

Cougars Wellbeing Newsletter



COLUMBUS STATE
COMMUNITY COLLEGE

April 2021 | Issue 8

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Stuffed Portobello Mushrooms
Enjoy this easy nutrient-rich meal! (P. 9)

COLUMBUS STATE
COMMUNITY COLLEGE

 **AccelWELL**
Inspire Purpose • Drive Performance

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				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	

Goal Tracker

List your top three goals for the month below.

#Goals

1)

2)

3)

	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	M	T	W	T	F
	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																														

notes

When we intentionally create space in our lives, we can intentionally decide what to fill it with.

Healthy Habits to Try this Month

- Create a consistent sleep schedule and try to get at least 7 hours of sleep each night.
- Limit eating late night high sugar, processed snacks .

April

E v e n t s

MON
APR
12

Rally Coins & Health Benefits Session

Starts 1:00pm EST

Nichole Bowman-Glover, Wellbeing Benefits Analyst and Jason Love, Benefits Analyst, will review the Rally Coin program for those who are on United HealthCare as well as how to navigate your health benefits. Remember the Rally coin cycle runs from July 1, 2020 through June 30, 2021. The coins apply to employees on the health plan and covered spouses.



Special Note: This cycle July 1, 2020-June 30, 2021 6 coins. Also, attend at least 5 of the offered wellbeing seminars (July 1-June 30) and earn 1 coin. (Attendance is taken at seminars) If you have questions contact Nichole

[Rally/BenefitsSession](#)

(click the link to log in)

WED
APR
14

Prudential Seminar:

6 Essential Tools for Estate Planning After Lockdown

11:00am-12:00pm EST presented via WebEx

- Healthcare management
- Wills and trusts
- Beneficiaries

[Click Here to Register!](#)

If you have questions/concerns, contact Pathways@Prudential.com or (844) 592-8993.

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THU
APR
15

Cancerbridge Seminar

Starts at 11:00am EST

Caring for the Cancer Caregiver: Please join us for a conversation on caregiver fatigue and distress. Our speaker will discuss resources available to help care for cancer caregivers.

<https://my.demio.com/ref/TVJaCkPF2zdXng4>

TUE
APR
20

Voya Financial Seminar w/Barnett McGowan Here's To Your Health

Starts at 12:00pm EST

Learn how you can use an HSA today to help pay your healthcare expenses in retirement.

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

THU
APR
22

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

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

HOW TO SIGN UP:

- [CLICK HERE](#) to sign-up for your private session.
- Select a 20-minute time slot and click the box next to "Sign Up."
- Then click Sign and Submit at the bottom of the page.
- IMPORTANT – When registering, be sure to provide a telephone number in the box provided. All personal information requested when signing up (name, email, phone number) is kept confidential.

REMINDER!

[SpringBrainBreak\(15min\)](#)

Every Wednesday at 12:30pm take a BRAIN BREAK for 15 minutes!

OR

[SpringBrainBreak\(30min\)](#)

Every First Monday of the month for 30 minutes!

(Microsoft Teams):
Grace Howard



Win a \$50 Amazon Gift Card

Complete the activity this month to have your name entered into this special raffle!

April Alcohol Awareness

April is #AlcoholAwarenessMonth. In addition to the health and safety risks of alcohol misuse, the economic burden is serious. In 2010, alcohol misuse cost the United States \$240 billion. Three-quarters of the total cost of alcohol misuse is related to binge drinking.

Since the pandemic hit many people have found themselves drinking more alcohol to cope with the isolation or lack of things to do. How do you know if your drinking has become problematic? Here are some warning signs to look out for!



9 SIGNS YOU'RE DRINKING TOO MUCH DURING THE PANDEMIC



1. You drink because you're stressed



2. You drink because you're bored.



3. You drink on the job.



4. You're constantly worried about having enough alcohol.



5. Your responsibilities are falling to the wayside.



6. You've been making poor decisions while drunk.



7. You don't feel good physically.



8. You experience withdrawal symptoms.



9. You want to stop drinking but can't.

<https://tinyurl.com/j53c4fbv>

Resources

Did you know recovery groups like Alcoholics Anonymous and Narcotics Anonymous have virtual meetings that are available to everyone? Here are the links for AA and NA in Central Ohio!

