

Cougars Wellbeing Newsletter



COLUMBUS STATE
COMMUNITY COLLEGE

FEBRUARY 2022 | Issue 18

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Turkey Taco Soup
Savor the flavor with this soup! (P. 11)

**JANUARY
RAFFLE WINNER:**
Yoga Starter Kit

RoseMary Mayberry

CONGRATULATIONS!

February

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					

List your top three goals for the month below.

#Goals

1)

2)

3)

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
	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
1																												
2																												
3																												

Black History Month

February is Black History Month, and the theme for 2022 stresses the importance of Black Health, and Wellness. The 2022 theme considers activities, rituals and initiatives that Black communities throughout the African Diaspora have done to be well. The Association for the Study of African American Life and History has events and resources that address this theme and other topics. <https://asalh.org/black-history-themes/>

Today amidst the COVID-19 pandemic, Black people continue to face challenges that destroy Black wellbeing.

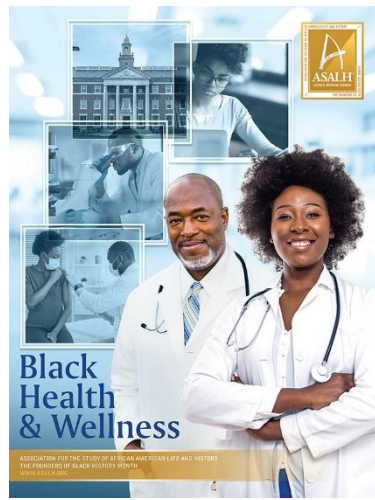
- According to US Census, 21.2 percent non-Hispanic Blacks compared to 9.0 percent non-Hispanic Whites living at the poverty level.
- Black/African American adults are 60% more likely than non-Hispanic white adults to be diagnosed with diabetes.
- Black/African American adults are 40% more likely to have high blood pressure than non-Hispanic whites and less likely to have it under control.
- Black/African Americans have the highest mortality rate for all cancers combined and most major cancers.
- Black/African Americans have 2.3 times infant mortality rate compared to non-Hispanic whites.
- In 2019, suicide was the second leading cause of death for blacks/African Americans, ages 15 to 24.
- The suicide death rate for black/African American men was four times greater than for African American women in 2018.

Source: US Department of Health and Human Services Office of Minority Health

It is vital to continue the dialogue and work addressing health disparities and equity. Black communities must continue to keep this work in the forefront of Black wellbeing.

Please support the Columbus State Black History Month events.
[Dr. Martin Luther King Jr Celebration](#) | [Columbus State Community College \(csc.edu\)](#)

Dr. Nic



February

EVENTS

List of upcoming information

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

WED
FEB
9

Prudential Seminar:

What You Should Know About Life Insurance

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

- Do you need life insurance
- Types of life insurance
- How much coverage is enough

WED
FEB
16

Financial Wellness Check Up Day

9:30am-4:00pm EST presented via WebEx

- Schedule 30 minute financial coaching session

[Click Here to Register!](#)

Additional Resource:

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

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

THU
FEB
24

BMI Federal Credit Union

Smart Money: Ten Fundamentals

11am via zoom - [ZoomLink](#)

Learn where you stand on ten measures of financial fitness. Get tips on how to make a workable plan to improve your financial situation and achieve your specific money goals.



Terri's Financial Wellness Tip

Grow Your Money with Interest

Money you save now can earn you money. Compound interest is interest earned on your deposit and any accumulated interest from previous periods. As you save money, and the accumulated interest earns money, your money will grow exponentially!

Learn more about compound interest, and how it can help your money grow with our module on [Savings Accounts](#). Terri's Financial Wellness Tip is brought to you by [BMI Federal Credit Union](#).

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

EVENTS

THU
FEB
10**Women's Employee Resource Group (WERG) Event****Starts 11:30am and will be held on [This Teams link](#)**

All members of the College are invited to a presentation sponsored by the WERG featuring [Chelsea Elliott](#), author and creator of [EQ Kids Crew!](#), and [Virginia Bistriceanu](#), chef and coordinator in Hospitality Management.

The presentation and discussion will focus on the social-emotional and physical wellbeing of ourselves and our loved ones, especially our children. Elliott's EQ Kids Crew! was created to help adults make learning about emotions fun and easy. (© 2021 Sōmōcom Lab)

Bistriceanu, as a hospitality professional at Columbus State, has a unique perspective on food, mood, and building connections.

Questions: Contact [Kelly Hogan](#) or [Crystal Clark](#).

THU
FEB
17**Cancer Bridge****2022 Support Series: Vaccines and Cancer Prevention****11:00am EST**

Vaccines can help prevent some types of cancer. Join us as Dr. Robert Webber shares information about vaccines and cancer prevention followed by a live Q&A to address any vaccine related questions.

