

# Cougars Wellbeing Newsletter

January 2024 | Issue 41

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**DECEMBER  
RAFFLE WINNERS:**

\$25 Amazon Gift Card

Sherita Golden  
Kim Hachet

*CONGRATULATIONS!*

# JANUARY

## Happy New Year!! New Beginnings!

A new year brings new hopes, dreams and opportunities. I encourage you to take this month to reflect on what's important to you. What changes do you want to make? And remember that we offer resources that apply to the eight dimensions of wellbeing: physical, emotional, financial, occupational, social, intellectual, environmental and spiritual. Explore the weblinks and platforms that different vendors have created to assist CSCC employees. These partners are listed in this newsletter.

Remember, **HR SUPPORTS YOUR SUCCESS.**

*Dr. Nic*

Submit your wellbeing ideas/suggestions to [wellbeing@csc.edu](mailto:wellbeing@csc.edu).



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## January- Preventive Care, Cervical Cancer Awareness & Thyroid Awareness

It's important for us to take care of ourselves and part of that care is regular check ups with a doctor. Preventive care helps protect against more serious health conditions. Here are some resources to assist you in prioritizing your health.

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

### Cervical Cancer and Thyroid Awareness

Learn more about these health conditions by clicking on these links.

[Cancer: understanding the different types of cancer | UnitedHealthcare \(uhc.com\)](#)

[Cervical cancer symptoms and treatment | UnitedHealthcare \(uhc.com\)](#)

[Thyroid Patient Information | American Thyroid Association](#)



JANUARY

# VIRTUAL EDUCATION

CHECK OUT THIS MONTH'S VIRTUAL EDUCATION FROM ACCELWELL!

**THIS MONTH'S TOPIC:**  
**BACK TO BASICS**  
WITH COACH EMILY

**[WATCH HERE!](#)**



***HI! MY NAME IS EMILY BAILEY!***



PREVENTION IS MY PASSION. I AM A REGISTERED, LICENSED DIETITIAN, AND BOARD-CERTIFIED SPECIALIST IN SPORTS DIETETICS. I'VE ALSO BEEN A CERTIFIED PERSONAL TRAINER THROUGH THE NATIONAL ACADEMY OF SPORTS MEDICINE (NASM) SINCE 2002. MY SPECIALIZATIONS INCLUDE PERFORMANCE/SPORTS NUTRITION, WEIGHT MANAGEMENT, EATING DISORDERS, AND PREVENTION. I EARNED MY BACHELORS OF SCIENCE IN NUTRITION AND DIETETICS FROM SAINT LOUIS UNIVERSITY IN 2002. I RECENTLY MOVED TO COLUMBUS FROM ST. LOUIS WHERE I WAS THE DIRECTOR OF NUTRITION, AS WELL AS A REGISTERED DIETITIAN AND CERTIFIED PERSONAL TRAINER, AT NUTRIFORMANCE AND ATHLETIC REPUBLIC ST. LOUIS FOR 14 YEARS.

## CONTACT US

Email: [coach@accelwell.com](mailto:coach@accelwell.com)  
*Your Coaches are here for you!*

## FOLLOW US



"Accel\_well"



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# JANUARY

## January mammography screening available for all

The Columbus State Employee Wellbeing Program is promoting mammography screenings with the James Mobile Mammography Unit. 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.** The screenings will be held on the Columbus Campus on **Tuesday, January 25, 2023, from 9 a.m. to 4:00 p.m.** in the 11-S parking lot (between Nestor and Mitchell halls). 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, [nbowmang@csc.edu](mailto:nbowmang@csc.edu)



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**Mark Your Calendars!!!**  
**Cougar Challenge 5k**  
**May 4, 2024**

**May the 4th move you!!**  
**Walk/Run &/Donate**



**5K Run Group-** Those interested in warming up for this event or other running events, join us Fridays at 6am by Cup of Joes. Contact: David Millikin: [dmillikin@csc.edu](mailto:dmillikin@csc.edu)



