

Cougars Wellbeing Newsletter

January 2026 | Issue 65

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**DECEMBER
RAFFLE WINNER:**

Bento Lunch Box
Helen Baker

Congratulations!

JANUARY



HAPPY NEW YEAR

As we welcome 2026, we invite you to pause and reflect on 2025, what you've accomplished, and what you're ready to release. The new year provides an opportunity to let go of habits, pressures, or expectations that no longer serve you. You can reconnect with what truly supports your wellbeing, purpose, and growth. Thank you for the care, resilience, and humanity you bring to your work and to one another. May the year ahead offer clarity, stability, and renewed energy for what matters most, both at work and beyond.

Your feedback is important to us so continue to communicate with us through *wellbeing* @csc.edu about your wellbeing interests. There are more exciting wellbeing activities on the horizon.

Remember, **HR SUPPORTS YOUR **SUCCESS.****

Dr. Nic



Cervical Health Awareness Month

Screening can prevent cancer. Regular screening tests—Pap and HPV tests—can help find problems early and prevent cancer from developing. It's fast, easy, and saves lives. #endHPVcancer #paptest #cervicalcancer #cancerscreening

<https://www.nccc-online.org>

[Cervical Cancer Awareness | Cancer | CDC](#)

[Check-Up: Top 5 things to know about Cervical Cancer | Cleveland Clinic](#)

Visit the CSCC Wellbeing webpage for more resources and to stay connected:

[Wellbeing | Columbus State Community College](#)

Reminder of Wellbeing Resources (Explore these websites!!)



[Employees – Matrix](#)



[Member Area - CancerBridge](#)

(user: columbusstatecommunitycollege; password: mycancerbridge)

TUE
JAN
27

Financial Wellbeing Seminar

Retirement Income-Voya Financial Services, Barnett McGowan, JD

12:00 pm | Link to join: [Join the meeting now](#)



Reminder to employees and spouses/domestic partners on UHC health coverage: participation in the Wellbeing 360 Engagement Program is necessary to maintain paying 20% of healthcare premium. (2 activities to complete by JUNE 30, 2026) (The Engagement Program does not apply to employees who are members of CSEA or Teamsters.)

Details: [Wellbeing 360 | Columbus State Community College](#)

Get Involved with AcceIWELL!

THU
JAN
22

Virtual 1-on-1 Health Coaching
10:00am – 3:00pm
Wellbeing 360 Rewards Program Eligible



HOW TO SIGN UP:

From your AcceIWELL 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 click the blue **R**. Select your reminder preference, enter your preferred phone number in which to be reached for your telephonic session, and select a timeslot that best works for you. Lastly, click **Register**.

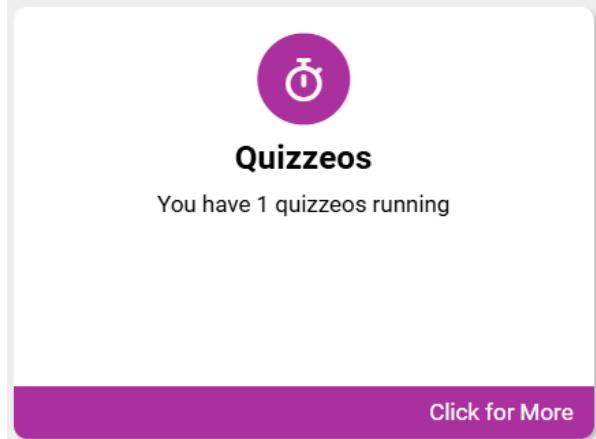
After signing up for a time, your Coach will call you at the number you provided when registering.



This month, earn entry into a raffle to win a light therapy lamp for participating in virtual 1-on-1 Health Coaching!

New Quizzeo now available: The Power of Thoughts

Visit your [portal](#) dashboard and explore our latest Quizzeo—an interactive journey into the power of your thoughts and the influence they hold. Complete it today to uncover how you can reshape the way you view your life, challenge negative thinking, and embrace a more positive mindset.



WORKOUT OF THE MONTH

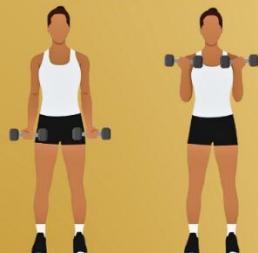
POWER INTO THE NEW YEAR

Jumpstart your new year with this fitness challenge! Complete this workout 1-2 days every week during January & work on building consistency.

