

Cougars Wellbeing Newsletter

August 2023 | Issue 36

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BUILDING ROUTINES 101
Learn more on Page 10.

JULY
RAFFLE WINNERS:

ThinkSport Sunscreen

Gloria Lane
Allison Richmond-Leeth
Sibhan Courts

CONGRATULATIONS!

AUGUST

Plan and Track Your Goals Here!

Goal Tracker

	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	W	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																															

List your top three goals for the month below.

#Goals

1)

2)

3)

Contact Us

Email: coach@accelwell.com

Your Coaches are here for you!

Follow Us



"ACCEL_WELL"



"ACCELWELL"



"ACCELWELL"

AUGUST

Happy Hot August!!

I hope you are enjoying your summer. This month brings an election and back to school/fall preparations, which can mean anxiety for some individuals. Have faith that good will prevail. All of us are blessed with a special charge to make the CSCC community and this world a better place. Please make yourself a "priority."

Remember, **HR SUPPORTS YOUR SUCCESS.**

Dr. Nic

Submit your wellbeing ideas/suggestions to wellbeing@cscce.edu.

National Immunization Awareness Month

August's Health Observance is National Immunization Awareness Month. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare educational resources:

- [What's a vaccine?](#)
- [Flu shots: frequently asked questions](#)
- [Child immunizations](#)
- [Cold vs. flu](#)

JOIN CSCC Team!!!

Saturday, August 19th, Check-In 8:00am Walk Begins 9:30am



McFerson Commons Park, 213 West Street, Columbus, OH 43215

Let's walk with the American Heart Association (AHA) to save lives. Sign up today and together we can inspire others and use our enthusiasm to help save lives. Walk and raising money does a heart good!

Grab a CSCC Tshirt and walk with us! Click here to go to CSCCWalkers: [2023 Central Ohio Heart Walk: CSCCWalkers - Heart Walk - American Heart Association](#)

(questions: Nichole Bowman-Glover nbowmang@cscce.edu)



American Red Cross

Blood Drives

Please take advantage of these opportunities to donate blood.

Columbus State Community College

Nestor Hall Lobby

Monday, September 11, 2023

10:00 am – 4:00 pm

550 East Spring Street

Columbus, OH 43215

To schedule an appointment visit

[RedCrossBlood.org](https://www.redcrossblood.org), sponsor code: **cougars**

Give hope, get a free tee! Come give 9/1 thru 9/18 for a NEW Red Cross shirt, while supplies last.

Scan to schedule.



Ohio Diversity Council

is sponsoring a Sickle Cell Blood Drive

Saturday, September 16, 2023

8:00 am – 2:00 pm

American Red Cross, Classrooms D, E & F

995 E. Broad St, Columbus, OH 43205

To schedule an appointment visit

[RedCrossBlood.org](https://www.redcrossblood.org), sponsor code:

OhioDiversityCouncil

If you last donated on or before July 22, you may be eligible to donate

2023 Financial Wellbeing:

Preparing you for expected & unexpected changes!

Please check out these financial resources.

BMI Federal Credit Union

Financial Education: [BMI Federal Credit Union](#).

*****Take advantage of these in-person financial workshops:**
[Free Financial Workshops in Central Ohio \(bmifcu.org\)](#)

BMI Financial Resources: [Columbus State Community College \(bmifcu.org\)](#)

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](#)





CancerBridge

THU
AUG
10

CancerBridge Exercise Series: Benefits of Yoga for Longevity

11am EST | [Join Here](#)

Join Dr. Wynne as she guides you through simple yoga techniques to benefit your health and wellbeing including philosophy, mindfulness, breath, and movement practices that will liven your spirit and spark joy back into your life. Movement is medicine. Come learn more and see for yourself!

THU
AUG
24

CancerBridge Self Care Series: The Gift of Gratitude

11am EST | [Join Here](#)

Research into the benefits of gratitude show that it's good for us in a variety of ways - mentally, emotionally, physically, and socially. Learn how you can experience the benefits with a brief and simple practices.



