



UPCOMING EVENTS



Biometric Screenings

Get a snapshot of your current health
PLUS \$50 in Personify Health Rewards Cash!

Fasting is recommended for more accurate results, however it is not required.

Appointments are highly encouraged!

Walk-ins are permitted, however scheduled appointments will receive priority.

Monday, 3/3:

Bellflower Speech Room
Lake Conference Room

10:00 AM - 12:00 PM
1:00 PM - 3:00 PM

[Schedule an appointment](#)
[Schedule an appointment](#)

Tuesday, 3/4:

Shore Room 229
Paradigm - Paradigm 4 Room

9:30 AM - 11:30 AM
1:00 PM - 3:00 PM

[Schedule an appointment](#)
[Schedule an appointment](#)

Wednesday, 3/5

Mentor High A-Conf. Room

10:00 AM - 2:00 PM

[Schedule an appointment](#)

Thursday, 3/6

Service Building Conf. Room
Memorial Middle Principle's Conf. Room

9:30 AM - 10:30 AM
12 PM - 3 PM

[Schedule an appointment](#)
[Schedule an appointment](#)

Friday, 3/7

Fairfax Main Conf. Room

10:00 AM - 2:00 PM

[Schedule an appointment](#)

Monday, 3/10:

Orchard Hollow Conf. Room
Ridge Conf. Room

10:00 AM - 12:00 PM
1:00 PM - 4:15 PM

[Schedule an appointment](#)
[Schedule an appointment](#)

Tuesday, 3/11:

Hopkins Conf. Room
Sterling Morton Room 120

10:00 AM - 11:15 AM
12:30 PM - 2:30 PM

[Schedule an appointment](#)
[Schedule an appointment](#)

Wednesday, 3/12

CARES Conf. Room
Garfield Room 103

10:00 AM - 12:00 PM
12:15 PM - 2:15 PM

[Schedule an appointment](#)
[Schedule an appointment](#)

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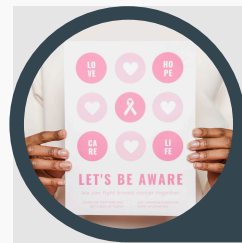
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Mammogram and Bone Density Scan Event

March 14, 2025 | 8:30 AM - 3:00 PM
Mentor High School



Appointments are required for mammogram participants.

Call Nicole Edwards at 216-896-1768 to schedule your appointment ASAP. **Appointments must be made by 3/7.**



Bone density scans are walk-in only.

These scans will be available day-of on a first come first serve basis.

Don't miss this opportunity!

Call Nicole Edwards at 216-896-1768 to schedule your mammogram appointment.

If you have any questions about eligibility criteria, please call Nicole at 216-896-1768.



DIABETES AND HEART HEALTH

The relationship between diabetes and heart health is closely intertwined, with diabetes significantly increasing the risk of developing cardiovascular diseases. Diabetes and heart disease share several common risk factors, including obesity, high blood pressure, high cholesterol, and a sedentary lifestyle. These factors contribute to the development and progression of both conditions. Additionally, the impact diabetes can have on your blood vessels and nerves can put your heart at risk.

Here are some key ways in which diabetes affects heart health:

1. **Atherosclerosis:** High blood sugar levels can lead to the buildup of fatty deposits in the blood vessels, a condition known as atherosclerosis. This narrows and hardens the arteries, reducing blood flow to the heart and increasing the risk of heart attacks and strokes.
2. **High Blood Pressure:** Diabetes often coexists with high blood pressure, which further strains the heart and blood vessels. This combination significantly raises the risk of heart disease.
3. **Cholesterol Abnormalities:** People with diabetes often have unhealthy cholesterol levels, including high levels of LDL (bad cholesterol) and triglycerides, and low levels of HDL (good cholesterol). These abnormalities contribute to the development of cardiovascular diseases.
4. **Diabetic Cardiomyopathy:** Diabetes can lead to changes in the heart muscle, known as diabetic cardiomyopathy, which affects the heart's ability to pump blood effectively. This can lead to heart failure over time.
5. **Inflammation:** Chronic high blood sugar levels can cause inflammation and oxidative stress, damaging the blood vessels and heart tissue, and contributing to the development of cardiovascular diseases.
6. **Autonomic Neuropathy:** Diabetes can damage the autonomic nerves that control heart rate and blood pressure, leading to conditions such as resting tachycardia (abnormally high resting heart rate) and orthostatic hypotension (a drop in blood pressure when standing up).
7. **Increased Risk of Heart Attack and Stroke:** People with diabetes are at a higher risk of experiencing heart attacks and strokes due to the combined effects of high blood sugar, high blood pressure, and cholesterol abnormalities.

Managing diabetes effectively is crucial for reducing these risks. This includes maintaining blood sugar levels within target ranges, managing blood pressure and cholesterol, adopting a heart-healthy lifestyle, and regularly monitoring heart health with healthcare providers.

