

Cougars Wellbeing Newsletter

April 2026 | Issue 68

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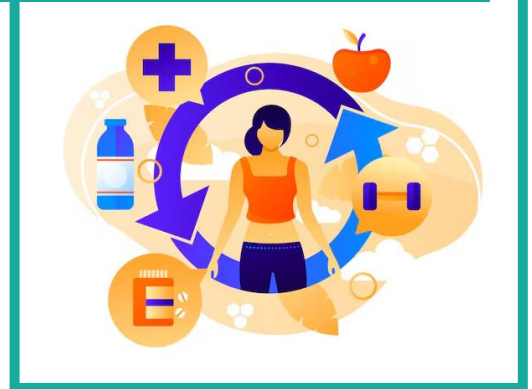
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BOOSTING YOUR LONGEVITY

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BAKED FETA & TOMATO PASTA WITH GRILLED CHICKEN

FIND THE RECIPE ON PAGE 10!

APRIL



Spring is a time of renewal, which means a time to reflect on what makes us feel restored. It's the small things that make a difference such as a walk outside, opening a window for fresh air or quiet moment with cup of coffee. Just as nature must be nurtured so do we need to be nurtured, too. Accept this invitation to refresh, restore and renew activities that energize you!

Your feedback is important to us so continue to communicate with us through wellbeing@cscc.edu about your wellbeing interests. There are more exciting wellbeing activities on the horizon.

Remember, **HR SUPPORTS YOUR SUCCESS.**

Dr. Nic



**Biometric Screenings on Columbus campus
open to all employees.**

May 19, 2026 | 8am – 3pm | WD 412

[Wellbeing | Columbus State Community College](#) (for more information)

**National Cancer Control Month, Alcohol and Substance Abuse Month,
and Stress Awareness Month**

“Stress in the Workplace” [UAW: Stress in the Workplace](#)

[Substance use disorder \(drug abuse\) | UnitedHealthcare](#)

[Substance Use Helpline | UnitedHealthcare](#)

[Stress: Signs, Symptoms & Management | UnitedHealthcare](#)

[Anxiety | UnitedHealthcare](#)

Employees and spouses/domestic partners on UHC health coverage
must complete the **Wellbeing 360 Engagement Program** to maintain
paying 20% of medical premium.



Complete two activities by JUNE 30, 2026: Biometric Screening and Wellness Assessment.
Learn more at this link. Get instructions to sign up for the May 19 on-campus Biometric Screening at this link.

The Engagement Program does not apply to employees who are members of CSEA or Teamsters.
Details: [Wellbeing 360 | Columbus State Community College](#)

Visit the CSCC Wellbeing webpage for more resources and to stay connected:
[Wellbeing | Columbus State Community College](#)



Wellbeing 360 Rewards Program Eligible

(One registration covers the entire series, no need to re-register if you've registered previously.)

THR
APR
2

Kitchen Series | Nutrition for Diabetes

11am EST | [REGISTER NOW!](#)

Discover how nutrition can help manage blood sugar and support overall health. We will share meal ideas, carb-friendly tips, and strategies for building balanced plates.

TUE
APR
7

5-Part Progressive Movement Series (Physical Wellbeing-Rewards Program Eligible) | Stretching and Recovery

12pm EST | [REGISTER NOW!](#)

This session focuses on gentle stretching and recovery techniques to help reduce muscle tension, improve mobility, and support overall movement quality. Participants will leave feeling less stiff, more relaxed, and better prepared for daily activity or future workouts. Suitable for all fitness levels, this session pairs well with more intense exercise or busy, high-stress days.

WED
APR
15

Nutrition Series (Physical Wellbeing-Rewards Program Eligible) | Smart Snacking

12pm EST | [REGISTER NOW!](#)

Transform your snacking habits with nutrient-dense options that fuel your body and maintain steady energy levels. Say goodbye to mindless munching and hello to strategic snacking.

