

Cougars Wellbeing Newsletter

February 2024 | Issue 42

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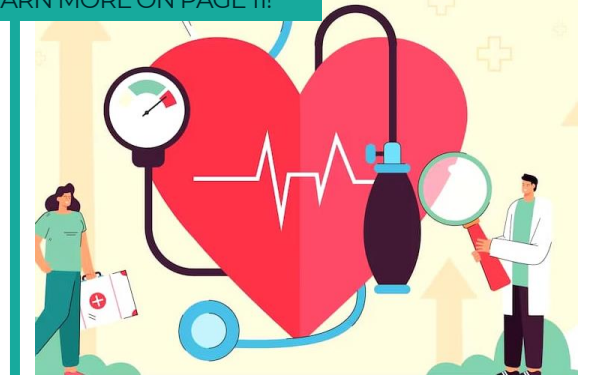
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BP PREVENTION & MANAGEMENT
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JANUARY
RAFFLE WINNER:

\$50 Amazon Gift Card

Michelle Guendelsberger

CONGRATULATIONS!

FEBRUARY

Happy Heart Month!!!

Know your numbers. If you don't know your numbers, make a plan to find out in the next six months. You can do this through your primary care provider. If you don't have one, reach out to me for some guidance.

Remember, **HR SUPPORTS YOUR SUCCESS.**

Dr. Nic

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



February- Heart Health

75% of heart attack and stroke survivors reported having high cholesterol.

47% of survivors are unaware of their LDL number.

98% are willing to get their cholesterol measured if recommended by their health care professional.

High cholesterol typically has no symptoms. It's important to have your cholesterol tested, so you can know your number and risk for heart attack and stroke (American Heart Association)

Resources to help you take better care of your heart and overall health.

[Heart Attack | American Heart Association](#)

[High Blood Pressure | American Heart Association](#)

[Cholesterol | American Heart Association](#)

[Heart disease types, risks, and symptoms | UnitedHealthcare \(uhc.com\)](#)

[Lower Your LDL | American Heart Association](#)

[UAW: Healthy Heart \(brainshark.com\) \(video\)](#)

Cougar Challenge 5k

May 4, 2024

May the 4th move you!!

Walk/Run &/Donate

[Columbus State Cougar Challenge 5k](#)



Seminars to help prepare you.

Wed. Feb 14th at 11 am via Teams-Walking/Running in Different Climates-CSCC- Dustin Iacovone

[Join at time](#)

Wed. Feb 28th at 12pm via Teams- Walking/Running 101-Columbus Running Company (CRC) Jen Jordan

[Join at time](#)

CSCC Noon Walk Club - Spring 2024

Walk with colleagues and friends around the Columbus State campus at noon on the First Tuesday and Third Thursday of each month, starting **March 5 at 12:00 PM**. Get outside and get your steps in. If you're participating in our [Columbus State Cougar Challenge 5k](#) this year, it's a great way to get in shape! All are welcome - students, faculty, staff. We'll meet in the **courtyard between Delaware Hall and Nestor Hall** near the tables, and we'll walk an approximately one-mile loop. [Here's a link](#) to the approximate path we will take. Dress for the weather! 😊 David Millikin, dmillikin@csc.edu

Columbus Campus Runners - Conversational-Pace 5k Run Club

Each Friday morning at 6:30am, join us in front of a local coffee shop before we tread the concrete paths around central Columbus college campuses. All are welcome! Contact David Millikin, dmillikin@csc.edu for location.



FEBRUARY

VIRTUAL EDUCATION

CHECK OUT THIS MONTH'S VIRTUAL EDUCATION FROM ACCELWELL!

THIS MONTH'S TOPIC:
BLOOD PRESSURE: PREVENTION & MANAGEMENT
WITH COACH WHITNEY

[WATCH HERE!](#)



HI! MY NAME IS WHITNEY TRUMMER!



I have been a registered nurse since 2010 when I graduated from Anderson University with my Bachelor of Science in Nursing. I am passionate about all facets of health and wellness, although prevention is at the forefront of my beliefs. In 2014, my athlete-father died of a heart attack after running sprints. This was the catalyst that inspired me to reassess my definition of wellness. Our culture tends to define health in the outward physical sense, lacking emphasis on a variety of aspects that affect our bodies. Since my father's death, I have strived to lead by example and make a conscious effort to focus on my body as a "whole." I found AccelWELL in my search for a platform to share my passion and reach those who are in need of support.

CONTACT US

Email: coach@accelwell.com
Your Coaches are here for you!

