

# Cougars Wellbeing Newsletter

April 2024 | Issue 44

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### ENVIRONMENTAL WELLNESS

LEARN MORE ON PAGE 9!



### MARCH RAFFLE WINNER:

Resistance Bands

Allison Hendricks

*CONGRATULATIONS!*

# APRIL

Columbus State continues to strive to be your wellbeing partner by providing resources to help improve your wellbeing and the wellbeing of your family.

**Every Wednesday in April HR has invited many of the College's wellbeing partners to provide resources and workshops.** Sessions will be hosted in-person and virtually; some sessions will be recorded so that you can view them at a time that is convenient for you.

**Remember, HR SUPPORTS YOUR SUCCESS.**

*Dr. Nic*

## Wellness Wednesdays

### APRIL 3: ACCELWELL & MATRIX (In WD, following First Wed)

- **AccelWELL 101**

Learn about the FREE wellness resources available to all employees. You will learn how to be more engaged in your wellbeing!

- **AccelWELL Health Coaching**

Have you been thinking about using AccelWELL's health coaching, but just haven't gotten started yet? Join Registered Dietitian, Emily Bailey, to learn about the health and nutrition coaching services and how to get started. Open for all to attend.

- **AccelWELL Meditation & Mindfulness**

Learn how to distinguish mental health from mental illness and incorporate mindfulness and meditation into your day. Open for all to attend.

- **MATRIX 101**

MATRIX is our Employee Assistant Program (EAP) and offers one-on-one counseling and online resources for full-time employees, their spouses and dependent children. You will learn more about their resources and how to get started.

- **Compassion Fatigue**

A MATRIX clinician will explore the emotional and physical exhaustion experienced by individuals in caregiving roles, particularly in fields such as healthcare, social work, teaching, and emergency services. Open for all to attend.

- **Stress Management**

A MATRIX clinician will explore various stress management techniques, such as mindfulness meditation, deep breathing exercises, and time management strategies. Open for all to attend.

- **Chair Massages**

Our very own Massage Therapy program will be offering **FREE** chair massages after First Wednesday from **10am - 2pm in WD 412**. Three chairs will be available during this timeframe.

**APRIL 10: CSCC WELLBEING & HEALTH ADVOCACY****• CSCC Wellbeing Resources 101**

Learn about the full suite of wellbeing resources available for ALL EMPLOYEES. We will walk you through the eight dimensions of wellbeing and highlight the partners who provide resources related to each dimension. Open for all to attend.

**• Health Advocacy: Navigating Barriers Panel**

Interactive panel discussion with area health advocacy organizations, including African American Male Wellness Walk, Clinica Latina, Columbus Area Agency on Aging, Equitas Health, Planned Parenthood, and Primary One. Hosted by our ERG's, they will speak about their services and offer guidance about navigating healthcare barriers that people of intersecting life experiences often face. Open to all to attend.

**• Health Advocacy: Advocating for Self & Others Roundtables (in-person only)**

Learn about how to advocate for yourself and others in a healthcare setting. Area health advocacy organizations, including African American Male Wellness Walk, Clinica Latina, Columbus Area Agency on Aging, Equitas Health, Planned Parenthood, and Primary One will lead small group discussions about specific healthcare challenges and advice. Open for all to attend.

**APRIL 17: UNITED HEALTHCARE & CSCC WELLBEING****• MyUHC Tools & Resources 101**

Join United Healthcare for an interactive session that will help you navigate the resources and tools for MyUHC. You will also learn about how to engage a Health Advocate and the benefits of their assistance. For employees enrolled in UHC.

**• UHC Wellbeing Programs Review**

United Healthcare offers a great variety of programs and resources for you and your family. Pain management, nutrition, weight loss, mental health and much more. For employees enrolled in UHC.

**• CSCC Wellbeing Resources 101**

Learn about the full suite of wellbeing resources available for ALL EMPLOYEES. We will walk you through the eight dimensions of wellbeing and highlight the partners who provide resources related to each dimension. Open for all to attend.

**APRIL 24: OHIOHEALTH****• Developing Your Personal Wellness Plan**

Developing a wellness plan can be overwhelming! OhioHealth's team will help you create a personal vision and draft effective goals to help support your overall wellness journey. Open for all to attend.