<https://my.demio.com/ref/im0WeOam2Nu9i3Lh>

WED
FEB
23**Rally Coins & Health Benefits Session****Starts 12:00pm 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.



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

If you have questions contact Nichole.

[Rally.BenefitsSession](#)

(click the link to join)

THU
FEB
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 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.

**Healthy Habit Challenge****Win a fitness tracker for participating!**

Keep track of your healthy habits this month. See full challenge guidelines and tracker in our email communications! Reach out to coach@accelwell.com with your questions!

Deadline to submit tracker is 3/4/22.

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: 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.

Cougar Challenge 5k May 7, 2022

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

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



Reminders

Employee 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

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



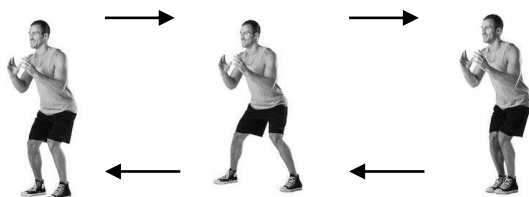
LOW IMPACT CARDIO WORKOUT

Get your heart pumping with February's Workout of the Month! Aim to complete each exercise for 30 seconds. Actively rest for 30 seconds between exercises and complete this 2 times. Be sure to listen to your body and take rests when you need. Challengers—try to complete this workout 3-4 times through.

1. March In Place (30 seconds)

2. Side Steps

Start by stepping one foot out to the side dipping your hips in the middle bringing the other foot to meet it. Repeat going in the other direction.



3. March In Place (30 seconds)

4. Alternating Standing Side Crunch

Stand with elbows out and hands behind head, drive one knee up and out to the side as you crunch your elbow down to meet your knee.



5. March In Place (30 Seconds)

6. Squats

Start with your feet shoulder-width apart. Slowly bend at the knees keeping your torso upright and engaging your core and glutes to shift your hips back and down. Lower until thighs are at least parallel with floor. Drive down through heels to return to standing.



7. March In Place (30 seconds)

8. Front Punches

Stand with feet hip width apart, core engaged and alternate punching your arms outward.



9. March In Place (30 Seconds)

10. Standing Knee Crunch (One side at a time)

Reach your hands out overhead as you slightly lunge one foot back. Then driving through your standing heel, come up to standing, squeezing your glute as you tuck your elbows and knee together performing an ab crunch.



Proper form is crucial to prevent injury when performing any physical activity. If you have questions, please email coach@accelwell.com. 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.

Get Heart Smart

Heart Health & Awareness

Cardiovascular Disease

Cardiovascular disease (CVD) is a class of diseases that affect the heart or blood vessels (veins and arteries). **CVD, including heart disease and stroke, is the world's leading cause of death claiming 18.6 million lives each year.**

<https://world-heart-federation.org/>

CVD includes but is not limited to:

- Heart disease
- Heart attack
- Stroke
- Arrhythmia
- Heart failure
- Congenital heart disease

Heart Facts

Source: ClevelandClinic.org

- ♥ Beats 100,000 times per day.
- ♥ Pumps 2,000 gallons of blood each day through 60,000 miles of blood vessels.
- ♥ Happiness and a strong sense of emotional vitality help lower your risk of heart disease.
- ♥ Even at rest, the heart works twice as hard as the leg muscles of a person when sprinting.
- ♥ Regular exercise is the single most important key to heart health.

February is American Heart Month. Wear RED on 2/4/2022 to promote heart health and awareness!



10 Steps to Protect your Heart



Manage your blood sugar



Reduce your stress



Manage your blood pressure



Maintain a healthy weight



Manage your blood cholesterol



Drink moderate alcohol



See your GP for a heart health check



Be Tobacco-free



Follow a heart healthy diet



Move more



CARDIOVASCULAR DISEASE THE WORLD'S NUMBER 1 KILLER

Cardiovascular diseases are a group of disorders of the heart and blood vessels, commonly referred to as **heart disease** and **stroke**.

18.6 deaths every year from CVD
MILLION

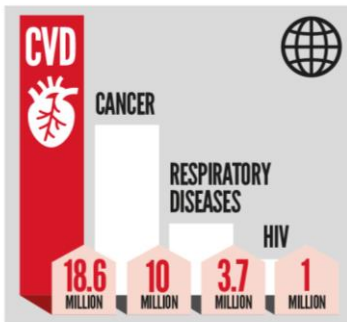


33% of all global deaths



>75% of CVD deaths take place in low- and middle-income countries

GLOBAL CAUSES OF DEATH



RISK FACTORS FOR CVD



Sources: World Health Organization; IHME, Global Burden of Disease

info@worldheart.org
www.worldheart.org

[f worldheartfederation](#)
[worldheartfed](#)
[worldheartfederation](#)

Heart Healthy Habits

The heart is an amazing organ. It's the rhythm of your life and the reason you keep ticking. Keeping your body in good health helps keep the heart working efficiently. Keep reading for healthy habits to take to maintain a healthy heart. Talk with your health care provider about further steps you can incorporate to keep your heart strong and healthy.