FOLLOW US



"Accel_well"



"Accelwell"



"Accelwell"

FEBRUARY

2024 Support Series: What you Need to Know About

Multi-Cancer Detection Tests

Thursday, February 15th, 2024 at 11am (EST)

Currently, there is growing enthusiasm for the possibility that you could have a special type of blood screening test to help detect various kinds of cancer. This presentation will describe what this kind of testing actually does and the currently understood pros and cons to this kind of testing.

[REGISTER NOW!](#)



For cancer-related questions:

(855) 366-7700

For questions about these events:

hello@mycancerbridge.com

2024 Self Care Series: Creating Space for Self-Care

Thursday, February 22nd, 2024 at 11am (EST)

Define “self-care” for yourself and explore ways to create more time and energy for the things that replenish and sustain you.

[REGISTER NOW!](#)

Columbus State Community College Blood Drive

Mon, Feb. 26 Nestor Hall Lobby-10:00 a.m. to 4:00 p.m.

***To schedule an appointment visit RedCrossBlood.org, sponsor code: cougars

Share your heart! Come give in Feb. for a \$20 Amazon.com Gift Card by email.



American
Red Cross

CSCC Sustainability Group

Here's our event lineup for the Spring Semester. Please feel free to RSVP and help spread the word. Our officers also plan to add social events. If you'd like to get involved or have an idea for a fun meet-up, let our officers know via our Discord or text them directly.

- Tues, 2/13: [Climate Cafe](#), Columbus campus at 4 pm
- Fri, 3/1: [Visit REWASH Refillery](#), On-site in Clintonville, 10 am
- Wed, 3/6: [Emergency Management and You](#), virtual event at noon
- Tues & Wed, 4/16 & 4/17: [Sustainability Fair](#), Columbus Campus courtyard, 11 am - 2 pm
- **Download** the [Climate Action Now app](#) to easily advocate for climate action.
- **Forward to a Friend** - Everyone in the CSCC community is welcome to join us. Share with students, staff, and faculty. Join the [Sustainability Group](#).

Student Officers: Haley Middendorf, Anna Thompson, Andrew Thacker, Victoria Powell

Employee Advisors: Jennifer McCord, Allison Hendricks, Angela Howard, Lisa Carpenter

2024 Financial Wellbeing:

Preparing you for expected & unexpected changes!

COPEC

Financial Fridays Workshops (Virtual)

[COPEC Retirement Decisions Workshop - Financial Wellness Education \(copeceducation.org\)](https://copeceducation.org)

BMI Federal Credit Union

Financial Education: [BMI Federal Credit Union](https://bmficu.org).

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

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

Get Involved with AccelWELL!



THU
FEB
22

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.*

Mindfulness At Work Campaign

Participate in this campaign on your AccelWELL portal to focus on becoming more mindful throughout your workday. Complete the campaign by 2/25 to be entered into this month's raffle to win a **Fitness Tracker!**

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://www.mhaohio.org)

National Association of Mental Illness (NAMI)

[Programs – National Alliance on Mental Illness | NAMI Franklin County](http://www.nami.org)

See this month's highlights on Wellbeing page:

[Well-Being | Columbus State Community College \(csc.edu\)](http://www.csc.edu)

Recreational Cooking Classes and More

[The Mix – at Columbus State \(csc.edu\)](http://www.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.

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 [here](#) 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!

Discount Tickets Cleveland

[Companies :: FieldHouse+ Special Offers | Rocket Mortgage FieldHouse](#)

USE ACCESS CODE: **COUGAR**

A few things to Once you select the game of your choice, please click the "Use Access Code" button to enter your code listed above to proceed with your purchase and receive your special offer pricing.

note for this special offer:

- Tickets are limited and are on a first-come, first-served basis
- This ticket offer is only available online

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 – Terrence Brooks

Caring for Those Who Care - Melissa Lamar & Debbie Strain

Prism LGBTQIA + - George Johnson-Gamm

Women's - Crystal Clark & Kelly Hogan

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

Matrix Corner

Webinars:

[Caregiving: The personal price, challenges and rewards](#)

Caring for another person – whether a relative, spouse, partner or friend – can be physically and emotionally draining. It also offers benefits and rewards. In this webinar we'll discuss caregiving and provide tips to help you balance caregiving and your overall wellbeing.
2/15 at 3-4 pm ET

[Giving the gift of forgiveness](#)

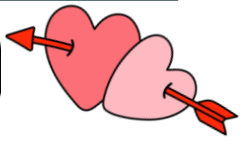
What happens when you are harmed, hurt, or offended? Learn what forgiveness is and what it is not. We will also discuss the personal benefits of forgiving and the steps you can take to forgive someone and yourself.
2/22 at 3-4 pm ET

[Love, loss and what you can learn](#)

This webinar is intended to help you understand grief so you can cope a little better. Join to learn about:
The grief process; Healthy coping skills;
How to hold space for your grief
2/27 at 3-4 pm ET



FEBRUARY



BE MY VALENTINE CIRCUIT

DIRECTIONS: Start with a warmup, then complete each exercise in the circuit. Rest for 60 seconds and repeat the circuit for a second time. Cool down with three to five minutes of stretching. Make it extra fun by completing with a loved one to celebrate Valentine's Day!