**• Stretch it Out**

Are you stiff and sore after sitting all day? Learn how stretching can help reduce aches and pains, improve daily function, and help your mental health. Open for all to attend.

**• Building Blocks Nutrition**

Build an understanding of nutrition from the ground up. Learn from an OhioHealth registered dietician about macronutrients vs. micronutrients, the USDA's MyPlate guide, eating to fuel your movement, meal planning, and the Go Slow Whoa guide to food choices. Open for all to attend.

Log into Cougar Connect via the link below. Click on **View More Events** to pull up all course offerings. Select the appropriate training course and continue to RSVP. [Benefits and Wellbeing - CougarConnect \(cscce.edu\)](https://csccevents.cscce.edu/benefits-and-wellbeing)

**Additional questions: wellbeing@cscce.edu**

## Thursday, April 25th Spring mammography for all

The Columbus State Employee Wellbeing Program is promoting mammography screenings with the James Mobile Mammography Unit. Employees covered under the College's medical plan are eligible. **In addition, employees who do not have the college's medical plan may use other medical coverage or self-pay.** The screenings will be held on the Columbus Campus on **Thursday, April 25, 2024, from 9 a.m. to 4:00 p.m.** in the 11-S parking lot (between Nestor and Mitchell halls). Call the Mobile Mammography Department at **800-240-4477/614-293-4455** to set up an appointment. Health insurance information will be requested when making an appointment. For self-pay employees, payment information will be requested at the time of the appointment.

Questions: Nichole Bowman-Glover, [nbowmang@csc.edu](mailto:nbowmang@csc.edu)

## Cougar Challenge 5k – REGISTER NOW!!!

May 4, 2024

May the 4th move you!!

Walk/Run &/Donate

[Columbus State Cougar Challenge 5k](#)



### ***CSCC Noon Walk Club - Spring 2024***

Walk with colleagues and friends around the Columbus State campus at noon on the First Tuesday and Third Thursday of each month. Get outside and get your steps in. If you're participating in our [Columbus State Cougar Challenge 5k](#) this year, it's a great way to get in shape! All are welcome - students, faculty, staff. We'll meet in the **courtyard between Delaware Hall and Nestor Hall** near the tables, and we'll walk an approximately one-mile loop. [Here's a link](#) to the approximate path we will take. Dress for the weather! 😊

David Millikin, [dmillikin@csc.edu](mailto:dmillikin@csc.edu)

### ***Columbus Campus Runners - Conversational-Pace 5k Run Club***

Each Friday morning at 6:30am, join us in front of a local coffee shop before we tread the concrete paths around central Columbus college campuses. All are welcome! Contact to get exact location David Millikin, [dmillikin@csc.edu](mailto:dmillikin@csc.edu)



THU  
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### **2024 Self-Care Series: Building Beyond Habits**

11am EST | [Join Here](#)

There's a difference between habits, routines, and rituals. Learn this difference and how to employ all three for your health and wellness goals.

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### **2024 Support Series: Hereditary Colon Cancer and High Risk Genetics**

11am EST | [Join Here](#)

This presentation will cover the basics of Hereditary Colon Cancer; what it is, risk factors, signs and symptoms, how it is treated, and complications. It will also address specific High Risk Genetic components of the disease as well.

THU  
APR  
25

### **2024 CancerBridge Financial Wellness: Top 5 retirement planning tips**

11am EST | [Join Here](#)

For cancer-related questions: (855) 366-7700

For questions about these events: [hello@mycancerbridge.com](mailto:hello@mycancerbridge.com)



APRIL

# VIRTUAL EDUCATION

CHECK OUT THIS MONTH'S VIRTUAL EDUCATION FROM ACCELWELL!

