



HEALTH MATTERS 

MONEY MATTERS 

COMMUNITY MATTERS 

## HEALTH MATTERS

### NYU “Lose Smart” Challenge-BACK by POPULAR DEMAND!

Tuesday, February 7 - Tuesday, April 3, 2012

Location: New York Sports Club (two locations, below)

Registration Required

Have you made a resolution in 2012 to live a healthier lifestyle? To exercise, eat right, and lose weight? To help you achieve your goals, we invite you to join your colleagues in a work friendly weight loss competition – NYU’s Lose Smart Challenge!

NYU’s Lose Smart Challenge is a special two-month long weight-loss challenge offered through NYU’s LiveSmart wellness program. Similar to NBC’s *Biggest Loser* program, NYU’s Lose Smart Challenge helps motivate and encourage participants to achieve their weight loss goals with the support of their colleagues.

To participate, register through the NYUiLearn system and then weigh in once a week for eight weeks. To help you stay on track, take advantage of the many other LiveSmart wellness programs and weight loss websites provided through LiveSmart’s monthly newsletter.

The participant who loses the highest percentage of their original “weigh-in weight” wins the grand prize – an Apple iPad 2! Weekly prizes provided by New York Sports Club will also be awarded.

#### Challenge Rules

- Register through the NYUiLearn system by Friday, February 3, 2012 (see instructions below). All registrants will receive a free one-week pass to New York Sports Club.
- Weigh-in each Tuesday for eight weeks, beginning February 7. Weigh-in locations and times:
  - New York Sports Club, 232 Mercer Street, from 12:00 noon to 2:00 pm
  - New York Sports Club, 113 East 23rd Street, from 4:00 pm to 6:00 pm

**You do not need to be a member of NYSC to weigh in or participate in the challenge.**

- The winner of the Lose Smart Challenge grand prize will be the participant who loses the highest percentage of their original “weigh-in weight” between February 7 and April 3, 2012. In case of a tie, the person who has lost the most weight will be deemed the winner. In addition, you must weigh-in a minimum of seven weeks during the times provided during the eight-week program.
- Weekly prizes will be awarded to the participant who loses the highest percentage of weight for that week. Weekly prize will be provided by New York Sports Club. You must have a weigh-in the prior week to qualify for the weekly prize. Only one weigh-in per week is allowed. Only one grand prize will be awarded.

**To register for the Lose Smart Challenge, scroll down and follow the instructions provided on registering through iLearn.**

### **Cholesterol & Glucose Screening**

**Wednesday, February 1, 2012**

**9:00 am — 12:30 pm**

**Location: NYU Kimmel Center for University Life, Room 914**

**Registration Required**

Since cardiovascular disease, the leading cause of death worldwide, can be attributed to having high cholesterol, blood cholesterol checks are highly recommended. In an effort to educate the NYU community on cholesterol awareness, the LiveSmart wellness program is offering a **FREE** cholesterol and glucose screening on campus. Most people don't realize they have a problem until stricken; half of all Americans have dangerously high levels of LDL – the “bad cholesterol” – and too low protective HDL – the “good cholesterol”. The screening identifies both HDL and LDL levels.

Participants receive results during their session and no personal information is retained. Plan for approximately 15 minutes to complete the test. A health educator is available during the session to answer questions. **Please note:** fasting or a light meal is preferred before testing.

**To register for this screening, scroll down and follow the instructions provided on registering through iLearn.**

### **Healthy Nutrition for Lifelong Weight Loss**

**Tuesday, February 14, 2012**

**12:00 pm – 1:00 pm**

**Location: NYU Kimmel Center for University Life, Room 905**

**Registration Required**

Traditional diets typically do not work for sustainable weight loss. This workshop will include a discussion about why diets don't work and will focus on how to make sustainable changes with regards to diet and exercise. It will review the importance of including all food groups for a balanced diet and provide participants with the proper outline for successful weight loss. It will also include behavioral tips and strategies.

Presented by Kristin Greenspan, MS, RD, CDE

**To register for this session, scroll down and follow the instructions provided on registering through iLearn.**

### **Food Portions and Serving Sizes**

**Wednesday, February 29, 2012**

**12:00 pm – 1:00 pm**

**Location: NYU Kimmel Center for University Life, Room 802**

**Registration Required**

Portion sizes have gotten increasingly larger throughout the years. The increase of portions is directly correlated with the increase rate of overweight and obesity. This seminar will review the history of portion sizes and will demonstrate what proper portion control is. The interactive workshop will provide participants with tools to help “guesstimate” serving sizes.

Presented by Kristin Greenspan, MS, RD, CDE

**To register for this session, scroll down and follow the instructions provided on registering**

through iLearn.