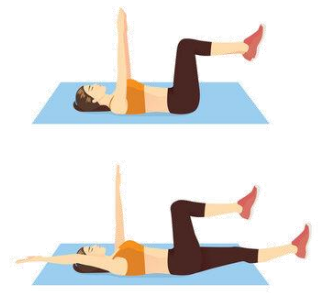
20 BUTT KICKERS



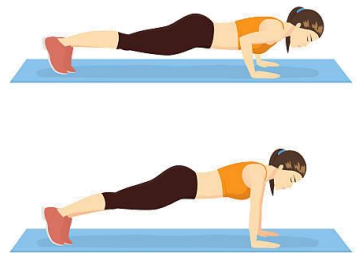
20 SQUATS



10 DEAD BUGS



10 PUSH UPS



10 SIT UPS



10 BURPEES



20 MOUNTAIN CLIMBERS



10 LUNGES



10 CRUNCHES



BLOOD PRESSURE PREVENTION & MANAGEMENT

WHAT IS BLOOD PRESSURE?

- Blood pressure is the pressure of blood pushing against the walls of your arteries.
- Blood pressure is measured using two numbers:
 - The first number, called *systolic* blood pressure, measures the pressure in your arteries when your heart beats.
 - The second number, called *diastolic* blood pressure, measures the pressure in your arteries when your heart rests between beats.
- The recommended blood pressure reading is: 120/80mmHg



WHAT IS HYPERTENSION?

- If blood pressure measures consistently above the recommended range, a high blood pressure (or hypertension) diagnosis may be given.
- The higher your blood pressure levels, the more risk you have for other health problems, such as heart disease, heart attack, and stroke.
- High blood pressure usually has no warning signs or symptoms, and many people do not know they have it. Measuring your blood pressure is the only way to know whether you have high blood pressure.

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

MANAGING BLOOD PRESSURE

PREVENTING HYPERTENSION

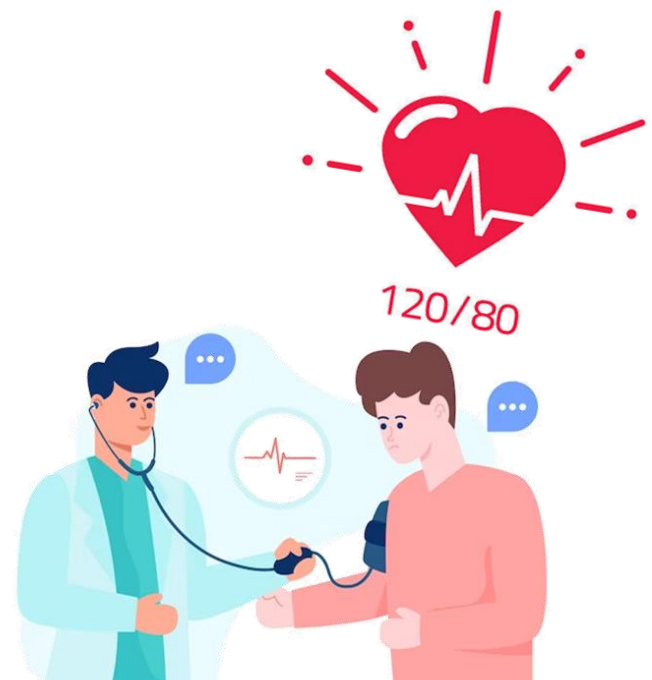


- Work with your healthcare providers on how you can make lifestyle changes to prevent hypertension.
- **Nutrition Strategies**
 - **Healthy diet with low salt intake** – American Heart Association recommends less than 2300 mg of salt per day. Avoid processed foods and increase foods high in magnesium and potassium such as fruits and vegetables.
 - **Dietary Approaches to Stop Hypertension (DASH diet)** – The DASH diet includes low salt diet rich in fruits, vegetables, whole grains, lean protein sources, and low-fat dairy products.
 - **Limiting alcohol intake** – creating healthy beverage habits. May help improve your heart health and your hydration. Recommendations are 1 drink per day for females and 1-2 drinks per day for males.
- **Lifestyle Strategies**
 - **Increase movement** – Increasing your activity levels may improve your heart health. Try exercising and moving your body in ways you enjoy! Activities can include but are not limited to gardening, walking, running, cycling, yoga, strength training, swimming or anything you enjoy that gets your body moving.
 - **Quit tobacco usage** – tobacco causes an immediate rise in blood pressure and heart rate.
 - **Manage your stress** – find outlets that help you reduce your stress levels daily through yoga, meditation, exercise, journaling or any other activities that allow you to decompress.
 - **Maintain a healthy weight** – obesity is linked to elevated blood pressure. Find a healthy weight and maintain that by fueling your body with nutrient dense foods and maintaining an active lifestyle.