## THIS MONTH'S TOPIC:

**ENVIRONMENTAL WELLNESS: THE BENEFITS OF PLANTS  
WITH COACH EMILY**

[\*\*WATCH HERE!\*\*](#)



***HI! MY NAME IS EMILY BAILEY!***



PREVENTION IS MY PASSION. I AM A REGISTERED, LICENSED DIETITIAN, AND BOARD-CERTIFIED SPECIALIST IN SPORTS DIETETICS. I'VE ALSO BEEN A CERTIFIED PERSONAL TRAINER THROUGH THE NATIONAL ACADEMY OF SPORTS MEDICINE (NASM) SINCE 2002. MY SPECIALIZATIONS INCLUDE PERFORMANCE/SPORTS NUTRITION, WEIGHT MANAGEMENT, EATING DISORDERS, AND PREVENTION. I EARNED MY BACHELORS OF SCIENCE IN NUTRITION AND DIETETICS FROM SAINT LOUIS UNIVERSITY IN 2002. I RECENTLY MOVED TO COLUMBUS FROM ST. LOUIS WHERE I WAS THE DIRECTOR OF NUTRITION, AS WELL AS A REGISTERED DIETITIAN AND CERTIFIED PERSONAL TRAINER, AT NUTRIFORMANCE AND ATHLETIC REPUBLIC ST. LOUIS FOR 14 YEARS.

## CONTACT US

Email: [coach@accelwell.com](mailto:coach@accelwell.com)  
*Your Coaches are here for you!*

## FOLLOW US



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# 2024 Financial Wellbeing:

## Preparing you for expected & unexpected change

### COPEC

Financial Fridays Workshops (Virtual)

[COPEC Retirement Decisions Workshop - Financial Wellness Education \(copeceducation.org\)](https://copeceducation.org)

### BMI Federal Credit Union

Financial Education: [BMI Federal Credit Union](https://bmficu.org).

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

Take advantage of these in-person financial workshops:  
[Free Financial Workshops in Central Ohio \(bmficu.org\)](https://bmficu.org)

### Prudential Financial Resources:

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

### Education First Credit Union:

Banzai has hundreds of articles ranging on financial topics from stock market basics to preparing for a baby. The courses and coaches use real-life scenarios to demonstrate the power of good financial planning. Financial calculators to help with: Budgeting, Savings, Retirement, Credit Card Payoff, Auto Refinance, Cost of Living & more.

[Wellness Center](#) | [Financial Literacy Resources](#) | [Banzai](#)

## Get Involved with AccelWELL!



THU  
APR  
25

### 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 3.0 portal or WellSteps app, select the **menu** in the upper right-hand corner.

From there, select the **calendar tool** to be redirected to a calendar view of the month's events. Find the correct day and event and select **Register**. Then, fill out the designated prompts and select a timeslot that best works for you.

Lastly, click **Register**.

\*Contact [coach@accelwell.com](mailto:coach@accelwell.com) with questions or for support.

### New Quizeo Available: Getting Involved in Your Community

Check out the new Quizeo on your [AccelWELL portal](#). Complete the Quizeo by **April 30<sup>th</sup>** to earn entry into the raffle to win one of two [Window Garden Kits!](#)

### Join the Circuit While You Work It Campaign!

Join in on this campaign from **April 15 – June 2** to learn how to incorporate movement throughout your workday! Each week, you'll learn a new movement that can be performed at work. By the end of the campaign, you'll have a full 5-minute routine that can be completed daily to keep you moving and feeling good throughout your workday! Visit the Campaign page on your [portal](#) starting Monday, April 15th to get started and remember to check back each week for your new activity. Earn entry into a raffle to win a [foot massager](#) for successfully completing the campaign!

If you have program questions or need assistance creating your account, please email [coach@accelwell.com](mailto: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](http://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](http://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://www.mhaohio.org)

**National Association of Mental Illness (NAMI)**

[Programs – National Alliance on Mental Illness | NAMI Franklin County](http://www.nami.org)

## 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.

## Compliance

The Office of 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. [Compliance | Columbus State Community College](http://www.columbusstate.edu/compliance)

## Sexual Assault Response Network of Central Ohio (SARNCO)

Provides advocacy and emotional support services in conjunction with medical and social services at OhioHealth Emergency Departments and other local facilities in central Ohio.

