

May 2023



# MaroonsRWell Newsletter



## Congratulations on another successful academic year, Maroons!

As you gear up for summer, be sure and find ways to bring more happiness into your lives; seven habits are below, along with a challenge on page 3!

We will be offering a *Food for Thought* on May 16th courtesy of Campus Safety; this workshop is open to all and details are on page 2. Summer fitness classes continue, and we are pleased to bring you a variety of offerings; see page 2 for dates and instructors!

May is Mental Health Awareness Month, and one important way to care for yourself is by practicing happiness and gratitude. Read below for Seven Habits to Cultivate Happiness.

*Happiness is understandable, obtainable, and teachable.*

Experiencing happiness begins with the understanding that happiness is not a gift you receive; rather, it is an emotion you create and cultivate in your life. *The Pursuit of Happiness* organization has identified Seven Habits of Happy People that will cultivate greater well-being in your everyday life.

In order to cultivate happiness, you can:

- ~Build close relationships in which you can share your personal feelings and reveal your authentic self.
- ~Volunteer or care for others on a consistent basis.
- ~Engage in a healthy, active lifestyle that promotes physical vitality.
- ~Find spiritual engagement and meaning through meditation, prayer, organized religion, professional calling, or spiritual exploration.
- ~Practice mindfulness and positive thinking like optimism and gratitude in your daily life.
- ~Find an activity or hobby that you can become deeply involved in on a regular basis, and identify your unique strengths and use them for a purpose that is greater than yourself.



For more information and tips on how to practice these strategies, please visit [\*The Pursuit of Happiness\*](#). In addition, you can join us in a MaroonsRWell Happiness Challenge— more details on Page 3!



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Food for Thought



WITH KEVIN ASSENAT  
OPERATIONS LIEUTENANT  
CAMPUS SAFETY

DOUGHNUTS AND COFFEE  
WILL BE SERVED!

TUESDAY MAY 16TH  
7:30 AM

BUILDINGS & GROUNDS FACILITY  
1210 TENNESSEE ST.

OPEN TO ALL FACULTY  
& STAFF!

What stops bleeding? In a STOP THE BLEED® course, you'll learn three quick techniques to help save a life before someone bleeds out: (1) How to use your hands to apply pressure to a wound; (2) How to pack a wound to control bleeding; (3) How to correctly apply a tourniquet. These three techniques will empower you to assist in an emergency and potentially save a life.



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CLASSES BEGIN AT  
NOON AND LAST FOR  
45 MINUTES

# faculty & staff may fitness classes

MAY 2ND  
BODY PUMP WITH CHRISTINE  
BAST 109



MAY 5TH  
RPM WITH CHRISTINE  
ALUMNI 211



MAY 11TH  
YOGA WITH LAURA  
BAST 109



MAY 18TH  
YOGA WITH LAURA  
BAST 109

MAY 24TH  
ZUMBA WITH KATHY  
BAST 109



MAY 31ST  
ZUMBA WITH KATHY  
BAST 109

# HAPPINESS CHALLENGE!

NOW THAT YOU'VE LEARNED SEVEN WAYS TO CULTIVATE HAPPINESS, WE INVITE YOU TO JOIN US FOR A HAPPINESS CHALLENGE!

Throughout the month of May, challenge yourselves (and your loved ones!) to find new ways to bring happiness into your life. Snap a picture of yourself engaging in one of the seven habits listed on page one and you'll be entered into a chance to win MaroonsRWell prizes!



You can email your pictures to [wellness@roanoke.edu](mailto:wellness@roanoke.edu) or request to join the MRW Facebook Page and post it there!



Find us on [Facebook!](#)

## Recipe of the Month: Blueberry Zucchini Muffins

### Ingredients

- 1 1/2 cups white whole wheat flour or whole wheat pastry flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 cup shredded zucchini, squeezed of excess moisture with a paper towel
- 1/2 cup pure maple syrup (or honey)
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 2 tablespoons olive oil (or sub melted butter)
- 1/3 cup unsweetened applesauce (or apple butter)
- 1 egg
- 1/4 cup unsweetened almond milk (any milk will work)
- 1 cup fresh or frozen blueberries



### Directions

1. Preheat oven to 350 degrees F. Line a 12 cup muffin pan with nonstick cooking spray or line with muffin liners. Either way I recommend using nonstick cooking spray. This guarantees that they muffins will not stick to the liners or the pan.
2. In a large bowl combine the dry ingredients: flour, baking soda, cinnamon and salt; set aside.
3. In a separate medium bowl, add the following wet ingredients: shredded zucchini, pure maple syrup, vanilla and almond extract, olive oil, applesauce, egg and milk; mix until well combined. Add dry ingredients to wet ingredients and mix until just combined. Gently fold in blueberries.
4. Even distribute batter among muffin tins, filling about 3/4 of the way full. Bake for 22-30 minutes or until toothpick inserted into the middle of the muffin comes out clean. Cool on wire rack for 10 minutes then remove muffins and transfer to wire rack to finish cooling. Makes 12 muffins.

For the full recipe and ways to enhance your muffins, please visit [The Ambitious Kitchen](#).