Get Involved with AccelWELL!



THU
AUG
24

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 with questions or for support.

Educational Video & Raffle!

Learn from Coach Whitney in

[this video](#)

as she walks through ways to create quick grab and go lunches with no cooking or prep required! After watching the video, complete

[this survey](#)

by **8/31** to be entered to win a Carhart Lunch Bag!
2 winners will be selected.

Welcome to the AccelWELL 3.0 portal & app!

Get ready to achieve your health and wellness goals with the AccelWELL wellness portal! And with our WellSteps companion app, you can have the same portal experience from your mobile device! You can register on a web browser (see directions below), then download the WellSteps app from the App Store or Google Play store to access your portal on the go!

Get started by following the steps below to create your new account.

Create your account

1. From a web browser, visit <http://accelwell.com/awlogin/> and select **AccelWELL Portal 3.0**.
 - Tip: Add the website address to your "Favorites" for easy access.
2. Click **Start**.
3. Enter your work associated email address in the username box. Click **Next**.
4. Select your company from the drop-down menu. Click **Next**.
5. Enter the verification code sent to your email. Click **Verify**.
6. Complete the registration page then click **Register**.
7. You will then be directed to complete your **PHA (Personal Health Assessment)**. These questions should take about 10 minutes or less to complete. Once completed, you'll receive your "Health Report Card".

If you have program questions or need assistance creating your account, please email 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

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 (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)

National Association of Mental Illness (NAMI)

[Programs – National Alliance on Mental Illness | NAMI Franklin County](#)

Tickets at Work

Don't forget to check out your savings marketplace, our one-stop shop for exclusive and convenient savings on the products, services, and experiences you know and love.

It's cost-free and easy to enroll. Just visit <https://columbusstate.savings.workingadvantage.com> and begin receiving discounts on:

- Electronics
- Appliances
- Theme Parks
- Hotels
- Movie Tickets
- Rental Cars
- Gift Cards
- Apparel
- Cars
- Flowers
- Fitness Memberships
- Groceries
- Special Events
- And More!

See August highlights on Wellbeing page: [Well-Being | Columbus State Community College \(csc.edu\)](#)

Recreational Cooking Classes and More

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

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 with questions.

Matrix Corner

CSCC employees, our EAP partner, Matrix, has a mobile app. The Matrix mobile app that is a great tool to access Matrix services, including the ability to request an appointment, call Matrix, and access the patient portal. Many of you likely already have the current version of their app downloaded on your device. This version of the app will no longer be supported, so you will need to download the new version of the app on either the App Store or Google Play. We have included a QR code as well as links below to download the updated version of the Matrix Mobile App.

Apple App Store: <https://apps.apple.com/app/matrix-psychological-services/id6448864764>

Google Play: <https://play.google.com/store/apps/details?id=com.winlabdigital.matrixeap&pli=1>



National Association of Mental Illness (NAMI)

[Programs – National Alliance on Mental Illness](#) | [NAMI Franklin County](#)

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

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 \(csc.edu\)](#)

Employee Resource Groups

[Employee Resource Groups](#) | [Columbus State Community College \(csc.edu\)](#)

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 - Royce Carpenter & Michelle Baker

Caring for Those Who Care - Melissa Lamar & Debbie Strain

Prism LGBTQIA + - George Johnson-Gamm

Women's - Crystal Clark & Kelly Hogan

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

COLUMBUS STATE
COMMUNITY COLLEGE

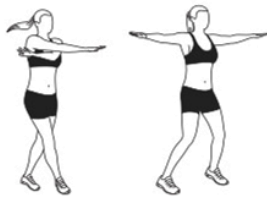


Workout of the Month

All Out August

Go all out this August with a Full Body Circuit. As a bonus: Take these moves outdoors to get some extra sunshine!

