



COLUMBUS STATE
COMMUNITY COLLEGE

Cougars Wellbeing Newsletter

July 2023 | Issue 35

Table of Contents

02 Inspirational Goal Planner

03 Upcoming Events

09 Workout of the Month

10 New Portal & App

12 Activity of the Month

13 The Dish
Recipes Curated by AccelWELL

14 Your Wellbeing Advisory
Committee



New Portal & App
Learn more on Page 10.

JUNE
RAFFLE WINNER:
Hydroflask Water Bottle

Jacqueline Wilson

CONGRATULATIONS!

JULY

Plan and Track Your Goals Here!

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																																

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!

Follow Us



"ACCEL_WELL"



"ACCELWELL"



"ACCELWELL"

JULY

How are you nurturing your wellbeing this summer? Have you taken steps to focus on one (or more) of the dimensions of wellbeing: physical, emotional, financial, occupational, environmental, social, intellectual and spiritual? Making lifestyle changes is not easy. We have resources to assist you in this process.

“Rise above the storm and you will find the sunshine.” Mario Fernandez

Remember, **HR SUPPORTS YOUR SUCCESS.**

Dr. Nic

Submit your wellbeing ideas/suggestions to wellbeing@csc.edu.

Summer Safety

Summer time health is important. We must be conscious of our health all year. The heat can have an impact on our overall health and wellbeing, so make sure you take the necessary steps to stay well.

[Skin care tips, conditions and treatments | UnitedHealthcare \(uhc.com\)](#)

[Sun safety tips | UnitedHealthcare \(uhc.com\)](#)

CSCC Blood Drive



A summer blood drive for the Red Cross will be held on **Monday, July 17 from 9:30 a.m. to 3:30 p.m.** in the Nestor Hall study lounge, room 106.

This is an opportunity to serve your community. Walk-in donors are welcome, but appointments with the Red Cross are encouraged. To schedule a time, go to redcrossblood.org. Use **“cougars” as sponsor code**. Donors will be entered into a drawing to win one of two family passes to Magic Mountain. (** **CSCC employee donors entered into a raffle for gift card**)

2023 Financial Wellbeing:

Preparing you for expected & unexpected changes!

Please check out these financial resources.

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))

Prudential Financial Resources:

<https://www.prudential.com/financial-wellness/A91B2070C1BF67BAF59BD840CAD856CDEF722BCC34701369916F643A89D30A87>





THU
JULY
13

CancerBridge Financial Wellness: Retirement Planning

11am EST | [Join Here](#)


Join us for our second session on Financial Wellness. This presentation will review the top tips and the biggest mistakes to avoid when planning for retirement.

THU
JULY
19

Rally Coins/Benefits Session

12pm EST

Nichole Bowman-Glover, Wellbeing Benefits Analyst will review Rally Coin program for those who are on United HealthCare. Remember the Rally coin cycle runs from July 1, 2023 through June 30, 2024. The coins apply to employees on the health plan and covered spouses.



This cycle July 1, 2023-June 30, 2024
8 coins. If you have questions,
contact Nichole.

[RallyBenefitsSession](#)

(click the link to join)

THU
JULY
20

Cancer Support Series: Parenting Through Cancer

11am EST | [Join Here](#)

This presentation is for cancer survivors and caregivers who are providing care to a child (ages 3-18), as they help their child cope with an adult loved one's cancer diagnosis.

THU
JULY
27

Self Care Series: Mindfulness and Meditation

11am EST | [Join Here](#)

Learn the basics of mindfulness and meditation to discover how these practices can help you feel more present, focused, and calm in everyday life.

Physical Activity Momentum



American Heart Association®

Heart Walk

Saturday, August 19

Check-in 8am | Walk Begins 9:30am

McFerson Commons Park
213 West Street, Columbus, OH 43215

Let's walk with the American Heart Association (AHA) to save lives. Sign up today and together we can inspire others and use our enthusiasm to help save lives. Walk and raising money does a heart good!

[Click here](#) to go to CSCCWalkers.

(questions: Nichole Bowman-Glover nbowmang@cscceu)

Get Involved with AccelWELL!



THU
JULY
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 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 with questions or for support.

Registration Campaign!

