



APRIL 17, 2019

WELLNESS NEWSLETTER

Spring Into Wellness

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EMPLOYEE ASSISTANCE PROGRAM REMINDER

We all struggle with difficult issues in our lives from time to time. When the struggle becomes overwhelming, we can benefit from professional support and advice. That's why HGTC offers a free and confidential Employee Assistance Program (EAP) to eligible employees and their family members. Assistance is available through a 24-hour help line administered by LifeServices along with resources on a HGTC specific website. Assistance is available in the following areas: depression, grief, loss and emotional well-being, family, marital and other relationship issues, life improvement and goal setting, counseling for concerns about alcohol and drug use, stress or anxiety with work or family, financial and legal concerns, identity theft and fraud resolution, and online will preparation.

How do I access the EAP?

Call LifeServices EAP at 800-822-4847 to schedule your appointment or visit www.lifeserviceseap.com.

Will my contact with the EAP be confidential?

Yes, LifeServices EAP protects the anonymity of each employee who makes contact with them. Their staff is educated to understand the employee's right to absolute confidentiality is the most important aspect of the helping relationship.

Please contact Kaji Orr at kaji.orr@hgtc.edu with questions regarding this newsletter.

Spring into Wellness!

Please join us for the following events this spring.

April 17 | It's Time to Deskercise with Tidelands Health

April 26 | Financial Wellness with BB&T

May 1 | Understanding Women's Health with Tidelands Health

May 13 | McLeod Mobile Mammography Unit

May 16 | Tech's Tea Time with Mikka Rodriguez

For specific details regarding time and location and to RSVP, please visit the HGTC Wellness webpage by clicking [here](#). If you are interested in becoming a Wellness Ambassador, please contact Kaji Orr in Human Resources.

McLeod Mobile 3D Mammography Unit

Horry Georgetown Technical College

2050 Highway 501 East, Conway, SC

Monday, May 13, 2019

9:00 a.m. – 4:00 p.m.

To be eligible for a mammogram on the unit, you must meet the following criteria:

- Must have insurance or a method of payment. No cash, please.
Medicaid, Medicare, and Best Chance Network are accepted.
- Must have a referring physician to send the results to.
- No order is required unless you are under age 40, or as required by your physician.
- Must not have had a screening mammogram performed in the past 12 months for most insurance coverage (*check your individual plan*).
- Must not have any current breast problems such as lumps, discharge, or swelling.
- Must not be pregnant and not have nursed within the past three months.
- Must not have been diagnosed with breast cancer within the past five years.
- **Please bring insurance card and government issued picture ID to your appointment.**
- Appointments typically last 15-30 minutes.



To schedule an appointment, please contact
McLeod Scheduling at (843) 777-2095.

McLeod

Breast Health Center

NAP BC

NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS

The McLeod Mobile Mammography Unit was funded through generous gifts to the McLeod Foundation.

FIND YOUR HAPPY PLATES.

Learn how to lose weight and improve your health while eating the foods you love.

The Naturally Slim program has the secret to lasting weight loss and it doesn't include starving, counting calories or eating diet food. You have the opportunity—at no cost to you—to learn how to eat to reduce your chances of getting a serious disease, like diabetes or heart disease, and increase your chance at living a longer, healthier life.

Visit www.naturallyslim.com/PEBA to find available classes and to apply.

State Health Plan members, including spouses and dependents age 18 and older, are eligible to apply. Medicare-primary members are also eligible to apply.

RECIPE

Grape and Cashew Salad Sandwich

Start to Finish: 15 minutes Servings: 4

Ingredients:

- 1 cup low-fat cottage cheese
- 1½ cups red grapes, quartered
- 1 stalk celery, chopped
- ¾ cup dry roasted cashews, unsalted, coarsely chopped
- Ground black pepper to taste
- 2 tablespoons fresh parsley, chopped
- 8 lettuce leaves
- 8 slices whole-grain bread

Directions:

1. In a medium bowl, mix cottage cheese, grapes, celery, cashews, parsley, and ground black pepper.
2. Toast bread and build sandwiches following steps 3 and 4.
3. Spread ¼ salad mix on 4 of the bread slices.
4. Add two lettuce leaves to each sandwich and top with 2nd bread slice.

Serving Suggestions:

Serve with a side of raw baby carrots (about ½ cup) and 1 cup of sparkling water w/ lemon wedge.

Nutrition Information Per Serving:

380 Calories; 16 g Total Fat; 3.5 g Saturated Fat; 5 mg Cholesterol; 430 mg Sodium; 45 g Total Carbohydrate; 6 g Dietary Fiber; 16 g Sugars; 19 g Protein

