



Women's Resource Center NEWSLETTER

A Quarterly Newsletter

December 2013 – Volume 16:2



Here's To Healthy Holidays!

from the
California Pacific Medical Center

The winter holidays are supposed to be joyous, full of celebrations with family and friends. Unfortunately, the holidays can sometimes wreak havoc with our health. Stress, poor diet, lack of exercise and increased alcohol consumption can leave you exhausted and reduce your immunity to illness. Women, especially, are susceptible to holiday burnout since they often overextend themselves with holiday preparations.

"It's far too easy to get caught up in holiday excitement and ignore our health," says Sharon Meyer, CNC, a certified nutritional consultant at California Pacific Medical Center's Institute for Health and Healing (IHH). "To avoid wearing yourself out and reducing your resistance to illness, you need to support your body's immune system by pacing yourself, eating well and staying fit."

Follow Nature's Example



"In winter, all of nature slows down, giving us a good example," Meyer notes. "Rather than racing around, we need to conserve our energy and reduce the 'noise' in our lives. It all comes down to time management, choosing what we *can* do and finding time to care for ourselves."

Meyer stresses that the "perfect" holiday exists only in fairy tales. "By keeping your expectations reasonable, you can do a lot to reduce your stress level," she explains. "Don't feel you have to accept every holiday invitation. Choose perhaps one or two social events per week, and choose the people you want to see. Don't feel obligated to spend your holiday time with people you don't enjoy. A simple, 'No, thank you' is all you need to say."

Other tips for reducing holiday stress include:

- Keep your gift list and holiday spending within reason to avoid the added strain of financial worries.
- Don't let too many activities deprive you of needed sleep.
- Indulge a massage or spa treatment to help you relax.

Maintain a Healthy Diet

"Keep a regular schedule for your meals," Meyer says. "Don't eat while standing up, working at your desk or watching TV. Instead, focus on what you're eating and the people with whom you are sharing a meal. 'Community' is actually an integral component of a healthy diet. Cooking and eating a meal together with your family can set the stage for relaxation, which is key to proper digestion. If you don't digest your food properly, it can affect your overall health."

Meyer encourages clients to enjoy "comfort" foods during the winter months. "To my way of thinking, there are three main categories of food: vegetables, vegetables and vegetables," she says, only half in jest. "So by 'comfort' foods, I mean nourishing soups and salads, light casseroles, roasted root vegetables. You can make marvelous, healthy meals in a slow-cooker or crock pot, which also saves time when you're busy with holiday preparations."

As for those tantalizing holiday desserts that pack tons of empty calories, Meyer suggests sharing a dessert, rather than eating it all yourself. "With desserts, you really taste just the first few mouthfuls," she explains. "You only need a small taste to satisfy the craving. Eating the rest of the dessert just becomes a habit. Don't get confused about what your body needs and what your mind wants."

Stick to a Regular Exercise Routine



Many people reduce or stop their exercise regimens during the holidays, citing lack of time or energy. But exercise is a great stress reducer, so it's important to keep up your physical activity.

"Exercise is especially important during the holidays," Meyer says. "If you know you're going to be eating more, that's the day you should do more exercise."

Some suggestions for working physical activities into your holiday schedule when you can't make it to the gym include:

- Exercise for half an hour with your favorite home workout video or exercise equipment.
- Walk briskly through the shopping center while doing your holiday shopping.
- Park as far away from the doors of the shopping center as possible so you get more exercise walking to and from the stores.
- Plan fitness activities – such as a family walk, football game or basketball game – for before or after a holiday dinner.

Moderate Your Alcohol Consumption

While some people think that an alcoholic drink might lessen the stress of the holiday season, many studies show that alcohol actually increases the body's stress response. Plus, alcohol can contribute to depression, which is not uncommon during the holidays and winter months.

"Alcohol is a huge health issue," Meyer notes. "It is very dehydrating and loaded with sugar. When your blood sugar drops after drinking alcohol, you naturally crave more sugary foods. It also reduces your inhibitions against overeating. Menopausal women and women with breast cancer or other hormone-sensitive cancers should refrain from alcohol because it may raise your estrogen level, which might elevate the cancer risk."

To help manage alcohol consumption during the holidays, Meyer suggests:

- Avoid drinking on an empty stomach, and always have food with your beverage.
- Alternate water or club soda with alcoholic drinks, maintaining a ratio of two non-alcoholic beverages for every drink containing alcohol.
- Dilute alcoholic drinks – including wine – with a spritzer or water, and sip your beverages slowly.
- Don't let people pressure you into consuming alcohol if you would prefer not to.

