

Cougars Wellbeing Newsletter

December 2022 | Issue 28

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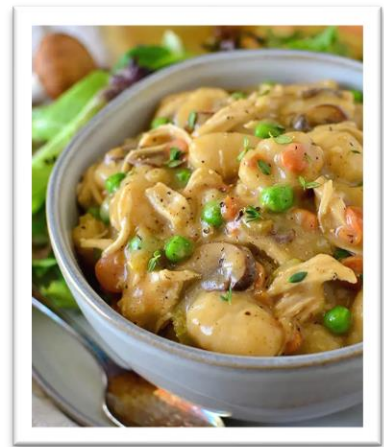
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One Pot Gnocchi Chicken Pot Pie
This hearty and cozy meal is a must-try! (Page 12)

**NOVEMBER
RAFFLE WINNER:**
Massage Gun

Hilary Jones

CONGRATULATIONS!

DECEMBER

Health Observances & Virtual Classes

<p>World AIDS Day December 1st</p> <p>National AIDS Trust https://www.worldaidsday.org/</p>	<p>Crohn's and Colitis Awareness Week December 1st - 7th</p> <p>Crohn's & Colitis Foundation https://www.crohnscolitisfoundation.org/</p>	<p>Handwashing Awareness Week December 4th - 10th</p> <p>Henry the Hand Foundation https://www.henrythehand.org</p>	<p>Influenza Vaccination Week December 4th - 10th</p> <p>Centers for Disease Control and Prevention https://www.cdc.gov/flu/resource-center/nivw/index.htm</p>
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S	MON	TUES	WED	THUR	FRI	S	
				1	2	3	
4	5	Class: Healthy Holidays 1:00 pm EST	6	7	8	9	10
11	12	Class: What Happens After Baby? 1:00 pm EST	13	14	15	16	17
18	19		20	21	22	23	24
					<i>*Event times are subject to change</i>		
25	26		27	28	29	30	31

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.

Follow Us



"ACCEL_WELL"



"ACCELWELL"



"ACCELWELL"

Contact Us

Email: coach@accelwell.com

Your Coaches are here for you!

DECEMBER

Happy Holidays!!

As we approach the end of 2022, it's a good time to reflect on the year and how we can prepare for the new year. As a result of tragic incidents, we have witnessed a great deal of pain and suffering in this country and around the world. However, there is a lot to be thankful. I hope your holiday season is blessed. Please take this time to Rest, Reflect and Reset! Your wellbeing is a priority. You can't operate on "empty!"

Helpful resources: [Season's Healings | American Heart Association](#); [Seasonal, Heart-Healthy Holiday Foods - You're the Cure \(yourethecure.org\)](#); UHC: Healthier Ways for the holidays- [UAW: Healthier Ways for the Holidays \(brainshark.com\)](#); [Mindful eating tips | UnitedHealthcare \(uhc.com\)](#); [Healthier holiday tips | UnitedHealthcare \(uhc.com\)](#); [Alcohol use disorder | UnitedHealthcare \(uhc.com\)](#)

Dr. Nic

Matrix Tip

Accepting Gratitude

Accepting gratitude can feel awkward. Many people have trouble accepting a "thank you." They may feel undeserving or self-conscious when someone compliments or acknowledges them. But did you ever consider how the "thanker" feels when their gratitude is dismissed? That can be awkward for them, too. They may feel foolish if you dismiss their kind words.

Why is it hard to accept thanks or praise? Low self-esteem is often the culprit. It gets played out in a few ways:

- If you don't think highly of yourself, you may have a hard time accepting a "thank you" because you can't believe you've done a good job.
- You may feel pressured. When someone praises something you've done, you may worry you'll never live up to that standard next time.
- You may feel awkward. If you're used to criticism, it can be a surprise when someone gives you a compliment

Here are a few ways to accept gratitude graciously:

1. A simple "You're welcome." When someone thanks you, the easiest response is "You're welcome."
2. "You're welcome+." As you get more comfortable you might say, "Thanks, that means a lot to me," or "Thanks. I put a lot of hard work into it and I'm happy you like it."
3. "You're welcome++." Taking an even bigger step could be something that begins a conversation, such as, "Thanks. What are the parts of it that are most meaningful/important for you?"

(The Matrix Monitor: www.matrixpsych.com)

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

2022 Financial Wellbeing: Preparing you for expected & unexpected changes!

TUE
DEC
6

Ohio Deferred Compensation Seminar

12:00pm EST

You are invited to join your local Ohio DC representatives for an educational webinar for those looking to learn more about their retirement benefit. During the webinar your representatives will be covering various topics to help you brush up on the basics and more.

