

# Wellness Weekly

## Baked Zucchini Sticks

### UPCOMING EVENTS:

EVERY  
WEDNESDAY IS  
WALKING  
WEDNESDAY  
MEET AT BASE  
OF R2 STAIRS  
12:00

POP PILATES  
FEBRUARY 5TH  
STUDENT GYM  
2ND FL R2  
5:00

MED STUDENT  
HERB GARDEN  
SEED PLANTING  
FEBRUARY 6TH  
STUDENT  
KITCHEN  
4:00

MINDFULNESS  
FEBRUARY 11TH  
STUDENT  
COMMONS  
12:15

POP PILATES  
FEBRUARY 12TH  
STUDENT GYM  
2ND FL R2  
5:00

### Ingredients:

- 4 medium (7 oz each) zucchinis, ends trimmed
- 3 large egg whites, beaten
- 1/4 tsp kosher salt
- Fresh black pepper, to taste
- 1 cup seasoned whole wheat breadcrumbs
- 2 Tbsp grated Pecorino Romano cheese
- 1/4 tsp garlic powder
- 1/2 cup marinara sauce for dipping (optional)

### Directions:

1. Preheat the oven to 425.
2. In a small bowl, beat the egg whites and season with salt & pepper. Place the breadcrumbs in a ziplock bag with the garlic powder and cheese. Shake well.
3. Spray a baking sheet with cooking spray or line with foil.
4. Dip zucchini sticks into the egg whites and then into the breadcrumbs. Organize on the baking sheet.
5. Bake for 20-25 minutes.
6. Serve with the marinara sauce if desired.
7. Enjoy!



# Wellness Weekly Challenge

## VTC Student Gym News...



Although the dean’s office is temporarily unoccupied; our interim dean still conducts regular meetings at the dean’s office conference table (directly below the student gym).

So... please do not drop the weights.

And... you may have noticed our two treadmills disappeared over the past few months.

Please know we have been working with VT Rec Sports to replace them. We hope to have the replacements soon.

## On-Going VTC Wellness Activities

### Pop Pilates

February 5th  
5:00 PM

February 12th  
5:00 PM

Student Gym 2nd fl R2



### Wellness Google Group

Need Wellness Event Reminders!?

Join:

[vtcsom-wellness-g@vt.edu](mailto:vtcsom-wellness-g@vt.edu)

### Walking

### Wednesdays

Every Wednesday at noon—group meets at the base of the Riverside 2 steps.



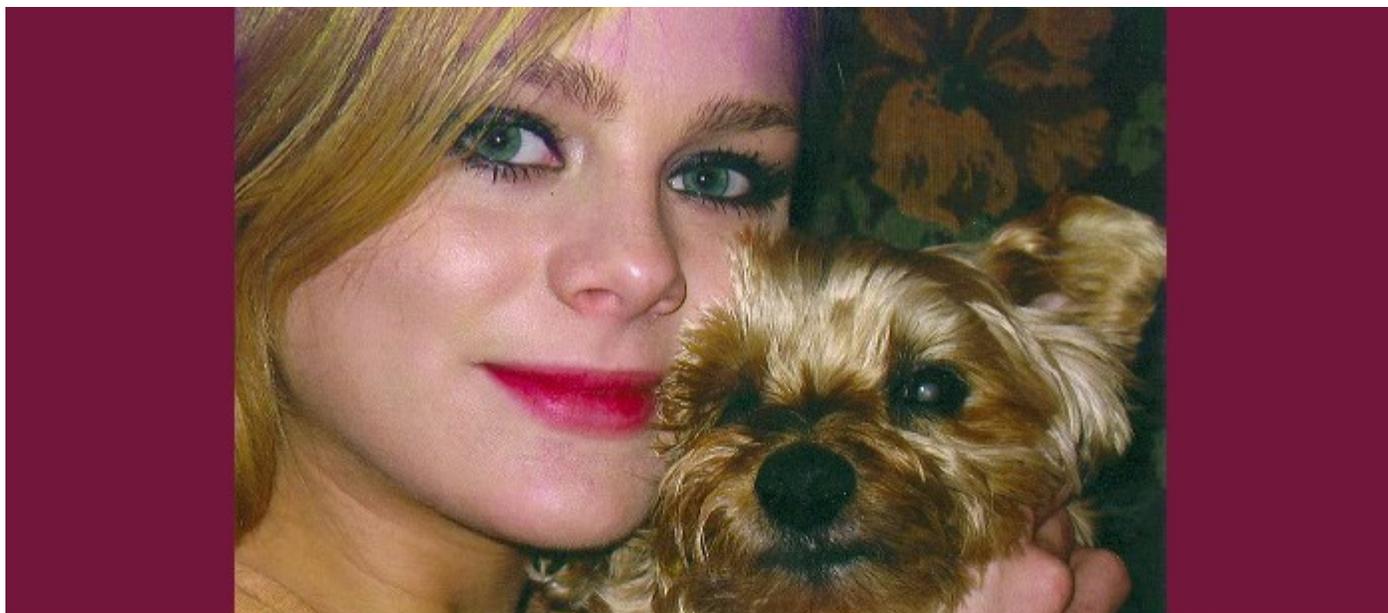
### Mindfulness

February 11th  
12:15

April 8th  
12:15

Student Commons





## DOCS FOR MORGAN BASKETBALL CHALLENGE

February 7, 2019 ~ 7:00 p.m.

