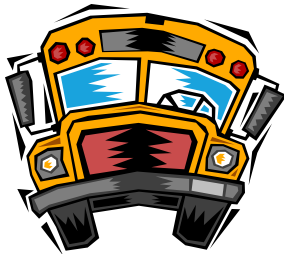


Back to School
EDITION



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President's
Word on Wellness



Dr. Anna Solley, Phoenix College President

When I purchased my first car, my parents taught me that routine maintenance was the key to a long lasting, smooth running vehicle.

During the first blush of ownership, I was busy admiring the new paint job and white wall tires, while safety and longevity stayed uppermost in my parent's minds. They were patient and encouraged me to follow a plan that included checking the tires, adding quality oil and fuel, and scheduling routine maintenance with a professional. My beautiful robin egg blue Cougar lasted long enough to get me through 6 years of my professional career.

It never ceases to amaze me that so many of us strive to take extremely good care of our vehicles but tend to pay little attention to our own maintenance until we run out of fuel.

Only one thing has to change for us to know happiness in our lives: where we focus our attention.

-Greg Anderson

For more Information Contact: Paola Ball on 602 285-7160 or via Email on Paola.Ball@pccmail.maricopa.edu

President's *Word on Wellness* cont'd from pg.1

With a national focus on health ensuring the availability of salient information, our awareness as a populace has risen, and we now know that we should be including some form of physical activity as well as stress and nutrition management into our daily lives. However, putting this knowledge into practice and maintaining this commitment over the long haul takes dedicated planning.

I would like to encourage each of you to create a comprehensive wellness plan that will help you build a strong foundation for a long, healthy, and productive life. Include daily, weekly, monthly, and annual health and wellness centered activities. At the bare minimum, you can include a daily walk and stretch with your family or friends, a weekly nutrition plan, a monthly pampering session, and an annual visit with your physician. Don't forget to breathe deeply and richly and make the most of each day by invoking laughter -- a fantastic stress reliever for you and for those you share it with.

-Dr. Anna Solley, President

Maricopa moves



L to R: Dr. Anna Solley, Dr. Rufus Glasper, Bumstead Bear and Phil Randolph.

Employee Wellness Fit for Fall 2006!

The Fun Starts in September...



PC Fit Club

20 minutes of moderate exercise fun!



WILD CARD WEDNESDAYS

Come get your 20 minute energy boost! Join us for a "mixer" of introductory level exercise fun.



Walking Group

20 minute group walk around campus.



Brown Bag EXPRESS

Bring your lunch and learn about different topics designed to give you tools to improve your health.



Guest Speaker SERIES

Health seminars offered by a community guest speaker.

All Employees Welcome!

Congratulations to all of you who participated in **Bear-opoly**, the summer "wellness challenge"

Bear-opoly Participants

Claire Adelstein	Brian Lee
B.G. Bowley	Arlene Martinsen
Barbara Bruno	Patricia Morales-Olague
Brenda Enriquez	Julie Roles
Yolanda Garcia	Irene Ruiz
Jim Gregory	Ceci Saenz
Patricia Herrera	Barbara Stratton
Walida Hicks	April Styles
Bruce Knaphus	Gayle Ybarra-Rodriguez

Diabetes

Diabetes is a disease in which the body does not **produce** or **properly use** insulin. Insulin is a vital hormone that is involved in converting sugar, starches and other food into energy. Genetics, obesity and lack of exercise play key roles in diabetes.

Diagnosis

A Fasting Plasma Glucose Test (FPG) or an Oral Glucose Tolerance Test (OGTT) is conducted by a health care provider. Either test can be used to diagnose pre-diabetes or diabetes.

FPG test

- Fasting blood glucose level between 100 and 125 mg/dl signals *pre-diabetes*.
- A person with a fasting blood glucose level of 126 mg/dl or higher has *diabetes*.

OGTT test

- If the two-hour blood glucose level is between 140 and 199 mg/dl, the person tested has *pre-diabetes*.
- If the two-hour blood glucose level is at 200 mg/dl or higher, the person tested has *diabetes*.

Type 1 diabetes

Results when the body fails to produce insulin.

Type 2 diabetes

Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have type 2 diabetes.

Gestational diabetes

Occurs during pregnancy and affects about 4% of all pregnant women.

For more information, visit the American Diabetes Association on www.diabetes.org

Source: www.diabetes.org



America's Walk for Diabetes

Phoenix Metro

SUNDAY

October 1st

Location: Arizona Center

Join us and the rest of the MCCCDC Family as we walk for diabetes through Copper Square and the many historical, cultural and sports attractions of downtown Phoenix. We'll explore the heart of urban Phoenix as we make this Landmark Walk for a Cure.

