



COLUMBUS STATE
COMMUNITY COLLEGE

Cougars Wellbeing Newsletter

April 2023 | Issue 32

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MARCH
RAFFLE WINNER:
Glass Food Containers

Mary Bantu

CONGRATULATIONS!

APRIL

Plan and Track Your Goals Here!

Goal Tracker

	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1																														
2																														
3																														

List your top three goals for the month below.

#Goals

1)

2)

3)

Contact Us

Email: coach@accelwell.com

Your Coaches are here for you!

Follow Us



"ACCEL_WELL"



"ACCELWELL"



"ACCELWELL"

APRIL



Remember we are here to support you during this adjustment period! There are Workday Trainings. Don't forget we switch to biweekly pays this month. Think about how this may impact your financial habits. Utilize the wellbeing resources highlighted in this newsletter. Prudential is offering financial assessments this month and BMI Federal Credit Union offer financial coaching. These resources are available to all CSCC employees.

Dr. Nic

Workday resources:

[Welcome to the Workday Project Information Center! - Home \(sharepoint.com\)](#) | workday@csc.edu

National Minority Health Month

is a time we spotlight the importance of improving the health outcomes of



racial and ethnic minorities. Research shows that minoritized groups experience higher rates of serious health conditions compared to the general population. The focus this year is on health literacy. By improving health communication to everyone can help advance health equity for racial and ethnic minorities.

Other resources:

[Health Literacy in Healthy People 2030 - Healthy People 2030](#) | [health.gov](https://www.health.gov)

[Cultural Competency - The Office of Minority Health \(hhs.gov\)](#)

[National Minority Health Month | AAFP](#)

[3.31.23 MIH Calendar 2023-final 3-31-23-R6-web.pdf \(ohio.gov\)](#)

Alcohol & Substance Abuse Awareness Month

Understanding Alcohol Use & Misuse

- [UAW: Understanding Alcohol Use and Misuse \(brainshark.com\)](#)
- [Alcohol use disorder | UnitedHealthcare \(uhc.com\)](#)
- [Substance use disorder \(drug abuse\) | UnitedHealthcare \(uhc.com\)](#)
- [Vaping | UnitedHealthcare \(uhc.com\)](#)
- [Living tobacco free tips | UnitedHealthcare \(uhc.com\)](#)



REMINDER: May is Open Enrollment

If you want to keep your current benefits you **MUST** take action during Open Enrollment. This year is an **"Active"** enrollment. Your current elections **will not** automatically continue into the 2023 plan year.

Make your elections online between May 1-May 31, 2023 at csc.edu/workday

The Human Resources Benefits team has worked with our carriers to provide a series of virtual presentations. It is your opportunity to evaluate benefit options for you and your family. The virtual sessions provide an opportunity to speak directly with providers. Here are the virtual sessions:

Delta Dental April 14th 11am to 12pm [Delta Dental OE](#) (Click the link to Join)

United Healthcare April 17th 11am to 12pm [United Healthcare OE](#) (Click the link to Join)

CancerBridge April 19th 11am to 12pm [OECancerBridge](#) (Click the link to Join)

Allstate April 24th 11am to 12pm [Allstate OE](#) (Click the link to Join)

Matrix April 25th 11am to 12pm [OEMatrixSession](#) (Click the link to Join)

VSP April 26th 11am to 12pm [VSP OE](#) (Click the link to Join)

(Sessions will be recorded and posted on Benefits webpage)



2023 Financial Wellbeing:

Preparing you for expected & unexpected changes!

WED
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Voya Financial Services

HSA's: Here's to Your Health

11:00am EST | Via Teams | Barnett McGowan

[VoyaSeminar](#) (click link to join)

Prudential

Defining a path to a successful financial future can be difficult but it's a critical component in achieving your goals. Maybe you've already taken some steps to develop a strategy for your finances, but do you know if you're going about it the right way? We're here to help you find out.

Financial Wellness 360 is a program designed to help improve your financial well-being with a complete 360-degree assessment of your current financial situation and assistance with developing a personalized strategy to help achieve your goals with confidence.

Join Financial Professional Scott Alexander for your complimentary financial wellness session.