Patrick Henry High School  
2102 Grandin Road SW, Roanoke  
FREE Admission\*



### ABOUT DOCS FOR MORGAN

Docs for Morgan was formed in 2012 by Carilion Medical Center physicians who wanted to honor Morgan and support her parents, Dan and Gil Harrington after her untimely death.

### THE SCHOLARSHIP

\*Money raised through donations supports the Morgan Dana Harrington Memorial Scholarship Fund at the Virginia Tech Carilion School of Medicine. The scholarship honors Morgan's passion for education.



A donation table will be set up at the game, or you may visit  
[medicine.vtc.vt.edu/giving](http://medicine.vtc.vt.edu/giving)

Questions? Email: [may@vt.edu](mailto:may@vt.edu)

The activity described here is not sponsored or endorsed by the Roanoke City or Roanoke County School Boards.

# Special Events for February...



## Herb Garden Seed Planting

The garden behind the front desk where Stephanie greets VTC visitors is Morgan Harrington's memorial garden. It is a place for all VTC faculty, staff, and students to sit in quiet reflection, meditation, and peace. In the spring, the medical students will be adding a small collection of herbs to the garden. So, this month, we will be planting the seeds in small seed starting pots so they can begin growing during these cold winter months.

*Join the Nutrition Club & the Wellness Advocacy Committee,*

**February 6th - 4:00 PM**  
**Student Kitchen, 2nd floor**

## VT Hokie Wellness WellFest

February 12th  
3:00-5:00  
Riverside 2 Atrium & Café



All Faculty, Staff, Post-docs, and Students Welcome  
Come out and enjoy chair massages, the VT therapy dogs, free swag and lots more!

## Tea & Jazz



Spend your study time on the  
Student Commons

**February 15th**  
**2:30 - 5:00**

Enjoy some tea, treats, and jazz  
while you're there.

# HOKIE WELLNESS

North End Center ▶ 300 Turner St. NW ▶ Suite 2300 (0318) ▶ Blacksburg, VA 24061  
 540-231-8878 ▶ hokiewellness@vt.edu ▶ www.hokiewellness.vt.edu



## Employee Assistance Program (EAP)

### Overview

EAP services are provided to employees who seek assistance or counseling through difficult times.

If you need assistance or want someone to talk to, Hokie Wellness is available to help.

- ▶ Call Hokie Wellness at 540-231-8878, or send an email to hokiewellness@vt.edu to speak to a wellness team member.
- ▶ If you have a loss in your department or need additional resources, Hokie Wellness can coordinate support and grief counseling for your group.

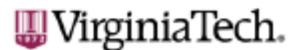
### Benefited Employees

Hokie Wellness can schedule a confidential, individual appointment with you, connect you to an EAP provider, or you can call the provider directly.

PLAN OR BENEFIT	WHO TO CONTACT FOR YOUR CONFIDENTIAL SERVICES PROVIDER
COVA Care and COVA HDHP–Anthem	1-855-223-9277 or Anthem EAP at <a href="http://www.anthemEAP.com">www.anthemEAP.com</a> (Login: Commonwealth of Virginia)
COVA HealthAware–Aetna	1-888-238-6232 or <a href="http://www.mylifevalues.com">www.mylifevalues.com</a> (Username: COVA, Password: COVA)
Kaiser Permanente HMO–Kaiser	Behavioral Health Kaiser: 1-866-530-8778 Employee Assistance Program (EAP) Beacon: 1-866-517-7042

Benefited employees and their dependents are able to receive four EAP sessions with a counselor at no charge. There are a variety of issues that EAP counselors can assist you with, including:

- ▶ Alcohol
- ▶ Drugs
- ▶ Family
- ▶ Legal
- ▶ Health
- ▶ Financial
- ▶ Housing
- ▶ Retirement
- ▶ Mental health
- ▶ Child care
- ▶ Elder care
- ▶ Grief
- ▶ Spousal/child/parent abuse
- ▶ Workplace
- ▶ Career planning