Distance	Check-In	Start Time
3 miles	8:00 AM	9:00 AM

**WE HOPE YOU WILL
JOIN US!!**

For more information please contact **Paola Ball** on x57160 or **Nicole Logan** on X57708



Time Management

Taking Control

At the beginning of each semester, we renew our focus and look for ways to squeeze in **MORE**. *One more* meeting, *one more* e-mail, *one more* phone call, one more class...but what we really need is to find a way to build in more time for ourselves. This is truly possible if we are willing to structure our lives just a bit (I know) more.


Here are a few tips to help increase your productivity and free up some of your time so that you can spend it with your family and friends or just take a breather yourself:

- **Create personal and professional goals and action plans.** For each project, write down strategies and steps to ensure a successful and timely completion. This will also help to control a huge time waster—procrastination.
- **Use a calendar-planner—either electronic or paper.** Schedule blocks of time dedicated to the completion of daily tasks and to the steps that you have outlined for longer term projects. Block out time for both daily and weekly planning and don't forget to utilize this system to make a commitment to a health and wellness routine. When you schedule time and make a written promise to yourself, you are more likely to stick to it.
- **Review your calendaring system each morning and compare it to your “to do” list.** While it's best to combine them you need to remain flexible and prioritize your tasks daily so that the most important items get completed. If tackling a bigger project brings out the procrastinator in you try breaking it down into smaller more manageable bites.
- **Organize your work area, develop and maintain systems.** Take the time to create both paper and electronic files that will allow you to access your information quickly. When you are finished with an electronic document, file it. When you are finished with a paper document you might want to put it in a “to file” basket and develop a weekly filing system so that you have a better chance of sticking with it. Throw away or shred unnecessary or duplicate documents or junk mail right away. Don't get overwhelmed by placing “sticky notes” all over your desk, use them when appropriate and develop a system that allows you to view all of your tasks at one time. This type of system will help you prioritize and organize your work load.

At first glance these tips might look like they will take up more of your time, but with practice you will find that better organization brings less stress and more satisfaction and goes a long way towards freeing up more time for yourself.

-Eileen Archibald, Executive Assistant to the President

Crunchy Munchies?



The start of a new semester is here... ready, set, stress! At the start of this semester, when you are overloaded with work and have no idea how you are going to do it all, try eating healthy.

No really! Eating a healthy balanced diet will provide you with increased levels of magnesium, vitamin C and some B vitamins – all of which are needed more in times of stress. Conversely, if you live off of fast food or unhealthy snacks, you are more likely to perform poorly and/or get sick.

During stress, your body may crave crunchy foods. These cravings are a normal part of the stress process. However, most people make the mistake of associating crunchy food cravings with unhealthy food like chips.

Being prepared is the key to beating the crunchy munchies. Take control! Next time you need a crunch session, satisfy your urge with raw veggies and fruit. Since they can't be found in a vending machine, make sure you plan ahead and pack your healthy snacks. If it is within reach, you will be more likely to choose the healthy option.

Once you are able to recognize that the stress is causing you to crave the food, and not hunger, you may be able to avoid eating as a stress reaction.

Source: Health and Beyond and the University Health Center and Stress Planning group at UGA



Additional Healthy Snack Ideas

- Trail mix –(can buy or make your own):
1/2 cup dried fruit, 1/4 cup almonds, 1/2 cup oat squares cereal, 2 cup pretzels, 1/4 cup peanuts, 1/2 cup raisins
- 1/2 PB&J on 100% whole wheat (1 tbsp PB and 2 tsp jelly)
- Piece of fruit and 1/2 cup nuts or 1 oz string cheese
- 1 oz string cheese and 5 crackers (rye crisp or other high fiber)
- Nonfat yogurt mixed w/ 1/4 cup grapenuts, granola, or other cereal
- 1 tbsp peanut butter w/celery sticks or apple
- 1 cup fresh veggies (carrot sticks, celery, cherry tomatoes) w/2tbsp low fat dressing

-Andrea Villarreal, PC Nutrition Faculty



Tune it up!

The start of the semester can signal that “back to the grind feeling”. Now that vacation is over and the kids are going back to school, make time to schedule your personal “health tune-up”.

HERE ARE SOME GUIDELINES OF WHAT APPOINTMENTS YOU NEED:

PHYSICAL- Call your general practitioner and schedule an annual physical to reduce your risk factors for chronic disease.



DENTIST- Visit your dentist every six months to maintain good oral health.

Men

Prostate Exam (PSA)- Once over the age of 50, you should get a prostate exam every year to reduce the risk of prostate cancer.

Testicular exam: Once every 1 to 2 years.

Testicular cancer is one of the most common forms of cancer in men age 18 to 35.

Women

PAP smear- You should see you OBGYN once every year to reduce the risk of breast and cervical cancer.

Mammogram- Once over the age of 50 get one every year to reduce your risk of breast cancer.