Services include:

- One-on-one session with a Prudential Financial Professional
- Thorough evaluation of your current financial needs and goals
- A personalized foundational planning report
- Guidance to help you navigate day-to-day and future financial decisions

Scott's virtual office hours are by appointment only. To schedule a complimentary appointment, please click the link below to select a time that works best for you.

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Complimentary Financial Wellness Sessions Available

10am-4pm EST | Virtual via phone

[Register Here](#)

Please check out these financial resources.

BMI Federal Credit Union

Financial Education: [BMI Federal Credit Union](#).

BMI Financial Resources: [Columbus State Community College \(bmifcu.org\)](https://www.bmifcu.org)

Prudential Financial Resources:

<https://www.prudential.com/financial-wellness/A91B2070C1BF67BAF59BD840CAD856CDEF722BCC34701369916F643A89D30A87>

THU
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CancerBridge Financial Wellness

11am EST

Join us for our first of four presentations on financial wellness. In this series, we will learn about the basics of financial planning and more. | <https://my.demio.com/ref/0VK50hJ4OUpzowZj>

Matrix Corner: Addressing Loneliness and Isolation

3-4pm EST | [Register Here](#)

Healthy human connections have a direct impact on our ability to cope with daily stressors, feel supported in times of need and on our physical and mental health. Join us for this webinar to discuss:

- How connecting with others improves our physical health
- The mental health benefits of human connection
- What you can do to increase your interactions with others and decrease your loneliness and isolation

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Rally Coins/Benefits Session

12pm EST

Nichole Bowman-Glover, Wellbeing Benefits Analyst will review Rally Coin program for those who are on United HealthCare. Remember the Rally coin cycle runs from July 1, 2022 through June 30, 2023. The coins apply to employees on the health plan and covered spouses.

This cycle July 1, 2022-June 30, 2023
8 coins. If you have questions,
contact Nichole.

[RallyBenefitsSession](#)

(click the link to join)

THU
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20

CancerBridge Support Series: Cancer Basics 101

11am EST

Join us to learn more about the basics of cancer. What is cancer? How do you diagnose cancer? Generally speaking, how are some cancers treated? Each cancer is unique. This session will help you feel more confident with terminology and a high-level understanding of cancer as a disease.

<https://my.demio.com/ref/R5SPn0znobvvQ4To>

THU
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20

Matrix Corner: Wellness For Busy People

3-4pm EST | [Register Here](#)

Self-care is important to live a healthy and more successful life. Join us to learn ways you can eat a healthy diet, exercise, get enough rest, and squeeze in self-care into a busy schedule. Better well-being is possible!

THU
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27

CancerBridge Self-Care Series: Stay Energized

11am EST

Discover ways to stay energized and alert for whatever your day brings with nutrition, activity, stress management, and other wellness tips. | <https://my.demio.com/ref/VPjtOR2uDxB2Nonv>

THU
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27

Matrix Corner: Unplug to Recharge

3-4pm EST | [Register Here](#)

Most of us use electronics and social media, and while it is hard to deny the advantages of technology, many of us may have an unhealthy attachment. The constant need to feel connected is affecting us on many different levels. Feeling like you are caught up in the social media madness and need to recharge? This workshop will talk about the reasons you need to unplug.

Take a Brain Break

Wednesdays @ 12:30pm

Columbus Hall 111 | In person or Virtual

Stop by Library Media Studio or join virtually to take a 20-minute midday brain break. Each session will include a variety of guided breathing, stretching and light movement. Questions: studentwellbeing@csc.edu

[BrainBreaks](#) (Click here to join)

Cougar Challenge 5k

May 6, 2023

Walk/Run &/Donate

[Columbus State Cougar 5K Challenge \(runsignup.com\)](#)



Let's lace up those shoes and prepare to get moving!!

Get Involved with AccelWELL!

THU
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Telephonic Health & Nutrition Coaching with Emily Bailey, RD, CSSD, LD, NASM

Private Sessions Available 10:00am – 3:00pm EST

HOW TO SIGN UP:

From your AccelWELL portal or app, select the **Upcoming Events image** on your dashboard or select **“Events”** from the menu options, then choose the available coaching event by clicking **Details**. Select a timeslot and click **Register**. *Contact coach@accelwell.com with questions or for support.