- 24-hour sexual assault help line (614-267-7020)
- 24-hour Emergency Department advocacy
- Rape, abuse & incest national network
- Sexual violence prevention program
- Aftercare advocacy
- Campus advocacy at The Ohio State University
- Recovery resources

## 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](mailto:employeelearning@csc.edu) with questions.



## Employee Resource Groups

[Employee Resource Groups | Columbus State Community College](#)

Columbus State's Employee Resource Groups (ERGs) are here for you! As a program of the Office of Diversity, Equity, and Inclusion, ERGs are for any employee who wants to promote equitable practices and a culture of inclusion at Columbus State. ERGs offer affinity spaces, networking, and whole-person development as well as learning and action opportunities for anyone who wants to get involved with equity and inclusion work.

**Reach out to the contacts for meeting information:**

**ERG Strategy & Operations Manager** -Liz Rose-Cohen

**African/African American** – Terrence Brooks

**Caring for Those Who Care** - Melissa Lamar & Debbie Strain

**Prism LGBTQIA +** - George Johnson-Gamm

**Women's** - Crystal Clark & Kelly Hogan

**A World of Experience (for immigrants and children of immigrants)**  
- Katherine Lopez, Raquel Pina, & Luz Salinas

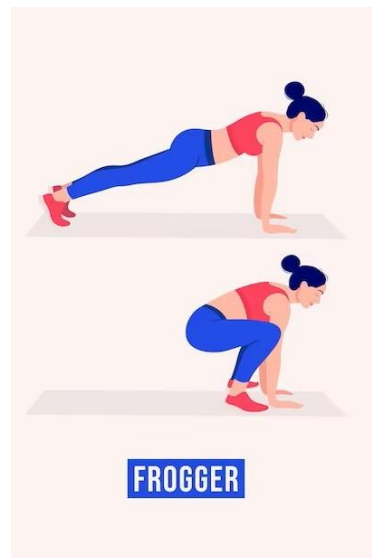
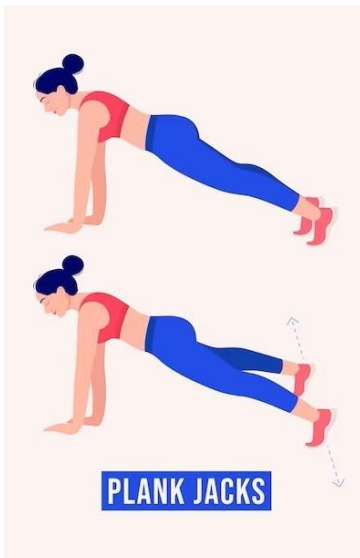


# April

# Core Circuit

Perform each exercise for 20 seconds.

Complete 3 rounds.





# ENVIRONMENTAL WELLNESS



## WHY IS IT IMPORTANT?

Environmental wellness revolves around a core principle of respect. We control the environment we live, breathe, work, and enjoy life in. Respecting the environment means you are setting up a better future for yourself and the world we live in.

## WAYS THAT YOU CAN HELP BENEFIT THE ENVIRONMENT:

1. Eliminate unnecessary products - reduce, reuse, recycle!
2. Buy local - find a farmers market for produce and goods.
3. Compost - this benefits the soil and gives back key nutrients.
4. Conserve water and electricity.



