



COLUMBUS STATE
COMMUNITY COLLEGE

Cougars Wellbeing Newsletter

August 2021 | Issue 12

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Bruschetta Grilled Chicken

A perfect light and refreshing meal for a hot summer day! (P. 10)

JULY RAFFLE WINNER

Hydro Flask Water Bottle

Jolene Broshious

CONGRATULATIONS!

August

SUN	MON	TUE	WED	THU	FRI	SAT
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	31				

Goal Tracker

List your top three goals for the month below.

#Goals

- 1)
- 2)
- 3)

	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	M	T
	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	31
1																															
2																															
3																															

August is National Immunization Awareness Month (NIAM)

This annual observance highlights the importance of getting recommended vaccines throughout your life. We know the COVID-19 pandemic has impacted all aspects of life, including your ability to attend important appointments and receive routine vaccinations. During NIAM, we encourage you to talk to your doctor, nurse or healthcare professional to ensure you and your family are protected against serious diseases by getting caught up on routine vaccination.

We also encourage you to visit CDC’s [Growing Up with Vaccines interactive guide](#), which provides information on the vaccines recommended during pregnancy, throughout childhood, and into adulthood.

Parents, As your children head back to school this fall, it’s particularly important for you to work with your child’s doctor or nurse to make sure they get caught up on missed [well-child visits and recommended vaccines](#).

Remember to take care of yourself too! Make sure to receive any vaccines you need to stay healthy. Use CDC’s [adult vaccine assessment tool](#) to see which vaccines might be right for you.

August is also a critical time for those who are eligible to get vaccinated against COVID-19. To learn more about COVID-19 vaccination, check out the following websites:

- [Your COVID-19 Vaccination | CDC](#)
- [COVID-19 Vaccines for Children and Teens | CDC](#)

Source: CDC-Centers for Disease Control and Prevention

Vaccinations

Understanding Vaccinations Podcast [Understanding Vaccines \(brainshark.com\)](#)

AUGUST

E v e n t s

WED
AUG
11

Prudential Seminar: Financial Challenges of the Sandwich Generation

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

- * What is the Sandwich Generation?
- * Balancing family's needs
- * Financial strategies

If you have a question or concern, please contact us at Pathways@Prudential.com or (844) 592-8993

[Click Here to
Register Now!](#)

THU
AUG
19

CancerBridge Seminar

Starts at 11:00am EST

Join us for a conversation with Lynne Brophy, MSN, RN-BC, APRN-CNS, AOCN on how to have the difficult but important conversation about cancer with children.

To Register: <https://my.demio.com/ref/gZOkd7op8pro3li4>

COLUMBUS STATE
COMMUNITY COLLEGE

THU
AUG
19

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.

BE FIT AT YOUR DESK CHALLENGE

Make the commitment to stay active throughout your workday with this 4-week challenge, starting **August 16th**. Participate for the chance to win **Resistance Bands!** Submit a copy or photo of your completed tracker to coach@accelwell.com by 9/13 to be eligible! See AccelWELL email communications for more details.

TUE
AUG
24

Rally Coins & Health Benefits Session

Starts 1:00pm 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.

REMINDER:

This cycle July 1, 2021 - June 30, 2022 **8 coins**. If you have questions, contact Nichole.

[Rally.BenefitsAugSession](#)

(click the link to join)

ACCELWELL COACH ONSITE!

Thursday, August 26th (Delaware) & Friday August 27th (Columbus)

Available 11am – 1pm

- Stop by to meet your AccelWELL Coaches.
- Learn about our provided services.
- Grab a snack and enter the raffle for a fun prize!
- Ask questions on how to get involved!

Return to Work Resources

Transitioning back to in-person work may not be easy.