Raffle Opportunity

Win blue light blocking glasses!

Watch AccelWELL Coach and Registered Dietitian, Emily Bailey, explain Brain Health! Learn about the six pillars associated with brain health and the action steps you can take to work on keeping your brain healthy.

[Click Here](#) to view the video

Complete this quick post presentation [survey](#) to be entered into the raffle!

Deadline to complete is 5/1/23.

Access the AccelWELL 2.0 Portal & App!

Welcome to AccelWELL 2.0! Get ready to achieve your health and wellness goals with the all new AccelWELL 2.0 wellness app and portal! And with our new Healthy Path companion app, you can now have the same portal experience from your mobile device! Get started by following the steps below to create your new account from either a computer web browser or through the app.

Create your account



1. Select your method of signing up
 - a) From a web browser, visit [Wellness Onboarding \(accelwell.com\)](https://www.accelwell.com) and select **Sign Up**
 - **Tip:** Add the website address to your “Favorites” so you can easily access your account and stay engaged with your progress.
 - b) Download the **Healthy Path** app from the App Store/Google Play Store, then search for **ACCELWELL** when prompted to search for an organization within the app.
2. Enter your email address and click **Submit**
3. Enter the activation code sent to the email you provided, then click **Submit**
4. Confirm your Date of Birth and Employee ID #, and click **Continue**
 - Please note, your Employee ID is based on the formula **“CSCC + Your 7-Digit Cougar ID Number” (example: CSCCXXXXXX)**
5. Fill in all fields on the Create an Account page and then click **Create Account** at the bottom
6. **Agree** to the terms of use

If you have program questions or need assistance creating your account, please email coach@accelwell.com for support.

Wellbeing Resources

Matrix Online Resources (all employees)

You can register for webinars or view archived webinars through your member login at www.matrixpsych.com

Go to <http://www.matrixpsych.com/Employee-Assistance-Programs/Employee-Resources.aspx>

-drop down to your company name

-Click on Resources for Living button under Work and Family Wellness Resources heading on next screen to take you to the correct page to search for webinar

-Click on Tools-Upcoming Webinars on the next page (webinars are archived)

Access Phone Number: 800-328-4071

Matrix Employee Assistance Program (EAP): No cost - call (614) 475-9500 to make an appointment.

Counseling (virtual/in-person): full time employees, spouses & dependents up to 8 visits & regular part time, spouses & dependents up to 3 visits.

UHC-Behavioral Health Benefit - www.myuhc.com (search under "Find Doctor" type in mental health) copay applies for PPO and deductible and Coinsurance applies for the HDHP.

Mental Health America Ohio-pro bono counseling- (anyone) (614) 884-7227

[Pro Bono Counseling Program – Mental Health America of Ohio \(mhaohio.org\)](http://mhaohio.org)

National Association of Mental Illness (NAMI)

[Programs – National Alliance on Mental Illness | NAMI Franklin County](#)

Tickets at Work

Don't forget to check out your savings marketplace, our one-stop shop for exclusive and convenient savings on the products, services, and experiences you know and love.

It's cost-free and easy to enroll. Just visit <https://columbusstate.savings.workingadvantage.com> and begin receiving discounts on:

- Electronics
- Appliances
- Theme Parks
- Hotels
- Movie Tickets
- Rental Cars
- Gift Cards
- Apparel
- Cars
- Flowers
- Fitness Memberships
- Groceries
- Special Events
- And More!

Recreational Cooking Classes and More

[The Mix – at Columbus State \(csc.edu\)](http://csc.edu)

LinkedIn Learning

The Organizational Development and People Analytics (ODPA) department has two new recommended pieces of training:

- [Uncover unconscious bias in recruiting and interviewing](#)
- [Communicating with confidence](#)

Other recommended courses are available on the [LinkedIn Learning page](#) or [click here](#) to sign into your account. If you need help with signing in, please use [these instructions](#) to get started or contact ODPA at employeelearning@csc.edu with questions.