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**FREE Covid 19 Tests**

[COVID.gov](https://www.covid.gov) - [Free at-home COVID-19 tests](#)

# 2024 Financial Wellbeing:

## Preparing you for expected & unexpected changes!

### Financial Tips:

#### Get a Post-Holiday Financial Rehab Strategy

Rather than experience the dread that comes with knowing bills are coming due soon, get proactive with a post-holiday financial rehab strategy plan. Take charge now to regain control over your finances and set a positive tone for the year ahead. Focus on creating a realistic budget, track expenses, and decide on financial goals. Get debt repayment strategies, if needed, from online or community resources like the National Foundation for Credit Counseling, where lots of resources have recently been established online to help you. And don't forget to ask your EAP how they can help! Learn more at [atnfcc.org](https://atnfcc.org).

No one's born with the perfect ability to manage money. But you can change bad habits and build helpful ones to promote financial security.

#### Ways to improve your spending habits.

- Know your income and track your expenses – be as precise as possible.
- Develop a plan for saving money that includes short- and long-term goals.
- Get organized – save receipts, bills and statements. Set up payment reminders.
- Create a budget that accounts for your needs and wants in order of priority.
- Avoid credit card debt and keep a good credit rating. Aim to pay off the balance each month.
- Be a smart shopper – plan, stick to a list and avoid impulse purchases.
- Find ways to save on energy costs, such as switching to more energy-efficient appliances and light bulbs as you replace them and turning things off when you're not using them.

#### BMI Federal Credit Union

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

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

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

# M A T R I X

## TUE JAN 9 **If only: Coping with regret**

3-4pm EST | [Join Here](#)

Do you hold regrets about your past that make it hard to move forward? Join this webinar to learn about regret and how to find peace. We'll also discuss how regret can:

- Open the door to greater self-knowledge
- Help you grow and make better decisions

## THU JAN 18 **Just the way you are: Building a healthy body image**

3-4pm EST | [Join Here](#)

We can be so hard on ourselves. Especially in a world where there's such focus on how we look and what we wear. In this webinar we'll review:

- What goes into body image
- The importance of a healthy body image
- Steps to improve your body image

## THU JAN 25 **Memory improvement for daily life skills**

3-4pm EST | [Join Here](#)

Learn ways to improve your memory and discover the different stages and steps of remembering. We will also discuss how memory works in the brain, the different types of memory, and why you may remember certain things but not others

## WED JAN 31 **Rally Program & Benefits Tools w/ Dr. Nic**

11am EST | [Join Here](#)

Via Teams (click on link at time of session)

## Get Involved with AccelWELL!



THU  
JAN  
25

### 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](mailto:coach@accelwell.com) with questions or for support.*

## Complete this quarter's Quizeo!

Check out this quarter's Quizeo on the portal titled "Myth Busters: Healthy Food is Inconvenient." Complete the Quizeo by 1/31 to be entered into this month's raffle to win a

**\$50 Amazon Gift Card!**

### Welcome to the AccelWELL 3.0 portal & app!

Get ready to achieve your health and wellness goals with the AccelWELL wellness portal! And with our WellSteps companion app, you can have the same portal experience from your mobile device! You can register on a web browser (see directions below), then download the WellSteps app from the App Store or Google Play store to access your portal on the go!

Get started by following the steps below to create your new account.

#### Create your account

1. From a web browser, visit <http://accelwell.com/awlogin/> and select **AccelWELL Portal 3.0**.
  - Tip: Add the website address to your "Favorites" for easy access.
2. Click **Start**.
3. Enter your work associated email address in the username box. Click **Next**.
4. Select your company from the drop-down menu. Click **Next**.
5. Enter the verification code sent to your email. Click **Verify**.
6. Complete the registration page then click **Register**.
7. You will then be directed to complete your **PHA (Personal Health Assessment)**. These questions should take about 10 minutes or less to complete. Once completed, you'll receive your "Health Report Card".