Cross Jacks



3 sets 60 sec

Lunge Punch



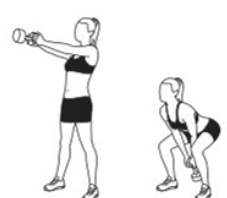
3 sets 30 sec + 30 sec

Curtsy Lunge Side Kick Raise



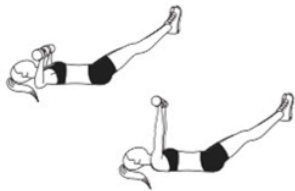
3 sets 30 sec + 30 sec

Dumbbell Swing



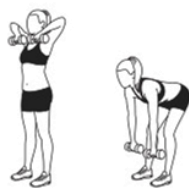
3 sets 45 sec

Chest Press (Legs Extended)



3 sets 45 sec

Deadlift Wide Row



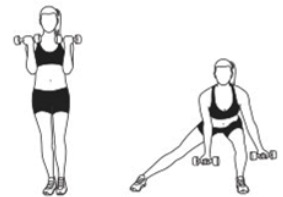
3 sets 60 sec

Reverse Lunge Press



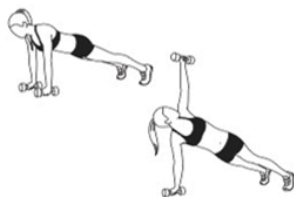
3 sets 30 sec + 30 sec

Side Lunge Curl



3 sets 60 sec

Plank Rotation



3 sets 45 sec

Thrusters



3 sets 45 sec

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

**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.*

BUILDING ROUTINES 101

WHY ROUTINES ARE IMPORTANT

By providing structure and organization, routines can improve your health in various ways. A routine can help you:

- **Manage stress more effectively:** An effective routine can help reduce stress which can lead to better mental health, more time to relax, and less anxiety.
- **Sleep better:** Routines like your sleep schedule and bedtime habits affect your mental sharpness, emotional well-being and energy. Maintaining consistent times for waking and going to bed can help you get better rest.
- **Eat healthier:** Taking the time to plan trips to the grocery store gives you the opportunity to think about what healthy foods and meals you can incorporate into your everyday life.
- **Get active:** A daily routine can help you stay active and an exercise schedule or program can help you budget your time.

<https://www.nm.org/>



HOW TO BUILD A ROUTINE

Decide what needs to be in your routine & why it's important. Prioritizing what is important to you before starting is key!

Set small goals. Break each large goal into smaller goals. While a big goal is exciting to tackle, it is what often leads to failure as we take on too much.

Layout a plan. Start with one week at a time and start small – that way you can build on simple accomplishments.

Be consistent with time. Completing your tasks first thing in the morning before losing motivation allows you to enjoy benefits all day.

Be prepared. When deciding upon a new routine, make sure you have all the pieces before you start; this will make it easier to get started without any delay.

Make it fun! Getting into a new routine and new goals aren't always fun, but there are ways to make it fun.

Track your progress. Create a visual calendar that you can cross off each day that you complete the task.

Reward yourself. Once you have fallen into a routine on a consistent basis, reward yourself with something fun.

<https://www.northshore.org/>

DATE:

MONDAY

7:00AM		GOALS		
8:00				
9:00				
10:00				
11:00				
12:00PM				
1:00				
2:00				
3:00				
4:00				
5:00		TO DO		
6:00				
7:00				
8:00				
9:00				
10:00				
breakfast			lunch	dinner
NOTES			water ○○○○○○○○○○	
			exercise	

MAINTAINING YOUR DAILY ROUTINE

Find what works for you. Similar to creating new habits, this will take some time and effort, but you know yourself best. If something doesn't seem to be working, adjust and make it work with your needs.

- **Make changes based on your experience.** What went as expected? What took longer than you thought? Was your schedule realistic? Creating a successful routine can take some time but knowing what worked and what didn't is a crucial step.
- **Repeat until you've got a routine that works.** Maintaining your routine regularly will make it easier to make adjustments that will help you stay on track.