Both

Colonoscopy- It is recommended that individuals 50 and older undergo a colonoscopy every 10 years.

Enrich Your Intellectual Wellness

All Employee
DAY OF LEARNING
August 17th



Brought To YOU by LTD

Our fall All Employee Day of Learning is just around the corner! Mark your calendars for Thursday, August 17. Over 30 sessions will be offered from 9:00 a.m. to 7:00 p.m. There will be a broad range of learning opportunities. Something for everyone!

HEALTH ENHANCEMENT DAY OF LEARNING

BE PREPARED! 10:00pm-11:50pm

Learn Self Defense. The class will consist of an hour long lecture followed by an hour long demonstration of simple and effective self defense techniques. Please wear comfortable loose fitting clothing. Meet in room G-163A.

STRESSED OUT? 9:00am-2:00pm

Drop in to receive your free 15 minute massage. All massages are on a first come first serve basis from 9:00am to 2:00pm in the South Gym.

STRESS, BREATHING AND RELAXATION 2:00-2:50pm

Identify harmful stress early and learn breathing and relaxation techniques that will help you Alleviate STRESS during "Peak Periods." Meet in the HE Conference Room, Bldg G.

EXPLORE THE ART OF YOGA 9:00am-9:50am

A slower paced restorative class with emphasis on breathing, relaxation and gentle stretching. Beginners are welcomed and encouraged. Meet in room G-163.

DON'T KNOW WHERE TO BEGIN?

9:00 -9:50am, 10:00 -10:50am

Fitness Center Circuit, designed as an introduction to the Fitness Center equipment. Open to all fitness levels. Meet in the Fitness Center.

LEARN THE MYSTERY OF BELLY DANCING

11:00am-11:50am

A fun and energetic workout using creative belly dancing moves. No previous experience required. Meet in the South Gym.

TIGHT MUSCLES?

12:00pm-12:50pm, 1:00pm-1:50pm, and 2:00pm-2:50pm

Relieve tension and increase flexibility using a foam roller. This rewarding class is designed to give instant relief and results on the spot! Class will meet in room G-163.

COME ON, TRY IT! 1:00pm-1:50pm

A high energy, stationary cycle class designed to challenge the legs and the lungs. Open to all fitness levels. Please meet in the South Gym.

READY TO SIZZLE? 2:00pm-2:50pm

"Sizzle" with a fun dance class that combines Hot Salsa moves with Sultry Hip Swivels. Open to all fitness levels and is sure to keep you captivated. Class will meet in the South Gym

HEALTHY EATING AND PORTION CONTROL 12-12:50pm

Learn more about the new food pyramid and gain insight on how to control your weight by looking at your activity level and eating habits. Meet in the HE Conference Room, Bldg G.

PILATES 4:00-4:50pm

Lengthen and tone your muscles while increasing your core stability, balance and strength. Meet in G 163.

FITNESS/WELLNESS STAFF


HEALTH ENHANCEMENT

Liz Ligon, Health Enhancement Department Chair
Marty Minton, Department Secretary

 Contact Marty Minton on (602) 285-7295

CAMPUS FITNESS/WELLNESS

Paola Ball, Fitness/Wellness Manager
Nicole Logan, Fitness/Wellness Programs Assistant

 Contact Paola Ball on (602) 285-7160

FITNESS CENTER

Marty Welter, Fitness Center Coordinator
Allen Jackson, Fitness Center Technician
Ceci Saenz, Fitness Center Technician and ESL Coordinator

 Contact Marty Welter on (602) 285-7147


AEROBICS

April Styles, Aerobics Program Coordinator

 Contact April Styles on (602) 285-7173

OLDER ADULT WELLNESS

Allen Jackson, Senior Wellness Coordinator
April Styles, Silver Sneakers Coordinator

 Contact Allen Jackson on (602) 285-7225
Contact April Styles on (602) 285-7173

LOCKER ROOM MANAGEMENT

Rosie Alvarez, Women's Locker Room Attendant
George Holusha, Men's Locker Room Attendant

 Contact Rosie Alvarez on (602) 285-7595



PC Fitness Center and Aerobics

FALL enrollment is now open!

The **Fitness Center** provides quality service and valuable instruction to those enrolled. Services include: personalized exercise plans, blood pressure checks, and body composition testing.

A full **Aerobics schedule** is also offered. Classes include: Pilates, Yoga, Kickboxing, Cycling, Dance, and so much more!

Our **Fitness Center and Aerobics program** work together. Once enrolled in one you automatically gain access to the other.

Faculty/Staff

Begin your journey to a healthier you today! Simply follow these steps:

- Obtain tuition waiver from your department chair.
- Go to A&R and enroll in **PED115 4161**
- Bring the schedule A&R gives you to the Fitness Center.
- Complete the Health Status Questionnaire in the Fitness Center.