*If you have program questions or need assistance creating your account, please email [coach@accelwell.com](mailto: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](http://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](http://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](mailto: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

### Master Persistence and Stick with Your Resolutions

Persistence—who can deny its essential role in the success of any endeavor? Persistence is your ability to continue to strive toward your goal, completing tasks and overcoming obstacles. Motivation is not the same as persistence. Motivation refers to the inner desire, and it is what fuels persistence. To experience more success, foster persistence.

- 1) Be very clear about your goal so persistence has a vision and target.
- 2) Make your goal achievable, not overwhelming.
- 3) Do not delay tasks needed to accomplish your goal. Delay slows progress, and experiencing slowness can undermine one's desire to persist.
- 4) Avoid negative self-talk, self-doubt, and fear of failure. They too can sabotage your persistence. To fuel persistence, in 2024 laugh in the face of setbacks and embrace mistakes as challenges

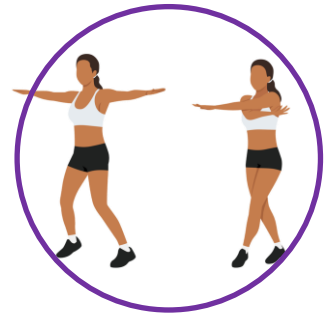


# JANUARY HAPPY NEW YEAR

**Directions:** Start with a quick warmup, then repeat each three-exercise circuit three times. Rest for 60 seconds between each circuit. Cool down with three to five minutes of stretching.

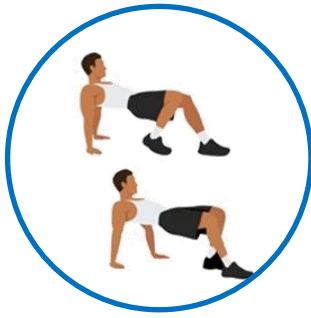
**CIRCUIT 1**

- Bodyweight Squats:** 15 reps
- Plank With Shoulder Taps:** 20 reps
- Cross Jacks:** 45 to 60 seconds
- Rest: one minute



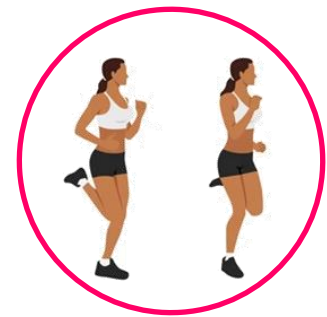
**CIRCUIT 2**

- Reverse Lunges:** 10 reps per leg
- Crab Walk:** 20 reps
- Knees Drive:** 10 reps per leg
- Rest: one minute



**CIRCUIT 3**

- Glute Bridge:** 20 reps
- Dead Bug:** 20 reps
- Butt Kicks:** 45 to 60 seconds
- Rest: one minute



# BACK TO THE BASICS

Experts widely consider sleep, good nutrition, hydration, movement, and stress management crucial to healthy living. While these so-called pillars of good health help keep your body running, they also do wonders for your emotional well-being.

## SLEEP

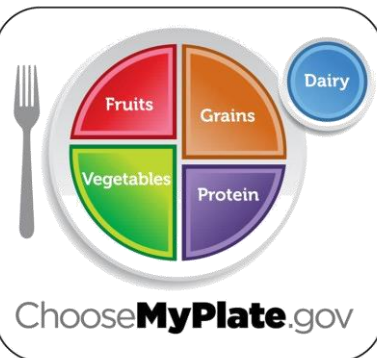
Sleep, like nutrition and physical activity, is a critical determinant of health and well-being. Sleep deprivation can result in physical and mental health effects that influence basic patterns of behavior and can negatively affect well-being as well as relationships.