Take Time To Heal

For people who do get sick during the holidays, Meyer advises: "Stay home and take care of yourself. You really need to give your body time to heal and rest. Staying at home also might help you focus on the joys of family and close friends, rather than the frenzy of the holiday social season. Your holidays will be happier – and healthier – if you do."

Article contents adapted from the [MyLifeStages.org](http://www.mylifestages.org) web site at https://www.mylifestages.org/health/holidays/healthy_holidays.page.

Murray conducting workshops in December 2013 and January 2014



Let your expressive holiday colors and ideas flow out into greeting card-sized works of art. Join **Pam Murray, B.A., M.B.A.**, local artist and self-awareness guide, on Tuesday, December 10, 2013, for "**A Holiday Creative Expressions**" Workshop.

Murray will guide participants through creating "holiday"-themed cards that provide endless possibilities for true self-expression and art exploration using all materials provided – from paints, pencils, decorative paper, stickers, shiny things, and more – just let your imagination flow! This is a chance for creating cards to share with young patients at the **Niswonger Children's Hospital**, bringing some loving holiday cheer and fun from your heart to the children's hearts. A great way to

give back to the community while having fun yourself come join us on December 10!

This one-time session will be held in the Campus Center Building, room 220, at noon. **Reservations are required.** To reserve a space for **Murray's Women's Personal Enrichment Workshop** or should you need additional information, contact the Women's Resource Center at 423-439-5772.



Do you find it easier to give than receive? The thing is it is more blessed to give *and* receive. This is the completion of the energy flow of abundance in all our lives. Giving and receiving impacts every area of our lives, every day. As you begin a new year with intentions to be who you truly are, this "creative" workshop is a wonderful opportunity to pause and dig into your ideas of giving and receiving by using creative expressions from your inner soul wisdom to explore both more deeply. And, you will create a type of personal map of how you desire the flow, and value, of giving and receiving to be in your life.

Join **Pam Murray, B.A., M.B.A.**, local artist and self-awareness guide, on Tuesday, January 14, 2014, for "**Give, Receive, SoulCreate.**" Location is the Campus Center Building, room 220 and start time is noon.

Murray will assist participants in creatively exploring – What does 'giving' and 'receiving' *really* mean to you in your soul, for yourself, for others, for the kind of life you want? Why do you give, how do you give, what do you give and to whom? Why is receiving important, and how are you at receiving? As Deepak Chopra states in the **Law of Giving and Receiving**, "The universe operates through dynamic exchange . . . giving and receiving are different aspects of the flow of energy in the universe. And in our willingness to *give that which we seek*, we keep the abundance of the universe circulating in our lives."

Reservations are required. To reserve a space for **Murray's Women's Personal Enrichment Workshop**, contact the Women's Resource Center at 423-439-5772. Both of Murray's workshops are free and open to the public.



Holifield to present "Protecting What's Important: Insurance"

On Tuesday, February 11, 2014, **Joseph M. Holifield**, financial advisor with Edward Jones Investments in Johnson City, Tenn., will present "**Protecting What's Important: Insurance.**" Location is the East Tennessee Room, D.P. Culp University Center, at noon.

This *Personal Finance Lunch Break Seminar* is designed to help attendees understand how insurance fits into an overall financial strategy. Participants will learn:

- How much insurance do you need today
- What type of insurance to purchase so it fits into your financial strategy

- And even if you have coverage through work, it may not be all the coverage you need.

For more information on the **Holifield Personal Finance Seminar**, contact the Women's Resource Center at 423-439-5772. This seminar is free and open to the public.



Worley to present 'S.A.F.E.' program

On Tuesday, February 25, 2014, **ETSU Public Safety Officer Amanda Worley** will facilitate **"STOP Violence Against Teenage and Adult Women"** for the *Women's Personal and Professional Enrichment Lunch Break Series*. Location is the East Tennessee Room, D.P. Culp University Center, at noon.

The National Self-Defense Institute's (NSDI) **'S.A.F.E.' PROGRAM** is an initiative to *STOP Violence Against Teenage and Adult Women*. **'S.A.F.E.'** (an acronym for **S**elf-defense **A**wareness & **F**amiliarization **E**xchange) is an educational awareness, crime-victim prevention program – encompassing **S**trategies, **T**echniques, **O**ptions, and **P**revention (S.T.O.P.) – that provides teenage and adult women with information that may reduce their risk of exposure to violence.

