



COLUMBUS STATE
COMMUNITY COLLEGE

Cougars Wellbeing Newsletter

July 2021 | Issue 11

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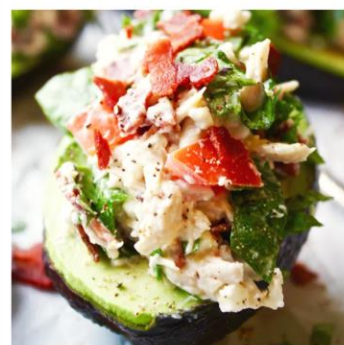
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BLT Chicken Salad Stuffed Avocados
A perfect light and refreshing meal for a hot summer day! (P. 8)

**JUNE RAFFLE
WINNER:**

Massage Roller

Julie Dulaney

CONGRATULATIONS!

july

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

Goal Tracker

List your top three goals for the month below.

#Goals

1)

2)

3)

	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	T	W	T	F	S
	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																															

Summer Sun safety-United Health Care

Your skin can burn even on a cloudy day. Use a sunscreen with an SPF (Sun Protection Factor) of at least 30 to block out the majority of the suns’ UVB rays. Choose a sunscreen labeled “Broad Spectrum”. Remember, sunscreens are not waterproof, only “water resistant”, so be sure to reapply at least every two hours.

Help prevent heat-related illnesses by following these simple rules:

- Stay hydrated
- Wear appropriate clothing
- Stay cool indoors
- Never leave anyone in a closed, parked vehicle

Watch over others who may be at risk

- People over 65
- People with chronic conditions
- Infants and children
- Outdoor workers
- Low income households
- Athletes

Skin cancer is the most common form of cancer. Self-exams can help you identify potential skin cancers early. Use “ABCDE” to help you remember what to look for:²

- A = *Asymmetry*: the shape of one half does not match the other.
- B = *Border that is irregular*. Borders of early melanoma can be uneven, notched or scalloped.
- C = *Color that is uneven*. A variety of colors can be a warning sign.
- D = *Diameter* is larger than the eraser on a pencil.
- E = *Evolving*. The mole has changed in size, shape, elevation or color.

REMINDER!

To help protect your eyes wear UV blocking sunglasses and broad brimmed hats — even on cloudy days. Also never look directly into the sun.

JULY

E v e n t s

WED
JUL
14

Prudential Seminar: Financial Conversations Before Saying "I Do"

11:00am-12:00pm EST presented via WebEx

- Budgeting
- Saving and investing
- Managing debt



[Click Here to Register!](#)

NOTE: As part of The Way Forward program, **Scott Alexander** is available on **July 21st** for 30-minute financial wellness checkups to review your current financial situation and to help you navigate future financial challenges. To schedule your virtual financial wellness checkup, you may click the link below to select a time that works best for you.

[Click Here to Register!](#)



COLUMBUS STATE
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If you have questions/concerns, contact Pathways@Prudential.com or (844) 592-8993.

THU
JUL
15

Cancerbridge Seminar

Starts at 11:00am EST

Join us for a lunch and learn with Pamela Brock MS, LGC on the various ways genetic/genomic testing can impact cancer risks and/or treatment.

To Register: <https://my.demio.com/ref/jjqihY1ozjW0ILYq>



THU
JUL
22

Telephonic Health & Nutrition Coaching with Emily Bailey, RD, CSSD, LD, NASM

Private Sessions Available 10:00am – 3:00pm EST

HOW TO SIGN UP:

- [CLICK HERE](#) to sign-up for your private session.
- Select a 20-minute time slot and click the box next to "Sign Up."
- Then click Sign and Submit at the bottom of the page.
- **IMPORTANT** – When registering, be sure to provide a telephone number in the box provided. All personal information requested when signing up (name, email, phone number) is kept confidential.

Rethink Your Drink Challenge

The July challenge is underway! Successfully complete the challenge to be entered into the raffle for a Hydro Flask water bottle! Submit a copy or photo of your completed tracker to coach@accelwell.com by 8/4 to be eligible! See AccelWELL email communications for more details.

TUE
JUL
28

Rally Coins & Health Benefits Session

Starts 1:00pm 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, 2021 through June 30, 2022. The coins apply to employees on the health plan and covered spouses. Jason Love, Benefits Analyst, will review how to navigate your health benefits.



REMINDER:

This cycle July 1, 2021 - June 30, 2022 8 coins. If you have questions, contact Nichole.

[Rally.BenefitSession](#)

(click the link to the session July 28th)

Fitness

Class Pass

Corporate discount with ClassPass for Columbus State Community College employees! ClassPass offers an exciting way to connect, unite and maintain a healthy lifestyle- whether it's ways to get your sweat on without your favorite weight machines or getting your zen on in your living room- by allowing you to access wellbeing classes all over the United States!