CSCC Victim Advocacy Services

Victim Advocacy is available on Columbus Campus

Wednesdays & Thursdays 9:30am - 6:30pm.

Virtual assistance is still available!

Mondays, Tuesdays, & Fridays

To make an appointment: victimadvocacy@csc.edu

We can chat face-to-face, online, or via telephone call.

Are you a survivor of IPV/domestic violence, or human trafficking?

Any member of the Columbus State community can receive support, information and resources from Victim Advocacy. Contact Advocate Corey Harris directly at 614-287-2198, or charris12@csc.edu.

Columbus State Victim Advocacy provides support and resource information to victims of traumatic crime, **regardless of when or where** the crime occurred.

Victim Advocates maintain survivors' privacy while providing supportive services; however, if you would like to speak with a *confidential resource*. Faculty and staff members can access the college's **Employee Assistance Plan (EAP)** through Matrix for confidential services.

988 Crisis & Suicide Lifeline

The Lifeline provides compassionate, accessible care and support via phone, text, or online chat to anyone experiencing mental health-related distress. You can use **988** if you have thoughts of suicide, mental health or substance use crises, or any other kind of emotional distress. You can also **dial 988** if you are worried about a loved one who may need crisis support

Equity & Compliance

The Office of Equity and Compliance works to support a healthy learning and working environment for all students, staff and faculty. By overseeing the College's non-discrimination and anti-harassment policies and initiatives, our goal is to create a learning and working environment that is safe, respectful and productive. If you have an issue in this area, please contact this office.

[Equity & Compliance | Columbus State Community College \(csc.edu\)](#)

Employee Resource Groups

[Employee Resource Groups | Columbus State Community College \(csc.edu\)](#)

Employee Resource Groups at Columbus State are self-determined, College-sanctioned associations of faculty, staff, and administration organized around a specific minoritized identity (a social group that society devalues, restricts access to resources from, and withholds power from), a group of minoritized identities, or a collective goal that relates to diversity, equity, and/or inclusion.

Reach out to the contacts for meeting information:

ERG Strategy & Operations Manager -Liz Rose-Cohen

African/African American - Royce Carpenter & Michelle Baker & Jamie Minor

Caring for Those Who Care - Melissa Lamar & Debbie Strain

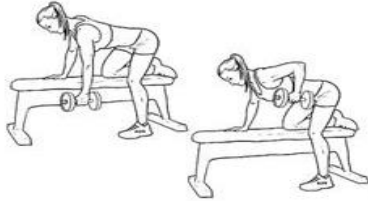
Prism LGBTQIA + - George Johnson-Gamm & Katina Fitch

Womens - Crystal Clark & Kelly Hogan

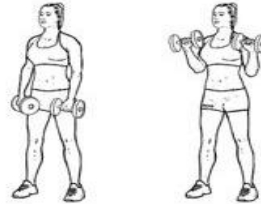
Workout of the Month

April Arms Workout

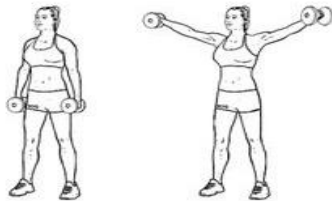
Complete the workout below 1-2 times per week to strengthen your arms this month. If you do not have weights, try using typical household items – milk jugs filled with water, canned/packaged food, books, paperweights, etc.



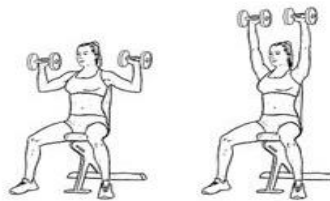
One Arm Dumbbell Row
4 sets / 15 reps



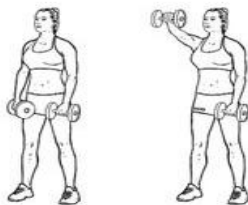
Reverse Curl
2 sets / 15 reps



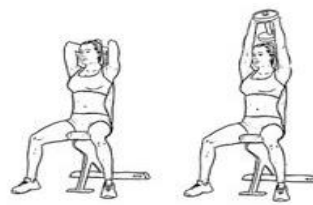
Dumbbell Lateral Raise
(Power Partial)
2 sets / 15 reps