<https://aacentralohio.org/meetings/>

<https://nacentralohio.org/virtual-meetings/>



SAMHSA's National Helpline, 1-800-662-HELP (4357) is a confidential service, in English and Spanish, for people & family members facing mental and/or substance use disorders. They provide referrals to local treatment facilities, support groups, and more. #AlcoholAwarenessMonth

Other resources: Matrix (614) 475-9500 ADAMH (614) 224-1057

More Tips

Here are some tips on how to lower the amount of alcohol you're drinking while in the middle of a pandemic. For more information please visit <https://sober-bliss.com/how-to-quit-drinking-when-you-are-stuck-at-home/>

Tips: Self care, alcohol free space at home, get some fresh air, exercise at home, chill & relax, clean your house, learn something new, connect online, use your tools (i.e. journaling, meditation) alone time

(CSCC Counseling Services)

Mental Health Services 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.

- **Virtual Consultations** (stand-alone/moment of need sessions not intended for ongoing counseling) the first Thursday of the month 2-6pm (male clinician) and the third Tuesday of the month 9am-1pm (female clinician) (**virtual session open to "all" employees including adjuncts**).

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://ProBonoCounselingProgram-MentalHealthAmericaofOhio(mhaohio.org))



#VaccineReady | April 2021

April is National Minority Health Month (NMHM).

This is a time to raise awareness about health disparities that continue to impact racial and ethnic minority populations and promote action through health education, early detection, and control of disease complications.

Join the National Institute on Minority Health and Health Disparities get the word out about the importance of #Covid19 vaccination.

[National Minority Health Month \(nih.gov\)](https://www.nih.gov/national-minority-health-month)

Ohio Commission on Minority Health

MHM became a national celebration in 2000. In 2005, the National Association of State Offices of Minority Health was created to provide leadership in transforming the health of racial and ethnic minority communities, tribal organizations, and nations. In April, we will join our fellow State Offices of Minority Health in lifting up wellness and good health. The creativity of these initiatives executed by community based agencies and organizations has been extraordinary. (*Ohio Commission on Minority Health*)



April Events:

[2021 Calendar Layout 3.23.21 v2.pdf \(ohio.gov\)](#)



Fitness

2021 Cougar Challenge 5K

May 1-9, 2021 - Virtual Event

(timeframe to complete and log time on platform)

- Proceeds help student defray textbook and course material costs.

Sign up, donate, and get race details www.csc.edu/cougar5k

sponsored by Staff Advisory Council (SAC)



Spring Monday Movement Sessions

Join Dr. Nic for a 30 min Zumba stress relieving movement session. Details: mid-day break, no previous dance experience required; sneakers, space & open mind.

Monday, April 19, 2021

Topic: Nichole Bowman-Glover's Zoom Meeting

Time: 12:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/84151426027?pwd=NzI4ZHpwQ2RyY082eWFkREg0TzdGQT09>

Meeting ID: 841 5142 6027

Passcode: 489177

(waiting room hold until session begins)

REMINDER!

Open Enrollment is around the corner!

May is open enrollment month. Employees will have the opportunity to enroll in/make changes to their benefits during May. **Benefit vendors will offer information sessions throughout April.** Stay tuned to the Update for times and links. For more information contact Jason Love, Benefits Analyst.



Employee Resource Groups

Employee Resource Groups (ERGs) allow members to connect with other employees who share similar interests and a common bond or background. These employee-led groups are designed to meet the unique needs of each affinity or identity, and aid in fostering a diverse, inclusive workplace aligned with the College's mission and values.



