

Cougars Wellbeing Newsletter

February 2023 | Issue 30

Table of Contents

02 Inspirational Goal Planner

03 Upcoming Events

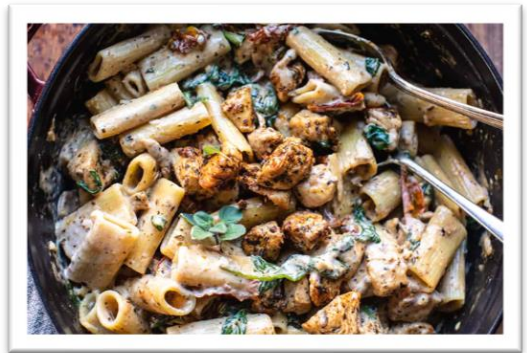
09 Workout of the Month

10 Movement for Heart Health

11 Activity of the Month

12 The Dish
Recipes Curated by AccelWELL

13 Your Wellbeing Advisory Committee



Creamy Sun-Dried Tomato Chicken Pasta
Try this simple, one pot dish this month!
(Page 12)

**FEBRUARY
RAFFLE WINNER:**
Exercise Bands

Mary Bond
David Hill

CONGRATULATIONS!

FEBRUARY

Plan and Track Your Goals Here!

Goal Tracker

	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
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"

FEBRUARY

As February begins, we celebrate Black History Month and raise awareness about Heart Health. Incidents these past few weeks have stirred emotions such as pain, grief, anger, and others. I want to acknowledge “you.” I want to remind you that we have various resources available on various platforms so you can access them in a way you feel comfortable. Please take some time to read this newsletter and take advantage of these activities. I encourage you to take advantage of the Black History Month activities in the CSCC and surrounding communities. Also, I want to remind you to take care of your heart by eating healthy, engaging in physical activity, and seeking the appropriate emotional support.

REMEMBER, Your wellbeing is a priority!! The Wellbeing Advisory Committee looks forward to working with you to be well!

[Black History Month](#)

[Black History Month website](#)

[American Heart Association | To be a relentless force for a world of longer, healthier lives](#)

[ABCS of Heart Health | Million Hearts® \(hhs.gov\)](#)

Dr. Nic

Heart Health Month is a time to spotlight heart disease and heart health activities.



CARDIAC ARREST VS. HEART ATTACK

These are not the same.

Cardiac Arrest

- Occurs when heart malfunctions and stops beating unexpectedly. (Electrical problem)

Heart Attack

- Occurs when blood flow to the heart is blocked. (Circulation problem)

[\(27\) #HeartMonth CPR Live Demonstration - YouTube](#)
(American Heart Association, 2019)

[Heart disease | UnitedHealthcare \(uhc.com\)](#)

[Know Your Numbers | American Heart Association](#)

https://www.goredforwomen.org/-/media/grfw-images/about-heart-disease/signs-and-symptoms/symptoms_of_heart_attack_in_women_and_men_infographic_go_red.jpg?la=en

Poets in Black to celebrate Silver Anniversary Feb. 23

The 25th annual Poets in Black will feature spoken word poet [Barbara Fant](#). The event honors Black History Month and showcases African American and Pan-African poets and writers. This year, it will air from five different live and remote locations. They include the Columbus and Delaware campuses and three area high schools: Central Crossing, Franklin Heights, and Delaware Rutherford B. Hayes.

Poets in Black will be held on **Thursday, Feb. 23 from noon to 2 p.m.** On the Columbus Campus, it will be in the Mitchell Hall Event Center Crane Room on the second floor. On the Delaware Campus, it will be in Moeller Hall rooms 111 and 112. [See the official flyer.](#)

2023 Financial Wellbeing:

Preparing you for expected & unexpected changes!

Are You Prepared for the Financial Challenges in Retirement?

WED
FEB
8

Prudential Seminar

12:00pm – 1:00pm EST | Via WebEx
[Click Here to Register](#)

The seminar will cover important topics, like these:

- Three challenges that can jeopardize retirement savings
- Potential Sources of income
- Types of retirement accounts
- And more

Scott Alexander is available for 30-minute Financial Wellness Checkups on **Wednesday, February 15th** to review your current financial situation and to help you navigate future financial challenges. To schedule your virtual Financial Wellness Checkup, you may click the link below to select a time that works best for you.

[Schedule your Financial Wellness Checkup!](#)

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

Prudential Financial Resources:

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

WED
FEB
15

Voya Financial Services

Plan for Your Someday

11:00am EST | Via Teams

This seminar will help you determine how much income you will need in retirement.