## RESOURCES FOR ROANOKE AND THE SURROUNDING AREA

### COOK COUNSELING CENTER

The Cook Counseling Center (CCC) provides individual, group counseling, crisis intervention, psychiatric care, and referral to qualified community practitioners. CCC offers workshops and outreach presentations to the campus community on a variety of topics, including stress management, relaxation skills training, and study skills assistance. Business hours are Monday through Friday from 8 AM-5 PM. Emergency services are available after regular office hours by calling (540) 231-6557. More information can be found by visiting our website at: [www.ucc.vt.edu](http://www.ucc.vt.edu)

Other area resources are available to assist with a variety of issues, including:

### CRISIS / MENTAL HEALTH EMERGENCY

Blue Ridge Behavioral Access Center	(540) 343-3007
Blue ridge Behavioral Healthcare Crisis Services	(540)981-9351
Cook Counseling Center	(540) 231-6557

### CRISIS HOTLINES

Adult Protective Services	(888) 832-3858
Child Abuse and Neglect Hotline	(800) 244-5373
Child Protective Services	(800) 552-7096
Domestic Violence Hotline	(800) 838-8238
Poison Control	(800) 222-1222
Respond-LewisGale Medical Center	(540) 776-1100
Sexual Assault Response & Awareness - SARA,	(540) 981-9352
Suicide Hotline	(800) 273-8255

### HEALTH DEPARTMENT

Roanoke City Health Department	(540) 283 5050
Roanoke County/Salem Health Department	(540)387-5530
Roanoke County/Vinton Health Department	(540)857-7800

### HOSPITALS

Bradley Free Clinic	(540)344-5156
Carilion Clinic	(540)981-7900
Carilion Connect	(540)981-8181
Carilion Roanoke Community Hospital	(540)985-8000
Carilion Roanoke Memorial Hospital	(540)981-7000
Lewis-Gale Medical Center	(540)776-4000
Veterans Affairs Medical Center	(540)982-2463

### IMMIGRATION

Citizen & Immigration Services	(800) 375-5283
Literacy Volunteers of America	(540) 265-9339
Refugee & Immigration Services	(540)342-7561

### LOCAL RESOURCES

Partnership for Prescription Assistance	(888)477-2669
Planned Parenthood	(540)562-2370
Project Access	(540)344-4200
Rescue Mission	(540)777-7671
Roanoke Valley Interfaith Hospitality Network	(540)343-9982

## VTC Fitness Challenge Week 5 Standings

1	Will Run for Margs	637
2	Nocardia for Old Men	583
3	The Titan Fit Swolermates	527
4	Quadratus Firmoris	471
5	Cirque du Sore Legs	434
6	Squat It Like It's Hot	425
6	VALKyries	425
8	Swole Girls	411
9	Spite Team	406
10	Gains before Brains	383
11	Dopaleans	336
12	A Little Week Behind	335
13	Nicolas Cage Fighters	265
14	Thick & Thin	246
15	We Get You In	201
16	We Got (Clinical) Skillz	187
17	Pumped Up Chicks	177
18	Kalorie Kings	157
19	Mission Slimpossible	144
20	Knee High by the 4th of July	137
21	Airi Wants a Free Tank	96
22	Sparkle Motion	85
23	Harolds and Kumar	75
24	Running on Empty	64
25	JAK'd STAT	57
26	Team Name TBD	34
27	Mass PECtrometry	28
28	Los four Dost	0

**PLEASE FEEL WELCOME TO SUBMIT ARTICLES OR IDEAS TO ANY  
MEMBER OF THE WELLNESS ADVOCACY COMMITTEE.**

LINDSAY MAGUIRE - CLASS OF 2019

JEFF HENRY - CLASS OF 2020

AYESHA KAR - CLASS OF 2021

ROBYN GOODRICH - CLASS OF 2022

DR. JENNIFER SLUSHER, PHD, LPC

DR. ALLISON BOWERSOCK, PHD, CSCS, ACSM-EIM

LAURIE SEIDEL, MSN, RN

EMILY M. HOLT FOERST, COMMITTEE CHAIR

**QUOTE OF THE WEEK:**

*“I’m not afraid of storms,  
for I’m learning how to  
sail my ship.”  
- Louisa May Alcott*

IF YOU WOULD LIKE TO CONTRIBUTE TO OR COMMENT ABOUT THE WELLNESS WEEKLY,  
PLEASE EMAIL [EMILY HOLT FOERST](mailto:EMILY.HOLT.FOERST@VTCSOM), OFFICE OF STUDENT AFFAIRS VTCSOM.

**TO SEND A “WEEKLY SHOUT OUT” MESSAGE,  
EMAIL EMILY HOLT FOERST AT [EMILY\\_10@VT.EDU](mailto:EMILY_10@VT.EDU)**