



# MaroonsRWell Newsletter

October is Emotional Wellness Month and we've got a short article for you about mindfulness and how it can improve your health.

Emotional health can also be supported by staying active and engaged with your community. Join us for "Tea with DB" later this month, and please be sure and check out our faculty and staff fitness offerings.

This year, we are doing a campus-wide flu shot clinic to promote a "Well-Balanced RC!" Save the date for October 24th; more details on page 2.

## MINDFULNESS MATTERS

### CAN LIVING IN THE MOMENT IMPROVE YOUR HEALTH?

At some point in your life, someone probably told you: "Enjoy every moment. Life is short." Maybe you've smiled and rolled your eyes at this well-intentioned relative or co-worker. But the fact is, there's something to it. Trying to enjoy each moment may actually be good for your health.

The idea is called mindfulness. This ancient practice is about being completely aware of what's happening in the present—of all that's going on inside and all that's happening around you. It means not living your life on "autopilot." Instead, you experience life as it unfolds moment to moment, good and bad, and without judgment or preconceived notions.

"Many of us go through our lives without really being present in the moment," says Dr. Margaret Chesney of the University of California, San Francisco. She's studying how mindfulness affects health. "What is valuable about mindfulness is that it is accessible and can be helpful to so many people."

Studies suggest that mindfulness practices may help people manage stress, cope better with serious illness and reduce anxiety and depression. Many people who practice mindfulness report an increased ability to relax, a greater enthusiasm for life and improved self-esteem.

One NIH-supported study found a link between mindfulness meditation and measurable changes in the brain regions involved in memory, learning and emotion. Another NIH-funded researcher reported that mindfulness practices may reduce anxiety and hostility among urban youth and lead to reduced stress, fewer fights and better relationships.

A major benefit of mindfulness is that it encourages you to pay attention to your thoughts, your actions and your body. For example, studies have shown that mindfulness can help people achieve and maintain a healthy weight. "It is so common for people to watch TV and eat snack food out of the box without really attending to how much they are eating," says Chesney. "With mindful eating, you eat when you're hungry, focus on each bite, enjoy your food more and stop when you're full."

Finding time for mindfulness in our culture, however, can be a challenge. We tend to place great value on how much we can do at once and how fast. Still, being more mindful is within anyone's reach.

You can practice mindfulness throughout the day, even while answering e-mails, sitting in traffic or waiting in line. All you have to do is become more aware—of your breath, of your feet on the ground, of your fingers typing, of the people and voices around you.

Chesney notes that as people start to learn how to be more mindful, it's common and normal to realize how much your mind races and focuses on the past and future. You can just notice those thoughts and then return to the present moment. It is these little, regular steps that add up and start to create a more mindful, healthy life.

So, before you roll your eyes again, take a moment and consider mindfulness.

Article and references can be found [here](#).



Employees: To save time, please complete this [consent form](#) ahead of time and bring it with you along with your insurance card. Thanks!



# FLU SHOT CLINIC



**TUESDAY OCTOBER 24TH**

No appointment necessary--  
just drop in when you are able!

**1:00 - 3:00 PM**

Join us for games, prizes, and community  
-- all in the name of wellness!

**WORTMANN BALLROOM**



In support of the college's efforts to promote a "Well-Balanced RC," this year's flu shot clinic will be a joint event with the Roanoke County/Salem Health Department, Student Health & Counseling Services, and MaroonsRWell!



Tea:

*Nature's Way to Focus, Power and Zen*

With DB Poli

**PLANTS ARE FULL OF AMAZING CHEMISTRY THAT HELP OUR BODIES RELAX, FOCUS, AND HEAL. TEAS ARE ONE OF THE OLDEST MEDICINAL FORMS TO HELP US HARNESS THESE REMEDIES. COME LEARN ABOUT WAYS TO BRING THE POWER OF PLANTS TO YOUR LIFE...AND GET A PERFECT CUP OF TEA!**

Monday October 30th at 1:15 pm

Pickle Meeting Room

Tea and light refreshments will be served.  
Please email [wellness@roanoke.edu](mailto:wellness@roanoke.edu) to save your spot.



## Fall Happenings!

An important component of wellness is getting out and getting involved and what better time to do that than autumn in the Valley? Be sure and check out these events around campus and around our community

### Roanoke College Events

- 10/3 - Achieving Olympic Gold: The Kristin Armstrong Story of Commitment, Perseverance, and Transcendence
- 10/4 - Oktoberfest
- 10/5 - Visiting Writer Cheryl Hopson Reading and Book Launch
- 10/5 - Self-Defense Class
- 10/10 - Wind Ensemble and Jazz Ensemble Concert
- 10/12 - RC Sustain Meeting
- 10/27 - Inauguration Day!!
- 10/30 - Meditation Mondays

### Roanoke Valley Events

- Weekends in October - Jeter Farm Fall Festival
- Weekends in October - Sinkland Farms Pumpkin Festival
- Weekends (10/6-10/22) - Center in the Square "Blue Ridge Nightmares"
- 10/6-10/8 - Craftsman Fall Classic (Berglund Center)
- 10/7 - Vinton Fall Festival
- 10/7 - Boones Mill Apple Festival
- 10/13-10/15 - Anthem Go Outside Fest
- 10/19 - Night Howls at Mill Mountain Zoo
- 10/21 - Grandin Village Bloktoberfest
- 10/27 - Salem Pumpkinfest
- 10/28 - Blue Ridge Folklife Festival in Ferrum
- 10/28 - Salem Main Street Trick or Treating

# October Faculty & Staff Fitness Classes

Join us for fun and Fitness! No Experience Required!  
All Classes run from 12:00-12:45, and are held in Bast 109



**Body Pump  
with Christine**

**Tuesdays at 12:00**

**10/3; 10/10; 10/17; 10/24; 10/31**



**Yoga  
with Laura**

**Thursday at 12:00**

**10/12**



**Zumba  
with Kathy**

**Thursday at 12:00**

**10/19 & 10/26**

## Recipe of the Month: Easy Crock Pot Potato Soup

### Ingredients

10 red potatoes, cut into cubes	2 teaspoons dried parsley
3 tablespoons all-purpose flour	1 teaspoon seasoned salt
¾ cup real bacon bits	½ teaspoon ground black pepper
1 small red onion, chopped	3 cups water
1 clove garlic, minced	1 cup half-and-half
2 tablespoons chicken bouillon granules	½ cup shredded Cheddar cheese, or to taste
1 tablespoon ranch dressing mix	¼ cup chopped green onion, or to taste

### Directions

- Put potatoes in the bottom of your slow cooker crock. Scatter flour over the potatoes; toss to coat.
- Scatter bacon bits, red onion, garlic, chicken bouillon, ranch dressing mix, parsley, seasoned salt, and black pepper over the potatoes.
- Pour water into the slow cooker.
- Cook on Low 7 to 9 hours.
- Pour half-and-half into the soup; cook another 15 minutes.
- Garnish with Cheddar cheese and green onion to serve.

Recipe and details found [here](#):