TIPS to Improve Sleep:



- Sticking to your routine and going to bed and waking up around or at the same time every night – within 1 hour.
- Avoiding the blue light – Use blue light-blocking glasses or avoid using cell phones, watching TV, or electronics 2 hours before bed.
- Avoid alcohol, caffeine, and large meals before bed.
- Make your sleeping space a quiet, dark, cool, calm place to allow for plenty of relaxation and ease for falling asleep at night.

## NUTRITION



Consuming a wide variety of plant foods is one of the best things you can do for your health. Whole foods help balance blood sugar, promote fullness, lower cholesterol and high blood pressure. They also provide variety of vitamins and minerals that can reduce your risk of many diseases. Eating a balanced diet with plenty of fiber-rich plant foods and plenty of water is key.

Set realistic goals you can build on! Food is fuel, and we eat to enjoy the foods that we love to fuel our body. It is important to make changes that are not too drastic or restrictive to our diet that are not sustainable.

## STRESS MANAGEMENT

TIPS TO COMBAT OUR STRESS IN HEALTHY WAYS:



Identifying what is causing our stress to be able to plan how to make improvements to the source.



Get regular physical activity.



Indulge in relaxation techniques such as meditation, yoga, or breathing exercises.



Carving out time for ourselves to enjoy our hobbies or spend time with family and friends.



Getting adequate sleep at night.



Incorporating a healthy diet.



Don't be afraid to ask for help from a counselor or therapist if you feel like you have tried but cannot manage or control your stress.

# HYDRATION

Aim for 3-4 liters per day – Half your body weight in ounces

What else can count toward your water intake?

- High water content foods such as fruits and vegetables (watermelon, celery)
- No sugar added decaf teas, decaf black coffee, juices, milk, smoothies
- Broths



Tips for getting more water in:

- Carry a water bottle around with you throughout the day
- Chose water over sugary beverages while you are out
- Add water enhancers such as no sugar added electrolytes or fruit - lemons, or limes to help improve the taste.

Benefits of adequate water intake:

- Assists in survival of all cells and tissues in the body.
- Regulates your body temperature.
- Enforces good kidney and GI function.
- Promotes healthy joints and skin health.
- Maintain good heart health.



# MOVEMENT

WHY EXERCISE?

- Moving our bodies and exercising can improve our heart, lung, skeletal, mental, emotional, and our overall health! It reduces your risk for developing any chronic conditions in the future.
- Doing a variety of exercises such as aerobic exercise, balance and strengthening exercises can benefit our bodies in different ways.



Walking your dog for 30 minutes a day.



Cardio training: more intense walking, running, cycling, stair stepper, elliptical, rowing, hiking, swimming, dancing, playing sports such as tennis, basketball, soccer

WHAT IF I DON'T LIKE GOING TO THE GYM?

- No problem! Whether or not you don't like going or you have never been, we can move our bodies in a variety of ways.

HOW MUCH SHOULD I EXERCISE A WEEK?

- Current recommendations state that adults should engage in at least 150–300 minutes per week of moderate-intensity exercises, 75–150 minutes per week of vigorous-intensity aerobic physical activity or a combination of both.
- At least 30 minutes to 60 minutes a day of exercise can be crucial to maintaining our health and improving our wellbeing.



Strength training: HIIT classes, weight training,



Yoga, Pilates, barre

For more information on any of these topics, please reach out to us [coach@accelwell.com](mailto:coach@accelwell.com), we're happy to help you reach the new goals you have set for yourself or 2024!

# ACTIVITY OF THE MONTH



## HEALTHY HABIT CHECK-IN

What is the average number of hours of sleep you get each night?

Do you allow mental breaks between tasks during your workday?

Do you feel that you know how to cope with stress? If so, what's your strategy?

Do you have a water bottle with you throughout your day? If so, how many ounces do you drink per day?

How many servings of fruits and vegetables do you typically consume in a day? (1 serving= 1/2 cup)

How often do you eat until satisfied? How often do you eat past the feeling of fullness (being uncomfortably full)? How often do you wait too long to eat (starving)?

