Health and Well-Being, which indicated that members of the campus community sought more healthy eating options, Dining Services converted the Beverage Lab to the Healthy Eating Lab this past fall. To read more about this change, visit www.princeton.edu/pr/home/04/1027_lab/hmcap.html.

Conscious Cuisine®

Princeton University Dining Services provides a wide variety of foods and promotes a commitment to healthy eating. Menus include options for a healthy diet based on the principles of moderation and variety. Chef Cary Neff, the author of the New York Times best-selling cookbook Conscious Cuisine®, has assisted Dining Services by reviewing recipes and concepts to promote his vision of healthy eating. The salads offered at the Healthy Eating Lab are endorsed by Chef Neff and feature the Conscious Cuisine® Choice (CCC) logo. This logo indicates great-tasting foods that are “consciously prepared with wellness in mind so you can feel good about what you eat.”

Where else can you find this logo? Look for it at the Chancellor Green Café, which now features Healthy Eating Lab salads and sushi. In the residential dining halls, you can find CCC salad dressings at the salad bar. Also, the boneless and skinless chicken breasts from the grill use a CCC marinade. Soon the dining halls will feature CCC soups.

Did you know?

• Dining Services at Frist sells more freshly prepared salads than fried food entrees or side orders combined.
• All yogurt at the residential salad bars is lowfat; milk is hormone free; and ricotta cheese is reduced fat.
• Princeton Catering will gladly customize a menu for your next event featuring Conscious Cuisine® Choices or organic menu items.
Princeton University is more than a place of employment or education. It also offers a wealth of opportunities, from lectures, readings, concerts, and theatrical events to festivals, events, athletic competitions, jazz sessions, films, and good food. Each issue of this newsletter will highlight different University offices and departments.

Well-Being

What is University Services?

Princeton University Services (www.princeton.edu/uservices) is a grouping of service units designed to provide and manage facilities, services, and programs that support Princeton University’s educational mission and enhance the quality of life on campus. It is comprised of 10 service areas that have been combined under one department: Frist Campus Center, Palmer House, Prospect House, the Princeton University Store, Richardson Auditorium, University Scheduling, University Ticketing, the campus ATMs, the TigerCard/Farking Office, and Campus Shuttle. A highlight of some of the areas follows:

• **University Ticketing** is the gateway to ticketed events in athletics, the Frist Campus Center, Concert Office, Program in Theater and Dance, Richardson Auditorium, and Theatre Intime. To purchase tickets and view schedules, go to www.princeton.edu/utickets or call 258-9220 to reach the individual ticket offices.

• **The Frist Campus Center** is open until 2 a.m. most nights and until 3 a.m. on Thursday through Saturday. During Spring Break it is open until 10 p.m. and will be open 24 hours a day during midterms, reading period, and finals. Besides offering dining in Café Vivian, the Healthy Eating Lab, and the Food Gallery, Frist also offers entertainment on a regular schedule. To find out more, visit the Frist Web site at www.princeton.edu/frist or call the Welcome Desk at 258-1766. In late April, Frist will feature Fristfest, a celebration of spring.

• **The Princeton University Store** is open 9 a.m. to 9 p.m., Monday through Saturday and 11 a.m. to 6 p.m. on Sunday. The U2 Convenience Store is open 24 hours a day, 7 days a week when classes are in session and features take-out food from local restaurants. The U-Store offers a wide range of products including books, supplies, clothing, cosmetics, and University logo items and gifts. It sponsors an ongoing free series by authors with Princeton connections or authors of interest to the University community. The authors present a short talk, answer questions from the audience, and sign copies of their book. To view the schedule, go to www.pustore.com and click on the Events Calendar or call 921-8500, ext. 238 for more information.

• **Prospect House** is the private dining facility serving faculty and staff at Princeton. Located in the middle of campus, it serves lunch in the Garden Room (reservations needed) or the lower-level Tap Room cafeteria, Monday through Friday from 11:45 a.m. to 1:30 p.m. It hosts events throughout the year. This semester’s events include Breakfast with the Easter Bunny, Mother’s Day brunch, a wine dinner, special lunches celebrating Cinco De Mayo and Staff Appreciation Day and a cooking class by the Prospect House chef. For more information, go to www.princeton.edu/prospecthouse and click on Upcoming Events to make a reservation. For more information about Prospect House reservations call 258-3686.

Did you know?

• The Princeton University Chapel offers a weekly concert series on Wednesdays from 12:30 p.m. to 1 p.m. Admission is free and all are welcome.

• One can view all University events, lectures, concerts, and more by going to the Public Events Calendar on the University home page. A print version is included in each issue of the Princeton Weekly Bulletin.

Fristfest 2005

Fristfest Weekend
April 28–30

Spirtuality

For many members of our community, spiritual well-being is at least as important, if not more so, as well-being related to health, fitness, food, and work/life. This newsletter also will keep our community informed about the many ways to maintain one’s spiritual well-being at Princeton, from lectures to religious activities to worship opportunities.

Panel discussion: Do prayers heal?

A panel discussion titled “Do Prayers Heal?” will be held at 4:30 p.m., Feb. 23, in McCormick 101. The panel will include Elaine Pagels, the Harrison Spear Paine Foundation Professor of Religion; Roberto Schiraldi, senior staff psychologist at University Health Services; and Dr. William Haynes ’50, physician and author of A Physician’s Witness to the Power of Shared Prayer. These three professionals, representing the mind, body, and spirit, will speak about the possibilities and limitations of prayer in connection to healing. The session will be moderated by Rev. Paul Raushenbush, associate dean of religious life.