[Click here to Register](#)

You will receive a meeting link for you to join that day after registering.

If you are unable to attend or just want to do an one-on-one appointment with your Ohio DC representative on a date that works best for you.

Kathy McCully | Account Executive ChFC®, CRC®

Ohio Deferred Compensation

W 440-610-3704

mccullk@nationwide.com

Financial Tips:

Consider a budget friendly holiday \$\$\$

Have a plan when it comes to holiday spending, so you don't overextend yourself. Some considerations for holiday spending:

- Create a budget and stick to it
- Suggest a gift exchange
- If traveling, book early and consider traveling during off-season peak hours
- Get creative with gift-giving
- Start traditions that are lower in cost, such as a drive to look at holiday lights

(United Healthcare)

Please check out these financial resources.

Prudential Financial Resources:

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

BMI Federal Credit Union

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

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

Upcoming Opportunities

We're making it easier to get your annual screening mammogram at Solis Mammography!

When: December 2022

Who: Columbus State Employees ...and when you arrive for your mammogram a wellness goodie bag waits for you!

Solis Mammography - Columbus 974 Bethel Rd, Suite F, Columbus, 43214

Solis Mammography - Dublin 5156 Blazer Parkway, Suite 120, Dublin, 43017

To reserve the time that works best for you and confirm health coverage information, call **Erica Sycks-Greear at 614.330.0219**



Mobile Mammography at CSCC

Tuesday, January 24, 2023 9am-1:30pm

Registration coming soon. Questions: Nichole Bowman-Glover, Wellbeing Benefits Analyst, nbowmang@cscce.edu

Recreational Cooking Classes and More

[The Mix – at Columbus State \(cscce.edu\)](https://www.cscce.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@cscce.edu with questions.

WED
DEC
7

CSCC Community Health Fair Sponsored by Senior Nursing Class of 2022

12:00p – 1:00p

Valuable health information (stroke, child safety, mental health, human trafficking & more), raffle prizes & giveaways.

Please stop by to support our nursing students!!!!

WED
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The Art of Self-Care: A MindSculpt Class for Columbus State REGISTRATION IS REQUIRED FOR THIS EVENT**

12:00p – 1:00p

DESCRIPTION: A Savor Lining partnership class for Columbus State Community College team members.

Join our licensed therapist and co-host, for a discussion to help you gain an understanding of the benefits of self-care and the various strategies with which it can be implemented. As an attendee, you will create your own self-care assessments and actionable routines to utilize in your day-to-day life. There will be multiple options to remain anonymous as well as opportunities to ask direct questions to the therapist host.

We look forward to having you join this live, virtual, 60-minute mental fitness class.

EVENT ACCESS:

Register in advance for this webinar:

https://us06web.zoom.us/webinar/register/WN_p2VK1vHAQnOrfAPCOqIORw

After registering, you will receive a confirmation email containing information about joining the webinar.

FURTHER EVENT DETAILS:

Information about your privacy during the class:

- Attendees are NOT on camera.
- There is an optional chat room that adds immense value to the topic discussion.
- There is a Q&A box that allows for anonymous questions to be submitted.
- While the class video will be recorded, the chat participation will NOT be included or shared outside of the session. This ensures the anonymity of those who attended the event.

THU
DEC
15

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

Private Sessions Available 10:00am – 2:00pm 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.



Project Zero Check-In

Use the optional Challenge Check-In to stay accountable!

MONDAY, DECEMBER 12th

Submit a photo of your weight to coach@accelwell.com on the designated check-in day. This is a great way to stay on track to earn the reward, but it is optional.

Maintain your weight within 4 pounds at the weigh-out in January to earn the chance to win one of two \$25 Amazon Gift Cards!

Sign Up today with AccelWELL!

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://www.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: **CSCCXXXXXX**)
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.

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 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://www.mhaohio.org)

National Association of Mental Illness (NAMI)

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

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

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@cscce.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@cscce.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.

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 ERG leads/ERG Manager to get involved/support ERG work.

Reach out to the contacts for meeting information:

ERG Strategy & Operations Manager -Liz Rose-Cohen

African/African American - Royce Carpenter & Michelle Baker & Jaimie Caregivers - Melissa Lamar

Faith in Parenting - Debbie Strain

Prism LGBTQIA + - George Johnson-Gamm, Katina Fitch

Womens - Crystal Clark & Kelly Hogan



Workout of the Month

De-Stress December

For the month of December, we're challenging you to take care of your physical AND mental health!

