



# Newton South Wellness Newsletter

WORK PLAY REST



From the desk of...  
Alan Rotatori  
Wellness Director

**Wellness** is an active process of becoming aware of and making choices toward a healthy and fulfilling life. "A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." – The World Health Organization

**Welcome** to issue #1 of the Newton South Wellness Newsletter! The goal of this periodic publication is to educate, motivate and communicate the values of living a wellness lifestyle. Our department is dedicated to helping students, faculty/staff, and community members understand the effects of daily decisions and their impact on overall health and well-being. The newsletter will be split into three sections, wellness dimension focus, wellness in the news, and tips for living. Let's get started!

**Wellness Dimension Focus – Social Wellness** – Social Wellness refers to the relationships we have and how we interact with others. Our relationships can offer support during difficult times. Social wellness involves building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you (<https://shcs.ucdavis.edu>). My favorite part of this definition is "fostering a genuine connection". Fostering means that we are promoting, cultivating, or nurturing the type of relationship that gives us confidence in a social setting. Our strongest relationships are the ones that are genuine and are built on sincerity with little expectation of getting something extrinsic from the connection. Finding someone who is sincere can sometimes be a daunting task but if you do some reflecting you will realize that these people were there all the time. The lyrics to Tim McGraw's country song, *Find Out Who Your Friends Are*, should explain this a little better; *"Run your car off the side of the road, get stuck in a ditch way out in the middle of nowhere, or get yourself in a bind lose the shirt off your back, need a floor, need a couch, need a bus fare. This is where the rubber meets the road, this is where the cream is gonna rise, this is what you really didn't know, this is where the truth don't lie, [Chorus] You find out who your friends are, somebody's gonna drop everything, run out and crank up their car, hit the gas, get there fast, never stop to think 'what's in it for me?' or 'it's way to far', they just show up with their big old heart, you find out who your friends are."* So, if you're not sure who is part of your healthy, nurturing, or supportive social network, just take a moment to reflect back on a time when you were down and out. The people who were there for you during that dark time are your strongest, genuine relationships. Start building your social wellness around these people and you won't go wrong! If you want to hear the entire McGraw song click here... <https://www.youtube.com/watch?v=RG50I8nXW0Y>.

**Wellness in the news – US News and World Report** (<http://health.usnews.com/health-news/health-wellness/articles/2015-12-30/type-2-diabetes-increases-dementia-risk?int=a3bb09>)

## Health Buzz: Type 2 Diabetes Increases Dementia Risk

People with Type 2 diabetes have a greater risk for developing [dementia](#) than those without the disease, according to a new study [published](#) Tuesday in *Diabetes Care*. The study authors also report that vascular dementia – a common type of dementia that affects blood flow to the brain – is more likely in women with diabetes than men with the condition. "In Alzheimer's disease, nerve cells throughout the brain die off, and abnormal proteins accumulate in the brain for reasons not entirely known," Rachel Huxley of Curtin University in Perth, Australia, told Reuters Health. "Vascular dementia, in contrast, is the result of impaired blood flow to the brain, usually by a series of small, imperceptible strokes." The researchers examined 14 studies involving more than 2 million people, including more than 100,000 with dementia. They found that diabetes was associated with a 60 percent increased risk for any dementia in both men and women. Overall, they found that women with [diabetes](#) had a 19 percent greater risk for developing vascular dementia compared with men. "These findings add to the evidence that diabetes confers a greater vascular hazard in women compared with men," Huxley told [Reuters Health](#). "Diabetes confers a greater risk of developing heart disease, stroke and now vascular dementia in women compared with men." It's important to note that the published paper is based on observational studies, meaning the relationship could be due to other health issues such as [obesity](#), [smoking](#), an unbalanced diet and lack of exercise.

**Tips for living – WORK, PLAY, REST!!**



"GOOD PEOPLE"





From the desk of...  
Alan Rotatori  
Wellness Director



**Newton South High School  
Wellness Department**



***”GOOD PEOPLE” Program***  
***Fostering community one act of kindness at a time!***

**What’s it about?**

The “*GOOD PEOPLE*” program was created to recognize members of our community for their random acts of kindness. These acts are not behaviors or actions that are considered normal or expected but a sincere effort to help others. Holding a door for someone, picking up a piece of trash in the hallway, or saying “good morning” to someone are all very polite and nice gestures but are considered expected behaviors in our community. Volunteering to help at a soup kitchen, tutoring another student who is struggling academically, and supporting someone who is in crisis are acts of kindness that deserve recognition and help strengthen our community.

**What do I do?**

It’s easy! Complete the form below, save it, and send me a copy. [alan\\_rotatori@newton.k12.ma](mailto:alan_rotatori@newton.k12.ma). Make sure you put “GOOD PEOPLE” in the subject box.

**What happens after I nominate someone?**

I will be displaying all nominations on the “*GOOD PEOPLE*” wellness board. The board is located in the field house lobby, just look for the large smiley face! Each month I will choose recipients of the “GOOD PEOPLE” of the month award. This award will give recognition to one faculty/staff and one student.

**Your Name:**

**Name of nominee:**

**Reason for nomination:**

**\*See attachment for  
“GOOD PEOPLE”  
nomination form**



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Alan Rotatori  
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## Newton South High School Wellness Department



**Well U** is a list of opportunities and/or resources for students, staff, and community members to enhance their health and well-being. The list will be updated each time the Newton South Wellness Newsletter is published. If you have information on a wellness program or resources that would be beneficial to add to the list, feel free to contact me [alan\\_rotatori@newton.k12.ma.us](mailto:alan_rotatori@newton.k12.ma.us). Please put **Well U** in the subject box.

### ***For the students***

- Badminton Club, Thursday J block, throughout the school year.
- Fitness Center, open for students, Monday-Thursday after school.

### ***For the faculty/staff***

- AM Faculty Basketball, Tuesday and Friday, 6:15am to 7:15am, throughout school year.
- Fitness Center, open for faculty before and after school.

### ***For the community***

Newton Wellness Coalition, <http://www.gettoknownewton.com/introducing-the-newton-wellness-coalition/>

(Well U Program is a work in progress!)