Employee Resources:

Matrix online resources

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

- [Returning to Work Soon? Here Are Some Ways to Make the Process Easier – Health Essentials from Cleveland Clinic](#)
 - [COVID-19 Story Tip: Stressed about 'returning to normal'? Here are tips to ease into the transition \(hopkinsmedicine.org\)](#)
-

Children Resources:

- [Coronavirus Mental Health Articles - On Our Sleeves](#)
 - [How to Prepare Kids for Back-to-School - On Our Sleeves](#)
 - [Preparing Children for When Their Parents Return to Work \(massgeneral.org\)](#)
-

Animal Resources:

- [COVID19Holiday Separation Anxiety.pdf \(osu.edu\)](#)
 - [Helping Our Pets Adjust When We Return to Work \(northeastanimalhospital.com\)](#)
 - [Preventing Separation Distress During and After the COVID-19 Pandemic | VCA Animal Hospital \(vcahospitals.com\)](#)
 - [How to Treat Pet Separation Anxiety As COVID-19 Lockdown Orders Lift - GoodRx](#)
-

Returning to Work on Campus:

- [Safety Protocols & Procedures | Columbus State Community College \(csc.edu\)](#)
-

Have Questions?

Contact Nichole Bowman-Glover, Wellbeing Benefits Analyst, Human Resources-Benefits, nbowmang@csc.edu

Fitness

Wellbeing Outlet: Class Pass

Corporate discount with ClassPass for Columbus State Community College employees! ClassPass offers an exciting way to connect, unite and maintain a healthy lifestyle- whether it's ways to get your sweat on without your favorite weight machines or getting your zen on in your living room- by allowing you to access wellbeing classes all over the United States!

[Columbus State Community College x ClassPass | The Best Fitness Studios, Classes and Experiences](#)
(Class Pass Code: CSCC2021) - Have questions? Contact Nichole at nbowmang@csc.edu

BRAIN BREAKS
Mid-Week Time Out/Brain Break

Wednesdays at 12:30pm, 8/11

15 minute relaxation, breathing, & stretching session

[MidWeekBreak\(SU2021\)](#)

Guest Leads
(Microsoft Teams)

Reminders

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.

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))

Membership Drive

Cougars Living Well Team
(Microsoft teams)

Current members bring new friends to the team and be entered into a drawing. New members will be entered into a raffle drawing.

Teams Interest Form:
https://forms.office.com/Pages/ResponsePage.aspx?id=d90pYCFloUG78BqtNntMicB_gCCmI0dGtJiyRe_g8H1UQUg0UFFOREpCRkgyRzJHTJfFNrkFWSVMwWS4u

"WHO" have you asked to join the Cougars Living Well team???



Recreational Cooking Classes and More

[The Mix – at Columbus State \(csc.edu\)](#)

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

According to the Academy of Nutrition and Dietetics, most of us start losing muscle around age 30, and physically inactive people can experience anywhere from a 3 to 5-percent reduction in lean muscle mass every decade thereafter. Incorporate resistance training into your workout schedule to build muscle and gain strength. Complete this workout for a great place to start.

Complete 3 rounds of these 7 activities for 30 seconds each with 20 seconds of rest in between.

CHALLENGE: Complete 4-5 rounds!

1. Double Leg Glute Bridge



2. Side Plank Holds (switch sides next round)



3. Air Squats



4. Alternating Lunges



5. Bicep Curls



6. Crunches



7. Calf Raises



Pair this workout with the
Activity of the Month
from your monthly
newsletter!

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.



RESISTANCE TRAINING

What is it?

Resistance training is any exercise that causes your muscles to contract against an external resistance or force.

Frequently Asked Questions:

Q. How does it work?

Resistance training works by causing microscopic damage or tears to the muscle cells, which in turn are quickly repaired by the body to help the muscles regenerate and grow stronger. Resistance training increases strength, tones your muscles, and increases muscle mass and endurance.

Q. Will I become bulky?

No, the intention of strength training is to build lean muscle. This involves toning the existing muscle and burning fat around the muscle-building areas of the body.

Q. Will it help me lose weight?

Yes, it can. As your muscle mass increases, so does your metabolism, meaning you burn more calories throughout the day!

Q. Does protein help build muscle?

Yes, dietary protein is an important part of the repair mechanism after the breakdown of muscles during a workout. Keep in mind that most Americans consume more than enough protein in their daily diets.

Q. Do I need equipment?

Most resistance training is meant to be done with weights or resistance bands, but you don't actually need any equipment to get a good resistance workout in. You can use your own body weight or common household items as resistance..