BENEFITS DID YOU KNOW: Health Coaching Services

Maximize your benefits and wellbeing by utilizing the FREE health coaching services available to you!

PLUS earn Personify Health points for participating in various health coaching activities!



Available Health Coaching Activities Include:

- **One-on-One Health Coaching:** Do you have goals related to physical or emotional health? Do you need help with goal setting or figuring out where to start? If so, one on one coaching may be a great fit for you! Meet with Mentor Health Coach Bridget Evans to start working on a wellness plan tailored to your needs, goals and interests.
- **Monthly Webinar:** Each month a new 30-minute webinar is offered. These webinars span a variety of topics, so tune into whichever one(s) spark your interest!
- **Monthly Group Activity:** Each month Bridget will lead a group wellness activity, from group walks to guided meditation sessions, and everything in between. Join these group sessions to connect with your fellow wellness-minded friends and colleagues!

For more information, review the Health Coaching flyer on page 5, or email Bridget at bevans@wellnessiq.net



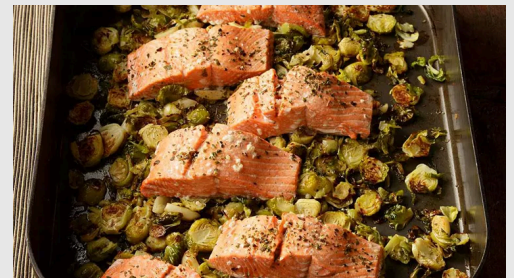
GARLIC ROASTED SALMON & BRUSSELS SPROUTS

Ingredients

- 14 large cloves garlic, divided
- 1/4 cup extra-virgin olive oil
- 2 tbsp finely chopped fresh oregano, divided
- 1 tsp salt, divided
- 3/4 tsp freshly ground black pepper, divided
- 6 cups Brussels sprouts, trimmed and sliced
- 3/4 cup white wine, preferably Chardonnay
- 2 lbs salmon filet, skinned, cut into 6 portions
- Lemon wedges

Instructions

- Preheat oven to 450°F.
- Mince 2 garlic cloves and combine in a small bowl with oil, 1 tbsp oregano, 1/2 tsp salt and 1/4 tsp pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 tbsp of the seasoned oil in a large roasting pan. Roast, stirring once, for 15 minutes.
- Add wine to the remaining oil mixture. Remove the pan from oven, stir the vegetables and place salmon on top. Drizzle with the wine mixture. Sprinkle with the remaining 1 tbsp oregano and 1/2 tsp each salt and pepper. Bake until the salmon is just cooked through, 5-10 minutes. Serve with lemon wedges. Enjoy!



Time: Prep: 20 min. | Cook: 25 min. | Total: 45 mins. **Servings:** 6

Nutrition: Calories: 334, Carbohydrates: 10g, Protein: 33g, Total Fat: 15g, Fiber: 3g

Source: *Eating Well: Garlic Roasted Salmon & Brussels Sprouts*

KATHRYN THOMAS, CNP

Kathryn Thomas, CNP, practices at Northcoast Family Practice in Concord. Kathryn (Kay) grew up in Northeast Ohio and has a love for all things Cleveland. Kay is received her Bachelor of Science in nursing from Kent State University, and her Master of Science in nursing from the University of Phoenix. She completed post-masters training as a family nurse practitioner at Ursuline College in Pepper Pike, Ohio.



Kay is compassionate and patient focused, treating people from infancy through geriatrics. Her professional interests include women's health, preventive medicine and diabetes. Kay is a member of Ohio Nurses Association, American Nurses Association, Ohio Association of Advance Practice Nurses, and Sigma Theta Tau International Nursing Honor Society.

In her free time, Kay has enjoyed serving as the team captain for the United Cerebral Palsy Foundation Cleveland Triathlon and the American Heart Association Lake Health Heart Walk

Welcoming New Patients

Call 440-352-0400 to schedule an appointment today.





HEALTH COACH INFORMATION

FEBRUARY 2025

All Mentor Public Schools employees are invited to utilize the free Health Coach services, including:



1:1 HEALTH COACHING

125 PERSONIFY HEALTH POINTS

Meet 1:1 with Health Coach Bridget Evans to discuss anything related to physical health, emotional health, or goal setting. If you're not sure where to start, don't worry - you'll work together to figure out a plan!



WEBINAR: EMPOWER YOUR MIND

2/13 at 12:00pm (30 mins)

Understanding what we can and cannot control is an important factor in the choices we make related to mental strength. This session focuses on enhancing your emotional control and ability to focus, mentally grow, and build resiliency.



OUTDOOR WINTER WALK

2/12 at 4:00pm (30 mins)

Let's get some winter movement! Join us at Veteran's Memorial Park for a 1.5 mile walk around Cardinal & Swamp Forest Loop.



Learn More & Sign Up: mentorschoolshealthcoaching.com
Questions? Email Bridget Evans: bevans@wellnessiq.net