



RISE TOGETHER - NOV. 14, 2023

SPOTLIGHT ON DE&I

THERAPEUTIC RECREATION SET TO HOST INCLUSIVE HOLIDAY CELEBRATIONS

Did you know that our department has a Therapeutic Recreation team that provides year-round programming accessible to all? Throughout the year, the team works with the other sections in our department to provide inclusive and adaptive recreational activities modified to meet the needs of all abilities. Therapeutic Recreation organizes adaptive sports leagues, fitness programs and summer camps.

The team also holds special events throughout the year, including two upcoming Franklin Park Adventure Center holiday celebrations: a [Friendsgiving Fall Dinner](#) on Wednesday, Nov. 15, and a [Holiday Dinner Party](#) on Wednesday, Dec. 13. Both events will feature hot meals and the second will include an ugly sweater party.

[Learn more about Therapeutic Recreation](#) and all they have to offer!

UPCOMING CELEBRATIONS AND OBSERVANCES

- **National Diabetes Month** (November): Led by the American Diabetes Association (ADA), this is a rally against the diabetes epidemic. The ADA leads the charge against the diabetes epidemic through research, education and advocacy.
- **Diwali** (Nov. 12): The Hindu festival of lights, Diwali marks the triumph of light over darkness, of good over evil. Though Diwali traditions vary according to region and religion, the myths and historical stories behind the holiday share themes of justice and liberation.
- **World Diabetes Day** (Nov. 14): World Diabetes Day was launched in 1991 by the International Diabetes Federation and the World Health Organization (WHO) in response to the rise of diabetes worldwide. It is the primary global diabetes awareness campaign.
- **International Day for Tolerance** (Nov. 16): This annual observance day generates public awareness of the dangers of intolerance. The United Nations Educational, Scientific and Cultural Organization (UNESCO) established it in 1995.

- **International Transgender Day of Remembrance** (Nov. 20): This day honors the memory of those murdered as a result of transphobia. The day was founded in 1999 by transgender advocate Gwendolyn Ann Smith to honor the memory of Rita Hester, a transgender woman killed in 1998. The day helps draw attention to the continued violence directed toward transgender people.

Celebrations Around Town

- [Columbus Jewish Film Festival](#): Nov. 14-21 at the Columbus Museum of Art (480 East Broad St., 43215)
- [Celebrating Arab Culture and Storytime](#): Friday, Nov. 17, 6-7 p.m. at Cover to Cover Children’s Books (2116 Arlington Ave., 43221)
- [Transgender Day of Remembrance](#): Monday, Nov. 20, 6:30-9 p.m. at King Avenue United Methodist Church (299 King Ave., 43201)

NEWS AND INFORMATION

BRYANA ROSS FEATURED IN THE OPRA MAGAZINE

Bryana Ross, recreation administrative manager in the Community Centers section, was featured in the [Fall 2023 OPRA magazine](#). The issue highlights her presentation at the upcoming OPRA conference titled *Good Trouble: Keep Your Foot on the Gas*. This presentation will help participants find ways to make their voices heard and learn ways to stand up for themselves and others.

If you’re attending the OPRA conference, check out Bryana’s presentation!

IMPROVE YOUR RUNNING WITH FIVE ON FRIDAYS

Are you a runner who wants to improve your technique, or do you want to pick up running and need a few tips to get started? Employee Benefits and Wellness’ Five on Fridays can help! The weekly email recently featured a three-part series on running. The first episode highlights [proper warm-up, cool-down and form for building healthy mechanics and limiting injury](#). The second episode focuses on [overcoming plateaus and proper breathing while running](#). The third episode focuses on [the importance of incorporating strength and cross-training into your training plan](#).

Five on Fridays is one of many benefits and resources available to you as a City of Columbus employee. [Learn more about these benefits](#).

11/20/2023

S	M	T	W	T	F	S
29 ●	30 ●	31 ●	1 ●	2 ●	3 ■	4 ●
5 ●	6 ●	7 ●	8 ●	9 ●	10 ●	11 ●



November 17

All day

A COLLIDE OF SCOPE EXHIBITION

All day

SCHOOL'S OUT FALL

November 20 @ 2:00 pm

THANKSGIVING MEALS

SHARE YOUR THOUGHTS!

What time of day do you have the most energy?

kfrancisapr@gmail.com [Switch account](#)



Not shared

* Indicates required question

What time of day do you have the most energy? *

- I'm an early bird-early morning
- Mid-day
- Late afternoon
- Evening
- I'm a night owl-late at night

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LEADERSHIP UPDATE

STAFF SPOTLIGHT

KYPKENYA MARSHALL

She/Her/Hers



Section

Molina Care Coordination Assistant, COAAA

Length of Employment

1 year, 3 months

What's your favorite aspect of Columbus Recreation and Parks?

Supporting our senior members with getting the necessary help they need to live a comfortable life.

What's your favorite project that you have worked on?

Delivering gifts to members and the excitement that comes over their faces.

What is your favorite ice cream flavor?

Blue moon or butter pecan

What is your favorite book or movie?

My favorite book is *In the Meantime* by Iyanla VanZant.

What is one piece of advice you have?

Always choose kindness.

Nominate A Coworker for the Staff Spotlight

[Fill out this form to nominate a coworker.](#) They will be notified that they were nominated in order to answer spotlight questions.

ARCHIVE

2023



2022



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