Worley, who is the Tennessee state R.A.D. (Rape Aggression Defense) director and advanced R.A.D. instructor, guides participants through a 13-piece full-color folio packed with safety information every woman should know (a complete folio packet is given to every participant). Teaching that "90 percent of self-defense is awareness, risk reduction, and avoiding confrontation; and only 10 percent physical", and focusing on both mental and physical preparedness, **'S.A.F.E.'** provides women with solid public safety-awareness information to incorporate into their daily lives.

Join us for this important *Women's Personal and Professional Enrichment Series Lunch Break Seminar*. For more information, contact the Women's Resource Center at (423) 439-5772. **Worley's** seminar is free and open to the public.

Saluting the Women of ETSU

Women's Studies Program recognizes 2013 Notable Women award winners

The ETSU Women's Studies Program recently recognized **Drs. Rosalind Gann and Amal Khoury** as the 2013 recipients of the *Notable Women of ETSU* awards.

The two award recipients were honored at the annual Notable Women of ETSU Colloquium on Wednesday, November 13, 2013, in the D.P. Culp

University Center's East Tennessee Room. The awards and colloquium highlight the expertise and accomplishments of women academicians at ETSU.



Gann (pictured left) is an associate professor within the Department of Curriculum and Instruction in the Claudius G. Clemmer College of Education. Her work in literacy and reading practice spans five countries and three continents. Her nomination states that she recently developed a local community outreach project for English Language Learners (ELL). This program serves Hispanic single parents looking to improve their careers and economic status. Gann has also worked in the Czech Republic, where she initiated a similar ELL program to help provide learning assistance for young mothers wanting to re-enter the Czech workforce.

As her nominator wrote, "She is a champion of those whose voices are often not heard as much as they should be." As a result of her efforts, Gann received the university's Distinguished Faculty Award in Service in 2012. She is also the recipient of multiple state and national grants on reading improvement and content area reading practices.



Khoury (pictured left) is the chair and professor in the College of Public Health's Department of Health Management and Policy. Her nomination highlights her dedication to student learning and her strong commitment to her field of study. She is internationally recognized for her work in women's health, is a recipient of multiple national grants, and is currently the principal investigator on a proposal submitted to the National Cancer Institute for research on breast cancer prevention to underserved women in Appalachia.

"Dr. Khoury is a consummate professional, and is well-liked and deeply respected by her peers," her nominator wrote. "Most importantly, despite her tremendous work commitments, she also manages to prioritize her children and her family. Dr. Khoury is, without a doubt, a model for excellence, hard work, productivity, demeanor, and balance."

Congratulations, Drs. Gann and Khoury!

Article contents adapted from the *ETSU Accent* at the East Tennessee State University web site at http://www.etsu.edu/news/2013/10_October/NotableWomen2013.aspx.



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ETSU Women's Resource Center
Program Schedule

For more information on the events listed contact the *WRC* at 423-439-5772.

DECEMBER 2013 – FEBRUARY 2014

Main Campus Programs

Tuesday, December 10

“A Holiday Creative Expressions” Workshop – A Women’s Personal Enrichment Workshop. Pam Murray, B.A., M.B.A., local artist and self-awareness guide, is conducting this one-session workshop. Join Murray as she guides participants through creating “holiday”-themed greeting cards that provide endless possibilities for true self-expression and art exploration. This is a chance for creating cards to share with young patients at the **Niswonger Children's Hospital**. **Reservations are required.** See article page 2.

LOCATION & TIME: Women’s Resource Center, Campus Center Building, room 220, noon.

Wednesday, December 18

Book Review Group. Participants will meet to discuss *The Silver Star* by Jeannette Walls. New readers welcome.

LOCATION & TIME: Women’s Resource Center, Campus Center Building, room 220, noon.

Tuesday, January 14

“Give, Receive, SoulCreate” – A Women’s Personal Enrichment Lunch Break Seminar. Pam Murray, B.A., M.B.A., local artist and self-awareness guide, is conducting this one-session seminar. Join Murray as she guides participants in creatively exploring – What does 'giving' and 'receiving' *really* mean to you in your soul, for yourself, for others, for the kind of life you want? Participants will create a type of personal map of how you desire the flow, and value, of giving and receiving to be in your life. **Reservations are required.** See article page 2.

