

CCS WELLNESS INITIATIVE

December 2017



HAPPY HOLIDAYS



from your CCS Wellness Team

WELLNESS UPDATES



ATTENTION: Wellness Desk Calendars coming soon!

If you received a red Healthy Bodies, Active Minds Wellness calendar last year, please keep the leather binding. We will replace the monthly sheets for January 1- December 31, 2018. Fill out a request form to receive the January- December 2018 monthly sheets while supplies last, by [clicking here](#).



Sign your Electronic Waiver

Before participating in any CCS onsite wellness program, all CCS employees are **required** to log on to the [Wellness Portal](#) and sign the **electronic waiver**. [View](#) instructions on signing your electronic waiver.

WELLNESS FEEDBACK



We value your feedback!

Likes? Dislikes? We want to know your thoughts. [Click here](#) to leave a comment and/or suggestion for the Wellness Team.



Fitness Class Survey

Whether you're a fitness class regular or attended class one time, your feedback is very important in improving the quality of our fitness program. Please take a few minutes to complete and submit the [Fitness Class Survey](#). All responses are anonymous and kept confidential.



Flu Shot Clinic Survey

If you participated in our flu shot clinic this year, we would like to hear about your experience in receiving a flu shot at a CCS location. Help us improve the quality of future flu shot clinics. [Click here](#) to take our Flu Shot Clinic Survey. All responses are anonymous and kept confidential.

EXCITING NEW WELLNESS OPPORTUNITY



Try Modo Yoga for FREE!



Modo Yoga Columbus offers a form of hot yoga that combines the precision of therapeutic yoga and the foundations of traditional yoga in a specially heated room. The series is a cardiovascular workout that strengthens, tones and loosens the muscles, while calming the mind and reducing stress.



CCS Wellness has partnered with Modo Yoga Columbus to offer 3 FREE DROP-IN CLASSES and 20% discount off Live Well or Be Free Memberships with special promo code for CCS employees! [Click to view flyer](#) and more information about Modo Yoga Columbus [discounts](#).

UPCOMING WELLNESS PROGRAMMING



2018 Biometric Clinics - coming soon!

Be proactive about your health. Know your numbers.

If you have Medical Mutual health insurance through CCS, starting in January 2018, you are able to attend one biometric clinic per the 2018 calendar year. * Earn a 50.00 gift card! * gift cards are considered a form of compensation and are subject to employee payroll taxes.

[Click here](#) to view the January 2018 Staff Biometric Clinic Schedule. Stay tuned for more information about scheduling your appointment.

Questions about Biometric Clinics?

Contact owarzycha@columbus.k12.oh.us



January- March 2018 Fitness Class Schedule - coming soon!

Kick off the new year with a healthy routine! The January - March 2018 Fitness Class Schedule will begin on **Monday, January 8, 2018**. A reminder that the last day of fitness classes for the November-December 2017 Fitness Class Schedule is on **Thursday, December 14**.

[Look out for the January - March 2018 Fitness Class Schedule coming soon to our Wellness website and through email announcements!](#)



HEALTHIEST BUS COMPOUND AWARD WINNER



Congratulations Morse Road Bus Compound!

The CCS Wellness Initiative is proud to announce that Morse Road has won the "Healthiest Bus Compound Award"! They earned this honor because they had the largest percentage of staff receive their flu shot.

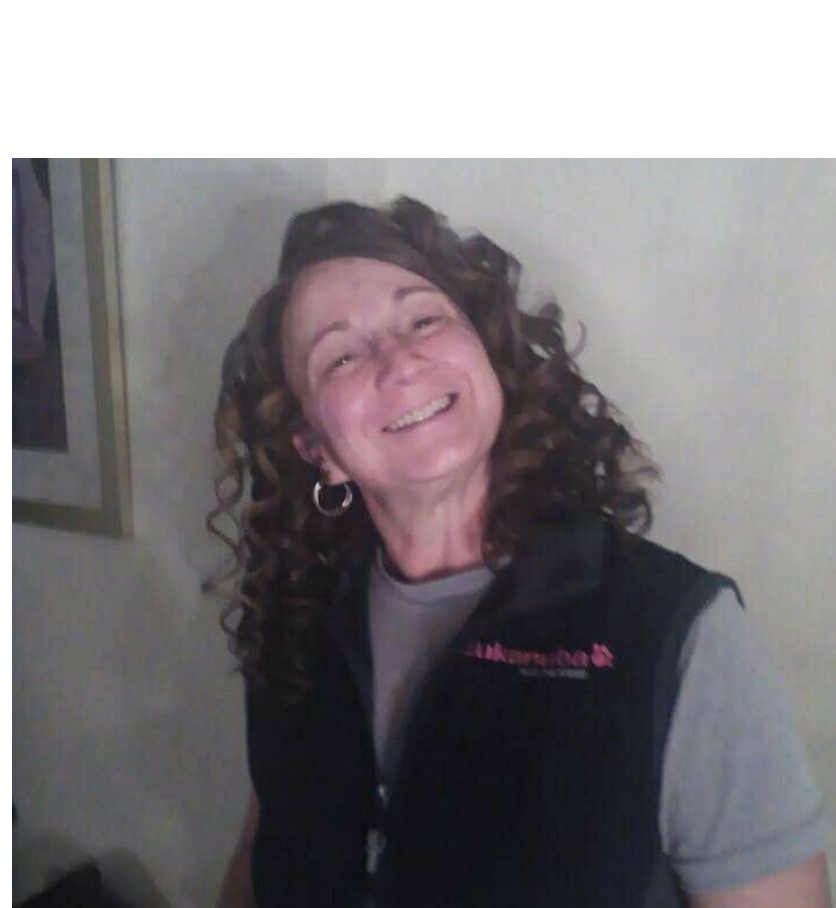
All bus compound staff were encouraged to receive a flu shot to protect their health and the health of others belonging to our CCS community. We know that the more staff who are immunized supports the goal of having staff and students present and ready to work and learn. As 1st place winners, Morse Road Bus Compound staff have won a trophy, bragging rights and a nutrition education program about healthy snacking on-the-go. Way to go Morse Road Staff!