[PlanForSomeday](#) (click to join)

Please check out these financial resources.

BMI Federal Credit Union

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

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

Matrix Tip

(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

Upcoming Opportunities

THU
FEB
9

2023 CancerBridge Exercise Series

Exercise Modifications and Self-Regulation: Optimizing Movement for Resiliency

11am EST

Sports Medicine Physical Therapist Zach Webster PT, DPT, SCS will discuss exercise modifications for movements such as squats, lunges, pulls, and pushes. He will also review common exercises and potential modifications, review self-regulation as a concept and spend the remainder of time demonstrating the exercise modifications discussed.

<https://my.demio.com/ref/aoLv7AYIOt1SUtGF>

THU
FEB
16

2023 CancerBridge Support Series:

Blood Cancers: The Basics

11am EST

Join us to learn more about the basics of cancer. This month, we will discuss the basics of blood cancer with expert Victoria Krogg, DNP, APRN-CNP, AOCNP. She will explain what blood cancers are, how they are diagnosed, who is at risk, and how they are treated.

<https://my.demio.com/ref/8akEKUJdZDZZI4gc>



CancerBridge

THU
FEB
23

CancerBridge Self Care Wellness Series:

Building Lasting Habits

11am EST

Ignite your motivation and map out steps for strong, sustainable habits based on your values, lifestyle, and current stage of readiness for change.

[Click Here to Register](#)

TUE
FEB
21

Rally Coins/Benefits Session

11am 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, 2022 through June 30, 2023. The coins apply to employees on the health plan and covered spouses. Jason Love, Benefits Supervisor, will review benefits and address any questions.

This cycle July 1, 2022-June 30, 2023

8 coins. If you have questions, contact Nichole.

[Rally.Benefits](#)

(click the link to join)

MON
FEB
27

Blood Drive

Columbus State Community College

Nestor Hall Lounge

10:00am-4:00pm

To schedule appointment call 800-733-2767 or visit RedCrossBlood.org and use code: cougars (Blood donors entered into raffle drawing for gift cards and hotel stay)



American
Red Cross

Blood
Services

Get Involved with AccelWELL!

THU
FEB
23

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.

Raffle Opportunity

Chance to win a fitness tracker!

Watch AccelWELL Coach and Registered Nurse, Whitney Trummer, explain Living Heart Smart in this brief presentation.

[Click Here](#) to view the video
Complete this quick post presentation [survey](#) to be entered into the raffle!

Deadline to complete is 3/1/23.

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://mhaohio.org)

National Association of Mental Illness (NAMI)

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

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.

Take a Brain Break

Wednesdays @12:30pm - Columbus Hall 111

Stop by Library Media Studio or join virtually to take a 20 minute midday brain break. Each session will include a variety of guided breathing, stretching and light movement.

Questions: studentwellbeing@csc.edu

[BrainBreaks](#) (Click here to join)

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.

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

Equity & Compliance

The Office of Equity and 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.

[Equity & Compliance | Columbus State Community College \(csc.edu\)](https://www.csc.edu/equity-compliance)

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 & Jamie Minor
Caregivers - Melissa Lamar

Faith in Parenting - Debbie Strain

Prism LGBTQIA + - George Johnson-Gamm, Katina Fitch

Womens - Crystal Clark & Kelly Hogan





Workout of the Month

F-AB-RUARY

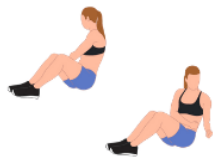
Engage your core with February's workout of the month, f-AB-ruary! Aim to complete the circuit below three times through, three days per week!

Stand with good posture, alternate driving knees towards chest while keeping core muscles engaged.



High Knees
20 reps

Sit steadily and elongate and straighten your spine at a 45-degree angle from the floor. Leave your feet flat on the floor or lift them from the floor while keeping your knees bent. Use your abdominals to twist to the right and then to the left.



Russian Twist
10 reps

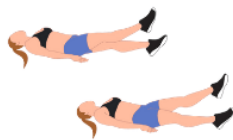
Lie face-up on the floor with your legs and arms straight and lifted off the floor slightly.

In one movement, lift your torso and one leg as if you're trying to touch your toes. Lower your body back down. Then repeat with the other leg.



Single Jack Knife
10 reps

Lie on your back with your legs lifted off the floor slightly. While bracing your core muscles, alternate lifting one leg and lowering the other for several repetitions never letting your legs hit the ground.



