

CCS WELLNESS INITIATIVE

OCTOBER 2020 Newsletter

HEALTH RESOURCES



OCTOBER IS BREAST CANCER AWARENESS MONTH

This October, the CCS Wellness Initiative is proud to support [National Breast Cancer Awareness Month](#). 1 in 8 women in the United States will develop breast cancer in her lifetime.

2020 has been a powerful reminder that we are all in this together. Our choices and actions have the power to protect the most vulnerable among us in a big way. The same holds true when it comes to breast cancer. During Breast Cancer Awareness Month, a top priority is to educate women on what they can do to be proactive about their breast health. Knowledge and [early detection](#) can save lives!

- **If you are a woman, age 40 - 49, speak with your doctor about when to start getting mammograms and how often to get them.**
- **If you are a woman, age 50 - 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.**

To show support for those that are fighting breast cancer, to celebrate the survivors of breast cancer, and to honor those that have lost the battle with breast cancer, let's wear **PINK** every THURSDAY in October!



FREE COVID-19 TESTING

Testing Saves Lives.

If you're sick, get a free COVID-19 test.

614-645-1519 or [Live Chat here with one of our agents](#)

Columbus Public Health is offering free, drive-thru COVID-19 testing in partnership with Mount Carmel, Ohio Health and The Ohio State University Wexner Medical Center. Anyone in the community with symptoms can get a free test, Monday through Friday, from 9 a.m. to 4 p.m., at Columbus Public Health (240 Parsons Ave.)

Testing is critical to preventing the spread of COVID-19 and helps save lives. If you're sick, it's important to get a test as soon as possible to protect yourself, your loved ones and the community. Learn more about [COVID-19 testing](#) at Columbus Public Health.

- ▶ **In addition to Columbus Public Health, there are several other community sites throughout Columbus offering free COVID-19 testing.** You can find a list of test sites by [clicking here](#).

WELLNESS PROGRAM UPDATES



GET YOUR FLU SHOT

The CDC is recommending that people get their flu shot now.

For a list of where you and your family can go to get a flu shot, visit the CCS Wellness website by [clicking here](#).

- ▶ **For staff who do not have health insurance [click here](#) to complete a request for a voucher to Walgreens. We will send you a voucher to receive a flu shot at no charge.**



BENEFITS OPEN ENROLLMENT 2021

A reminder that Open Enrollment for Employee Benefits ends on October 30, 2020. Even if there are no changes to your benefits plan you must participate in Open Enrollment. Please familiarize yourself with the new Employee Benefits Open Enrollment website by [clicking here](#).

Also, please take the time to review the new guide. Click on the guide [here](#) for an electronic copy of your 2021 Benefits Guide.

- ▶ **The CCS Benefits team has set up virtual meetings via ZOOM with representatives from all providers, including the CCS Wellness Initiative. Check out the ZOOM schedule [here](#).**



URBAN ZEN ONLINE

The CCS Wellness Initiative is proud to present a fall session of Urban Zen Online! During the 30 - minute class, you will be guided through gentle mindful movements, restorative postures, body awareness meditation and breath observations.

- ▶ **Check under the class links section on our [wellness website](#) to access the Zoom links a few minutes prior to the class start time.**



FREE YOGA CLASSES FOR STAFF

The CCS Wellness Initiative has partnered with the Youth Yoga Project to host FREE yoga classes held through December 2020.

NOTE: Classes are for CCS staff only and have limited capacity. Sign-ups are on a first come, first serve basis. Please click here to view our [wellness website](#) to see the upcoming class flyer and schedule.

- ▶ **[Click here](#) to sign up for the next class held on Monday, November 2nd.**



NEW! FINANCIAL COACHING PROGRAM FOR STAFF

Have a Healthy Perspective on Earning, Saving, and Spending Your Money!

The CCS Wellness Initiative has partnered with [Enlighten Angle Financial Group](#) to offer FREE financial wellness coaching to staff on a *first come, first serve basis. We want you to feel empowered around money, and the #1 key to that empowerment is AWARENESS. In this coaching program, you will take a good look at your spending patterns, the emotions that drive them, and ways that you can build a solid future for yourself and your family through planning that fits your lifestyle. These sessions include accountability, support, and follow-ups in a one-on-one coaching format with a Certified Personal Financial Coach.

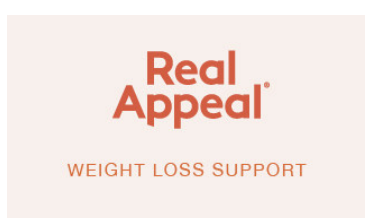
Simply put, you're going to see how easy dealing with money can be, so that you can be the calm, confident and prosperous person that you've always dreamed of being.