JANUARY 2026

1. INCLINE TREADMILL WALK

Walk at an incline of 4%-10% for 10 minutes.



2. BICEP CURLS

Use a light to moderate set of dumbbells. Perform 3 sets of 10 reps - rest for 20 seconds between sets.



NO DUMBBELLS?
NO PROBLEM!
HOUSEHOLD ITEMS
LIKE CANNED
GOODS, WATER
JUGS, LAUNDRY
DETERGENT
BOTTLES, OR FILLED
BACKPACKS MAKE
GREAT
ALTERNATIVES.

3. WEIGHTED SQUATS

Use a moderate to heavy dumbbell. Hold a single weight close to your chest with both hands, feet shoulder-width apart. Perform 3 sets of 20 reps - rest for 45 seconds between sets.



4. SHOULDER PRESS

Use a light to moderate set of dumbbells. Perform 3 sets of 10 reps - rest for 20 seconds between sets.



5. DUMBBELL DEADLIFT

Use a moderate to heavy set of dumbbells. Hinge at your hips, lower the weights toward the floor, then stand tall. Perform 3 sets of 20 reps - rest for 45 seconds between sets.



LIFELONG LEARNING

Learn. Evolve. Thrive.

How can this benefit us?

Find meaning and purpose

With age often comes a desire for deeper purpose and meaning. Having something new to learn or master can become the spark that gets us excited for each day. Setting goals for growth and self-improvement refreshes motivation and helps us reconnect with a sense of possibility.

Accept and adapt

Learning something new often comes with a few failures or missteps, but those moments push us to adjust, adapt, and grow. This mindset carries into everyday life, equipping us with new skills and perspectives to handle challenges and solve problems with confidence.

When we think of learning, we often picture school, complete with teachers, textbooks, and exams. But learning extends far beyond the classroom, offering endless opportunities to grow even after we enter the workforce.



THE POWER OF LEARNING



CRITICAL THINKING

Strengthens the ability to analyze information and make thoughtful, informed decisions with clarity and confidence.



CREATIVITY & INNOVATION

Sparks fresh ideas and new ways of thinking, fueling imagination, problem-solving, and innovation.



SOCIAL IMPACT

Transforms learning into action by inspiring people to support their communities, advocate for others, and contribute to a collective growth.



BRAIN HEALTH

Stimulates neural connections and keeps the mind active, helping improve memory, focus, and cognitive longevity.



GLOBAL PERSPECTIVE

Expands awareness of different cultures, viewpoints, and experiences, leading to a deeper understanding of the world.

Keep Learning, Keep Growing!

SIMPLE STRATEGIES FOR LIFELONG LEARNING

READING

Reading is one of the most enduring ways to learn. It supports critical thinking, sharpens analytical skills, builds vocabulary, and helps reduce stress. Whether for enjoyment or education, reading encourages meaningful mental growth.



Reading for pleasure:

Think romance, mysteries, or other forms of fiction. This type of reading has more social implications, giving you tools to navigate new social situations.



Reading to learn:

Non-fiction books take up most of this category. This is where your analytical and critical thinking skills are pruned and developed.

LISTENING TO PODCASTS



Podcasts have become increasingly popular in recent years and offer a convenient way to learn new things, even on a busy schedule.

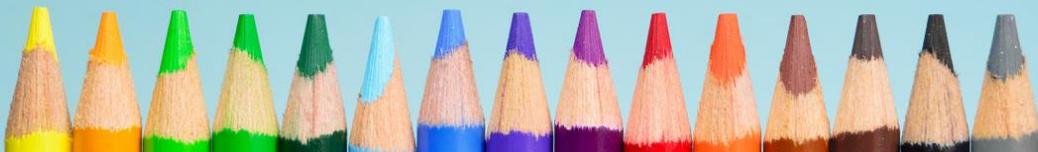
Instead of listening to music on your drives around town - or during your workday, try one of the following top podcasts:

- [The Diary of a CEO with Steven Bartlett](#) - experts in a wide range of fields are brought on to share their insights and lessons learned.
- [Stuff You Should Know](#) - the hosts Josh and Chuck walk listeners through a wide range of topics from history to LSD.
- [Freakonomics Radio](#) - despite its name, this podcast focuses on more than money, with episodes talking everything from bananas to human behavior.