July 1 – July 31

Register your NEW AccelWELL 3.0 account by **11:59pm on Monday, July 31st** to be entered into a drawing for non-toxic sunscreen! See below for registration directions. 3 winners will be selected.

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 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

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 (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)

National Association of Mental Illness (NAMI)

[Programs – National Alliance on Mental Illness | NAMI Franklin County](#)

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 <https://columbusstate.savings.workingadvantage.com> 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!

See July highlights on Wellbeing page: [Well-Being | Columbus State Community College \(csc.edu\)](#)

Recreational Cooking Classes and More

[The Mix – at Columbus State \(csc.edu\)](#)

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.

Matrix Corner

CSCC employees, our EAP partner, Matrix, has a mobile app. The Matrix mobile app that is a great tool to access Matrix services, including the ability to request an appointment, call Matrix, and access the patient portal. Many of you likely already have the current version of their app downloaded on your device. This version of the app will no longer be supported, so you will need to download the new version of the app on either the App Store or Google Play. We have included a QR code as well as links below to download the updated version of the Matrix Mobile App.

Apple App Store: <https://apps.apple.com/app/matrix-psychological-services/id6448864764>

Google Play: <https://play.google.com/store/apps/details?id=com.winlabdigital.matrixeap&pli=1>



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 \(csc.edu\)](#)

Employee Resource Groups at Columbus State are self-determined, College-sanctioned associations of faculty, staff, and administration organized around a specific minoritized identity (a social group that society devalues, restricts access to resources from, and withholds power from), a group of minoritized identities, or a collective goal that relates to diversity, equity, and/or inclusion.

Reach out to the contacts for meeting information:

ERG Strategy & Operations Manager -Liz Rose-Cohen

African/African American - Royce Carpenter & Michelle Baker & Jamie Minor

Caring for Those Who Care - Melissa Lamar & Debbie Strain

Prism LGBTQIA + - George Johnson-Gamm

Women's - Crystal Clark & Kelly Hogan

Workout of the Month

JULY

Get outside and get moving with this 30-minute total body park bench workout!



#1 Bench Single-Leg Plyos



#2 Bench Push-Ups



#3 Bench Single-Leg Split Squats

☀️ 9 Moves, 3 to 4 Rounds
☀️ 30 Seconds Work
☀️ 15 Seconds Rest



#4 Bench Dips



#5 Bench Step-Ups



#6 Bench Mountain Climbers

☀️ Rest for 60 seconds between rounds
☀️ Repeat x 3-4



#7 Bench Side Plank With Leg Lift



#8 Park Bench Plank Twists



#9 Park Bench Plank Jacks

☀️ Wear your sunscreen.
☀️ Drink your water, hydrate!

<https://www.gymondo.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.*

Our Services

CONNECT WITH:

- Registered Nurse
- Registered & licensed dietitian
- Certified personal trainers
- Certified health coaches

ACCESS TO:

- Online Portal & Mobile App
- Expert Reviewed education and awareness resources
- Health Trackers
- Personal Health Assessment

PARTICIPATE IN:

- 1-on-1 Health Coaching
- Monthly Activities & Workouts
- Company-Wide Campaigns

LEARN MORE:

- See our email communications for details about these offerings.
- Contact us via email or phone:
coach@accelwell.com
(614-318-2101)

ACCELWELL



Wellness Portal & App

AccelWELL has partnered with the WellSteps platform to bring you an all-new wellness portal and 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 on page 12 of this Newsletter. Go register today if you haven't already!

THE PORTAL

Portal Features include:

- **Personal Health Assessment** – You will be prompted to complete the personal health assessment immediately after creating your account. This assessment evaluates lifestyle behaviors to determine how they contribute to or detract from your optimal health.
- **Health Trackers** – You can sync your favorite device(s), such as Fitbit or Garmin, and connect Apple Health app through the WellSteps app.
- **Health Report Card** – Discover areas of risk based on your wellness assessment and use the health report card to view recommended goals & activities to improve your well-being!
- **Company Wide Campaigns** – Partake in the campaigns to challenge yourself to improve healthy habits for your overall well-being.