### **Weight Watchers at Work Information Session**

**Thursday, February 16, 2012**

**3:00 pm - 4:00 pm**

**Location: 194 Mercer Street, Fourth Floor**

**Registration Required**

NYU has partnered with Weight Watchers to offer flexible solutions to help you reach your weight loss goals. Now you can learn to live healthier with Weight Watchers by attending an at work site meeting, on the go meeting or online. Choose the option that works best for you. Each at work meeting includes confidential weigh-in and weekly motivational discussions led by a Weight Watchers leader.

Attend an information session hosted by a Weight Watchers Leader who has successfully lost weight with Weight Watchers. Learn about the Weight Watchers approach and how you can attend meetings at work and in your local community with Monthly Pass. So, what are you waiting for?

Register at the Weight Watchers at Work meeting and get started on your new healthy lifestyle!

### **Zumba Tone**

**Friday, February 24, 2012**

**11:30 am – 12:20 pm and 12:30 pm - 1:20 pm**

**Location: NYU Coles Sports and Recreation Center, 181 Mercer Street**

**Registration Required**

Move to the beat of Latin and international rhythms to tone the entire body and increase endurance. Exercise has proved to keep us healthy and energized, but for some of us it isn't exciting or fun. Zumba incorporates fundamental body sculpting exercises along with fun Latin dance moves to keep your body in shape. During this aerobic workout, burn calories while learning some basic dance steps of the merengue, salsa, and cumbia.

You do not need to be a member of Coles to attend session. Be sure to bring NYU ID to enter Coles.

**To register for this session, scroll down and follow the instructions provided on registering through iLearn.**

### **Personalized Nutrition Counseling**

**Registration Required**

Work one on one with graduate students from the NYU School of Nutrition, Food Studies and Public Health and receive three personalized nutrition sessions to discuss your nutrition related issues. Participants will work to identify realistic goals and develop strategies to achieve them. Students will be supervised by Adjunct Professor Lynn Schultz, LCSW. The sessions are designed for students to practice their counseling skills. It is important that you have an identifiable concern to focus on.

Sponsored by NYU Department of Nutrition, Food Studies and Public Health.

**To register for this class, scroll down and follow the instructions provided on registering through iLearn.**

**To register for LiveSmart events, please follow below instructions:**

- [Click here](#) (home.nyu.edu) to get to NYUHome
- From NYUHome, click on the Work tab
- Scroll down to the **NYUiLearn** login button and click on "NYUiLearn Login"
- The **NYUiLearn** welcome page will display. Note: You must allow pop-ups to view the **NYUiLearn** page.
- Click on Course Catalog
- Scroll down to locate LiveSmart Course to register.

**If you have any technical difficulties and need assistance, you can access a list of frequently asked questions at [www.nyu.edu/its/askits/ilearn](http://www.nyu.edu/its/askits/ilearn) or contact ITS at 212-998-3333 Monday through Friday from 8:00 am to 12:00 midnight, on weekends from 12:00 noon to 12:00 midnight, or via email at [AskITS@nyu.edu](mailto:AskITS@nyu.edu).**

**You Are What You Eat: Eating to Improve Your Heart Health**

**Tuesday, Feb. 14, 2012**

**12:30 pm – 1:30 pm**

**Registration Required**

Heart disease continues to be the leading cause of death in the United States and it is preventable. Learn simple effective diet strategies that can lower risk for heart disease and improve health. Discover how the healthiest diets on the planet from DASH to Mediterranean lifestyles can improve your heart health and longevity. To register for this webinar, [click here](#)

Presented by Kathleen Zelman, MPH, RD. Provided by United HealthCare

**New York Health and Racquet Club**

New York Health and Racquet Club (NYHRC) has partnered with New York University to offer NYU employees, retirees, and their adult family members discounted health club memberships.

NYHRC has ten locations in Manhattan and one club in Great Neck, NY. NYHRC offers state-of-the-art cardio and strength-training equipment, group fitness and spinning studios, basketball courts, and racquetball and squash courts. They also offer amenities such as indoor pools, saunas and steam rooms, whirlpools and jacuzzis, personal training and massage, a NYHRC Yacht, and a NYHRC Golf Resort and VIP Beach Club.

All eligible NYU employees, retirees, and their adult family members may join NYHRC for only \$75.00 per month and no initiation fee.

If you wish to become a member, login to <http://workfit.nyhrc.com> for more information. Make sure to use your local NYU email address (@nyu.edu) and not your school email address. Adult family members may register by logging onto <http://workfit.nyhrc.com> with an NYU employee/retiree email address and checking the box marked "dependent".

