

Cougars Wellbeing Newsletter

APRIL 2022 | Issue 20

Table of Contents

02 Virtual Classes & Observances

03 Upcoming Events

07 Workout of the Month

08 Work Ergonomics & Posture

10 Activity of the Month
Healthy Eating Plate Tracker

11 The Dish
Recipes Curated by AccelWELL

12 Your Wellbeing Advisory Committee



Chickpea Salad Sandwich

Add this nutrient packed sandwich to your weekly meal plan. (Page 11)

MARCH RAFFLE WINNER:

Silicon Food Prep Containers

**Susan Goeschl
Marcia Holleman
Michelle Guendelsberger**

CONGRATULATIONS!

APRIL

Observance & Virtual Classes

S	MON	TUES	WED	THUR	FRI	S
Take advantage of the Virtual Class opportunities this month provided by Cerner Solutions in partnership with AccelWELL. select the link to join the live class the day of the event! A recording is available after the event by request only.						
					1	2
3	4	Class: Depression and Anxiety: Supporting Yourself and Loved Ones 1:00 pm EST	5	6	7	8
10	11	Class: Breastfeeding Basics 1:00 pm EST	12	13	Class: How to create a balanced training program 1:00 pm EST	14
17	18	19	20	Class: Your Mental Health and Sleep 1:00 pm EST	21	22
24	25	26	27	28	29	30
*Event times are subject to change						

April is Minority Health Month

National Minority Health Month was originally established in 1915. More than 100 years later, the US Department of Health and Human Services is teaming up with the HHS Office of Minority Health to raise awareness about health disparities that continue to affect racial and ethnic minority populations. Join them in April to share trusted #COVID19 info.

Why are some racial and ethnic minority groups disproportionately affected by #COVID19? Data from the Centers for Disease Control and Prevention shows that racial and ethnic minority groups have experienced higher rates of COVID-19 infection, hospitalization, and death throughout the pandemic. Join us and the HHS Office of Minority Health to learn more about the social determinants of health that impact these rates and what is being done to #BoostYourCommunity. <https://www.minorityhealth.hhs.gov/nmhm/>

Minority Health Month is an opportunity to bring awareness about health inequities. I encourage you to take advantage of these resources to learn more about local and national health disparities. It is important that we understand and embrace all of our community.

[National Minority Health Month 2022 \(hhs.gov\)](#) – It is for partner resources and national events

[MHM Calendar-Web-3-25-22.pdf \(ohio.gov\)](#) – Ohio Minority Health Month events

Dr. Nic

APRIL

List of April Information



CancerBridge

Cancer Disparities in Minority Women: Bridging the Gaps Thursday, April 28th, 2022 at 12pm (EST)

The webinar will feature guest speaker Dr. Bridget Oppong, Deputy Director of the Center for Cancer Health Equity at the OSUCCC - James and Associate Professor in the Division of Surgical Oncology at The Ohio State University College of Medicine. Dr. Oppong is a surgical oncologist who treats patients suffering from breast cancer. Her goal is to always provide compassionate care that is personalized to every individual. During a person's journey through breast cancer, she aims to also be an educator and advocate. She has an academic interest in disparities in breast cancer outcomes with a focus on health disparities research. Her current projects involve exploring disparities in the delivery of care throughout the breast cancer continuum from screening to treatment.

Register Now: <https://my.demio.com/ref/ee3u7u6boXm70W4S>

For cancer-related questions: (855) 366-7700 For questions about these events: hello@mycancerbridge.com

TUE
APR
19

Cancer Bridge Info Session

11:00am EST

Find out about this resource from the vendor.

[CancerBridge](#) (click to join at time of seminar)

REMINDER

Open Enrollment is around the corner
May 1 – May 31, 2022

TUE
APR
26

Rally Coins/Benefits Session

Starts 11:00am 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, 2021 through June 30, 2022. The coins apply to employees on the health plan and covered spouses. Jason Love, Benefits Analyst, will review benefits and address any questions.

Special Note: This cycle July 1, 2021-June 30, 2022 8 coins.

If you have questions
contact Nichole.

[RallyBenefits](#)

(click the link to join)

THU
APR
28

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.