THR
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23

Self-Care Series (Emotional Wellbeing-Rewards Program Eligible) | Noticing What You Need

12pm EST | [REGISTER NOW!](#)

Mindfulness can help you stay present, centered, and aware of your needs before burnout hits. This session explores simple, everyday practices to help calm a busy mind, interrupt anxious thinking, and tune into what your body and emotions are trying to tell you.

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

For questions about these events: hello@mycancerbridge.com



Financial Wellbeing Seminars (*Rewards eligible)

WED
APR
8

Decide If You Are Ready to Buy a Home | Huntington National Bank

12:30pm | [Register for the Webex here.](#)

- Learn how to choose a lender
- Find out if you qualify for a down payment assistance program
- Determine how you will finance your dream home

TUE
APR
14

Ohio Deferred Compensation Options

11am | Link to join: [Join the meeting now](#)

WED
APR
22

Cybersecurity and Fraud Threats | Huntington National Bank

12:30pm | [Register for the Webex here.](#)

- Learn how you can stay safe
- Be aware of tactics bad actors use
- Protect yourself both at work and in your personal life



In recognition of **National Walk at Lunch Day on April 29**, HR is hosting **Midday Move: Connections and Steps Across Columbus State**.

We are encouraging employees across Columbus State campuses to take a wellness and movement break during their workday. Whether it be a walk around campus, a chair movement routine, or a walk around the building to connect with colleagues, we hope everyone engages in a wellness activity on **April 29**.

Participants can enter a raffle if they provide proof of their participation with a photo sent to wellbeing@csc.edu.

If employees would like to join a group, HR representatives will lead walks around campus throughout the afternoon, as well as two virtual chair movement routines at 11:30 a.m. & 1:00 p.m.

- The **Columbus Campus** will have guided walks at 11:30 a.m., 12:00 p.m., 12:30 p.m., & 1:00 p.m.
- The **Dublin Campus** will have guided walks at 12:15 p.m. & 12:45 p.m.
- The **Delaware Campus** will have guided walks at 12:00 p.m. & 12:30 p.m.

Participants on guided HR walks or in virtual sessions can add their name to a sign-in sheet to be entered into the raffle, along with those who send in photo proof of participation. Get more information [at this link](#).

Connect, Converse, and Be Active!

Get Involved with AccelWELL!

THU
APR
23

Virtual 1-on-1 Health Coaching

10:00am – 3:00pm

Wellbeing 360 Rewards Program Eligible



AccelWELL

Inspire Purpose • Drive Performance

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 click the blue **R**. Select your reminder preference, enter your preferred phone number in which to be reached for your telephonic session, and select a timeslot that best works for you. Lastly, click **Register**.

After signing up for a time, your Coach will call you at the number you provided when registering.



April 6th - May 17th

Throughout this campaign, you'll explore the 10 Principles of Intuitive Eating - from letting go of the diet mentality to reconnecting with your body's natural hunger and fullness cues. Along the way, you'll gain practical tools and insights that empower you to build a more balanced, trusting, and nourishing relationship with food.

To complete the Campaign:

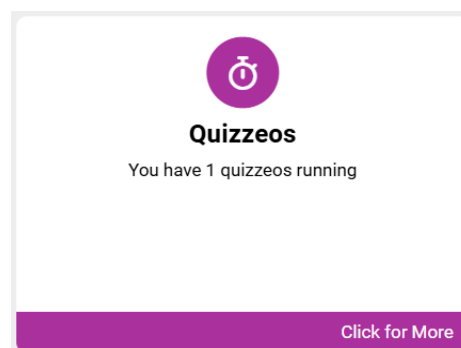
Starting **Monday April 6th**, visit the **Campaign** page on your [portal](#) to complete the weekly tasks. New tasks are available each Monday, so we recommend setting a calendar reminder to keep yourself accountable!

Complete all tasks within the campaign by 5/17 to earn entry into a raffle to win a [weighted blanket!](#)

If you are unable to participate in this campaign due to health restrictions, you may be entitled to an accommodation or alternative standard. You may request a reasonable accommodation by contacting coach@accelwell.com.