Stress can affect the heart

Chronic stress can often lead to unhealthy lifestyle choices that are associated with high blood pressure or poor health. Coping mechanisms such as smoking, overeating, eating unhealthy foods, drinking excessive alcohol, and losing sleep can all impact heart health.



Tips to help reduce stress

- Positive self talk
- Deep breathing
- Meditation/Prayer
- Stretching or yoga
- Journaling
- Take a walk in nature

Recommended exercise to add to your daily routine

Complete 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week and strength training exercises for all major muscle groups at least two times a week.

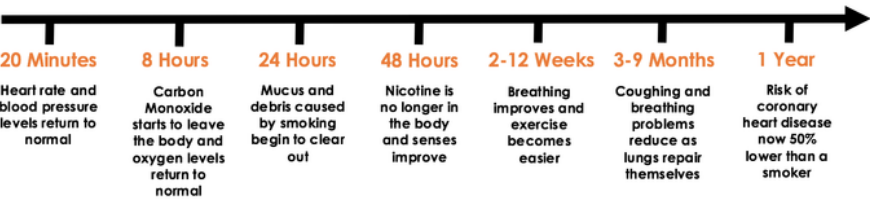
- **Moderate aerobic exercise examples:** brisk walking, swimming and mowing the lawn.
- **Vigorous aerobic exercise examples:** running and aerobic dancing.
- **Strength training examples:** weight machines, body weight exercises, resistance paddles in the water, or activities such as rock climbing.



Benefits to the Heart

- Strengthens the heart and improves circulation
- Increases blood flow
- Raises oxygen levels in your body
- Lower your blood pressure and triglyceride levels.
- Lowers blood sugar levels and improves insulin function
- Helps lower risk of heart diseases: cholesterol, coronary artery disease, heart attack

Benefits of quitting smoking



5 Quick Tips to a Heart Healthy Diet

1. **Cut Out Added Sugar** - Scan ingredients on packaged foods and choose those with little, if any, added sweeteners. (Added sugars can include corn syrup, evaporated cane juice, dextrose, etc.)
2. **Choose Color** - Eating a rainbow of foods is a great way to load up on fiber, vitamins, and other disease-fighting compounds. Aim to include three or more colors in each meal and one or two colors in snacks!
3. **Drink Up** - Dehydration can impact your metabolism, leave you sluggish, and can mask itself as hunger—but avoid drinking your calories. Replace sugary lattes and sodas with green or herbal tea, coconut water, seltzer, and unsweetened iced tea.
4. **Get in the Kitchen** - By prepping your own meals you can sidestep calorie bombs, improve portion control, and pack meals and snacks with nutrient-dense whole foods.
5. **Go Raw** - Heat breaks down cell membranes in food, making fewer nutrients available for absorption. Heat also makes chewing and digestion easier, thus you may find you don't take as much time eating and registering fullness. (Ex. Try mixing in some raw carrots instead of roasted!)

Heart Smart Diet Selections

Salmon

Avocados

Garlic

Asparagus

Potatoes

Tomatoes

Cauliflower

Spinach, Kale, and other Leafy Greens

Broccoli

Soy

Olive Oil

Oats

Walnuts

Berries (Strawberries, Raspberries, Blueberries, Blackberries)

Red Wine (in moderation)

Dark Chocolate

Activity of the Month

What should your heart rate be when working out? Follow the steps below to learn how to calculate your **Target Heart Rate** and how to measure it while exercising or moving.

Step 1: Calculate your Target Heart Rate

When you work out, are you doing too much or not enough? There’s a simple way to know: Your **target heart rate** helps you hit the bullseye so you can get max benefit from every step, swing and squat. Knowing your heart rate (or pulse) can help you track your health and fitness level.

To calculate your Target HR you first need to calculate your Maximum HR. This is the average maximum number of times your heart should beat per minute during exercise. It is important to note that the maximum heart rate is only a guide. You may have a higher or lower maximum heart rate, sometimes by as much as 15 to 20 beats per minute.