CCS Wellness is offering sponsorships for staff to participate in the 12 week, 8 week and self study programs sessions on a *first come, first serve basis. **Applications are due by Friday, October 23rd.** You will be notified of your application status by Monday, November 2nd. To apply for this program:

- (1) Visit the [Financial Wellness Coaching Program](#) tab on the wellness website.
- (2) Review the descriptions for available financial coaching program options: 12 week, 8 week and self-study
- (3) Open the [program flyer](#) and click on the application icon to access the [online application](#).
- (4) Complete and submit the application as soon as possible.
- (5) For questions or concerns, contact Tia Johnson by email at hello@enlightenangle.com



REAL APPEAL - Coming Soon!



Take Small Steps to Life-Changing Habits

Spark your weight loss transformation with the tools you need and 24/7 support.

Columbus City Schools is excited to offer Real Appeal,® an online program to spark your weight loss transformation. The best part? It's included at no additional cost as part of your health plan benefits. Meet with an online coach to create health goals, track your activity, and find new ways to keep your body moving.

Stay tuned for more information in November.

WELL-BEING RESOURCES



EMPLOYEE ASSISTANCE PROGRAM

Guidance Resources is Columbus City Schools' Employee Assistance Program (EAP). Personal issues, planning for life events or simply managing daily life can affect your work, health and family. Guidance Resources provides FREE, confidential, 24/7 support, resources and information for personal and work-life issues affecting you and your dependents.



CALL
800.774.6420



ONLINE
GuidanceResources.com
Use Web ID: CCS



APP
GuidanceResources Now



UNITED HEALTHCARE PUBLIC CRISIS LINE

UHC's toll-free emotional support help line at **(866) 342-6892** is free of charge and available to anyone, so you can share it with professionals will connect people to resources. It will be open 24 hours a day, seven days a week. This line is open to anyone who needs help - it's not a requirement to be a UHC covered member. In addition, emotional-support resources and information are available online at [liveandworkwell.com](#).



TALKSPACE

United Healthcare has a partnership with the popular mental health app, **Talkspace!** Something on your mind? Message a dedicated therapist anywhere, anytime. With Talkspace online therapy, you can regularly communicate with a therapist, safely and securely from your phone or desktop. Make progress. No office visit required. **Learn more about utilizing your Talkspace benefits by [clicking here](#).**



SANVELLO

Sanvello is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression - anytime. Connect with powerful tools that are there for you right as symptoms come up. Stay engaged each day for benefits you can feel. Escape to Sanvello whenever you need to, to track your progress and stay until you feel better.

The Sanvello app is available to you at no extra cost as part of your plan's behavioral health benefits. **For more information about the accessing the Sanvello app, [click here](#).**



STAFF WELLNESS SPOTLIGHT

MOLLY SPANGLER BSN, RN, LSN - Nursing Case Manager for the Medically Fragile Students

Wellness means different things to different people. Self-exploration will help determine what wellness means to you. My idea of wellness, and the expectations I have for myself have changed each decade of my life. When I was younger wellness was whatever was trendy in fitness and nutrition. Now, I listen to my body. What do I need mentally, physically, and spiritually to be the best me I can be?

COVID-19 stormed into our lives creating stress and uncertainty, separated us from co-workers, friends and family. Now more than ever we must take a moment and listen to ourselves and develop an awareness of our needs. The COVID-19 pandemic has allowed me to listen to my needs and connect with my daughter through fitness. Running and lifting weights has been a part of my wellness routine for years. The pandemic cancelled my daughter's track season. She continued to run to stay in shape with the hope of having some kind of season. I started running with her to help keep both of us motivated. It is a lot harder to skip a run when someone is holding you accountable. I knew I would enjoy running with her, but little did I know how much it would impact my life. I was amazed with her love of running and her ability to challenge herself day in and day out. I took a cue from my daughter and decided to challenge myself. Even though I would finish the run way, way behind her, I pushed myself to run longer and faster. I have been able to improve my fitness and reach goals that at one time seemed impossible to achieve. Along the way I have also create amazing memories with my daughter.

We are fortunate the CCS Wellness Team promotes health and wellness in a variety of formats to appeal to individual needs and interests. Through the promotion of self-awareness and taking care of oneself, I have been able to find my own happy in these trying times. Everyone's path to health and wellness is different but the ultimate goal is the same. Feeling good on the inside and on the outside! ■



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