# HOW PLANTS HELP THE ENVIRONMENT & YOU



**PLANTS REDUCE STRESS & IMPROVE MENTAL HEALTH.**

**THEY RELEASE OXYGEN INTO THE AIR, ELIMINATING TOXINS AND IMPROVING AIR QUALITY.**

## INCORPORATE PLANTS INTO YOUR LIFE

**SOME LOW MAINTENANCE INDOOR PLANTS INCLUDE:**

- SUCCULENTS
- SPIDER PLANTS
- PEACE LILY
- SNAKE PLANTS



**GROW YOUR OWN HERBS**



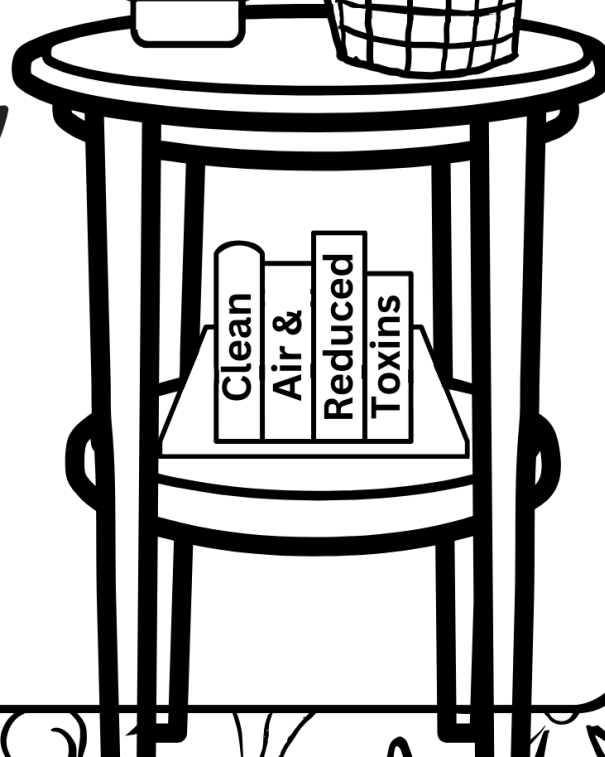
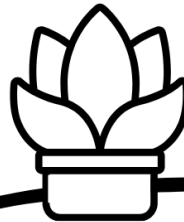
**SOME LOW MAINTENANCE OUTDOOR PLANTS INCLUDE:**

- MARIGOLDS
- HOSTAS
- GERANIUMS
- PETUNIAS

# ACTIVITY OF THE MONTH



Color this page full of plants and their many benefits!





## CREAMY AVOCADO PASTA SAUCE

### Ingredients (Serves 2)

- 7 oz. pasta of your choice
- 1 small avocado
- 1 cup of basil leaves
- ½ of a lemon juiced, and zest
- 1 garlic clove
- ½ tsp. salt
- ¼ tsp. pepper
- ½ cup of pasta water

### Instructions

1. Cook pasta according to package instructions. Set aside 1 cup of pasta water after draining pasta.
2. To prepare green sauce, add remaining ingredients into blender and blend until smooth. Add leftover pasta water 1/3 cup at a time until desired consistency.
3. Taste sauce as you go and add more lemon, if preferred.
4. Combine with pasta, mix, serve!

<https://www.alphafoodie.com/>



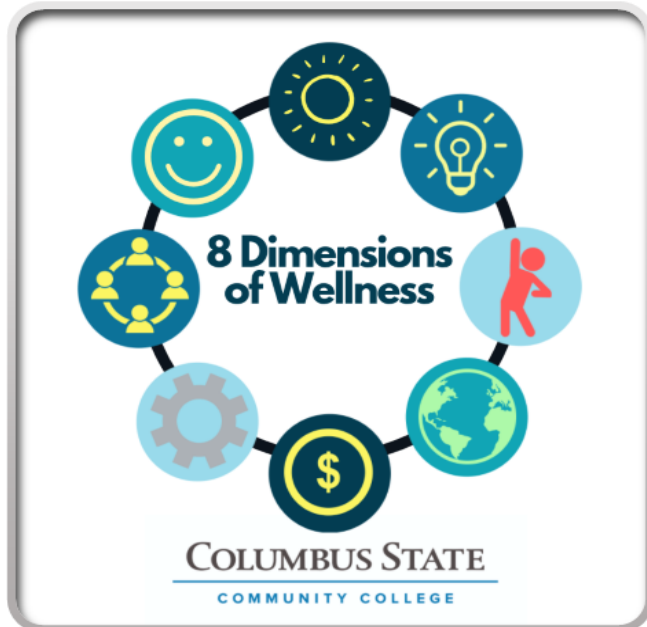
### How to choose a ripe avocado

Look for a very dark green to dark brown color. The skin should be bumpy and easy to press into with gently applied pressure, but not too mushy.



# Your Wellbeing Advisory Committee:

**Nichole Bowman-Glover, PhD, Wellbeing Benefits Analyst**



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, Compliance

Yvette Johnson Veterinary, Imaging & Surgical  
Technology Department

Terrence Lawrence, Inclusive Advising Innovation

Primrose Igonor, Office of Diversity, Equity and  
Inclusion

Shawntera Hollinshead, Police Communications &  
Admin

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 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 Nichole Bowman-Glover/Vena Hill.



“ACCEL\_WELL”

## Follow Us on Social Media!



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Inspire Purpose • Drive Performance