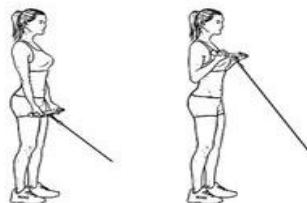
Dumbbell Shoulder Press
2 sets / 15 reps



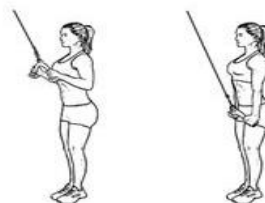
Forward / Front Dumbbell
Raise
2 sets / 12 reps



Seated Tricep Press /
Extension
3 sets / 15 reps



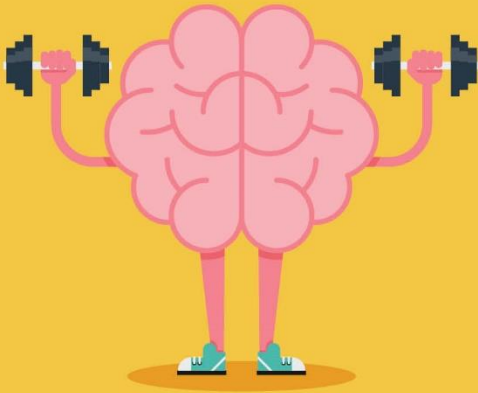
Standing Bicep Cable Curls
3 sets / 15 reps



Triceps Cable Pushdown
3 sets / 15 reps

**Standard dumbbells, household items or exercise bands can all be used in place of a cable!*

**To prevent injury, form is critical when performing all exercise. Please reach out to coach@accelwell.com if you have any questions about the movements and how to perform them correctly. It is always recommended to consult your physician to assess your individual medical status and specific needs prior to making any major changes to your dietary intake and/or exercise regimen.*



Train Your BRAIN



Tips to manage your brain health

Brain health is the state of brain functioning across cognitive, sensory, social-emotional, behavioral and motor domains, allowing a person to realize their full potential over the life course, irrespective of the presence or absence of disorders.

Keep your Brain Healthy

- 1. Exercise regularly.** Exercise has many known benefits, and regular physical activity also benefits the brain. Multiple research studies show that physically active people are less likely to experience a decline in their mental function and have a lower risk of developing Alzheimer's disease.
- 2. Get plenty of sleep.** Aim for seven to eight consecutive hours of sleep per night. Consecutive sleep gives your brain the time to consolidate and store your memories effectively. Sleep apnea harms your brain's health and could be why you may struggle to get consecutive hours of sleep. Talk with your health care team if you or a loved one suspects you have sleep apnea.
- 3. Try a Mediterranean diet.** Your diet plays a large role in your brain health. Consider following a Mediterranean diet, which emphasizes plant-based foods, whole grains, fish and healthy fats, such as olive oil. It incorporates less red meat and salt than a typical American diet.
- 4. Stay mentally active.** Your brain is similar to a muscle — you need to use it or lose it. There are many things that you can do to keep your brain in shape, such as doing crossword puzzles or Sudoku, reading, playing cards or putting together a jigsaw puzzle. Consider it cross-training your brain. Incorporate different types of activities to increase the effectiveness.
- 5. Remain socially involved.** Social interaction helps ward off depression and stress, which can contribute to memory loss. Look for opportunities to connect with loved ones, friends and others, especially if you live alone. Research links solitary confinement to brain atrophy, so remaining socially active may have the opposite effect and strengthen the health of your brain.
- 6. Keep your blood vessels healthy.** The health of your arteries and veins is important to your heart health but it is also critical for brain health. Get your blood pressure, blood sugar and cholesterol checked regularly and take steps to keep your numbers within a normal range.

Mediterranean Diet Pyramid

Red meats & sweets
Enjoy Sparingly



Poultry, eggs & dairy
Enjoy 1-2x/wk



Fish, seafood & omega-3 rich foods
Enjoy >3x/wk



Whole grains, legumes, fruit, vegetables, healthy fats, herbs & spices
Enjoy Daily



Physical activity, meal & family time
Practice Daily



The Mediterranean diet places an emphasis on fresh, colorful eating and avoids heavily processed ingredients. Though "diet" is in the name, this plan is more of a holistic approach to eating that relies on real foods. You won't be counting calories or macronutrients like you would with a typical "diet."