Reach out to the contacts for meeting information:

African/African American-Royce Carpenter & Michelle Baker

Caregivers-Melissa Lamar

Faith in Parenting-Debbie Strain

LGBTQ-Michael Hicks, George Johnson, Katina Fitch

Women's-Crystal Clark & Kelly Hogan

Workout of the Month

APRIL ARMS & ABS

Complete the specified number of reps for each exercise below. Aim to complete 3 rounds of each pairing. **Challengers:** try to complete 5-7 rounds. [Click here](#) to follow along with Coach Emma and learn modification options.

1

10 Push-ups
20 Crunches



20 Mountain Climbers
20 Russian Twists
(10 each side)

2**3**

10 Tricep Dips
10 High Plank
Shoulder Taps
(5 each side)



20 Cross Punches
20 Standing Side Bends
(10 each side)

4

**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. If you have questions regarding form or exercise modifications, reach out to coach@accelwell.com!*

FINANCIAL WELLNESS



Financial wellness is oftentimes neglected when we consider our health, yet can weigh heavy on our everyday thoughts causing worry and stress. High levels of stress can impact our mental, emotional and physical health by manifesting through issues like sickness, depression, sleep loss and low productivity. Check out these money saving tips to help you examine your financial habits and work towards ditching financial stress in the long-run!

MONEY SAVING TIPS:

Integrate these into your lifestyle to start saving now!

- 1. Cut down on groceries**
 - A typical American family spends around \$647 on groceries per month. Plan your meals and organize your grocery lists each week to help you save money and time!
- 2. Cancel automatic subscriptions and memberships**
 - You may be paying for multiple subscriptions like Netflix, Hulu, gym memberships, magazines, Spotify, Amazon prime, etc. Assess how often you are utilizing these subscriptions, and cancel the ones that come up short. These type of monthly costs can add up!
- 3. Take advantage of a retirement savings plan**
 - Columbus State offers employees the ability to make payroll contributions to plans like a 403, 403B, and 457 and if you aren't using it, you may be missing out big time! Contact Twila Wiley, Retirement Benefit Analyst about the retirement plan options available to you.
- 4. Save money automatically**
 - Many banks offer automatic money transfers from your checking account to your savings account each month. For example, you can choose to automate 10% of each paycheck into your savings account. Reach out to your bank to see if this is an option for you!
- 5. Pack a lunch, and eat breakfast and dinner at home**
 - Buying a few meals out each week or a daily coffee may seem like no big deal, but those costs add up fast! You can purchase a week's worth of groceries for the same price as two dinner meals out!



BUDGET WISELY



50/30/20 Guideline

50% of your income should go toward fixed costs, such as mortgage, loan payments, and utilities, 30% should be spent on financial goals, such as a vacation, and 20% should go to flexible spending.

Track Spending

Make it a habit to keep tabs on your spending by reviewing your accounts online or by using an online budgeting tool, such as Money Manager. If you prefer hard copies, simply hold onto your receipts for review and keep them organized in a designated location. **This way, you can avoid unpleasant surprises at the end of the month.**



First/Last Name & Organization: _____



Activity of the Month

Financial Wellness – Save, Save, Save!

Instructions:

- Pick a daily or frequent habit that is costing you money.
- Determine the daily, weekly, and monthly cost of this habit.
- Next, determine a cheaper or no-cost alternative to this habit that you will implement instead.
- Choose how often during the week you will implement this!
- Determine how much money you would save.



Example

My money costing habit: Getting a large Starbucks drink 5 days out of the week.

Daily cost: \$5.25 **Weekly cost:** \$26.25 **Monthly Cost:** \$105.00

My money saving strategy:
Reduce my Starbucks purchases by making coffee at home.

How often: Buy Starbucks only 1-2 times a week.

My savings: **Weekly** \$15.75 – \$21.00 **Monthly savings:** \$63.00 – \$84.00
(Original weekly cost – New weekly cost) (Original monthly cost – New monthly cost)



Your Turn!

Check out the monthly newsletter for ideas!

