

Cougars Wellbeing Newsletter



COLUMBUS STATE
COMMUNITY COLLEGE

JANUARY 2022 | Issue 17

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Vegan Stuffed Bell Peppers
Pack in the veggies with this meal! (P. 11)

**DECEMBER
RAFFLE WINNER:**

\$25 Amazon Gift Card

**Alyssa Libby
&
Therese Davenport**
CONGRATULATIONS!

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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					

List your top three goals for the month below.

#Goals

1)

2)

3)

Goal Tracker



	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	W	T	F	S	S	M
	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																															

notes



Healthy Habits to Try this Month

- Recharge from the holidays and take 5 minutes for yourself each day.
- Cut back on eating out and pack your lunch for work.

January

List of upcoming information

New Year New You!!

Happy New Year! I hope that 2022 brings you joy and blessings. This new year is an opportunity for us to explore the Eight Dimensions of Wellbeing and pick at least one to focus on this year.

1. Be reasonable-choose something you want to change (not what you think others want)
2. Set realistic goals/small steps (daily, weekly, bi-weekly, etc.)
3. Find a support-accountability partner(s) to help stay on track
4. Prepare for set backs-learn from your mistakes
5. Write it down-record your commitment.

To get started, complete the activity of the month on page 10 of your newsletter!

As a reminder, here are the

Eight Dimensions of Wellbeing

1. **EMOTIONAL**—Coping effectively with life and creating satisfying relationships
2. **PHYSICAL**—Recognizing the need for physical activity, diet, sleep, and nutrition
3. **FINANCIAL**—Satisfaction with current and future financial situations
4. **SOCIAL**—Developing a sense of connection, belonging, and a well-developed support system
5. **SPIRITUAL**—Expanding our sense of purpose and meaning in life
6. **OCCUPATIONAL**—Personal satisfaction and enrichment derived from one's work
7. **INTELLECTUAL**—Recognizing creative abilities and finding ways to expand knowledge and skills
8. **ENVIRONMENTAL**—Good health by occupying pleasant, stimulating environments that support well-being

Source: Substance Abuse and Mental Health Services Administration SAMHSA

Which one do you want to tackle this year?

Please take advantage of the wellbeing resources/activities/opportunities offered to “ALL” of our employees. Join our “Cougars Living Well” group on Teams to stay updated. Download the AccelWell App. I’m always here to support you during your wellbeing journey!

Blessings in 2022,

Dr. Nic

EVENTS

THU
JAN
20**Mammography screening coming to campus (Rescheduled):****Location: The 11-S Parking Lot (between Nestor & Mitchell Halls)****9:00am – 4:00pm**

The Columbus State employee wellbeing program is promoting mammography screenings with the James Mobile Mammography Unit. The screenings are open to all employees and will be held on the Columbus Campus in the 11-S parking lot (between Nestor and Mitchell halls). To set up an appointment, call the Mobile Mammography Department at **800-240-4477**. Medical coverage information or payment information will be requested when making an appointment.

WED
JAN
26**Rally Coins & Health Benefits Session****Starts 1:00pm EST**

Nichole Bowman-Glover, Wellbeing Benefits Analyst will review the Rally Coin program for those who are on United HealthCare. Remember the Rally coin cycle runs from July 1, 2021 through June 30, 2022. The coins apply to employees on the health plan and covered spouses. Jason Love, Benefits Analyst, will review benefits and address any questions



Special Note: This cycle July 1, 2021-June 30, 2022 8 coins.

If you have questions
contact Nichole.

[RallyBenefitsSession](#)

(click the link to join)

WED
JAN
26**Prudential Seminar:****Budgeting and Emergency Savings****11:00am-12:00pm EST presented via WebEx**

- Taking an in-depth inventory of your finances
- Setting up and fine-tuning your budget
- Finding ways to save more and create an emergency fund



[Click Here to Register!](#)

THU
FEB
3**Virtual Panel Presentation****Positive Coping Strategies IV: Promoting Self-Love & Self-Care****Starts 2:00 pm EST – Register Via Cornerstone**

Tri-C® Network of Women and Columbus State Community College Women's ERG invite you to a virtual presentation. All gender identities welcome!

Featuring: Mary Lewis, Ph.D., Professor, Psychology, Columbus State Community College & Toni Pickens, Ed.D., Counselor/Assistant Professor, Cuyahoga Community

Objectives:

- Foster mental and emotional self-awareness
- Learn strategies for managing stress and anxiety
- Connect to online and community-based resources

WED
FEB
9**Prudential Seminar:****What You Should Know About Life Insurance****11:00am – 12:00pm EST presented via WebEx**

- Do you need life insurance
- Types of life insurance
- How much coverage is enough

If you have a question or concern, please contact us at Pathways@prudential.com or 844-5928993.