A 2016 review of 18 studies in *Frontiers in Nutrition* found that eating Mediterranean was associated with less cognitive decline, reduced risk of Alzheimer's disease, and better memory and executive function. Additional research in the journal *Neurology* likened the diet's effects to reducing the brain's age by five years.

Source: Eatingwell.com

WAYS TO KEEP YOUR BRAIN HEALTHY

1. Mental Health



Spend time each week to practice self care.

4. Healthy Diet



Eat a well balanced diet and don't skip meals.

2. Good Habits



Create good habits for yourself and don't drink and smoke excessively.

3. Keep Learning



Keep your brain learning and engaging with new information.



Activity of the Month

Challenge your brain by completing the few puzzles below. Check out the education pages in your monthly AccelWELL newsletter to help answer each question in the Crossword over brain health. Once complete, continue to test your brain with the Sudoku puzzle as well. **Upon completion, on your portal in the "rewards" section, click the box to the left of the Activity of the Month. Your points will award automatically.**

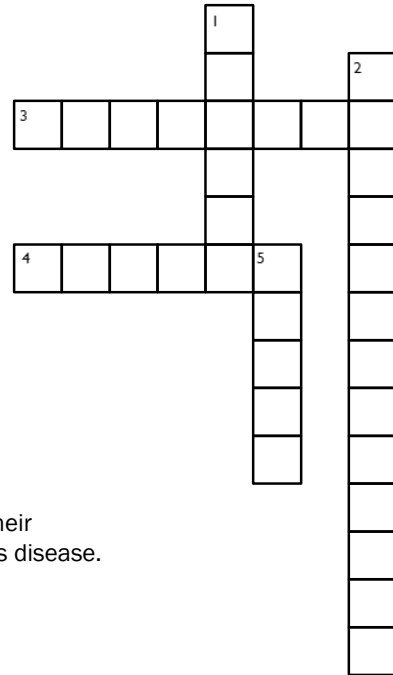
Crossword Puzzle: Brain Health

Down:

- _____ interaction helps ward off depression and stress, which can contribute to memory loss and declined brain health.
- A diet that emphasizes plant-based foods, whole grains, fish, healthy fats, and lower red meat consumption to support brain health.
- It is recommended to aim for about _____ hours of sleep each night to support cognitive function.

Across:

- People who _____ regularly may be likely to have a decline in their mental function and have a lower risk of developing Alzheimer's disease.
- Your brain is similar to a _____, you need to use it or lose it.



2	7		9	6		4		
	5	1	7			8		6
	3		1	5			7	2
5	4	3					8	9
	8		6		4			5
				9	5		1	
8	2				7		9	
						1		
4				8	9		6	

Sudoku Puzzle

Fill in the blanks so that each row, each column, and each of the 3x3 grids or cubes contain one instance of each of the numbers 1 through 9.

Answer Key

Crossword	Sudoku
1. Social	2 7 8 9 6 3 4 5 1
2. Mediterranean	6 3 4 1 5 8 9 7 2
3. Exercise	5 4 3 2 7 1 6 8 9
4. Muscle	1 8 9 6 3 4 7 2 5
5. Eight	7 6 2 8 9 5 3 1 4
	8 2 6 4 1 7 5 9 3
	3 9 7 5 2 6 1 4 8
	4 1 5 3 8 9 2 6 7



The Dish:

Healthy Recipes Curated By AccelWELL

Chickpea Spinach Stuffed Sweet Potatoes

Ingredients (Serves 4)

- 4 medium sweet potatoes
- 1–15 ounce can chickpeas
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- ½ teaspoon black pepper plus more for serving
- ½ teaspoon cumin
- 1 cup baby spinach, roughly chopped
- 1 garlic clove, minced
- 2 tablespoons tahini
- Flaky sea salt for serving
- Crushed red pepper flakes for serving