STAFF SPOTLIGHT

SHARON UNRAU

Dance Specialist for Columbus City Schools



My name is Dr. Sharon Unrau, I'm 53 years old and currently the Dance Specialist at AIMS, I've been in the district teaching in various capacities since 1991. During this time, I married, had a son (CIHS 2014 Graduate), divorced and finished a PhD at The Ohio State University while teaching full-time during the school day, and two K-12 Endorsements offered through CCS Outreach.

At the end of the 2015 academic year, AIMS School Nurse Strouse facilitated a CCS Health Screening for teachers and staff. I signed up because the district was offering a \$50 gift card to The Anderson's. Who can't use \$50, right?! But there's more...

I am grateful I attended the CCS Health Screening, it changed my life -- possibly saved it -- definitely has reshaped it -- and through the medical services I am now diligent -- how I live day-to-day. My drive home from the CCS Wellness Clinic was a short one -- yet enough time to identify 'major lifestyle' changes needed to be made immediately -- and with medical professionals trained to support my needs.

As a result of the initial screening in 2015 (which took less than 30 minutes), I was diagnosed with Severe Hypertension (HBP), Obesity, Severe Anemia, High Cholesterol, and after additional outside "follow-up" diagnostic protocols, tests and procedures -- was prescribed medication for Hypothyroidism, Exercise Induced Asthma, and Depression. I needed an on-going combination of both medical and mental health services on a regular basis.

I changed everything from the empty house I was struggling to maintain on my own to my diet, opting for ice water and salad, over sugar soft drinks and drive-thru menus during my lunch, make sure I received at least 8 hours of uninterrupted sleep, each night, maintain all doctor's and therapist's appointments -- and refill and administer medications as prescribed -- and prioritize my time and day as needed.

I am sharing my story in hope that others will take advantage of services and programming offered by our CCS Wellness -- GO! There's nothing wrong with being human and needing support... Be Honest, Be Proactive, Be PRESENT! Please make yourself your #1 priority -- and model healthy living for our amazing scholars. I'm now in front and feeling great! TY CCS Wellness and Nurse Strouse.



Do you have a wellness success story? We want to hear about it! Tell us about your wellness journey and be featured on our Staff Wellness Spotlight. Please send your story to syerramilli@columbus.k12.oh.us

DECEMBER IS FINANCIAL WELLNESS MONTH



Understand your financial situation and take action!

Financial wellness is among the eight dimensions of wellness and an important part of our health and well-being. Making a resolution to assess your financial wellness can help jump start your commitment to your mental, emotional, occupational health.

Need a plan to ensure that your finances are in order before the holidays? [Click to view the Financial Wellness Checklist](#) and more [tips](#) for living within your budget.



HAVE A HEALTHY & HAPPY HOLIDAY



Don't let stress dampen your holiday spirit!

Holidays bring a chance to share the festive season with family and friends, and ideally allow time for rest and reflection. We realize that this ideal often times is overshadowed and that the holidays can be a source of stress and pressure. [For more information on handling holiday stress, click here.](#)

If you find yourself overwhelmed, you may find information from our Employee Assistance Program, [CompPsych GuidanceResources](#), beneficial. This benefit offers no-cost, confidential solutions to life's challenges including, counseling services, work-life solutions, legal guidance, financial resources, and online support.



CCS Wellness wishes you a healthy, joyful and safe holiday season!