THU
JAN
27

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 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!

Win a Yoga Starting Kit!

Complete the activity of the month in your monthly newsletter and submit a copy to coach@accelwell.com

Deadline to submit is 1/31/22.

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.

Cougar Challenge 5k May 7, 2022

[Columbus State Cougar 5K Challenge \(runsignup.com\)](https://www.runsignup.com)

Lets lace up those shoes and prepare to get moving!!



Reminders

Employee Resources

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.

Matrix Online Resources

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)

Recreational Cooking Classes and More

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

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 contacts for meeting information:

African/African American - Royce Carpenter & Michelle Baker

Caregivers - Melissa Lamar

Faith in Parenting - Debbie Strain

LGBTQIA+ - Michael Hicks, George Johnson, Katina Fitch

Womens - Crystal Clark & Kelly Hogan

Workout of the Month

Try a ladder workout this month! A "ladder" is a method of training where you perform one or more exercises with an ascending and descending repetition pattern. In the workout below, you'll start at the top of the list and add on the next exercise each successive round. For example, begin Round 1 with 10 jumping jacks. Then for Round 2, complete 10 jumping jacks + 9 crunches. Round 3, complete 10 jumping jacks + 9 crunches + 8 mountain climbers. Round 4, 10 jumping jacks + 9 crunches + 8 mountain climbers + 7 squats. And so on and so forth until you reach the final round that includes all exercises! Challengers – once you reach the top of the ladder, descend the ladder by completing all exercises again in reverse order, then removing an exercise each round until you finish with only 10 jumping jacks.

10 Jumping Jacks



9 Crunches



8 Mountain Climbers



7 Squats



6 Tricep Dips



5 Lunges (each leg)



4 Hip Bridges



3 Push Ups



2 Burpees

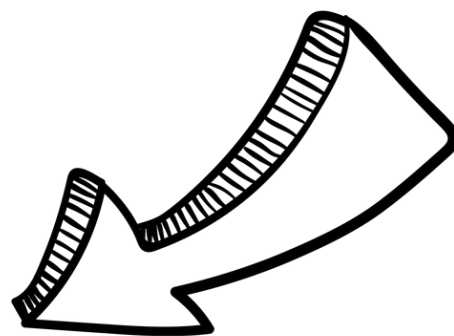


1 Minute Plank



Proper form is crucial to prevent injury when performing any physical activity. If you have questions, please email coach@accelwell.com. 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.

AccelWELL 2.0 REFRESHER



*Your holistic
resource for
health & wellness!*

Your Wellness Portal & App

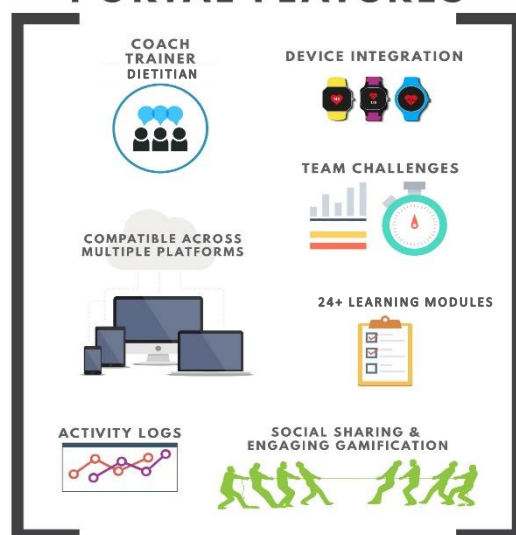
Your AccelWELL wellness portal and app offers a user-friendly experience to help guide you on your road to wellness. Detailed instructions for registering your account are available in your official 2022 Program Guide. Go register today if you haven't already!

Personal 2.0 Portal Access Includes:

- Learning Modules
- Health Library
- Secure message Center
- Exercise Tracking
- Step Tracking with Device Integration
- Mobile Companion App
- Inspiration
- And so much more!



PORTAL FEATURES



Utilize Your Health Coach Today!

