



COLUMBUS STATE  
COMMUNITY COLLEGE

# Cougars Wellbeing Newsletter

June 2021 | Issue 10

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**Steak Fajita Skewers**  
*Perfect for your next summer cookout! (P. 8)*

### Winners of AccelWELL's May Raffle!

Reusable Silicon Meal Prep Bags

Therese Davenport  
Alleigh Bradley

*CONGRATULATIONS!*

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		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			

List your top three goals for the month below.

#Goals

1)

2)

3)

Goal Tracker

	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	T	W
	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
1																														
2																														
3																														

# Summer & Self Defense

Columbus State Self Defense Program

DON'T LET THE WARM WEATHER CLOUD YOUR JUDGEMENT

MINIMIZE YOUR VULNERABILITIES

## MINIMAL PHONE USE

PLAYING ON YOUR PHONE CREATES A VULNERABILITY IN YOUR DEFENSES - LOOK UP FROM YOUR PHONE EVERY 2-3 STEPS. BE ALERT AND PAY ATTENTION TO YOUR SURROUNDINGS

## OPTIMIZE YOUR SENSES

WEARING YOUR BOTH HEADPHONES CREATES A VULNERABILITY IN YOUR DEFENSES - WHEN YOU'RE OUTSIDE TAKE OUT ONE EARBUD TO INCREASE YOUR ABILITY TO HEAR POTENTIAL THREATS

## SITUATIONAL AWARENESS

YOUR FIRST LINE OF DEFENSE IS ALWAYS YOUR SITUATIONAL AWARENESS- DO A FULL 360 DEGREE SCAN EVERY 2-3 STEPS AT NIGHT AND DURING THE DAY. SELF DEFENSE IS ALSO A MINDSET

## FIND YOUR VOICE

YOUR SECOND LINE OF DEFENSE IS YOUR BODY AND YOUR VOICE. BE LOUD AND BE CONFIDENT. CONSENT IS EXPLICIT! BEING POLITE DOES NOT TAKE PRIORITY OVER YOUR SAFETY.

## BUDDY SYSTEM

BEING ALONE CAN CREATE A VULNERABILITY IN OUR DEFENSES. WHEN POSSIBLE HAVE A BUDDY WITH YOU OR LET A TRUSTED LOVED ONE KNOW WHERE YOU ARE AND WHEN YOU'LL BE HOME

## PLAY "I SPY"

IF YOU DEVELOP A GUT FEELING ABOUT AN INDIVIDUAL/SITUATION, LISTEN TO IT. START TO IDENTIFY UNIQUE DETAILS FOR IDENTIFICATION AND DEVELOP AN EXIT STRATEGY

AWARENESS, PROPER BODY POSITIONING, EYE CONTACT AND POSTURE GOES A LONG WAY IN A SELF DEFENSE SCENARIO

# JUNE

## E v e n t s

### Prudential Seminar (2 OPPORTUNITIES!)

#### Student Loans: How to pay off your Debt

Wednesday, June 9, 2021 from 11:00am-12:00pm EST presented via WebEx



- How student loan debt impacts borrowers
- Repayment options
- Choosing a payoff strategy

[Click Here to Register!](#)

### Strategies for College Funding

Wednesday, June 23, 2021 from 11:00am-12:00pm EST presented via WebEx

- Strategies to save for college
- Ways to fund higher education
- Pros and cons of college savings options

COLUMBUS STATE  
COMMUNITY COLLEGE



If you have questions/concerns, contact [Pathways@Prudential.com](mailto:Pathways@Prudential.com) or (844) 592-8993.

TUE  
JUN  
15

### Rally Coins & Health Benefits Session

Starts 12:00pm 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, 2020 through June 30, 2021. The coins apply to employees on the health plan and covered spouses.



**REMINDER:** This cycle July 1, 2020-June 30, 2021 6 coins.

Also, COVID vaccine counts for 1 Rally Coin, please send copy of your covid vaccination to Nichole (will be kept confidential). If you have questions, contact Nichole.

[RallySession](#)

(click the link to the session June 15<sup>th</sup>)

THU  
JUN  
17

### Cancerbridge Seminar

Starts at 11:00am EST

**Skin Cancer-** Just the Facts. As we enter the summer months, we are excited to talk about the importance of caring for our skin. Join us for a very important conversation on skin cancer basics, sun safety, and the ABCDEs of melanoma. Our speaker will teach participants how to do a proper self skin exam to better detect skin cancers in early stages.