[Columbus State Community College x ClassPass | The Best Fitness Studios, Classes and Experiences](#)
(Class Pass Code: CSCC2021) - Have questions? Contact Nichole at nbowmang@csc.edu

BRAIN BREAKS

Mid-Week Time Out/Brain Break

**Wednesdays at
12:30pm**

15 minute relaxation,
breathing, & stretching session

[MidWeekBreak\(SU2021\)](#)

**Guest Leads
(Microsoft Teams)**

Reminders

Mental Health Services

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 \(mhaohio.org\)](#)

Membership Drive

Cougars Living Well Team
(Microsoft teams)

Current members bring new friends to the team and be entered into a drawing.
New members will be entered into a raffle drawing.

Teams Interest Form:

https://forms.office.com/Pages/ResponsePage.aspx?id=d90pYCFloUG78BqtNNTmicB_gCCmI0dGtJiyRe_g8H1UQUg0UUFFOREpCRkgyRzJHTJFNRkFWSVMwWS4u

"WHO" have you asked
to join the Cougars Living
Well team???



Recreational Cooking Classes and More

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

Transition Back to Working on Campus

Resource: [Safety Protocols & Procedures | Columbus State Community College \(csc.edu\)](#)

Employee Resource Groups

Employee Resource Groups (ERGs) allow members to connect with other employees who share similar interests and a common bond or background. These employee-led groups are designed to meet the unique needs of each affinity or identity, and aid in fostering a diverse, inclusive workplace aligned with the College's mission and values.



Reach out to the contacts for meeting information:

African/African American-Royce Carpenter & Michelle Baker
Caregivers-Melissa Lamar
Faith in Parenting-Debbie Strain
LGBTQ+ -Michael Hicks, George Johnson, Katina Fitch
Women's-Crystal Clark & Kelly Hogan



Workout of the Month

According to the Academy of Nutrition and Dietetics, most of us start losing muscle around age 30, and physically inactive people can experience anywhere from a 3-to 5-percent reduction in lean muscle mass every decade thereafter. Incorporate resistance training into your routine to build muscle and gain strength. [Click here](#) to follow along and learn modification options.

Complete 3 rounds of these 7 exercises for 30 seconds each with 20 seconds of rest in between.

CHALLENGE: Complete 4-5 rounds!

1. Single Leg Glute Kickbacks (switch sides next round)



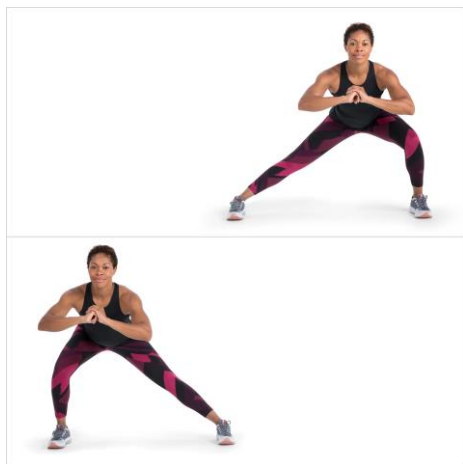
2. Side Plank Holds (switch sides next round)



3. Air Squats



4. Alternating side Lunges



5. Bicep Curls



6. Flutter Kicks



7. Calf Raises (With or without weights)



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.

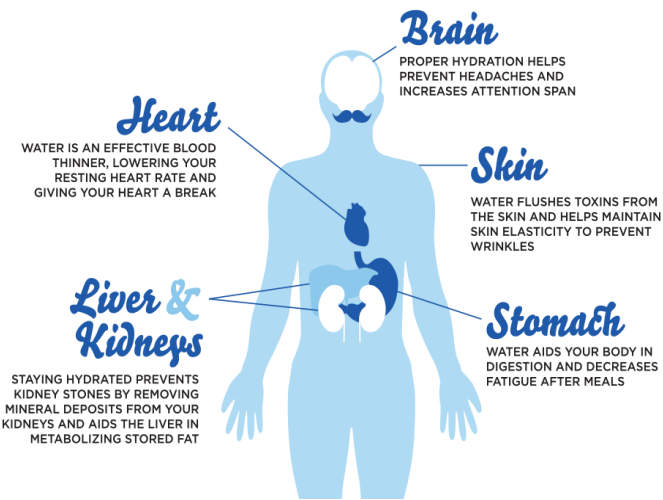
HYDRATION

Hydration is important because the body is comprised mostly of water, and the proper balance between water and electrolytes in our bodies determines how well most of our systems function, including nerves and muscles.

Drinking fluids serves a range of purposes in our bodies, including:

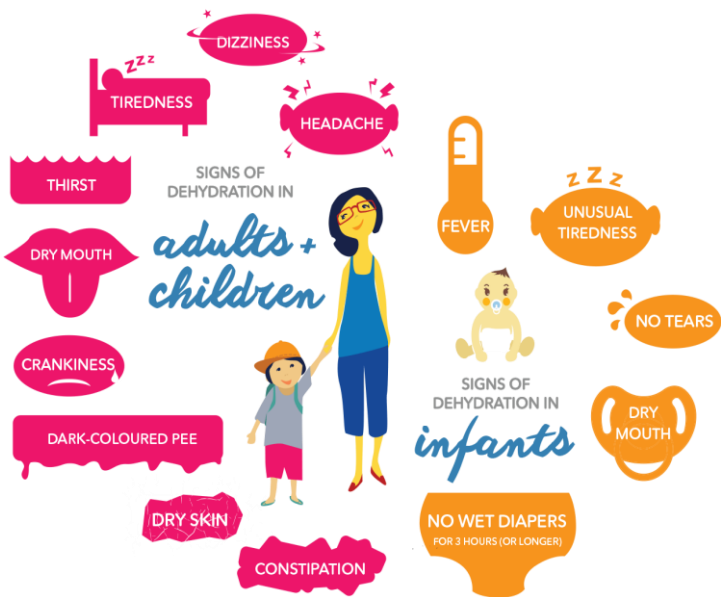
- Removing waste through urine
- Controlling body temperature, heart rate, & blood pressure
- Maintaining a healthy metabolism