Equation: $220 - \text{your age} = \text{Your Maximum Heart Rate (beats/minute)}$
Example (50 year old): $220 - 50 = 170 \text{ beats per minute}$

Your Maximum HR: _____ **beats per minute**

Now calculate your Target HR by plugging in your Maximum HR into one of the equations below. The American Heart Association generally recommends a **target heart rate** of:

- Moderate exercise intensity: 50% to about 70% of your maximum heart rate**
Calculations: $(\text{Max HR} \times .5 = \text{Low end of target heart range})$ & $(\text{Max HR} \times .7 = \text{High end of target heart range})$
- Vigorous exercise intensity: 70% to about 85% of your maximum heart rate**
Calculations: $(\text{max HR} \times .7 = \text{Low end of target heart range})$ & $(\text{max HR} \times .85 = \text{High end of target heart range})$

Example (50 year old/Moderate intensity): $\text{HR Range} = 85 - 119 \text{ beats/minute}$
Math: Low HR $(170) \times 50\% (.5) = 85$ High HR $(170) \times 70\% (.7) = 119$

Your Target HR Range: _____ **to** _____ **beats per minute**

Step 2: Track your HR During Movement or Exercise

Track your heart rate while exercising or moving to see if you’re hitting the calculated target range. Track it in the table below. Some smart watches and wearables now make checking your HR effortless. You can also check your HR manually as instructed below. If your HR is too high, you may be straining yourself and need to adjust your effort. If your HR is too low, and the intensity feels “light” to “moderate,” you may want to push yourself a little harder.

How to check your Heart Rate:

- At the wrist, lightly press two fingers from one hand on the opposite wrist, just below the base of the thumb.
- Or At the neck, lightly press the side of the neck, just below your jawbone.
- Set a time for 15 seconds and count the number of beats you hear in that time, then multiply by four. That’s your heart rate.

Check mark the days you were within your Target Heart Rate Range while moving or exercising.

Mon	Tue	Wed	Thu	Fri	Sat	Sun

THE DISH:

Meal Planning AccelWELL Style



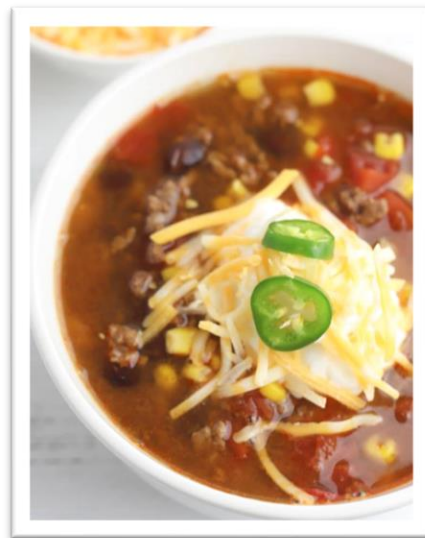
Turkey Taco Soup

Ingredients (Serves 6)

- 1 pound ground Turkey
- 1 packet taco seasoning
- 1 can diced tomatoes with chilies
- 1 can corn
- 1 can black beans
- 2 cups broth of choice
- 4 cups water
- Toppings (optional): Cheese, Greek yogurt or sour cream, jalapenos, tortilla chips, avocado

Instructions

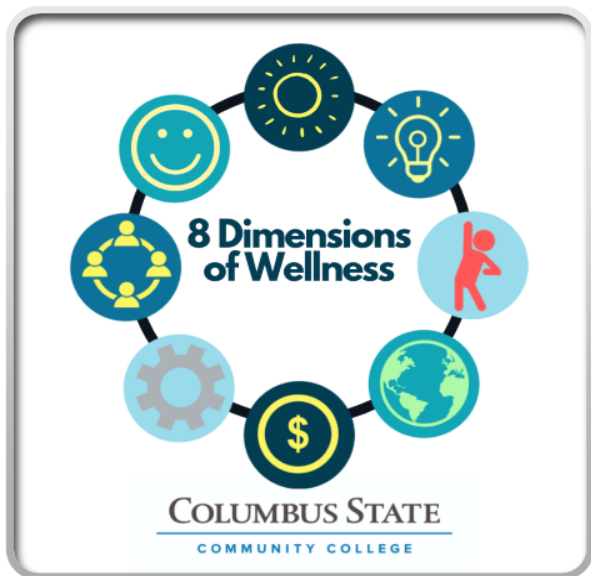
1. Brown the Turkey in a large stockpot or Dutch oven.
2. Add the taco seasoning packet and one cup broth. Stir to combine and cook for 10 minutes.
3. Add diced tomatoes with chilies, corn, black beans, remaining broth, and water. Stir to combine.
4. Bring soup to a boil, then reduce heat to low and cover. Simmer for one hour, stirring occasionally.
5. Serve with any optional toppings or spices and enjoy!



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

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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