

Cougars Wellbeing Newsletter

JULY 2022 | Issue 23

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Red, White & Blue Caprese Salad
Try this festive side dish at your next cookout! (Page 12)

JUNE
RAFFLE WINNERS:
Resistance Bands

Nicholas Hardin
Erica Russell-Averette

CONGRATULATIONS!

JULY

Health Observances & Virtual Classes

<p>Minority Mental Health Awareness Month</p> <p>National Alliance on Mental Illness (NAMI)</p> <p>https://www.nami.org/Get-Involved/Raise-Awareness/Awareness-Events/National-Minority-Mental-Health-Awareness-Month</p>	<p>Park and Recreation Month</p> <p>National Recreation and Park Association</p> <p>https://www.nrpa.org/events/july/</p>	<p>Juvenile Arthritis Awareness Month</p> <p>Arthritis Foundation</p> <p>https://www.arthritis.org/juvenile-arthritis</p>
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S	MON	TUES	WED	THUR	FRI	S
Take advantage of the Virtual Class opportunities this month provided by Cerner Solutions in partnership with AccelWELL. select the link to join the live class the day of the event! A recording is available after the event by request only.						
					1	2
3	4	5	6	7	8	9
10	11	<p>Class: Breastfeeding Basics</p> <p style="text-align: center;">1:00 pm EST</p>	12	13	14	15
17	18	19	20	<p>Class: Burnout and Self-Care</p> <p style="text-align: center;">1:00 pm EST</p>	21	22
24	25	26	27	<p>Class: Training for your first 5K/10K race</p> <p style="text-align: center;">1:00 pm EST</p>	28	29
31	<i>*Event times are subject to change</i>					30

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Contact Us

Email: coach@accelwell.com

Your Coaches are here for you!

JULY

July Marks Halfway through 2022!

Now is a good time to reflect on where you are with your 2022 goals. Examine the 8 dimensions of wellbeing: physical, emotional, financial, occupational, social, intellectual, environmental and spiritual. How are you in these areas? Any room for improvement? Take advantage of your wellbeing resources. It's time to Reset, Recharge & Refocus!!


Dr. Nic

Matrix Tip

Managing Workplace Stress

1. Planning your day the night before;
2. Go to bed early and wake up earlier;
3. Eating lightly but properly in the morning;
4. Arriving to work earlier and
5. Recording whether you feel more control over your day. If you connect this routine with a more positive day, you are more likely to make it a habit that will help you manage stress better and enjoy your job.

Source: The Matrix Monitor



You can register for webinars or view archived webinars through your member login at:

www.matrixpsych.com

To Register

1. Go to:
<http://www.matrixpsych.com/Employee-Assistance-Programs/Employee-Resources.aspx>
2. drop down to your company name
3. click on the "Work & Family Resources" link to register

2022 Financial Wellbeing: Preparing you for expected & unexpected changes!

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 \(bmifcu.org\)](http://Columbus State Community College (bmifcu.org))

