

Cougars Wellbeing Newsletter

January 2023 | Issue 29

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Apple, Pear, Pecan Salad
Add this crisp and fresh salad to your weekly line up! (Page 12)

**DECEMBER
RAFFLE WINNER:**
\$25 Amazon Gift Card

Greg Goodhart
Susan Goeschl

CONGRATULATIONS!

JANUARY

Plan and Track Your Goals Here!

Goal Tracker

	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	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	29	30	31
1																															
2																															
3																															

List your top three goals for the month below.

#Goals

1)

2)

3)

Contact Us

Email: coach@accelwell.com

Your Coaches are here for you!

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JANUARY

Happy New Year 2023

Welcome to January 2023! The new year is a perfect time to adjust and realign ourselves with healthy lifestyle choices. Lets reflect on the eight dimensions of wellbeing: emotional, physical, financial, occupational, intellectual, environmental, social and spiritual. What one small thing do you want to change in any of these areas?

“The time is always right to do what is right.” Martin Luther King Jr’s words are appropriate in our continued journey to care for ourselves.

Your wellbeing is a priority!! We look forward to working with you to be well this year!

Dr. Nic

January Observances:

Preventive Care Awareness

Preventive care is generally focused on the following: Evaluating your health when you are symptom-free, Receiving checkups and screenings, Decreasing the risk of developing health issues even if you are in the best shape of your life

Preventive care is important because of the following: regular preventive care visits and health screenings may help to identify potential health risks for early diagnosis and treatment, helping prevent disease and detecting health issues at an early stage is essential to living a healthier life, following preventive care guidelines — and your doctor’s advice — may help you to stay healthier. Be sure to discuss specific health questions and concerns with your doctor.

[Preventive care | UnitedHealthcare \(uhc.com\)](#)

Cervical Care Awareness

Each year, nearly 13,000 women are diagnosed with cervical cancer in the United States. Yet cervical cancer is one of the most preventable cancers today. Early detection is the key. Starting at age 21, women should be screened with a Pap test. Then at age 30, women should be co-tested with both a Pap test and an HPV test. Regular screening is important as part of preventive care.

[Cervical Health Awareness Month – NCCC \(nccc-online.org\)](#)

The National Cervical Cancer Coalition (NCCC) and its many local chapters across the country highlight issues related to cervical cancer, HPV disease and the importance of early detection with special events in January .

Helpful resources: [UAW: Choosing Care \(brainshark.com\)](#); [Preventive care tips | UnitedHealthcare \(uhc.com\)](#); [Cervical cancer | UnitedHealthcare \(uhc.com\)](#); [Cancer | UnitedHealthcare \(uhc.com\)](#); [The important role managers play in building a culture of health \(uhc.com\)](#)

MLK Celebration

Celebrate Dr. Martin Luther King Jr. with Columbus State.

[Dr. Martin Luther King Jr Day Celebration | Columbus State Community College \(csc.edu\)](#)

2023 Financial Wellbeing:

Preparing you for expected & unexpected changes!

Financial Tips:

[Top Money Tips for 2023 \(aarp.org\)](#)

[3 Simple 2023 Financial Strategies to Think on as 2022 Ends | Kiplinger](#)

[Improving finances in 2023: tips from experts | Fortune](#)

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 \(bmifcu.org\)](#)

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

James Mobile Mammography Unit at CSCC

Today is the day to schedule your mammogram.

Tuesday, January 24, 2023

Available 9am-4:00pm | 11-S Parking Lot Between Nestor and Mitchell Halls

Employees covered under the College's medical plan are eligible. In addition, employees who do not have the college's medical plan may use other medical coverage or self-pay. Call the Mobile Mammography Department at 800-240-4477/614-293-4455 to set up an appointment. Health insurance information will be requested when making an appointment. For self-pay employees, payment information will be requested at the time of the appointment.

Questions: Nichole Bowman-Glover, Wellbeing Benefits Analyst, nbowmang@csc.edu

Recreational Cooking Classes and More

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

THU
JAN
26

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 Resistance Bands!

Submit a photo or copy of your completed Activity of the Month from your January Newsletter to coach@accelwell.com to earn entry into the raffle.