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



PRODUCTIVE MORNING ROUTINE EXAMPLE

6:30am

Wake up & make the bed

6:35am

Brush teeth & drink 1 glass of water

6:40am

Morning walk/run outside

7:00am

Breakfast & one chapter of reading

7:20am

Coffee & one page of mindful journaling

7:35am

Get ready for the day

8:00am

Out the door/at your WFH desk

Activity of the Month

Use the Routine Builder below to walk through the steps of creating a new, productive routine!

ROUTINE BUILDER

What routine would you like to build?

Morning
 Bedtime
 Workout
 Other: _____

What activities would ideally be included in your routine?

List out a realistic timeline to include the activities listed above.

TIME	ACTIVITY
AM/PM	
AM/PM	
AM/PM	
AM/PM	
AM/PM	
AM/PM	
AM/PM	
AM/PM	

Try it out! After completing this routine, how did it go? What adjustments may you need to make for your routine to be more sustainable?



The Dish:

Healthy Recipes Curated By AccelWELL

Grilled Summer Squash Pizza

Ingredients (Serves 4)

- ❑ 2 1-pound whole-wheat pizza dough
- ❑ ½ cup roasted red pepper hummus
- ❑ 2 cups thinly sliced summer squash
- ❑ 1 cup crumbled feta cheese
- ❑ ½ cup slivered fresh basil
- ❑ Ground pepper for garnish

Instructions

1. Preheat grill to medium-high.
2. Roll dough into a 12-inch oval on a lightly floured surface. Transfer to a lightly floured large baking sheet. Bring the dough, hummus, squash and feta to the grill.
3. Oil the grill rack. Transfer the crust to the grill. Close the lid and cook until puffed and lightly browned, 1 to 2 minutes. Using tongs, turn the crust over. Spread the crust with the hummus and top with the squash and the feta. Close the lid and cook until the cheese is melted and the crust is lightly browned on the bottom, 2 to 3 minutes more.
4. Return the pizza to the baking sheet. Top with basil and pepper, if desired.



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

How to Select & Store Summer Squash

Selecting:

- Choose small to medium-sized summer squash (6-8 inches in length, 2 or less inches in diameter) with shiny, bright yellow skin. It should be firm and feel heavy for its size.
- Minor superficial scratched or bruises are common and perfectly fine.
- Avoid summer squash with pitted skin, spongy textures, or soft or wrinkled end

Storing:

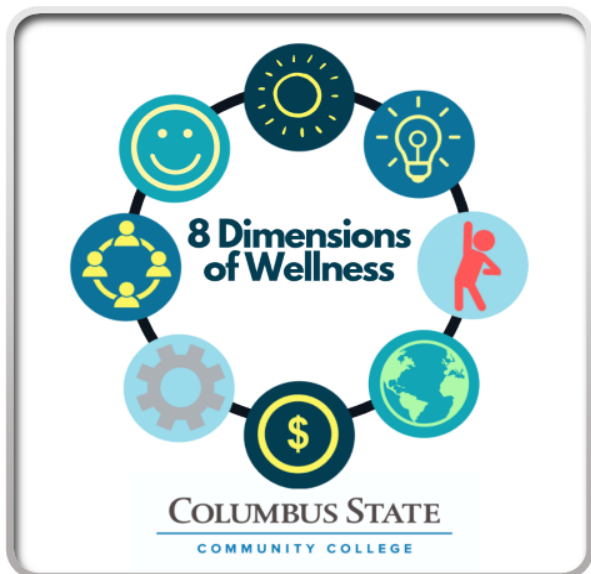
- Store summer squash unwashed in a perforated plastic bag in the crisper drawer of your refrigerator for up to 5 days.
- If summer squash starts to soften or wilt, use immediately.

For additional information on summer squash, check out the full details at <https://healthyfamilyproject.com/>

COACH'S TIP

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, 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

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 Jason Love/Jolene Broshious.

Follow Us on Social Media!



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