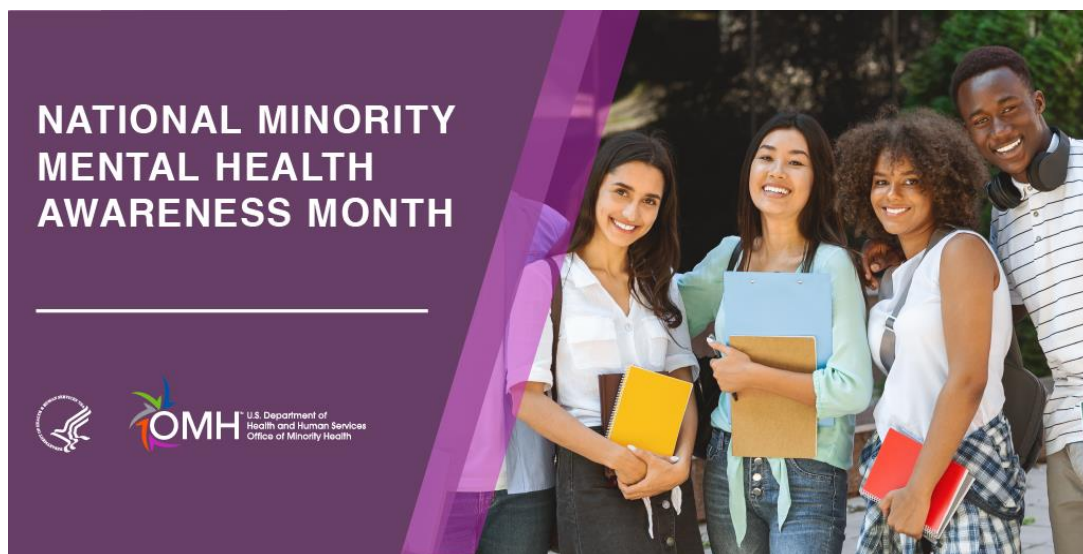
Month of July

The 988 Suicide & Crisis Lifeline and National Maternal Mental Health Hotline

Beginning July 16, [988](#) will become the new three-digit number for the [National Suicide Prevention Lifeline](#). The Lifeline will provide 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.

Additionally, many women feel sad, anxious or overwhelmed during their pregnancy and even after the baby is born. For some women, these emotions may continue for months. The Health Resources and Services Administration (HRSA)'s new [National Maternal Mental Health Hotline](#) provides real-time emotional support, encouragement, information, and referrals. Pregnant and postpartum women can call or text **1-833-9-HELP4MOMS (1-833-943-5746)** to get the help and resources they need.

Source: (US Department of Health and Human Services: Office of Minority Health)



During the month of July, we take time to bring more awareness to the unique challenges that racial and ethnic groups face dealing with mental illness. The cultural stigma and lack of access to care continue to be major obstacles. We continue to share resources that will assist Columbus State Community College employees.

(Note the resources are listed in this newsletter).

[National Minority Mental Health Awareness Month \(hhs.gov\)](https://www.hhs.gov)

United Health Care: Summertime Health

[UAW: Summertime Health \(brainshark.com\)](https://brainshark.com)

WED
JUL
20

Rally Coins/Benefits Session

12pm 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, 2022 through June 30, 2023. The coins apply to employees on the health plan and covered spouses. Jason Love, Benefits Analyst, will review benefits and address any questions.



New cycle July 1, 2022-June 30, 2023 8 coins. If you have questions, contact Nichole.

[Rally.BenefitsSession](#)

(click the link to join)



CancerBridge

THU
JUL
21

Virtual Support Series:

Family history of cancer – What does it mean for you?

11am EST

Join us for conversation with cancer genetics expert, Pamela Brock, MS, LGC on what we should know about a family history of cancer and what to do next.

<https://my.demio.com/ref/nUOuTnBKtSCWCJV1> (register)

THU
JUL
28

Men's Health

Making You a Priority

12pm EST

Join us for a conversation with Tony Palmer, HR Coordinator Employee Experience, about the challenges men face with taking care of themselves and simple self care. Feel free to bring a male colleague to this virtual event.

[MensHealth](#) (click link to join)

THU
JUL
28

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.



AccelWELL Event

Raffle Opportunity!

Win Liquid IV (2 winners)

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

Deadline to submit is 7/31/22.

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.

Reminders

Wellbeing 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 (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://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+ ERG - Michael Hicks, George Johnson-Gamm, Katina Fitch

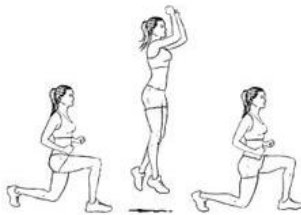
Womens - Crystal Clark & Kelly Hogan

Workout of the Month

FIREWORK-out

Feel the burn with this explosive workout of the month! Complete this series once through, 2-3 days per week. Challengers: Complete this series twice through, 5 days per week!