Campaigns



My Tracker



Personal Health
Assessment

**BE SURE TO DOWNLOAD THE
WELLSTEPS APP!**

LIVE WELL

Activity of the Month

Welcome to AccelWELL!

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! For this month's activity, we ask that you register a new account. 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".



**The information shared through your portal is completely confidential. Your employer does not have access to your personal information or account. See our Terms of Use and Privacy Policy upon creating your account.*



The Dish:

Healthy Recipes Curated By AccelWELL

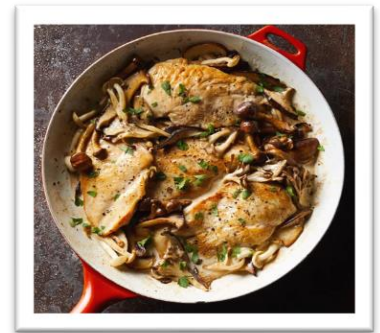
Creamy Chicken & Mushrooms

Ingredients (Serves 4)

- 4 4 to 5 ounce chicken cutlets
- 4 cups mixed mushrooms, sliced if large
- ½ cup dry white wine
- ½ cup heavy cream
- 2 tablespoons finely chopped parsley

Instructions

1. Sprinkle chicken with 1/4 teaspoon each kosher salt and pepper. Heat 1 tablespoon avocado or olive oil in a large skillet over medium heat. Cook the chicken, turning once, until browned and just cooked through, 7 to 10 minutes total. Transfer to a plate.
2. Add 1 tablespoon oil and mushrooms to the pan; cook, stirring occasionally, until the liquid has evaporated, about 4 minutes. Increase heat to high, add wine and cook until it has mostly evaporated, about 4 minutes. Reduce heat to medium; stir in cream, any accumulated juice from the chicken and 1/4 teaspoon each salt and pepper. Return the chicken to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and sprinkled with parsley.



Tips: You can make your own chicken cutlets from two 8- to 10-ounce boneless, skinless chicken breasts. Remove the tenders (the strip of meat on the underside of the breast) and save for another use. Cut each breast in half crosswise. Place between pieces of plastic wrap. Pound with a meat mallet or skillet until about 1/2 inch thick

Source: <https://eatingwell.com>

Choosing the Perfect Mushrooms

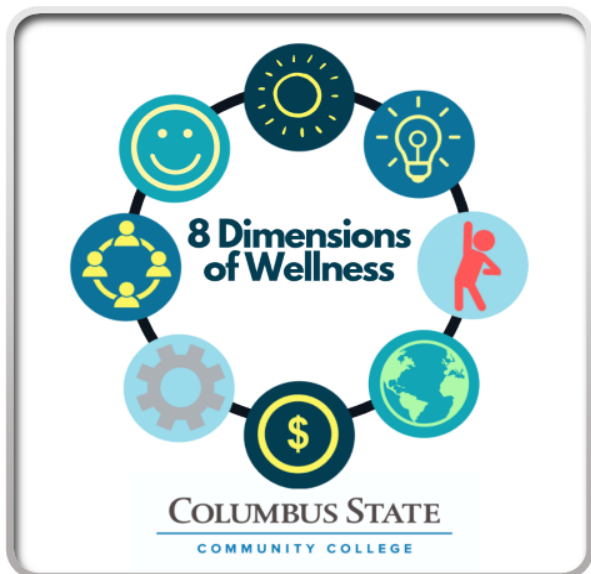
- Whether you are cooking with popular, delicate white mushrooms, large, steak-like portabellas, or meaty shiitakes, you will want to select those with a texture that is firm and smooth.
- Here are a few varieties to try:
 - White Button Mushrooms: very common and versatile. A flavorful fit for any dish.
 - Button Mushrooms: very common and versatile. A flavorful fit for any dish.
 - Baby Bella Mushrooms: slightly earthy, a great choice for subtle flavor.
 - Portobello Mushroom Caps: a rich, robust flavor and great on the grill.
 - Shiitake Mushrooms: earthy and smoky flavor adds flavor to any dish. Firm and slightly chewy.

For additional information on storing and enjoying mushrooms, check out the full details at www.bakersplus.com!


COACH'S TIP

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

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!



"ACCELWELL"



"ACCEL_WELL"



"ACCELWELL"