Step 1: Physical – aim for 10,000 steps every day this month! Grab a coat and take a walk; opt to use the restroom farther away; park farther away at the grocery store, etc.! Don't let colder weather keep you from moving your body! **Step 2: Mental** – the end of the year can bring on some serious stress, so take extra care of your mind this month by completing 30-days of "de-stress" activities below!

-1- be intentionally kind	-2- spend 5 minutes outside	-3- journal your feelings for today	-4- track your water intake	-5- try a workout you've never done before
-6- meditate for at least 5 minutes	-7- evaluate your budget	-8- check in with a friend or loved one	-9- time block your day	-10- write down 5 things you're grateful for
-11- practice reverse gossip	-12- test out a new recipe	-13- choose an affirmation for today	-14- clean up one area of clutter	-15- sleep at least 7 hours today
-16- write snail mail to someone	-17- take time for creativity	-18- choose a one-word theme for 2023	-19- take a mini digital detox	-20- listen to music
-21- practice mindfulness today	-22- treat yourself	-23- practice 4-5-6 breathing	-24- create a list of dreams for 2023	-25- write down the good things that came from 2022
-26- evaluate your goals + resolutions	-27- incorporate laughter into your day	-28- eat fruit or veggies at each meal	-29- try something new	-30- create a ritual to welcome 2023

**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.*

Shop Smart

Tips to help you stay on track this holiday season



Spend Less Without Giving Less

Although we may want nothing more than to wow our loved ones with the hot-ticket item of the season, it's not always practical. If you're looking for ways to save a little money, try thinking outside the box (literally), and give the gift of experiences instead. You could spend a day baking cookies and watching movies with a loved one, or treat a friend to coffee and conversation. Another inexpensive holiday gift is a framed photo of you and someone you care about. A sentimental thought can go a long way toward showing someone how much you love and appreciate them without breaking the bank.



Make Your "Nice List"

Unfortunately, it's hard to avoid holiday spending completely. But make sure you're prepared for the financial commitment the season brings. Make a shopping list, and then check it twice! Listing the names of the people you want to shop for and the items you're looking to buy will make you a more attentive shopper. This way, you can also easily track your spending and make sure you're staying within your holiday budget.

Beware Holiday Bargains

Whether it's Black Friday, Cyber Monday, or any of the countless other deals available this time of year, think before you swipe. With confidence up, consumers are expected to buy more on credit this holiday season than in years past. And while it's great to see people feeling good about their finances, make sure you have enough cash to cover your expenses. Taking on more debt than you can realistically pay off can spell trouble down the road.

Source: Kellogg Insight

IMPULSE *Buying*

What The Average American Spends on Impulse Buys:

\$276
a month

\$3,312
a year

\$198,720 *a lifetime*

Two out of 3 impulse buys happen in bed on a phone.

Top Impulse Buys



Food & Groceries



Household Items



Clothing



Coffee



Toys



Takeout

Source: FRNewswire, 2021

Four Suggestions to Keep in Mind:

1. Choice Overload is Real – Don't Let it Overwhelm You

Having too many choices can make it harder and less pleasant for us to make a selection. It can also make us feel less satisfied with the choice we do make—or even so frustrated that we don't make a choice at all.

- Choice-set complexity: How complex are your choices? This includes the absolute number of options, but also the amount of information you have about each and how that information is organized. (Is shipping free? Can I get it cheaper, or faster, from another vendor or website? Is it worth it to pay an extra \$2 to get Grandpa a mug too?)
- Decision-task difficulty: How difficult is the actual act of deciding? If you're toggling between thirty tabs on your mobile phone, or frantically scouring the toy aisle ten minutes before closing, you're likely to feel more overwhelmed than if you can make the decision at a place or time of your choosing.
- Preference uncertainty: How much do you understand your own preferences? Do you already know your priorities, or are you still trying to sort them out?
- Decision goal: Are you trying to make a choice that can't be changed later? Or are you just gathering information to use at a later date?

2. Let Anger Keep you Focused

We tend to think of anger as an unproductive emotion that can lead us to behave in ways we might later regret. But, for better or for worse, anger makes us more certain about our own goals—and in circumstances where we might otherwise get distracted by a vast array of choices, this certainty can be an advantage.

3. Don't be Swayed by Popularity

Try not to let "limited quantities" influence you to buy unless it is a must-have item! If your fear of something running out or others having something you don't are greater than your actual desire for the product, it may be best to skip that purchase!