Instructions

1. Preheat the oven to 375 degrees F. Prick the sweet potatoes with a fork and roast for 45-55 minutes until they are just tender. Let the sweet potatoes cool for 5-10 minutes before halving them lengthwise and fluffing their flesh with a fork.
2. While the sweet potatoes are roasting, make the crispy chickpeas. Drain and rinse the chickpeas. Pat them dry with paper towels. Remove any loose outer skins. In a small bowl, toss the chickpeas with ½ tablespoon olive oil, ½ teaspoon kosher salt, ¼ teaspoon black pepper and cumin. Spread them in a single layer on a parchment paper-lined sheet pan. Bake for 25 – 35 minutes until crisp and browned, gently shaking the pan about halfway through cooking.
3. While the sweet potatoes and chickpeas are roasting, heat the remaining olive oil in a large skillet over medium high heat. Sauté the spinach until the leaves start to wilt, about 2 minutes. Add the garlic and remaining salt and pepper, and continue cooking until fragrant, about 1 minute.
4. Top each of the sweet potato halves with chickpeas and spinach. Drizzle with tahini and sprinkle with flaky sea salt and red pepper flakes before serving.

Source: <https://www.lastingredient.com>

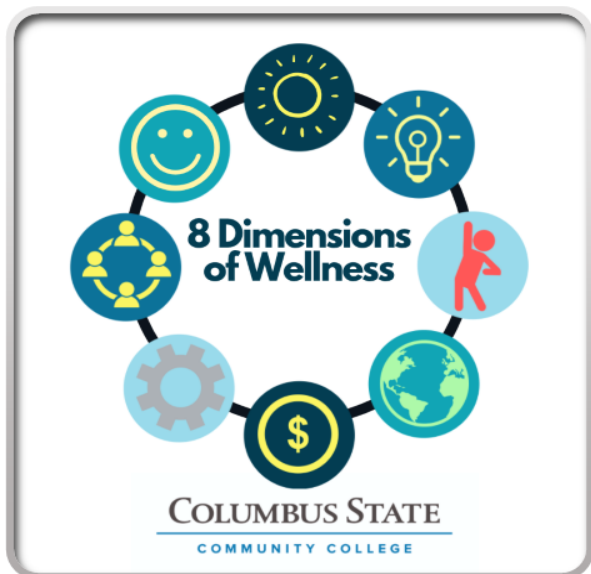
Using produce that's in-season can save you money and tastes better! Try to incorporate some of these fruits and veggies into your weekly meal plan.

COACH'S TIP

- Apples
- Beets
- Carrots
- Kiwi
- Parsnips
- Rutabagas
- Artichokes
- Blueberries
- Cauliflower
- Leeks
- Strawberries
- Avocados
- Bok Choy
- Celery
- Lemons & Limes
- Pears
- Vidalia Onions
- Asparagus
- Broccoli
- Citrus
- Mango
- Pineapples
- Bananas
- Cabbage
- Greens
- Mushrooms
- Potatoes

Your Wellbeing Advisory Committee:

Nichole Bowman-Glover, PhD, Wellbeing Benefits Analyst



Averee Fields, Delaware Campus

Tommy Tucker, Mitchell Hall

Amanda Cecil, College of Recreation & Wellness

Pete Hackman, Food Services

Vena Hill, Human Resources

Jason Love, Human Resources

Jackie Miller, Nursing Department

Jolene Broshious, Equity & Compliance

Yvette Johnson Veterinary, Imaging & Surgical Technology Department

Katherine Lopez, Facilities Management

Terrence Lawrence, Inclusive Advising Innovation

Primrose Igonor, Office of Diversity, Equity and Inclusion

Join us on Microsoft Teams: **"Cougars Living Well"**

Join Us Today!

Cougars Living Well is a place for you to engage in conversations about health and wellness, share resources and words of encouragement, and receive updates about all of the wellbeing services and resources available to you. To join this public Team, **log into Teams, click "join or create a team," search for *Cougars Living Well* and click "Join team."** If you have questions or need assistance joining *Cougars Living Well*, please reach out to Jason Love/Jolene Broshious..

Follow Us on Social Media!



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