LOCATION & TIME: Women’s Resource Center, Campus Center Building, room 220, noon.

Wednesday, January 15

Book Review Group. Participants will meet to discuss *Gone Girl* by Gillian Flynn. New readers welcome.

LOCATION & TIME: Women’s Resource Center, Campus Center Building, room 220, noon.

Tuesday, February 11

“Protecting What’s Important: Insurance” – A Personal Finance Series Lunch Break Seminar. Guest speaker is **Joseph M. Holifield**, financial advisor with Edward Jones Investments in Johnson City, Tenn. This seminar is designed to help attendees understand how insurance fits into an overall financial strategy. See article pages 2-3.

LOCATION & TIME: D.P. Culp University Center, East Tennessee Room, noon.

Tuesday, February 11

Love Your Body Day Expo. The ETSU Counseling Center will sponsor a variety of interactive information booths, along with free giveaways, for ***Love Your Body Day***. Exhibitors include the Women’s Resource Center. ETSU students, faculty, and staff will have access to everything from free massage therapy to healthy eating tips to women’s health information. See article page 5.

LOCATION & TIME: D.P. Culp University Center, Ballroom, 11:00 a.m. to 3:00 p.m.

Wednesday, February 19

Book Review Group. Participants will meet to discuss *objects of my affection: a novel* by Jill Smolinski. New readers welcome.

LOCATION & TIME: Women’s Resource Center, Campus Center Building, room 220, noon.

Tuesday, February 25

“STOP Violence Against Teenage and Adult Women” – A Women’s Personal and Professional Enrichment Series Lunch Break Seminar. ETSU Public Safety Officer **Amanda Worley** is guest speaker. In her hour-long seminar, Worley guides participants through an educational awareness, crime-victim prevention program that provides teenage and adult women with information that may reduce their risk of exposure to violence. See article page 3.

LOCATION & TIME: D.P. Culp University Center, East Tennessee Room, noon.

ALL PROGRAMS ARE FREE and OPEN TO THE PUBLIC.

MORE CAMPUS & COMMUNITY NEWS



Seeking prom- and formal-wear donations

The Women's Resource Center is partnering with the YWCA in Bristol, Tenn., to bring low-cost prom- and formal-wear to young women in the upper-east Tennessee and southwest Virginia region. An annual project that offers alternatives to high-ticket attire for prom-goers, the YWCA is now in its fifth year of providing this service to the young women in our region.

The Women's Resource Center is accepting donations through February 28, 2014. Items requested include prom or formal dresses, shoes, and/or accessories. So go through your closets at home and locate that "like-new" or "gently used" prom- and formal-wear clothing taking up your valuable closet space and donate those items to a great community-based project.

For more information about this project, contact the Women's Resource Center at 423-439-5772.



Love Your Body Day Tuesday, February 11, 2014

On Tuesday, February 11, 2014, from 11:00 a.m. to 3:00 p.m., the ETSU Counseling Center will sponsor a variety of interactive information booths, along with free giveaways, for **Love Your Body Day**. Exhibitors, which include the Women's Resource Center, will be set up in the Ballroom, D.P. Culp University Center. ETSU students, faculty, and staff will have access to everything from free massage therapy to healthy eating tips to women's health information.

In response to unhealthy and exploitive images of women in the media, NOW Foundation established the **Love Your Body Campaign** to promote positive, healthy images of women and girls, protest harmful and offensive advertisements, and raise awareness about women's health issues.

For more information on **Love Your Body Day**, contact Kate Emmerich, ETSU Counseling Center at 423-439-4841 or by email at emmerich@mail.etsu.edu.

Poster acknowledgment: Natalia Kiss, of Srbobran, Serbia, was the Grand Prize Winner for the 2013 **Love Your Body Day** Poster Contest. Article partially adapted from the National Organization for Women (NOW) website at <http://www.now.org/press>.



HOLIDAY CLOSINGS

ETSU will be closed December 24, 2013, through January 1, 2014.

The university will be closed on January 20, 2014, in observance of **Martin Luther King, Jr. Day**.

Spring Semester 2014

Classes begin January 16, 2014.

East Tennessee State University is a Tennessee Board of Regents institution and is fully in accord with the belief that educational and employment opportunities should be available to all eligible persons without regard to age, gender, color, race, religion, national origin, disability, veteran status, sexual orientation, or gender identity.