Flutter Kicks
20 seconds



Hollow Hold
10 seconds

Lie on your back with your arms extended overhead or at your sides with your legs straight. At one time, and with control, tighten your core and raise your feet, legs, arms, shoulders and head off of the ground and hold this position.



Windshield Wipers
10 reps

Lie on your back with your arms straight out to the sides. Lift your legs and bend the knees at a 90-degree angle. Rotate the hips to one side, without letting the legs touch the floor. Rotate the hips to the opposite side and repeat until set is complete.



Plank
20 seconds

In the pushup position create a straight, strong line from head to toe. Keep your hands and elbows directly underneath your shoulders. Squeeze your glutes and tighten your abdominals and hold this position.



Bicycle Crunch
10 reps

Lie on your back with your hands lightly behind your head and shoulders off the ground. Raise both legs so your shins are parallel with the floor. In one motion, bring one elbow and opposing knee close to each other by crunching to the middle while fully extending the other leg. Repeat motion with the other leg.

**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.*

SHOW YOUR HEART SOME LOVE

Movement for Heart Health



Physical activity strengthens your heart and reduces coronary heart disease risk factors. Understanding just how physical activity benefits your heart can be strong motivation to increase your movement.

❖ **Exercise lowers blood pressure.**

- Exercise works like beta-blocker medication to slow the heart rate and lower blood pressure (at rest and also when exercising). High blood pressure is a major risk factor for heart disease.

❖ **Exercise lowers stress.**

- Stress hormones can put an extra burden on the heart. Exercise—whether aerobic (like running), resistance-oriented (like weight training) or flexibility-focused (like yoga)—can help you relax and ease stress.

❖ **Exercise is key to weight control.**

- Especially when combined with a smart diet, being physically active is an essential component for losing weight and even more important for keeping it off—which in turn helps optimize heart health. Being overweight puts stress on the heart and is a risk factor for heart disease and stroke.

❖ **Exercise helps strengthen muscles.**

- A combination of aerobic workouts (which, depending on your fitness level, can include walking, running, swimming, and other vigorous heart-pumping exercise) and strength training (weightlifting, resistance training) is considered best for heart health. These exercises improve the muscles' ability to draw oxygen from the circulating blood. That reduces the need for the heart—a muscular organ itself—to work harder to pump more blood to the muscles, whatever your age.

❖ **Exercise can help you quit smoking.**

- As smokers become more fit, they often quit. And people who are fit in the first place are less likely to ever start smoking, which is one of the top risk factors for heart disease because it damages the structure and function of blood vessels.

❖ **Exercise can stop or slow the development of diabetes.**

- Johns Hopkins research has shown that when combined with strength training, regular aerobic exercise such as cycling, brisk walking, or swimming can reduce the risk of developing diabetes by over 50% by allowing the muscles to better process glycogen, a fuel for energy, which when impaired, leads to excessive blood sugars, and thus diabetes.

❖ **Exercise reduces inflammation.**

- With regular exercise, chronic inflammation is reduced as the body adapts to the challenge of exercise on many bodily systems. This is an important factor for reducing the adverse effects of many of the diseases just mentioned.

Inactive people are nearly twice as likely to develop heart disease as people who are physically active.

Activity of the Month

Exercise and movement is essential for your heart health. Making simple changes in your day can have huge impacts on your cardiometabolic health markers. For this month’s activity, whether you track your movement manually or via a tracking device, we ask that for at least one week you track your movement. Create your own SMART goal below and then track your progress on the weekly tracker tool. Please review your program guide if you need to sync a tracking device or create an account.

SMART GOAL:

Example: I will exercise for a minimum of 30 minutes a day for 5 days out of the week.

I will _____ for a minimum of _____ a day for _____ days out of the week.

- | | | |
|------------------------|----------------------|----------------|
| Exercise/workout | Time Frame (minutes) | Number of days |
| Stretch or do yoga | Steps (Total Amount) | |
| Walk (total steps) | Number of times | |
| Walk (total time) | | |
| Take the stairs | | |
| Other: Create your own | | |

TRACK YOUR PROGRESS BELOW:

Use the table below to track your movement goal you created above for one week.

*Stick with your healthy habit and continue completing your goal throughout the month. Use the monthly tracker on page 2 of your newsletter to manually keep track of your progress!