Register: <https://my.demio.com/ref/dSGZHQHGD5swPa>

THU  
JUN  
24

### 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.

### June Junk Swap Challenge

The June challenge is underway! Successfully complete the challenge to be entered into the raffle for a stick-roller massager! Submit a copy or photo of your completed tracker to [coach@accelwell.com](mailto:coach@accelwell.com) by 7/9 to be eligible! See AccelWELL email communications for more details.

# June

is Men's Health /  
Men's Mental Health  
Awareness Month!

**MEN'S HEALTH  
MONTH**



**#MensHealthMonth**

## 5 Major Mental Health Issues Affecting Men:

### 1. Depression

Over 6 million men suffer from depression each year. Male depression often goes undiagnosed. Men are more likely to report fatigue, irritability, loss of interest in work or hobbies, rather than feelings of sadness or worthlessness.

### 2. Anxiety

Approximately 19.1 million adults ages 18-54 have an anxiety disorder. 3,020,000 men have a panic disorder, agoraphobia, or any other phobia.

### 3. Bipolar

3.2 million adults are affected by bipolar disorder. An equal amount of men and women develop the illness. The age of onset for men is between 16-25 years.

### 4. Psychosis and Schizophrenia

Approximately 3.5 million people in U.S. are diagnosed with schizophrenia and it is one of the leading causes of disability. 90 percent of people who are diagnosed with schizophrenia by age 30 are men.

### 5. Eating Disorders

Males account for an estimated 10% of patients with anorexia or bulimia and an estimated 35% of those with binge-eating disorder. Men with eating disorders are less likely to seek professional help than women.

### Suicide Fast Facts:

- The highest suicide rates in the United States are found in Caucasian men over the age of 85 years.
- Male suicides have been on the rise since 2000.
- Gay and bisexual men are more likely to develop mental health disorders than heterosexual men. Gay males are at an increased risk for suicide attempts, especially before the age of 25.
- More than four times as many men as women die by suicide in U.S.
- Factors that put an individual at a greater risk include: social isolation, substance abuse, unemployment, military related trauma, genetic predisposition, and other mood disorders

### Resources:

[Mental Health America of Ohio \(mhaohio.org\)](http://MentalHealthAmericaofOhio(mhaohio.org))

[Take a Mental Health Test | MHA Screening \(mhanational.org\)](http://TakeaMentalHealthTest|MHAScreening(mhanational.org))

[Men's Health Month - The Office of Minority Health \(hhs.gov\)](http://Men'sHealthMonth-TheOfficeofMinorityHealth(hhs.gov))

(CSCC Counseling Services)



# Fitness

## CORE: The Role it Plays in Our Posture & How We Move

June 10, 2021 @1:00pm via Teams

Dustin Iacovone, College Recreation & Wellness

Come learn ways to strengthen your core.

[CORE](#) (click on link to join)

## 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](mailto:nbowmang@csc.edu)

Information Session-June 17, 2021 at 12:00pm

[ClassPass](#) (click on link to join)

## BRAIN BREAKS

Mid-Week Time Out/Brain Break

Wednesday, June 9, 16,  
23, & 30 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](http://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://ProBonoCounselingProgram-MentalHealthAmericaofOhio(mhaohio.org))

## 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

## June 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.

"WHO" have you asked  
to join the team???



### Teams Interest Form:

[https://forms.office.com/Pages/ResponsePage.aspx?id=d9OpYCFioUG78BqtNntMicB\\_gCCmI0dGtIiyRe\\_g8H1UQUg0UFFOREpCRkgYRzJHTJFNRkFWSVMwWS4u](https://forms.office.com/Pages/ResponsePage.aspx?id=d9OpYCFioUG78BqtNntMicB_gCCmI0dGtIiyRe_g8H1UQUg0UFFOREpCRkgYRzJHTJFNRkFWSVMwWS4u)