Save The Date!

WEEK of WELLBEING April 18-22

We will focus on each of the 8 Dimensions of Wellbeing. The activities will be live and recorded. Your participation will provide you with an opportunity to win a prize!!

Stay Tuned!!

Join "Cougars Living Well" on Teams to be entered into a prize drawing!

FRI
APR
29

Matrix (EAP) Info Session

11:00am EST

Find out about this resource from the vendor.

[Matrix](#) (click to join at time of seminar)

EVENTS

2022 Financial Wellbeing Series:

Preparing you for expected & unexpected changes!

Prudential Financial:

Introducing Financial Wellness 360 at Columbus State Community College

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 **Scott Alexander, Financial Advisor** 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 office hours are on April 20th and May 11th from 11:00am-2:00pm EST and by appointment.

To schedule an appointment, you may click the link below to select a time that works best for you.

[Click Here to Register](#)

Questions contact Pathways@prudential.com or 844-592-8993.

Additional Resource:

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

BMI Federal Credit Union:

THU
APR
21

Webinar by Nancy Sullivan-Graf-Financial Literacy Educator

Smart Money: Make Your Monthly Plan

1:00pm Eastern Time via Zoom

[Click Here](#) to join zoom meeting!

Meeting ID: 862 9555 5825

Passcode: 544610

BMI's Terri's Financial Wellness Tip

Budgeting Your Way to Home Ownership

A budget can help you towards the goal of home ownership. A budget is a map that gives you a wider view of your finances. Once you know what you have coming in and where it is going, you can set your priorities. Direct your money to what is important and plot a course of saving towards your future home. Get started on your plan with our module [Creating a Budget](#).

Terri's Financial Wellness Tip is brought to you by [BMI Federal Credit Union](#).

Additional BMI Resource: [Columbus State Community College \(bmifcu.org\)](https://bmifcu.org)

SPOTLIGHT

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://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: CSCCXXXXXXX)
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.

CSCC Wellbeing Testimonial

Working with my AccelWELL/RD Health Coach, Emily, has literally changed my life. Over the past year, she has guided, encouraged and supported me in reframing my relationship with food, stress, and creating a healthy, sustainable lifestyle. She has emphasized progress over perfection; creating realistic, attainable, and measurable goals; and serves as an empowering champion in my corner lifting me and reminding me to strive for balance and to give myself grace. With her support and my determination, I have decreased my blood pressure and blood sugar levels to normal ranges without medication, lost (with no intention of finding it again) over 60 pounds and have begun my next phase of physical fitness - exercising. I am healthier than I have been in decades. I highly recommend using the resources provided by Dr. Nichole and her team!

Susan Goeschl, Student Engagement and Inclusion

EXERCISE

Lets lace up those shoes and prepare to get moving!!

Walk/Run &/Donate

Cougar Challenge 5k May 7, 2022

[Columbus State Cougar 5K Challenge \(runsignup.com\)](https://runsignup.com)



BRAIN BREAKS

Grace Howard, College of Recreation & Wellness

Tuesday 4/19 at 12:30pm

Take a few minutes to relax, stretch & breathe. (15 min)

[BrainBreak](#)

Reminders

Wellbeing Resources

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.

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 the "Work & Family Resources" link to register

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)

Recreational Cooking Classes and More

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

Employee Resource Groups

Employee Resource Groups (ERGs) are employee-led voluntary groups organized around common interests, characteristics, or affiliations; these groups were created to foster a sense of belonging and are integral to Columbus State's commitment to advance workplace diversity and inclusion, facilitate networking and connections, and promote professional development.



Reach out to the contacts for meeting information:

African/African American - Royce Carpenter & Michelle Baker

Caregivers - Melissa Lamar

Faith in Parenting - Debbie Strain

LGBTQIA+ - Michael Hicks, George Johnson, Katina Fitch

Womens - Crystal Clark & Kelly Hogan

Workout of the Month

Complete 2-3 rounds with 30 seconds rest between exercises for a great burn!
CHALLENGERS: Complete 4-5 rounds with only 20 seconds of rest between rounds!