<https://my.clevelandclinic.org/health/diagnostics/17649-blood-pressure>

IN SUMMARY

- If you have high blood pressure, incorporating lifestyle changes in your daily routine can help improve your numbers.
- Make sure you regularly follow up with your healthcare provider to stay within the recommended range and know your numbers.
- Take any prescribed medications as written.
- It may be beneficial to use a method for at-home monitoring & tracking. Ask your health care provider at your next appointment if this is a good option for you.



ACTIVITY OF THE MONTH



Blood Pressure Check-In

When was the last time you had your blood pressure checked?
(approximate date and occasion)

What was your blood pressure when it was last checked?

Using the Blood Pressure Category chart on the education pages, in what category does the above blood pressure reading place you?

(Check one below)

NORMAL

ELEVATED

HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1

HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2

HYPERTENSIVE CRISIS

Using the information on the Managing Blood Pressure education page, what is one step you can take to maintain or improve your current blood pressure?



20-Minute Chicken Pho

Ingredients (Serves 4)

- 8 cups chicken broth
- 8 slices ginger
- 2 red chilies (sliced)
- 3 tablespoons fish sauce
- 1 tablespoon sugar
- 2 boneless skinless chicken thighs or breasts (thinly sliced)
- salt and pepper
- 2 tablespoons oil
- 12 ounces rice noodles
- 1 cup fresh bean sprouts
- 2/3 cup fresh mint
- 2/3 cup fresh cilantro
- 2/3 cup Thai basil
- Lime wedges



Instructions

1. Bring a pot of water to a boil for your noodles. Also bring the stock to a boil in a medium pot, along with the ginger, chilies, fish sauce, and sugar. Simmer for 15 minutes.
2. Meanwhile, season the chicken with salt and pepper. In a skillet, heat 2 tablespoons oil over high heat. Sear the chicken and set aside.
3. While that's happening, boil the noodles according to package instructions. Divide the noodles among 4 bowls. Divide the broth and the chicken amongst the bowls, and garnish with bean sprouts, mint, cilantro, and basil.
4. Squeeze over some lime juice and add more fish sauce if desired.

source: www.thewoksoflife.com



Choose seasonal winter produce.

Produce that is in season is fresher, tastier and more nutritious than produce consumed out of season. Try adding a few of these to your meals this winter!



Kale



Collard Greens



Bok Choy



Brussels Sprouts



Carrots



Turnips



Leeks



Potatoes



Escarole



Garlic



Parsnips



Chard



Cabbage



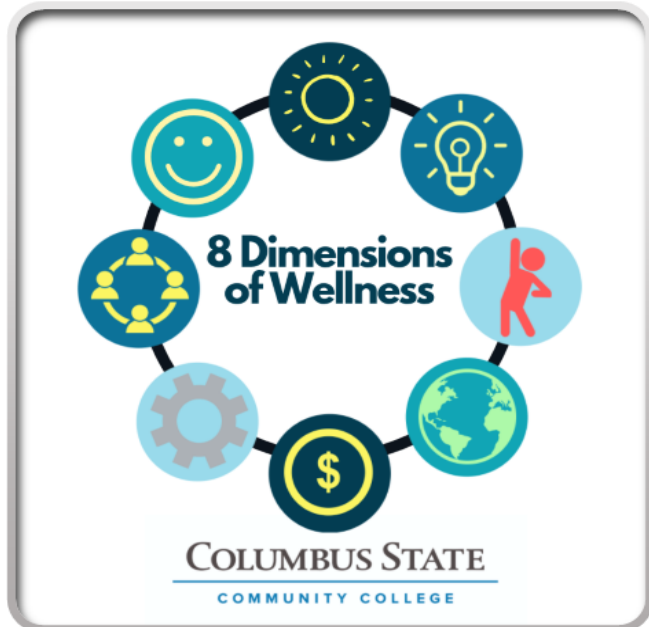
Shallots



Beets

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

Shawntera Hollinshead, Police Communications &
Admin

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 Nichole Bowman-Glover/Vena Hill.

Follow Us on Social Media!



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