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7



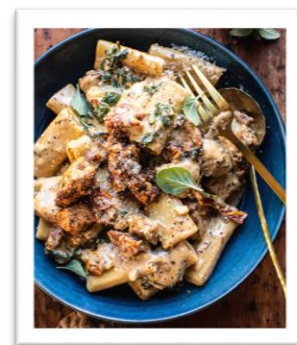
The Dish:

Healthy Recipes Curated By AccelWELL

Creamy Sun-Dried Tomato Chicken Pasta

Ingredients (Serves 6)

- | | |
|---|--|
| <input type="checkbox"/> 1 (8 ounce) jar oil-packed sun-dried tomatoes | <input type="checkbox"/> 1 medium shallot, chopped |
| <input type="checkbox"/> 1 pound boneless skinless chicken breasts, cubed | <input type="checkbox"/> 2 cloves garlic, chopped |
| <input type="checkbox"/> 4 teaspoons Italian seasoning (see note below) | <input type="checkbox"/> 1 pound short cut pasta |
| <input type="checkbox"/> 1 teaspoon paprika or smoked paprika | <input type="checkbox"/> 1 cup heavy cream |
| <input type="checkbox"/> Red pepper flakes | <input type="checkbox"/> 2 teaspoons Dijon mustard |
| <input type="checkbox"/> Kosher salt and black pepper | <input type="checkbox"/> 2 cups fresh baby spinach |
| <input type="checkbox"/> ¾ cup grated parmesan cheese | <input type="checkbox"/> Juice of 1 lemon |
| <input type="checkbox"/> 2 tablespoons salted butter | |



Instructions

1. Drain 3 tablespoons of oil from the sun-dried tomato jar into a large pot or skillet with sides. Chop the sun-dried tomatoes and set aside.
2. Set the pot over medium-high heat. Add the chicken, 3 teaspoons Italian seasoning, the paprika, and a pinch each of red pepper flakes, salt, and pepper. Cook until golden brown, 5 minutes. Add ¼ cup parmesan, cook another minute, then remove the chicken from the pot.
3. To the same pot, add the butter, shallot, garlic, and 1 teaspoon Italian seasoning. Cook until fragrant, about 3 minutes. Add 3 ½ cups water. Bring to a boil, add the pasta, and cook, stirring often, until the pasta is al dente, 8 minutes. Stir in the cream, mustard, parmesan, spinach, and chopped sun-dried tomatoes. Add to the pan the chicken and any juices left on the plate.
4. Serve the pasta topped with lemon juice and fresh parmesan.

**NOTES: Italian Seasoning: Mix 2 tablespoons dried basil, 2 tablespoons dried oregano, 2 teaspoons dried thyme, 1 teaspoon dried rosemary, and 1 teaspoon dried sage. Store in a sealed container.*

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

How to Bake Chicken Breasts: B.B.R.R.R Method

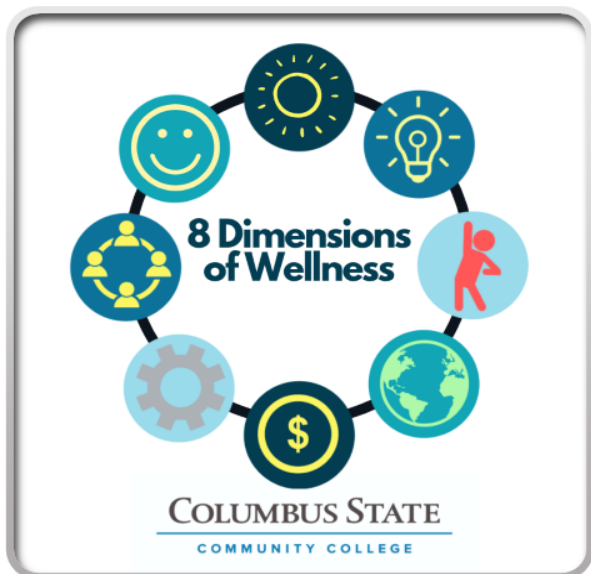
- BRINE – soak in luke warm water with handful of salt for 15 minutes to make chicken juicy!
- BRUSH – brush both sides of chicken breasts liberally with melted butter or olive oil.
- RUB – season your chicken to your liking (i.e. salt, pepper, garlic powder, paprika, etc.).
- ROAST – 15-18 minutes at 450 degrees (may vary based on oven) – use a cooking thermometer – The FDA says chicken is safe to consume when it reaches an internal temperature of 165 degrees.
- REST – do NOT cut into chicken right away, cover with foil and let it rest for 5-10 minutes!

For additional information of the BBRRR method, check out the full details at [givemesomeoven.com!](http://givemesomeoven.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, 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..

Follow Us on Social Media!



"ACCELWELL"



"ACCEL_WELL"



"ACCELWELL"