Deadline to submit is 2/3/23.

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: **CSCCXXXXXXXX**)

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

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.

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](http://www.nami.org)

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@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.

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

THE 20 MINUTE WORKOUT

SET A TIMER FOR 20 MINUTES AND GO THROUGH THIS WORKOUT AS MANY TIMES AS YOU CAN. TAKE BREAKS AS NEEDED!

<p>SQUAT TO PRESS</p>	<p>20 REPS</p>	
<p>PLANK SINGLE ARM ROWS</p>	<p>20 REPS per side</p>	
<p>GLUTE RAISE W/ TRICEPS EXTENSIONS</p>	<p>20 REPS</p>	
<p>BACK LUNGE TO HOP</p>	<p>30 REPS (15 per side)</p>	
<p>RUSSIAN TWISTS</p>	<p>40 REPS</p>	

bessharringtoncarter.com

**To prevent injury, form is critical when performing all exercise. Please reach out to coach@accelwell.com if you have any questions about the movements and how to perform them correctly. It is always recommended to consult your physician to assess your individual medical status and specific needs prior to making any major changes to your dietary intake and/or exercise regimen.*

W DISCOVER YOUR BALANCE

10 Tips to Help You Live a More Balanced Life

1. Turn it Off

- ❖ *Disconnect from digital devices on the weekend. Put your phone down and turn off your computer. Give your work brain a rest.*
- ❖ *Start small - try disconnecting for at least one day or even a few hours each night and feel what a difference it makes.*

2. Trim, Trim, Trim

- ❖ *Saying "no" is an important step to creating balance in your life. When you over commit and stretch yourself thin, it becomes impossible to maintain a healthy balance.*
- ❖ *Try saying no to things that are not essential or don't add something valuable to your life.*
- ❖ *Saying "yes" without resentment and "no" without regret will set you on track to balancing your life.*

3. Pay Attention to Your Health

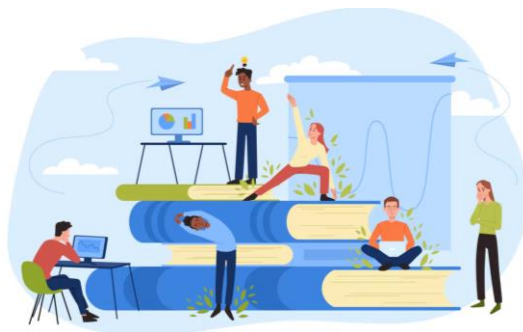
- ❖ *Your health affects the quality of your life and work. Higher productivity and happiness lives in the balance of enough sleep, healthy eating and physical activity.*
- ❖ *Your body is an excellent indicator when your life is out of control. One such sign is poor quality sleep. Your overworked mind causes you to not sleep well, and soon your energy levels drop. Your mind feels foggy, and there seems to be chaos and clutter in your life. Take note of what your body is telling you!*

4. Minimize Toxins

- ❖ *We're not talking about chemicals (though that might help too) - minimize the negative influences around you.*
- ❖ *Avoid toxic people (complainers, whiners, poor attitudes). If you can't completely avoid them, at least minimize contact and tune them out as much as you can. Surround yourself with positive, supportive, can-do people whenever possible.*

5. Spend Time Alone

- ❖ *Making time for yourself is probably the hardest thing to do for the typical overworked and overwhelmed person, but it is crucial for lowering stress, increasing happiness and encouraging creativity.*
- ❖ *Some things to try: meditate, write, sketch, do some yoga or simply sit quietly for a few minutes each day and do absolutely nothing.*



6. Relationships Do Matter

- ❖ *Set aside quality time for your family and friends. A recent study examining the socioecological factors that influence work–life balance found that satisfying social needs in relationships were significantly associated with a healthy work-life balance.*
- ❖ *Don't sit in front of your chosen device – be present! Plan a date with your significant other, grab coffee with a friend, or have some playtime with a child.*
- ❖ *Take time to connect and pay attention to those you care about. This quality time is essential for achieving balance in life.*