My money costing habit:

Daily cost: _____ **Weekly cost:** _____ **Monthly Cost:** _____

My money saving strategy:

How often:

My savings: **Weekly** _____ **Monthly:** _____

Tell us one other way you are going to try to save money this month: _____

THE DISH:

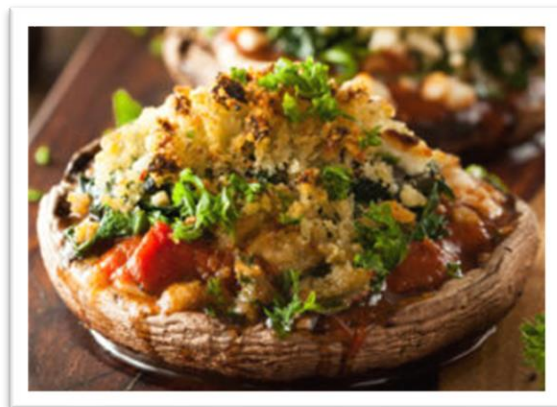
Meal Planning AccelWELL Style



Stuffed Portobello Mushrooms

Ingredients (Serves 4)

- 4 portobello mushrooms, cleaned, stems & gills removed
- 2 tablespoons extra virgin olive oil
- ½ cup onion, chopped
- 1 garlic clove, minced
- 1 cup diced fire-roasted tomatoes canned, drained
- 2 cups baby spinach, loosely packed
- 1 teaspoon dried oregano
- Salt and pepper to taste
- ¼ cup black olives, sliced, no liquid
- ½ cup mozzarella, shredded
- ¼ cup parmesan cheese, grated
- ½ cup whole-wheat breadcrumbs or panko



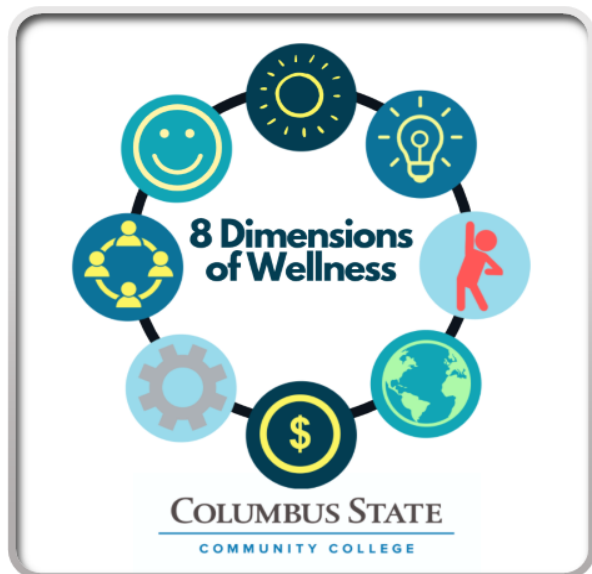
Source: <https://skinnyms.com/>

Instructions

1. Preheat oven to 400 degrees.
2. Lightly rub each mushroom with olive oil. Set them top side down on a baking sheet.
3. Heat one tablespoon olive oil in a skillet. Add onions and sauté for 5 minutes until softened and translucent. Add garlic and sauté for an additional 30 seconds. Add diced tomatoes (without juice), spinach, oregano, salt, and pepper.
4. Cook just until spinach is wilted, for about 2 minutes, stirring, and remove from the heat. Toss in sliced black olives. Spoon the mixture into each of the mushroom caps. Sprinkle on mozzarella then parmesan. Sprinkle breadcrumbs on top of parmesan. Drizzle with remaining olive oil.
5. Bake for 15 minutes until mushrooms are tender, tops are golden brown, and cheese is melted. Enjoy!

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, Financial Aid Department

Jason Love, Human Resources

Jackie Miller, Nursing Department

Justin Grote, Admissions Department

Darien Velasquez, Marketing & Communications

Jolene Broshious, Equity & Compliance

Yvette Johnson Veterinary, Imaging & Surgical
Technology Department

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..

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