If you are a current member, register as stated above and then forward your previous membership number to [livesmart@nyu.edu](mailto:livesmart@nyu.edu). Any credit will be issued by NYHRC to your new membership number.

## **New York Sports Club**

New York Sports Club (NYSC) has partnered with New York University to offer NYU employees, retirees, and their adult family members discounted health club memberships.

At NYSC you may enjoy access to more than 150 Sports Club locations, each of which has a full schedule of group exercise classes, express 22-minute workouts, complimentary fitness orientation, and full locker facilities which include toiletries. All clubs have strength and cardio equipment, free weights, kettle bells, and large stretching mats. Facilities include pools and sports courts for basketball, racquetball, squash, tennis, and volleyball. Additional amenities include personal training, personal viewing screens on cardio equipment, Sports Clubs for Kids, babysitting, and steam and sauna rooms. All eligible NYU employees, retirees, and their adult family members can join NYSC with full Passport privileges for just \$59 per month. Check the NYSC website (click link below) for initiation and processing fees.

If you wish to become a member, visit [www.companiesgetfit.com](http://www.companiesgetfit.com) for more information. Make sure to use your local NYU email address (@nyu.edu) and not your school email address. Adult family members should contact NYSC at 800-611-9833 for membership instructions.

If you are a current member, contact the NYSC corporate office at 877-258-2311 to convert your membership. A \$39 conversion fee will be imposed.

### **Feeling Young at Any Age**

**Thursday, February 9, 2012**

**6:00 pm- 7:30 pm**

**NYU Langone Medical Center**

**550 First Avenue (at 31<sup>st</sup> Street), Alumni Hall B**

**Registration Required**

“Age is only a number”-we’ve all heard this cliché before. It is vital, however, to take care of yourself physically and emotionally in order to feel your best at any age. This lecture will demonstrate tips for relaxation, foods that boost energy and how stress can impact the way you feel.

Presenters: Ooi-Thye Chong, RN, MPH,LAc, Salvatore Fichera, MS and Lisa Young, PhD, RD

For additional information, including speaker bios, visit [www.nyuci.org](http://www.nyuci.org).

To register for this symposium, call 212-263-2266 or email at [NYUCIcommunityprograms@nyumc.org](mailto:NYUCIcommunityprograms@nyumc.org) or reserve online at [www.nyuci.org/rsvp](http://www.nyuci.org/rsvp).

### **Update on Blood Disorders**

**Wednesday, February 29, 2012**

**6:00 pm- 7:30 pm**

**NYU Langone Medical Center**

**550 First Avenue (at 31<sup>st</sup> Street), Alumni Hall B**

**Registration Required**

Anemia is the most common hematological condition seen by physicians, and can range from mildly symptomatic to life threatening. Several types of stem cell transplants are used to treat a variety of hematological malignancies. This presentation will review the common causes of anemia, the evaluation process for the causes of anemia, the link between anemia and hematologic cancers, therapies to manage anemia, and the indications, risks, and benefits of each type of stem cell transplant.

Presenters: Lawrence B. Gardner, MD and Bruce G. Raphael, MD

For additional information, including speaker bios, visit [www.nyuci.org](http://www.nyuci.org).

To register for this symposium, call 212-263-2266 or email at [NYUCIcommunityprograms@nyumc.org](mailto:NYUCIcommunityprograms@nyumc.org) or reserve online at [www.nyuci.org/rsvp](http://www.nyuci.org/rsvp).

## MONEY MATTERS

### Planning Your Financial Goals

Is your retirement portfolio well positioned? Now more than ever is the time to take advantage of financial advice and planning services offered by TIAA-CREF and Vanguard.

To schedule your one on one consultation to discuss your plan and options for managing your retirement savings, you can contact a consultant at the following numbers:

**TIAA-CREF:** (800) 732-8353, Monday through Friday, from 9:00 a.m. to 8:00 p.m.

**Vanguard:** (800) 662-0106, Ext. 14500, Monday through Friday, from 9:00 a.m. to 5:00 p.m. or online at [www.meetvanguard.com](http://www.meetvanguard.com).

Your spouse or partner is welcome to attend your session.

**You do not have to be enrolled or invested with TIAA-CREF or Vanguard to meet with a consultant.**

## COMMUNITY MATTERS

### Carebridge Life Resources

If you have any pressing life concerns, including “winter blues”, you can lean on Carebridge Life Resources. Carebridge provides NYU employees assistance with a variety of life issues including health and wellness, financial and behavioral counseling, as well as child and elder care. These services also cover employee dependents, spouse or domestic partner. Carebridge Life Resources is available 24 hours a day, 7 days a week, 365 days a year. You can contact them via internet at <http://www.myliferesource.com> or 1-800-437-0911. Reference NYU access code FTN59 when contacting Carebridge.