**NOTE:* a medical release may be required

Students:

Belonging to the Fitness Center is easy, just follow these steps:

- Go to Admissions and Records (A&R) and enroll in a class.
 - 2 credits **PED 115 4171**
 - 1 Credit **PED 201IH 4221**
- Bring the schedule A&R gives you to the Fitness Center.
- Complete the Health Status Questionnaire in the Fitness Center.

**NOTE:* a medical release may be required

If you have any questions please contact Nicole Logan on x57708 or alternatively via email at nicole.logan@pcmail.maricopa.edu

Classes begin Aug 19th

Fit for Fall 2006

Begin your journey to improved health.....

Sign up for an "Activity Class" today!

Classes offered include but are not limited to the following:

■ Cycling 

■ Core Fitness (Pilates, Kickboxing) 

■ Dance (Tap, Salsa, Ballroom, West coast Swing, Hip Hop, Jazz, Ballet, Belly dance)

■ Golf 

■ Hiking 

■ Martial Arts (Tai Chi, Aikido, Kung Fu, TaeKwonDo, QiGong)

■ Yoga (Basics, All Levels, Kundalini, Restorative)



For more information look in the Fall Catalog, visit the Health Enhancement website, or contact Marty Minton, Health Enhancement Department Secretary on (602) 285-7295

Monsoon Safety Tips



Watching an Arizona monsoon can be a beautiful light and sound show experience, but when outdoors during a storm, here are some safety tips:

When Driving

- Slow down! Remember that oils and other automotive fluids are being washed off the roads causing unusual slick conditions.
- If your visibility is impeded by heavy rain and or blowing dust, slowly pull off to the right side of the road as far as possible, turn your car and lights off, and keep your foot off the brake.

Otherwise, drivers may come up behind you assuming that you're still in the roadway.

- If power lines fall on your vehicle do not get out of the vehicle or touch anything metal until emergency personnel tell you it is okay
- "Do Not Cross When Flooded", take this seriously. If you get caught in a wash, try to climb out on to the roof of your vehicle and wait for help. Use your cell phone if available to call 911.

When Outdoors

- To avoid being struck by lightning stay away from open fields, high land, trees, poles, other tall objects, standing bodies of water including swimming pools, and metal objects including golf clubs and lawn chairs.
- Get off or away from open water -- such as canals -- tractors or other metal farm equipment or small metal vehicles, such as motorcycles, bicycles or golf carts.
- If you feel your hair rise and your skin begins to tingle you may be about to be struck by lightning! It is recommended that you get on all fours and bow your head down.

When at Home

- Turn off all unnecessary electrical equipment during storms to decrease the draw on power companies.
- Stay off the phone. Even cordless phones can cause a shock by nearby lightning strikes. Use your cellular phones for emergencies only.
- Stay away from plumbing fixtures including showers, baths, and sinks. Lightning can travel through metal pipes.
- Keep your distance from windows as high winds can blow heavy debris through them.
- Stock up on batteries, flashlights, candles and a working battery-powered radio or television, due to the high risk of power failure.

-B.G. Bowley, Business Services, Occupational Health and Safety

Source: www.AZFamily.com



Thank You to This Issue's Contributors

- Office of the President
- Business Services, Occupational Health and Safety
- Applied Arts and Human Sciences Dept.

We want to hear from you!

Phoenix College is rich with outstanding resources and programs that we can all benefit from. The intent of this newsletter ("PC Pulse") is to increase awareness about wellness, inform people about wellness related seminars, activities and events and feature articles from our extended network of talented and knowledgeable faculty and staff.

We also hope to share stories about your Department and the little things you do to enhance your work environment and promote team work.

To submit an article, please contact:

Paola Ball
Fitness/Wellness Manager
(602) 285-7160

Email: Paola.Ball@pcmail.maricopa.edu



Wellness Hero



Each month, we want to recognize someone who demonstrates a commitment to wellness. This month **Juliane Roybal**, Audiovisual Technician, has been selected as the "Wellness Hero".

Julianne demonstrates her ongoing commitment to wellness by encouraging her co-workers to make healthy choices. During the "Spring Fling BINGO Challenge", Julianne motivated her co-workers to complete their "bingo" cards and join the **PC Wellness** "Walking Group".

Even though the "Walking Group" has taken a summer break, you can still find Julianne and other members of the media department walking regularly on their own. In addition, Julianne consistently attends cycling classes and works out at the fitness center. Congratulations Julianne, you are a wellness hero!



Juliane Roybal, Media Services

Nominate a "Wellness Hero"!



Submit the person's name and a brief description about how they demonstrate a commitment to employee or student wellness.

Submission Deadline: Friday September 8th

*We look forward to your
submissions!*