****Check out the Workout of the Month in your newsletter for a great resistant training workout!**

Source: www.verywellfit.com

Muscle Burns more Calories than Fat

One pound of fat and one pound of muscle weigh the same amount, but they have different energy requirements. Muscle mass requires a constant supply of energy (a.k.a. calories) to maintain itself throughout the day; fat does not. 1 pound of muscle burns 35-50 calories per day, whereas 1 pound of fat only burns 2-3 calories per day.

www.livestrong.com

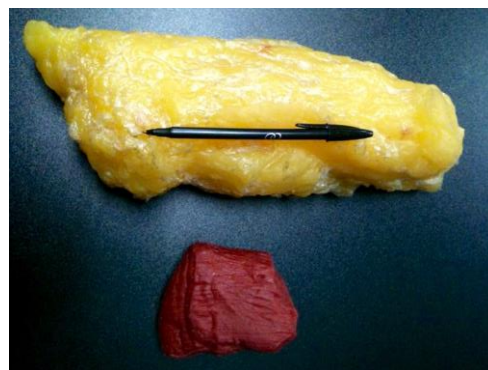
Muscle vs Fat

10 pounds of fat is the size of a bowling ball

10 pounds of muscle is the size of a softball

The reason behind the size difference is their density. Even though they weigh the same, muscle is much more dense than fat. Denser materials take up less space. Thus, a specific amount of muscle will occupy less physical space than the same quantity of fat.

www.livestrong.com



5 pounds of muscle vs. 5 pounds of fat

Benefits of Resistance Training

- Decrease and prevent injuries
- Increase flexibility
- Improve metabolic rate
- Improve ease of daily tasks (*i.e. climbing stairs, carrying groceries, picking up kids*)
- Improve athletic performance
- Decrease body fat
- Increase bone density
- Increase strength
- Helps prevent Osteoporosis**

** Osteoporosis is a major health concern for women ages 50 and older. This condition is when our bones become weak and are susceptible to fracture. Along with adequate calcium and vitamin D intake, resistance training can help prevent Osteoporosis by placing stress on the bones, causing them to target the stress and actually build bone around the spot of stress.

www.verywellfit.com

Resistance training is not just important for physical wellness. This method of exercise plays an important role in other aspects of wellness such as increasing self-confidence. Lifting weights or pushing your body weight will often make you feel stronger and more powerful, which can help decrease anxiety and depression. Resistance training can also help improve body image, which can help to decrease negative thoughts you might have about yourself and your abilities. We challenge you to incorporate resistance training into your routine twice a week!

First/Last Name & Organization: _____

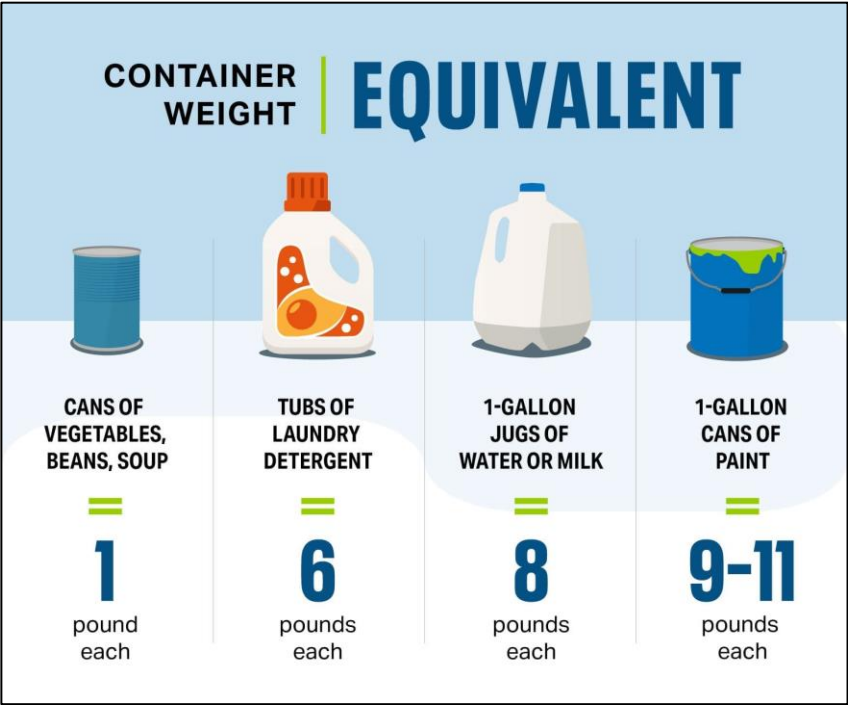
Activity of the Month

At-Home Resistance Training!