### NYU Family Care

NYU Family Care provides information and resources to assist families with children, ranging from newborn through college, and all employees with eldercare needs. Learn more about NYU Family Care's monthly events [<http://www.nyu.edu/family.care/news.events/>] and ongoing programs [<http://www.nyu.edu/family.care/about/our.programs.html>].

### Choosing Family Child Care

**Tuesday, February 7, 2012**

**12:00 pm -1:00 pm**

**Location: NYU Kimmel Center for University Life, Room 909**

Of the three forms of child care, *Family Child Care* is perhaps the form about which individuals have the least familiarity. Join us to learn about the unique qualities of *Family Child Care* and understand the City and State regulations that govern how programs operate, including program size, screening and application process, and training requirements. Gain insight into how family child care programs address

the educational, social, and physical needs of children and learn how to evaluate quality in a family child care setting.

The session concludes with a description of the NYU/University Settlement Family Child Care Program which recruits, develops, and provides on-going technical assistance and curriculum support to affiliated family care programs near NYU's campus on behalf of NYU faculty, staff, and students.

Presenters: Kezia Carpenter, Program Director, NYU/University Settlement Family Child Care Program and Nina Piros, Director of Early Childhood Programs, University Settlement.

Provided by NYU Family Care

**RSVP at [http://www.nyu.edu/rsvp/event.php?e\\_id=3942](http://www.nyu.edu/rsvp/event.php?e_id=3942)**

### **Communicating with People with Alzheimer's and Other Dementias**

**Wednesday, February 8, 2012**

**12:00 pm -1:30 pm**

**Location: NYU Kimmel Center for University Life, Room 909**

Communicating with people with Alzheimer's and other dementias adds new communication challenges to an already emotional situation. The presenter helps participants to gain a better understanding of people with dementia, learn ways to tackle frustrations felt by family members, and develop new communication strategies to help you retain control of your life. Learn new ways to solve problems using verbal and non-verbal strategies that can help address and manage the stressors that impede communication for both parties as well as how to provide care using a "person-centered approach."

Presenter: Amy Trommer, M.S.W. is a geriatric social worker and dementia care trainer for family members and professional staff.

Provided by NYU Family Care

**RSVP at [http://www.nyu.edu/rsvp/event.php?e\\_id=3943](http://www.nyu.edu/rsvp/event.php?e_id=3943)**

### **The RULER Approach™ to Parenting**

**Wednesday, February 15, 2012**

**12:00 pm -1:30 pm**

**Location: NYU Kimmel Center for University Life, Room 909**

The RULER Approach™, developed by the Health, Emotion, and Behavior Laboratory at Yale University, provides strategies for parents to employ to help their children develop the emotional skills that are integral to learning, making sound judgments, maintaining physical and mental health, and achieving success at school and beyond. Join us to gain an understanding of what these skills are, why they are important, and how to incorporate successful strategies into your everyday life. Participants will have an opportunity to practice one or two of the tools described during the program.

Presenter: Sharon Shapses, M.S., Education, Bank Street College of Education is a program coach and trainer for the Health, Emotion, & Behavior Laboratory in the Department of Psychology at Yale University.

Provided by NYU Family Care

**RSVP at [http://www.nyu.edu/rsvp/event.php?e\\_id=3944](http://www.nyu.edu/rsvp/event.php?e_id=3944)**

## **Managing the Teen Years: Setting the Stage for a Successful Adolescence**

**Tuesday, February 28**

**12:00 pm -1:00 pm**

**Location: NYU Kimmel Center for University Life Kimmel Center, Room 909**

Adolescence is a time of transition for the young person as well as the parent. It is also often a period of anxiety as the parent-child relationship continues to readjust and parents are challenged with how to stay connected and build an increasing comfort with their teen's need for greater independence. The presenter explains the adolescent's developmental challenges and milestones and provides strategies to help you stay connected while building increasing comforts with your youngster's need for greater independence.

Presenter: Diane Mirabito, DSW, Clinical Associate Professor and Program Director of Post-Master's program in Clinical Practice with Adolescents, NYU Silver School of Social Work.

Provided by NYU Family Care

RSVP at [http://www.nyu.edu/rsvp/event.php?e\\_id=3945](http://www.nyu.edu/rsvp/event.php?e_id=3945)

## **Shape Up NYC**

Continue with your 2012 New Year's Resolution of creating a healthy lifestyle by attending Shape Up NYC exercise classes. There are over 150 FREE fitness classes per week at 42 locations throughout the five boroughs that vary from Zumba to Pilates to body conditioning. To find a free Shape Up class in your neighborhood, visit [befitnyc.org](http://befitnyc.org) or call 311.