BENEFITS OF STAYING HYDRATED



Tips for Drinking More Water

- Use a water filter or purifier, to make your water fresh, clear and tasty.
- Add your own natural fruit juice for water flavor. (Ex. Lemon, lime, or orange)
- Try different types of water like, spring, mineral, sparkling and flavored water.
- Use a smartphone app to track or set reminders to drink. Examples include: Water Logged (iPhone) or Water Your Body (Android).
- Stay extra hydrated while exercising due to the loss of water through sweat.
- Drink water as your “starter” for every meal.
- Eat plenty of water-rich foods. (Ex. watermelon, cucumber, lettuce and celery)
- Drink water on your nights out. A helpful rule of thumb is 1 glass of water between each beverage.
- Drink a glass of water while waiting for your morning coffee/tea.
- Invest in a reusable water bottle that will motivate you to carry it all day long.
- Drink through a reusable straw and keep sipping throughout the day.





Activity of the Month

HYDRATE WITH 8

For 1 week, your goal is to drink eight, 8 oz. glasses of water each day (64 oz. total—however, this can vary depending on lifestyle, weather, size/body-type, day-to-day activity, etc.—please feel free to tailor the total to your needs). For every 8 oz. you drink, cross off a water glass on the tracker below. At the end of the week, record how many days you met the 64 oz. goal.

Week of: _____

Day:


Total:

MON:  _____

TUE:  _____

WED:  _____

THU:  _____

FRI:  _____

SAT:  _____

SUN:  _____

How many days did you meet your hydration goal? _____

Can you match or beat that number next month?! #AccelWELL!

THE DISH:

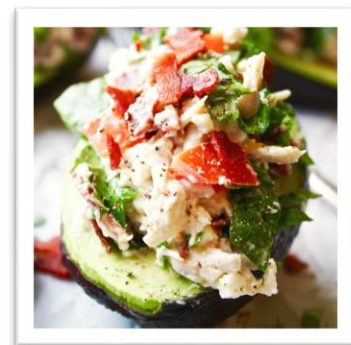
Meal Planning AccelWELL Style



BLT Chicken Salad Stuffed Avocados

Ingredients (Serves 6)

- 12 slices of bacon or turkey bacon
- 1 ½ cups rotisserie chicken, shredded
- 2 Roma tomatoes
- 1 ½ cups cottage cheese (or more depending on the consistency you prefer)
- 1 cup romaine lettuce, finely chopped
- 3 avocados
- Salt and Pepper

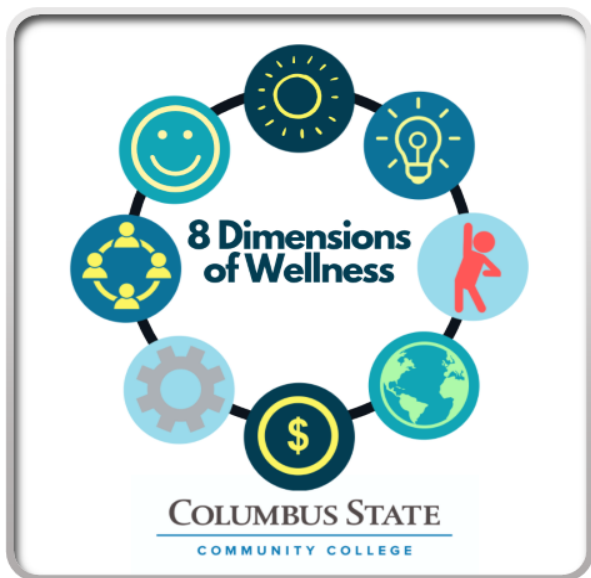


Instructions

1. Preheat oven to 400 °F and lay 12 slices of turkey bacon out on a foil lined baking sheet.
2. Bake for 10 minutes, flip, bake for another five minutes, and lay the bacon out over several sheets of paper towels to cool. Once cooled, crumble into bacon bits.
3. Meanwhile, quarter your tomatoes, scoop out all the pulp and seeds, and dice into small chunks.
4. Chop the romaine lettuce into small pieces.
5. In a large bowl, combine the chicken, cottage cheese, romaine, tomatoes, crumbled turkey bacon, and mix thoroughly.
6. Season to taste with salt and pepper.
7. Half your avocados, remove the pits, and season lightly with salt and pepper.
8. To serve, scoop 1/6 (approximately) of the chicken salad into each avocado half. OR serve over a bed of lettuce with avocado on top.

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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