4. Don't buy the Extended Warranty

Here's a final tip: when buying a new TV, laptop, or cell phone, don't buy the extended warranty. They're generally a terrible deal for everyone—except the retailer. We tend to wildly overestimate how often new electronics actually fail. When we are provided with reliable information about the chance of that new flatscreen TV needing repairs, our appetite for expensive warranties declines.

Source: Kellogg Insight





The Dish:

Healthy Recipes

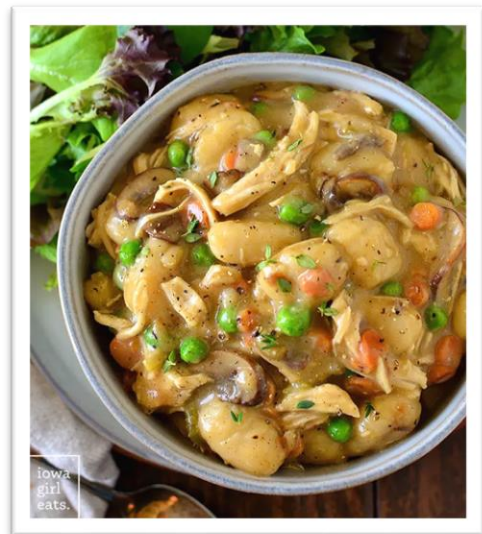
Curated By

AccelWELL

One Pot Gnocchi Chicken Pot Pie

Ingredients (Serves 4)

- 4 Tablespoons butter or vegan butter
- 1 cup sliced carrots
- 4 oz mushrooms, sliced
- 1 large or 2 small stalks celery, thinly sliced
- 1 large shallot or small onion, chopped
- homemade seasoned salt and pepper
- 2 cloves garlic, pressed or minced
- 1 teaspoon poultry seasoning
- Pinch dried thyme
- 3 Tablespoons flour
- 2 cups chicken stock or broth
- 1 cup milk
- 12 oz package gnocchi
- 1 ½ cups shredded chicken breast (~1/2lb pre-cooked)
- ½ cup frozen peas

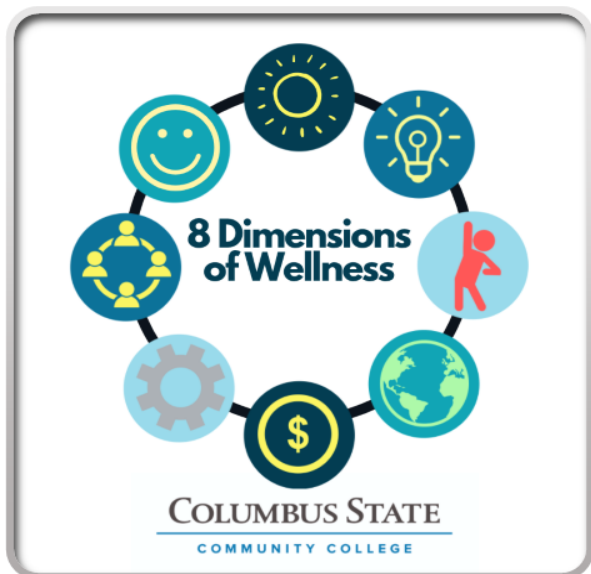


Instructions

1. Heat a Dutch Oven over medium-high heat. Once hot, melt butter in pan then add carrots, mushrooms, celery, and shallots/onions. Stir to coat the vegetables in butter then sauté until the mushrooms release their liquid and it has evaporated, 3-4 minutes. Season with homemade seasoning salt and pepper then continue to sauté, turning the heat down slightly if necessary, until vegetables are tender, another 6-7 minutes.
2. Add garlic, poultry seasoning, and dried thyme then sauté until garlic is very fragrant, 1-2 minutes.
3. Sprinkle flour over vegetables then stir to combine and cook for 1 minute. Slowly pour in chicken broth while stirring to avoid lumps then add milk and turn heat up to medium-high. Bring mixture to a bubble, stirring occasionally, then add gnocchi and stir combine. Turn heat down to medium then simmer, stirring frequently, until gnocchi are tender, 5-6 minutes. Stir in chicken and peas then taste and add seasoned salt and/or pepper if necessary. Ladle into bowls then 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, Human Resources

Jason Love, Human Resources

Jackie Miller, Nursing Department

Jolene Broshious, Equity & Compliance

Yvette Johnson Veterinary, Imaging & Surgical Technology Department

Katherine Lopez, Facilities Management

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 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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