Find a household item that can be used as resistance and take a picture of you completing one of following exercises with it!
Pair this with the workout of the month from your monthly newsletter to complete two activities in one.

(See the Workout of the Month for examples of each exercise below)

- 1. Air Squat
- 2. Bicep curl
- 3. Lunges
- 4. Crunches
- 5. Calf raises



Other examples of household items to use:



THE DISH:

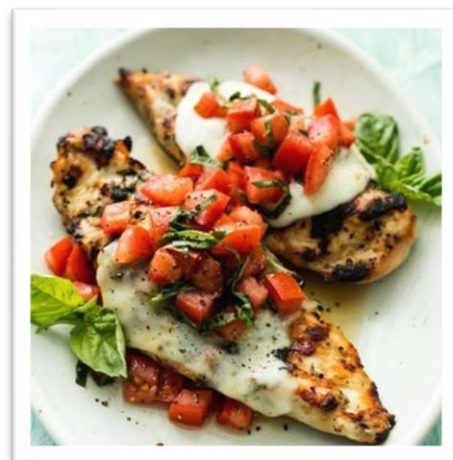
Meal Planning AccelWELL Style



Bruschetta Grilled Chicken

Ingredients (Serves 4)

- 4 tablespoons extra-virgin olive oil
- Juice of 1 lemon, divided
- Kosher salt
- Freshly ground black pepper
- 1 teaspoon Italian seasoning or dried oregano
- 4 boneless skinless chicken breasts, pounded to even thickness
- 3 tomatoes, chopped
- 2 cloves garlic, minced
- 1 tablespoon fresh basil, chopped
- 4 slices mozzarella
- Freshly grated Parmesan, for serving

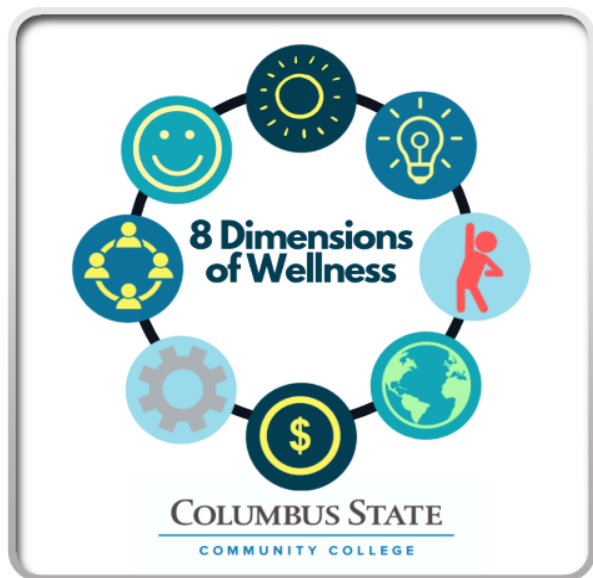


Instructions

1. In a small bowl, combine oil, half the lemon juice, 1 teaspoon salt, ¼ teaspoon pepper, and Italian seasoning (or oregano) and whisk to combine. Transfer to a large re-sealable bag along with chicken; seal and refrigerate for 30 minutes.
2. Heat grill over medium-high then add chicken, discarding excess marinade. Grill until charred and cooked to an internal temperature of 165°F, about 5 to 7 minutes per side.
3. Meanwhile, combine tomatoes, garlic, basil, and remaining lemon juice, and season with salt and pepper. While chicken is still on grill, top each breast with 1 slice mozzarella and cover until cheese is melted, 2 to 3 minutes. Top chicken with tomato mixture.
4. Garnish with Parmesan and serve.

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..

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