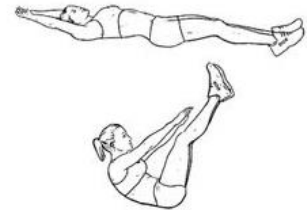
1



Explosive Jumping Alternating Lunges

3 sets · 12 reps · 30 sec rest

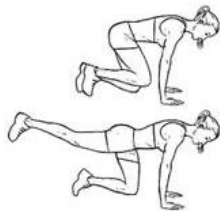
2



Jackknife Sit-up

3 sets · 10 reps · 45 sec rest

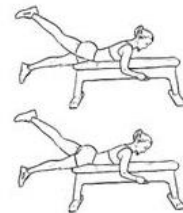
3



Donkey Kicks

60 reps

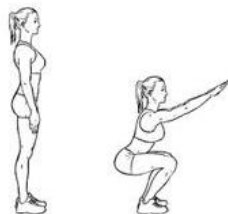
4



Bench Flutter Kicks

3 sets · 40 reps · 45 sec rest

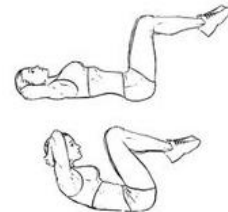
5



Air Squats

50 reps

6



Double Crunches

100 reps

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.

THE IMPORTANCE OF HYDRATION

Drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood.

10 Reasons Why Hydration is Important:

1

Improved Brain Performance

Even mild dehydration—as little as 2% fluid loss—can affect memory, mood, concentration, and reaction time. Adding just a few glasses of water to your daily intake can have a positive effect on cognition, stabilize your emotions, and even combat feelings of anxiety. This is especially important for older adults who are at higher risk for both dehydration and impaired cognitive function.

2

Digestive Harmony

Your body needs water in order to digest food properly. Without enough, you may experience irregular bowel movements, gas, bloating, heartburn, and other discomforts that can hurt your quality of life. Increasing your fluid intake may help get things moving in the right direction again. It aids in breaking down soluble fiber from your diet to keep your digestion process on track. Mineral water is especially beneficial—look for products enriched with sodium, magnesium and potassium.

3

More Energy

Dehydration can slow down circulation and affect the flow of oxygen to your brain. A lack of fluids can also cause your heart to work harder to pump oxygen all throughout your body. All of that expended energy can make you feel tired, sluggish, and less focused. Simply by drinking more H₂O, you'll prevent dehydration and have more pep to get you through the day.

4

Weight Loss/Management

Since it provides a sense of fullness, water can help you feel satisfied in between meals—instead of heading to the snack cupboard. It can also help boost your metabolism. One study of women with excess weight found that drinking additional glasses of water before each meal resulted in substantial reductions in body weight, body mass index, and body composition. According to another 2016 study, adults who upped their water intake by just 1% consumed fewer calories. They also reduced their overall intake of sugar, cholesterol, sodium, and saturated fat.

5

Decreased Joint Pain

Did you know the cartilage in our joints contains approximately 80% water? Staying hydrated helps your joints stay well-lubricated, which helps reduce friction by creating more of a "cushion" between the bones. Less friction means smoother-moving joints and fewer aches and pains.



Better Temperature Regulation

Research shows that when you're dehydrated, your body stores more heat. This in turn lowers your ability to tolerate hot temperatures. Drinking plenty of water helps you produce sweat when you're overheated during activity, which in turn cools your body down. This built-in cooling mechanism is critical in preventing heat stroke and other potentially deadly heat-related conditions.

6

Kidney Stone Prevention

Kidney stones are clumps of mineral crystals that form in the urinary tract. If you've ever experienced one, you know how painful they can be. Consuming adequate amounts of water each day can help dilute the concentration of minerals in your urinary tract and make stones less likely. Water also helps flush harmful bacteria from your bladder and can aid in preventing urinary tract infections (UTIs).

7

Healthier Heart

Your blood is made up largely of H₂O. When you don't drink enough glasses of water, it becomes concentrated, which can cause an imbalance of vital minerals (electrolytes). These minerals, like potassium and sodium, are key to the proper functioning of your heart.

8

Improved Detoxification

Sufficient water intake supports your body's natural detoxification systems, which remove waste and harmful substances through urination, breathing, perspiration, and bowel movements. Supporting your own powerful, built-in detox processes can help enhance your overall health.

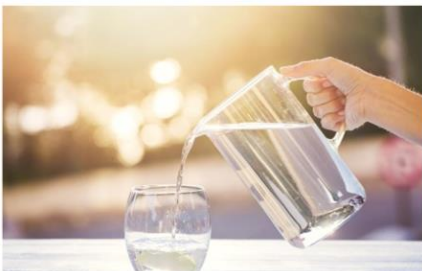
9

Fewer Headaches

Even a mild fluid loss can cause the brain to contract away from the skull, leading to headaches and migraines in some individuals. Being consistently well-hydrated may help keep head pain in check.