How many days a week do you engage in movement for at least 30 minutes?

### SO WHAT NOW?

Which area above do you feel needs the most improvement? Check back to the education pages to see what is a good goal to aim for! Write out a goal you want to set in order to improve in this area.



## Spaghetti Squash + Meatball Casserole

### Ingredients (Serves 4-6)

- 1 spaghetti squash
- olive oil
- 1.5 lbs ground beef
- 1 lb ground turkey
- 2 Tbsp chopped basil
- 1 Tbsp olive oil
- 1/2 onion, finely chopped
- 3 cloves of garlic, finely chopped
- 1 tsp Italian seasoning
- 1 tsp salt
- 1 can tomato sauce
- 2 tomatoes, diced
- 2 eggs

### Instructions

1. Preheat oven to 375°
2. Cut spaghetti squash into quarters and scoop out insides. Drizzle olive oil into cavity of squash and season with salt and pepper. Place into baking dish and bake for 40 minutes.
3. Meanwhile, add olive oil to a clean saute pan and heat on medium. Add chopped onions and cook until tender and starting to brown. Once onions have browned add garlic and cook an additional two minutes, remove from heat.
4. In a large bowl thoroughly combine ground beef, turkey, onions, garlic, basil, and spices.
5. Form meat mixture into small balls about 1.5 inches in diameter. Add an additional 1/4 oil to clean pan and heat. Add meatballs into pan and cook, not turning meat over until it has started to brown, otherwise you risk it sticking to the pan. Brown meatballs on each side cooking them all the way through. Set aside.
6. Once squash is done, scoop out sides into a large bowl. Add tomato sauce, chopped tomatoes and eggs to bowl. Toss to combine thoroughly.
7. Grease a ramekin with additional oil and add mixture into them Place 2-3 meatball into squash mixture. Bake for 35 minutes.

source: [www.thewholesmiths.com](http://www.thewholesmiths.com)



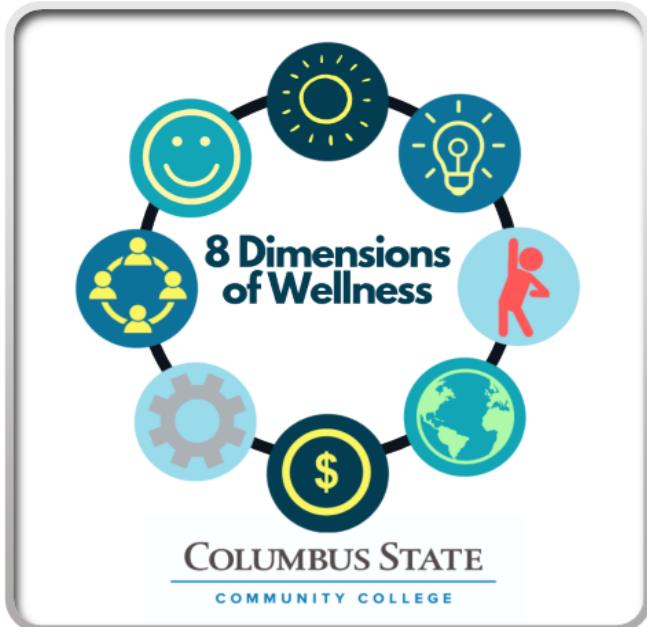
### Did you know you can roast any type of winter squash seed, not just pumpkin?

- Squash seeds are a great source of fiber. A quarter cup of squash seeds contains 4 grams of fiber.
- The seeds from squash are rich in vitamins and minerals like vitamins A & C, folate, potassium, calcium and iron.
- Salt and oil are just the beginning. There are many spice combinations for roasted squash seeds like rosemary garlic and cinnamon sugar!
- After harvesting your seeds, rinse then let them dry. Once dry, toss with olive oil and your desired seasonings then roast at 350° for 20 minutes, stirring occasionally.



# 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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