1. 15 Squats



2. 10 Incline Push-ups



3. 5 Inch Worms



4. 10 Lunges

(5 each leg)



5. 20 Shoulder Raises

10 front raises and 10 side raises
(weights optional)



6. 20 Bicycle Abs



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.

WORK ERGONOMICS & POSTURE

Tips, Tricks and Benefits



Guide to Proper Posture

The position of the spine is key to good posture.

Posture is the way you hold your body while standing sitting or performing tasks like lifting, bending, pulling or reaching. If your posture is good, the bones of the spine — the vertebrae — are correctly aligned. For example, the spine has three natural curves - at your neck, mid back, and lower back. Correct posture should maintain these curves, but not increase them.

One-half of all working Americans admit to having back pain symptoms each year. Global studies show, on average, we sit 7.7 hours a day, and some results estimate people sit up to 15 hours a day. Our posture when sitting these long hours can have an affect on our health.



ADDITIONAL RESOURCES

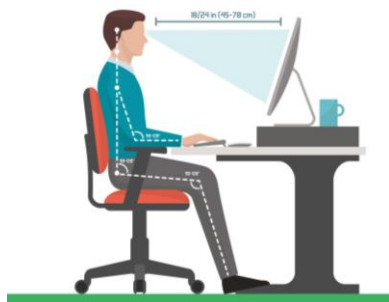
[Posture and Back Health](#)

*By clicking the link you will leave this page and be directed to a third-party site for informational purposes only.

Benefits

Good posture helps you in the following ways:

- **Keeps bones and joints in the correct position (alignment) so that muscles are being used properly.**
- **Helps cut down on the wear and tear of joint surfaces (such as the knee) to help prevent the onset of arthritis.**
- **Decreases the strain on the ligaments in the spine.**
- **Prevents the spine from becoming fixed in abnormal positions.**
- **Prevents fatigue because muscles are being used more efficiently, which allows the body to use less energy.**
- **Prevents backache and muscular pain.**



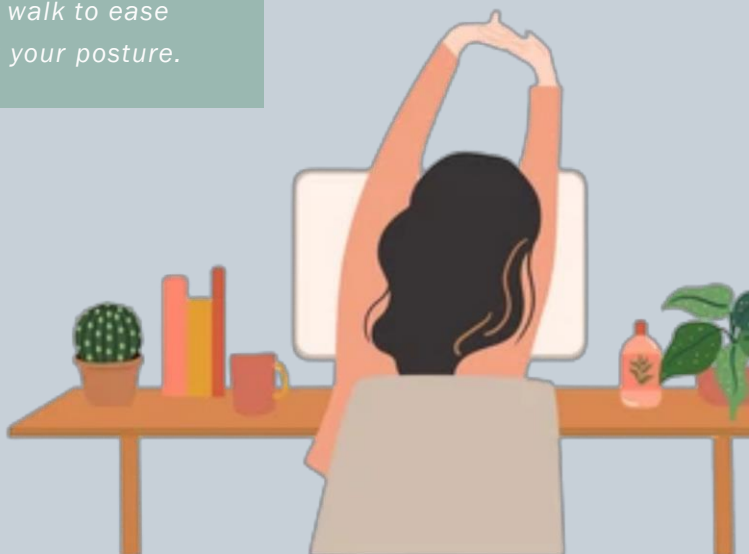
Proper Sitting Form

1. Adjust the height of your chair so that your feet rest flat on the floor or on a footrest.
2. Keep your knees at or below the level of your hips. Keep a small gap between the back of your knees and the front of your seat.
3. Adjust your chair to support your back or place a rolled towel or small pillow behind your lower back.
4. Make sure the top of your monitor is at or slightly below eye level.
5. Keep your head and neck balanced and in line with your torso.
6. Relax your shoulders and keep your forearms parallel to the ground.

Proper Standing Form

1. Stand straight and tall with your shoulders back.
2. Keep your head level and in line with your body.
3. Pull in your abdomen.
4. Keep your feet shoulder-width apart.
5. Don't lock your knees.
6. Bear weight primarily on the balls of your feet.
7. Let your hands hang naturally at your sides.