According to a 2023 Pew Research study, roughly 49% of Americans have listened to a podcast in the last 12 months. Of these, there are 55% who do so to learn something.

ACTIVITY OF THE MONTH



Lifelong Learner Starter Pack

Reading books and listening to podcasts are great ways to start on your learning journey. Using the table below, find three books that you would like to read by the end of the year. Similarly, find five podcasts that you think you would enjoy listening to that offer an opportunity to learn about something new.

	Book Title	Check When Completed
1		
2		
3		
	Podcast Title	Check When Completed
1		
2		
3		
4		
5		



ORANGE CHICKEN STIR FRY

Ingredients (Serves 4)

- ½ cup fresh orange juice
- 3 tablespoons soy sauce
- 3 cloves garlic, chopped
- 1 tablespoon grated orange zest
- 1 teaspoon ground ginger
- ½ teaspoon red pepper flakes (Optional)
- 3 tablespoons vegetable oil
- 4 skinless, boneless chicken breast halves, thinly sliced
- ½ cup chicken broth
- 2 tablespoons cornstarch
- 1 (16 ounce) package frozen stir-fry vegetables
- 1 cup sugar snap peas
- 1 cup broccoli florets
- 1 cup sliced carrot



Instructions

1. Stir orange juice, soy sauce, garlic, orange zest, ground ginger, and red pepper flakes together in a bowl until thoroughly combined.
2. Heat oil in a large skillet or wok over medium-high heat. Cook and stir chicken and orange juice mixture in the hot oil until the chicken is no longer pink in the middle and the juices run clear, 7 to 10 minutes.
3. Whisk chicken broth and cornstarch together in a small bowl; stir into the chicken and sauce mixture in small amounts until sauce has thickened to your liking.
4. Mix stir-fry vegetables, sugar snap peas, broccoli, and carrot into the chicken and sauce mixture; cook and stir until the vegetables are slightly softened, another 7 to 10 minutes.

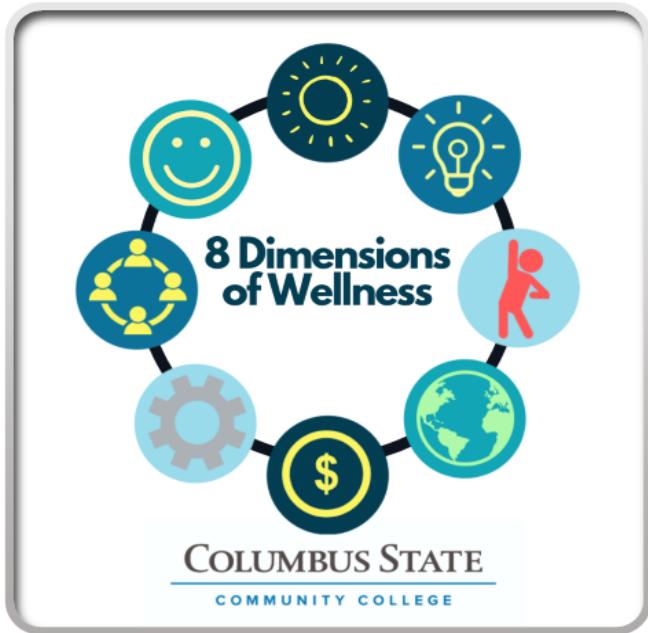
[Orange Chicken Stir Fry Recipe](#)

ORANGES ARE A VIBRANT WINTER SEASONAL FRUIT, REACHING PEAK SWEETNESS AND JUICINESS DURING THE COLDER MONTHS. PACKED WITH IMMUNE-BOOSTING VITAMIN C, FIBER, AND ANTIOXIDANTS, THEY HELP FEND OFF SEASONAL COLDS, SUPPORT HEART HEALTH, AND AID DIGESTION. THEIR NATURAL SWEETNESS MAKES THEM A REFRESHING, LOW-CALORIE SNACK THAT BRIGHTENS UP WINTER DAYS WHILE NOURISHING YOUR BODY.



Your Wellbeing Advisory Committee:

Nichole Bowman-Glover, PhD, Wellbeing Benefits Analyst



Tommy Tucker, Mitchell Hall

Vena Hill, Human Resources

Jason Love, Human Resources

Yvette Johnson Veterinary, Imaging & Surgical Technology Department

Terrence Lawrence, Inclusive Advising Innovation

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.

We'd love to connect with you on [LinkedIn](#) & [Instagram](#)!



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