Your AccelWELL Health Coaches are a completely free accountability resource for you to tap into for continual guidance and support. They are trained to help you develop positive lifestyle habits and behaviors that will aid you in achieving your health and wellness goals. Our health coaches also have additional qualifications in nutrition, dietetics, nursing and/or fitness instruction to help you in various aspects of your wellbeing. Please note, coaching is completely voluntary and confidential. Your AccelWELL coaches are available at your convenience. Contact a coach through the Message Center on your new 2.0 Portal, or by emailing coach@accelwell.com today!



Here are just a few ideas of how to utilize a Coach:

- Discussing stress management and work life balance strategies
- Developing a meal plan that fits your health needs
- Creating a workout that fits your schedule and health goals
- Consult with a registered nurse regarding biometric testing results
- Tobacco cessation support
- Your personal resource for all health and wellness questions!

Confidential Health Coaching

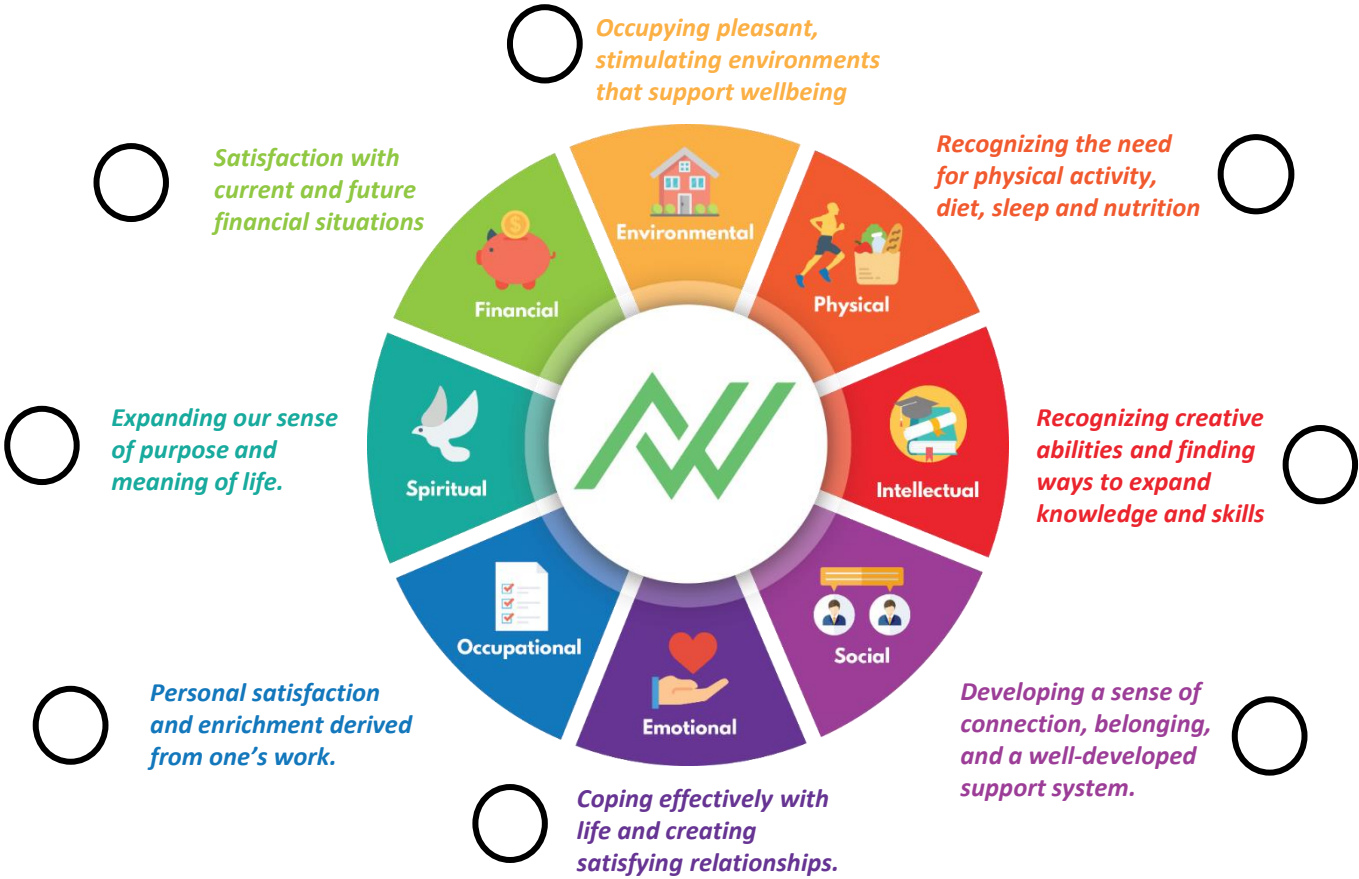
To schedule an appointment with a health coach:

1. Sign in to your 2.0 account from a computer or your "Healthy Path" app
2. Select **Coaching** on the navigation bar at the top of the homepage.
3. Select **Appointments**, then **Request an Appointment** from the drop-down menu
4. Fill in the prompts, then select **Send Request**.
 - Keep in mind the following:
 - A standard coaching session is 20 minutes.
 - Individual Coaching available Monday – Friday, 8:00a – 4:00p.
 - Saturdays and Sundays are not available for coaching.