Stay active - try to move often throughout your day such as light stretching or a walk to ease tension in the muscles and reset your posture.



Activity of the Month

Complete the posture self-assessment below. Check mark the categories that you perform correctly on average when standing. After assessing your posture complete the reflection question. **Upon completion, submit a copy through the Incentive campaign on your portal.**



1. Feet

- Bear your weight primarily on the balls of your feet.
- Keep your feet about shoulder-width apart.

☐
☐

2. Knees

- Keep your knees slightly bent.

☐

3. Arms

- Let your arms hang naturally down the sides of the body.

☐

4. Torso/Shoulders

- Stand straight and tall with your shoulders pulled down and backward.
- Tuck your stomach in.

☐
☐

5. Head

- Keep your head level. Your earlobes should be in line with your shoulders. Do not push your head forward, backward, or to the side.
- * Shift your weight from your toes to your heels, or one foot to the other, if you must stand for a long time.

☐
☐

POSTURE ASSESSMENT

After completing this self-assessment, what areas are you more aware of that could use improvement?



The Dish:

Healthy Recipes

Curated By

AccelWELL

Chickpea Salad Sandwich

Ingredients (Serves 2)

- ☐ 1 can chickpeas, rinsed and drained
- ☐ ¼ cup chopped Italian parsley
- ☐ ¼ cup chopped dill
- ☐ 2 tablespoons whole grain mustard
- ☐ 1–2 tablespoons Mayo of choice
- ☐ generous pinch salt and pepper

For Sandwich

- ☐ Your choice of bread (whole grain, bagel, wrap, etc.)
- ☐ 1 tablespoon whole grain Mustard
- ☐ 2 large lettuce leaves (red leaf, green leaf or romaine)
- ☐ 1 cucumber, thinly sliced
- ☐ 1 carrot, thinly sliced
- ☐ 4 radishes, thinly sliced
- ☐ 1 avocado, sliced
- ☐ big handful sprouts (alfalfa, sunflower or daikon)



Instructions

1. Make the chickpea salad, placing all ingredients in a medium bowl, mix and smash with a fork until well combined. Taste and adjust salt and pepper to your liking.
2. Spread a little whole grain mustard on your choice bread.
3. Top with lettuce and a generous amount of the chickpea salad.
4. Layer sliced cucumber, carrots, radishes and avocado.
5. Top with a mound of sprouts and bread.
6. Cut in half and enjoy!

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



Buy what's in Season!

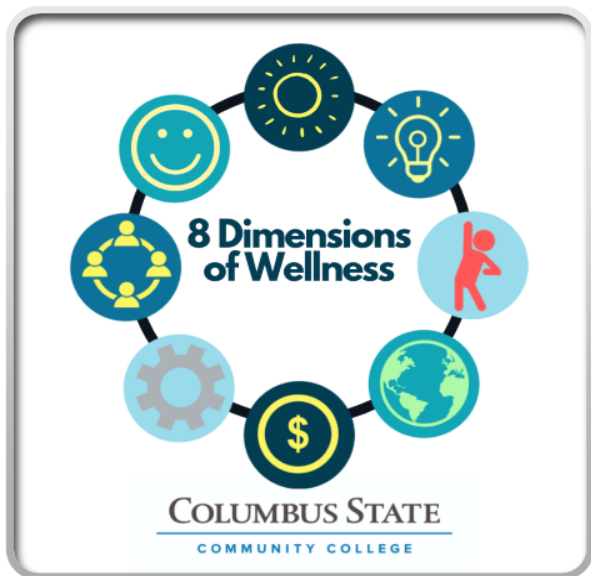
The produce in season during Spring are:

- | | | | |
|--------------|------------|-------------|------------|
| • Artichokes | • Broccoli | • Lettuce | • Peas |
| • Asparagus | • Cabbage | • Limes | • Radishes |
| • Avocados | • Carrots | • Onions | • Spinach |
| • Beets | • Chard | • Mushrooms | • Sprouts |

Check out this month's recipes for ways to incorporate fresh produce into your meals!

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, Student Central

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..

Follow Us on Social Media!



"ACCELWELL"



"ACCEL_WELL"



"ACCELWELL"