10

How Much Water Do You Need?



If you want to prevent dehydration, it's as easy as incorporating more water and water-rich foods into your diet. Eight cups a day is an easy rule to remember and a good general target. You can also use the body weight formula: drink 0.5 ounces for every pound you weigh. For example, if you weigh 150 pounds, aim to drink 75 ounces of water each day.

First/Last Name & Organization: _____

Activity of the Month

Its important to stay hydrated to help the body function properly. However, water intake can vary depending on lifestyle, weather, size/body-type, day-to-day activity, and more. For this month’s activity, use the equations below to calculate the recommended ounces of water you should drink each day. Convert your total ounces to cups of water. Then track every 8 ounces you drink by crossing off a water glass below. At the end of the week compare your actual intake to the recommended amount from your calculation.

1. To determine your recommended daily intake of fluid ounces, drink half an ounce of water for each pound you weigh.

EQUATION: Your weight (lbs) x 0.5 = Total Ounces Daily

(*One cup of water equals 8 fluid ounces)

2. To determine your total cups of water per day, divide your total daily ounces by 8.

EQUATION: Total ounces (calculated from above) ÷ 8 ounces = Total cups of water

(*You can also use the “general rule of thumb” formula below)

General rule of thumb: **Female:** 11 cups water (8oz) **Male:** 15 cups water (8oz)

Record your totals here. _____ oz / _____ cups

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

How many days out of the 7 did you hit the amount of ounces/cups you calculated from the formula above? _____

Continue to strive for that total fluid ounce intake to stay hydrated! #AccelWELL!



The Dish:

Healthy Recipes Curated By AccelWELL

Red, White & Blue Caprese Salad

Ingredients (Serves 4)

- 1 pint blueberries
- 2 pints cherry tomatoes
- Fresh basil
- Balsamic vinegar
- Olive oil
- Salt and pepper
- Firm buffalo mozzarella cheese

Instructions

1. Wash blueberries and cherry tomatoes and drain well in a colander. Half cherry tomatoes and toss in a serving bowl with blueberries, set aside.
2. Slice mozzarella cheese into $\frac{1}{4}$ or $\frac{1}{2}$ " slices and then cut into small stars with a cookie cutter.
3. Top the tomatoes and blueberries with the star cheese.
4. Tear fresh basil over-top and drizzle with olive oil and balsamic.
5. Season with salt and pepper and serve immediately.



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

Need to HYDRATE but bored with water?

Aim to incorporate some of the most hydrating fruits and veggies into your day!

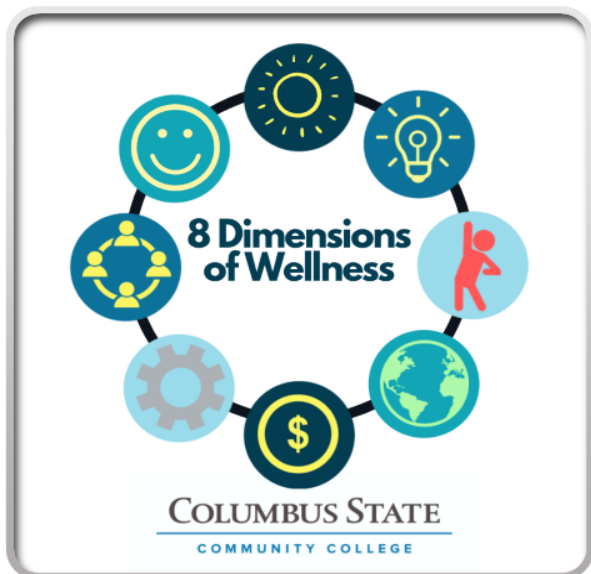
- Watermelon – 92% water
- Cucumbers – 95% water
- Strawberries – 92% water
- Celery – 95% water
- Lettuce – 96% water
- Tomatoes – 94% water

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, 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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Inspire Purpose • Drive Performance