Activity of the Month

There are a variety of factors, aka “dimensions,” that contribute to our overall wellbeing. How we prioritize each dimension’s importance will continuously evolve throughout our lifetime. Use this activity to explore your current standards of wellness. Rank each dimension in the wellness wheel below according to importance (1 = most important; 8 = least important). Then in the box below create a SMART Goal to work towards in 2022 for your top two most important dimensions. Keep in mind, a SMART goal is Specific, Measurable, Achievable, Relevant and Time-oriented. *Let’s Discover Your Balance* in 2022!

Upon completion, submit a copy or picture and your name to coach@accelwell.com by 1/31/22 to enter the raffle for a Yoga Starter Kit (contains: yoga mat, block and strap).



Wellness Dimension	S.M.A.R.T. Goal
1. _____ → _____	_____
2. _____ → _____	_____

THE DISH:

Meal Planning AccelWELL Style



Vegan Stuffed Bell Peppers

Ingredients (Serves 6)

- $\frac{3}{4}$ cup whole grain brown rice, uncooked
- 6 medium bell peppers, any color
- 2-3 tablespoons olive oil
- 2 small onions, diced
- 1 cup Crimini mushrooms, sliced
- 2 small carrots, sliced
- 1 small zucchini, cubed
- $\frac{3}{4}$ cup fresh parsley, leaves picked and finely chopped
- $\frac{3}{4}$ cup tomato purée
- Salt & pepper, to taste
- A pinch of chili powder



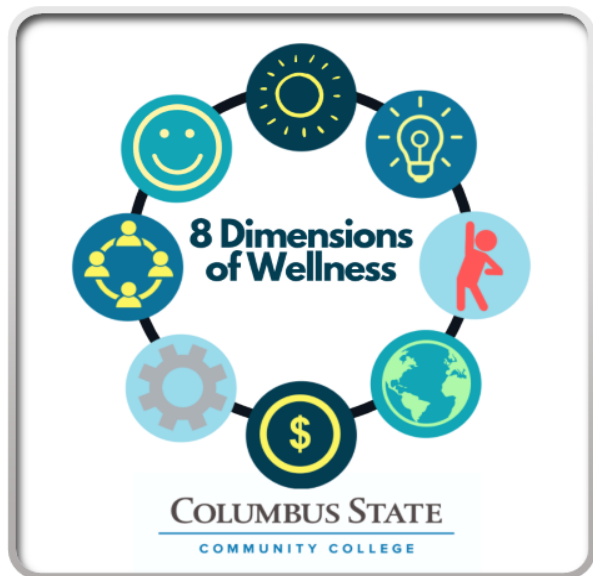
Source: <https://www.aheadofthyme.com/>

Instructions

1. Preheat the oven to 425 °F.
2. In a small pan bring a salted water to a boil over medium heat and cook the rice according to the package instructions. Drain on a colander and set aside.
3. Cut off the tops of the bell peppers ("lids") and set aside. Scoop out the inside and discard the seeds. Wash the peppers carefully and set aside.
4. In a large pan heat olive oil, add onion and sauté for 2-3 minutes until soft. Add the mushrooms and sauté for a further 5-8 minutes. Add carrots and zucchini, sauté, stirring occasionally for 5 minutes. Remove from the heat. Add cooked rice, $\frac{1}{2}$ cup parsley, tomato purée, and stir until well combined. Season to taste with salt, pepper and a pinch of chili powder.
5. Divide the mixture between the peppers and place the "lids" on top.
6. Place the stuffed peppers in a greased baking tray. Bake for 20-25 minutes, until slightly brown on the edges.
7. Sprinkle remaining parsley on top and serve.

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, Student Central

Jason Love, Human Resources

Jackie Miller, Nursing Department

Justin Grote, Admissions Department

Darien Velasquez, Marketing & Communications

Jolene Broshious, Equity & Compliance

Yvette Johnson Veterinary, Imaging & Surgical
Technology Department

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..

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