New Quizeo now available: Inflammation: Friend or Foe?

Visit your [portal](#) dashboard to dive into our latest Quizeo, where we break down the signs of inflammation, how it develops, and the ways it can either support or strain your body. Explore practical insights on recognizing inflammation and understanding common treatment approaches, all designed to help you stay informed and proactive about your health.



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



WORKOUT OF THE MONTH

movement for

LONGEVITY

Strength training is one of the most effective ways to support your longevity, and you don't need equipment to get started! This quick bodyweight routine is designed to help you build muscle, improve mobility, and keep your body strong and resilient over time.

3 sets each

3-4 times per week

10-15 reps

PUSH UPS



SQUATS



TRICEP DIPS



CALF RAISES



REVERSE LUNGES



LEG RAISES



Start at whatever level you feel most comfortable. As the movements get easier, you can add resistance like weight or bands.

BOOSTING LONGEVITY

THE DAILY HABITS THAT HELP YOU LIVE LONGER AND HEALTHIER

What does longevity really mean?

Longevity simply means *living a long life* — but how long and how well we live is influenced far more by our daily habits than our genetics. While average life expectancy is around 76 years for males and 81 years for females, only 25–40% of lifespan is genetic. *The rest comes down to how consistently we care for our bodies.*

What promotes longevity?

- A healthy diet
- Regular physical activity
- Beneficial lifestyle choices

These three behaviors, practiced consistently, have the greatest impact on long-term health.

The Mediterranean-style eating pattern

- Fruits and vegetables
- Whole grains
- Nuts, seeds, and legumes
- Fish and lean proteins
- Olive oil and low-fat dairy
- Limit red meats, processed foods, sweets, sugary drinks



Why this pattern supports longevity

This style of eating has been shown to improve cholesterol levels, reduce inflammation and oxidative stress, support healthy hormones, reduce cancer risk, and improve metabolism — all of which contribute to a longer, healthier life.

5 LONGEVITY HACKS YOU CAN START THIS WEEK

Small changes done consistently make the biggest impact

01.

Move More Throughout the Day

Regular movement supports heart health, muscle strength, balance, and weight management.

- Take short “movement snacks” instead of one long workout
- Only scroll social media or listen to podcasts while walking



02.

Treat Sleep Like an Appointment

Getting 7–9 hours of quality sleep allows your body to repair and recover.

- Block bedtime on your calendar like a meeting
- Move bedtime earlier by 10 minutes each week



03.

Lower Stress in Minutes

Chronic stress disrupts many of the body’s natural processes.

- Try 4-7-8 breathing (inhale 4, hold 7, exhale 8)
- Take 2-minute micro-walks during your day



04.

Prioritize Social Connection

Strong social relationships are linked to longer life and better mental health.

- Set a daily “people minimum” (one meaningful interaction)
- Send simple messages like “thinking of you”



05.

Reduce Harmful Habits

Smoking and excessive alcohol use negatively affect multiple organ systems.

- Alternate alcoholic drinks with water
- Replace smoking with gum, a pen, or a fidget



Ready to take the next step?

If you'd like personalized support or want to talk through these habits with a coach, reach out to the AccelWELL team at coach@accelwell.com

ACTIVITY OF THE MONTH



Longevity Bingo



Ready to boost your longevity? Take a look at your daily habits and see how many long-life practices you can check off on our bingo board. If you hit five in a row, keep going and challenge yourself to fill the whole board! For reminders of what some of these items are, refer back to the education pages.