7. Treat Yourself

- ❖ *Plan your self-care sessions – and commit! For example, if you are a person who feels more relaxed after a massage, try scheduling massages once a month for 6 months to a year (or however far you wish!) and pay ahead of time. That way, there will be no excuse that you are too busy, and you will be less inclined to postpone since you have already paid.*
- ❖ *It doesn't need to be costly; your favorite coffee or tea, a delightfully scented candle, or beautiful flowers will make a huge impact.*

8. Explore the World

- ❖ *Get outside for a walk and really take in your surroundings. Try out a new route to work, visit a new place or play tourist in your hometown. Check out your local theater, explore amateur photography, or visit your local park.*

9. Expand your Awareness

- ❖ *Take a class, learn to paint, or try something new that you've always wanted to learn. Read a book that sparks your interest or try listening to uplifting music. Find what interests you.*

10. Remember Fun

- ❖ *Laugh, joke, play, find your sense of humor, subscribe to a daily joke, or get a tear-off calendar. Nothing makes you feel better as fast as a good old-fashioned belly laugh. Science says laughter boosts the immune system, protects the heart, and lightens your load when you're feeling down or angry.*

Bonus



Eat Healthy + Move your Body

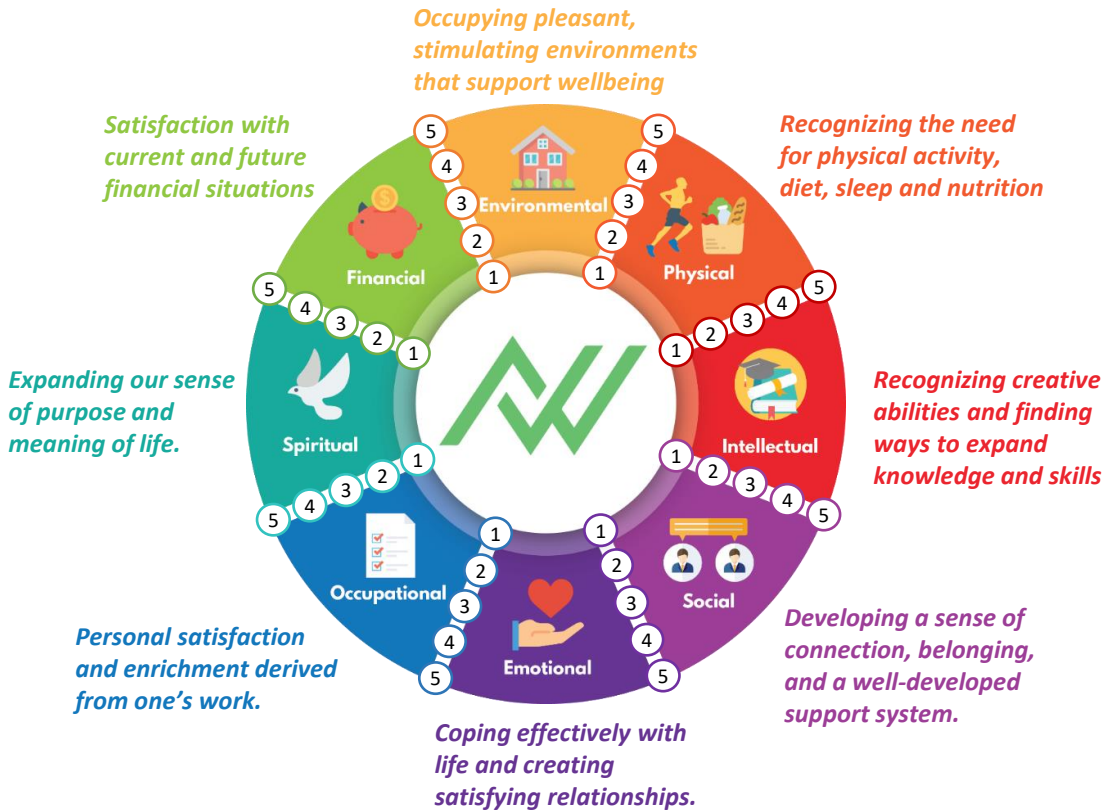


A healthy diet provides natural energy and boosts your confidence and self-esteem. Exercise releases endorphins, which are the chemicals in our body that make us feel good. Here are some suggestions for how to get started:

- ❖ *Schedule an appointment with a Registered Dietitian to determine what healthy food plan would work best for you.*
- ❖ *Pick an activity that works for you: running, strength-training, yoga, pilates, walking, dancing – there are so many options out there, choose one you enjoy!*

Activity of the Month

There are a variety of factors, AKA “dimensions,” that contribute to our overall wellbeing. Use this activity to explore your current level of success in each dimension. Rank each dimension in the wellness wheel below according to the scoring key at the bottom of the page. For a dimension that you ranked “1” or “2”, consider a way that you can work on improving in this area of your life and write it in the “notes” box. For a dimension you ranked “4” or “5”, consider what steps you’ve taken to get there, how these steps can be applied to increasing success in the other lower-scored dimensions and write your answer in the “notes” box. *Let’s Discover Your Balance* in 2023!



NOTES

For a dimension ranked 1 or 2, what is one specific way that you can improve in that area?

For a dimension ranked 4 or 5, explain what has helped you achieve success in that area.

SCORING KEY

1. I own this weakness. I know I need to work on this.
2. Ok, fine, I admit this area isn’t great in my life. I know I can do better here.
3. This part of my life is solid, but I am sure there’s something I can do to improve.
4. I am satisfied with this dimension. There’s probably more I can do, but I’m not sure I have time/energy.
5. I am completely happy and fulfilled in this part of my life.



The Dish:

Healthy Recipes Curated By AccelWELL

Apple, Pear, Pecan Salad

Ingredients (Serves 6)

- 6 cups spring mix lettuce (or spinach, arugula)
- 1 red apple, thinly sliced
- 1 pear, thinly sliced
- ½ cup dried cranberries
- ½ cup chopped pecans
- ½ cup crumbled feta
- ½ cup pomegranate seeds

Apple Cider Dressing:

- ⅓ cup olive oil
- 2 tablespoons honey
- 2 tablespoons apple cider vinegar
- 2 teaspoons Dijon mustard
- Salt and pepper, to taste



Instructions

1. Make the dressing: in a small bowl, stir or whisk together the dressing ingredients.
2. Mix the salad: add all of the salad ingredients to a large bowl. Drizzle as much of the dressing as preferred on top and toss to mix.
3. Serve: serve immediately.
4. If you need to make this salad ahead of time: wait to add the apple, pear (because they will brown), and the dressing until just before serving.

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



Buy what's in Season! Produce in season in January:

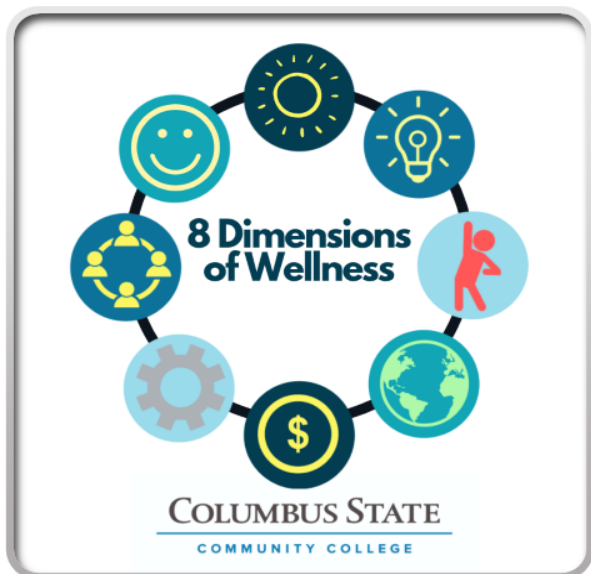


- Apples, avocados, bananas, beets, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, citrus, celery, greens, kiwi, leeks, lemons, limes, mango, mushrooms, parsnips, pears, pomegranates, potatoes, rutabagas, sweet potatoes, sweet onions, turnips, winter squashes

Check out this month's recipes for ways to incorporate fresh produce into your meals!

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!



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