Eat a whole grain food	Get 7-9 hours of sleep	Try 4-7-8 breathing	Set & hit a "people minimum" for the day	Refrain from drinking OR alternate alcoholic drinks w/ water
Do a strength training workout	Take a stretch break during your day	Add "bedtime" on your calendar like a meeting	Add a handful of nuts or seeds to a meal or snack	Eat a fruit
Send a simple "thinking of you" text to a friend	Swap dessert for fresh fruit	Free Space!	Take a short "movement snack" during your day	Drink 8 oz. of water first thing when you wake up
Eat a vegetable	Take a walk while listening to music or a podcast	Stimulate your brain by reading or doing a puzzle	Commit to being tobacco free OR replace smoking w/gum	Call a friend or loved one
Step outside for 10 minutes of natural light	Set up a coaching session with your AccelWELL Coach	Replace a processed food with a healthier option	Move bedtime 10 minutes earlier	Take a 2-minute micro-walk during your day



BAKED FETA AND TOMATO PASTA WITH GRILLED CHICKEN

Ingredients (Serves 4)

- 16 oz cherry tomatoes, whole
- 8 oz feta cheese block
- 1 tsp oregano
- 3 cloves garlic, peeled
- 3 tbsp olive oil
- 8 oz pasta
- 1 cup fresh basil
- 6 oz asparagus
- 1 chicken breast, butterflied



Instructions

1. In a 13 x 9 baking dish, add feta cheese, tomatoes, and whole garlic cloves. Drizzle over olive oil and season feta with oregano. Place in the oven preheated at 375°F and bake for 45 minutes
2. About 20 minutes out from tomatoes and feta being done, place a butterflied chicken breast and asparagus on a grill (or in the oven on a baking sheet) seasoned with olive oil, salt, pepper and garlic powder to taste. Cut chicken into strips when done and set aside.
3. Boil your favorite pasta according to directions on the box, strain and set aside until feta and tomatoes are done.
4. When the feta and tomatoes are done, mash the tomatoes, garlic and feta with a fork until it reaches your desired consistency
5. Stir in pasta along with basil leaves, add chicken and asparagus on top and serve!

[Pasta Recipe](#)

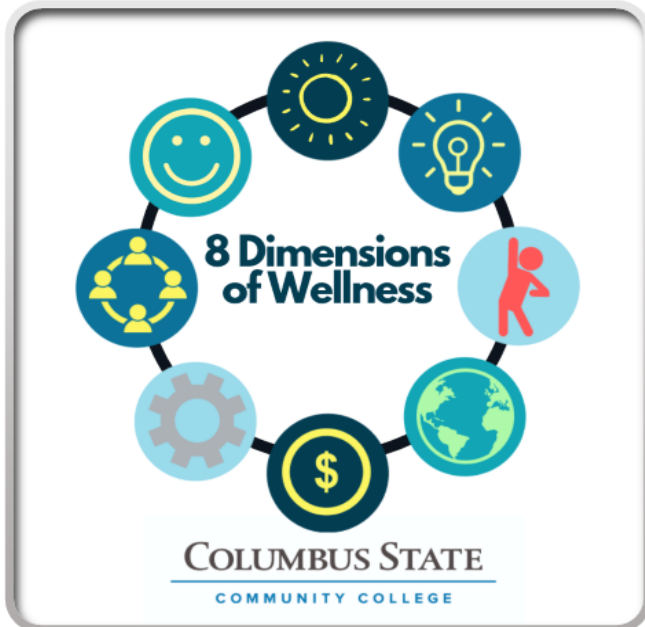
Add More Goodness to Your Plate

This April, focus on boosting your wellbeing by adding more nutrient-rich foods to your daily routine. Think colorful fruits, crisp veggies, whole grains, lean proteins, and healthy fats. Instead of worrying about what to remove, let this month be about crowding your plate with foods that energize, nourish, and support your long-term health. Small additions can create big shifts in how you feel—one vibrant choice at a time.



Your Wellbeing Advisory Committee:

Nichole Bowman-Glover, PhD, Wellbeing Benefits Analyst



Tommy Tucker, Mitchell Hall

Vena Hill, Human Resources

Jason Love, Human Resources

Yvette Johnson Veterinary, Imaging & Surgical
Technology Department

Terrence Lawrence, Inclusive Advising Innovation

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.

We'd love to connect with you on [LinkedIn](#) & [Instagram](#)!



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