## Important

**Use your time! Take care of yourself**  
**June 30, 2021: Mental Health Time Expires!**

The College has developed a temporary leave program called CARE LEAVE. Each qualified full-time staff member will receive 32 hours of paid CARE LEAVE, and eligible regular part-time staff will receive 16 hours of paid CARE LEAVE. This leave will be available January 1 through June 30, 2021





# 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)



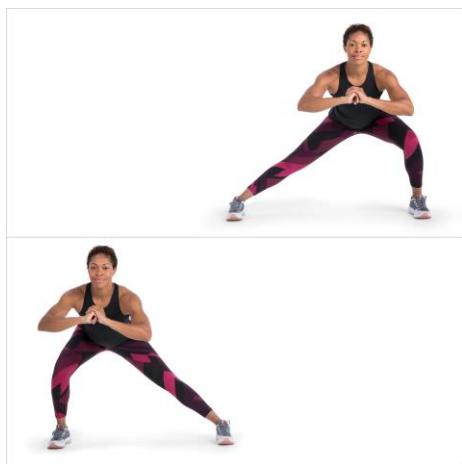
## 2. Side Plank Holds (switch sides next round)



## 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](mailto: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.

YOUR HEALTHIEST SELF

Social Wellness Checklist

Positive social habits can help you build support systems and stay healthier mentally and physically. Here are some tips for connecting with others:



MAKE CONNECTIONS

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health. Whether with family, friends, neighbors, romantic partners, or others, social connections can influence our biology and well-being. Look for ways to get involved with others.

To find new social connections:

- ☐ Join a group focused on a favorite hobby.
- ☐ Take a class to try something new.
- ☐ Try yoga, tai chi, or another new physical activity.
- ☐ Join a choral group, theater troupe, band, or orchestra.
- ☐ Help at a community garden or park.
- ☐ Volunteer at a school, library, or hospital.
- ☐ Participate in neighborhood events.
- ☐ Join a local community group.



TAKE CARE OF YOURSELF WHILE CARING FOR OTHERS

Many of us will end up becoming a caregiver at some point in our lives. The stress and strain of caregiving can take a toll on your health. It's important to find ways to care for your health while caring for others. Depending on your circumstances, some self-care strategies may be more difficult to carry out than others. Choose ones that work for you.

To take care of yourself while caring for others:

- ☐ Ask for help. Make a list of ways others can help. For instance, someone might sit with the person while you do errands.
- ☐ Make to-do lists, and set a daily routine.
- ☐ Try to take breaks each day.
- ☐ Keep up with your hobbies and interests when you can.
- ☐ Join a caregiver's support group.
- ☐ Eat healthy foods, and exercise as often as you can.



GET ACTIVE TOGETHER

Where you live, work, or go to school can have a big impact on how much you move and even how much you weigh. Being active with others in your community can have a positive effect on your health habits and create opportunities to connect. You can help your community create ways to encourage more physical activity.

To help make a more active community:

- ☐ Start a walking group with friends.
- ☐ Drive the speed limit and yield to people who walk.
- ☐ Consider joining an exercise group.
- ☐ Participate in local planning efforts to develop walking paths, sidewalks, and bike paths.
- ☐ Join other parents to ask for more physical activity at school.
- ☐ Try different activities!



BOND WITH YOUR KIDS

Parents have an important job. Raising kids is both rewarding and challenging. Being sensitive, responsive, consistent, and available to your kids can help you build positive, healthy relationships with them. The strong emotional bonds that result help children learn how to manage their own feelings and behaviors and develop self-confidence. Children with strong connections to their caregivers are more likely to be able to cope with life's challenges.

To build strong relationships with your kids:

- ☐ Catch kids showing good behavior and offer specific praise.
- ☐ Give children meaningful jobs at home and positive recognition afterward.
- ☐ Use kind words, tones, and gestures.
- ☐ Spend some time every day in warm, positive, loving interaction with your kids.
- ☐ Brainstorm solutions to problems together.
- ☐ Set rules for yourself for mobile devices and other distractions.
- ☐ Ask about your child's concerns, worries, goals, and ideas.
- ☐ Participate in activities your child enjoys.



SHAPE YOUR FAMILY'S HEALTH HABITS

Many things can influence a child, including friends, teachers, and the things they see when they sit in front of the TV or computer. If you're a parent, know that your everyday behavior plays a big part in shaping your child's behavior, too. With your help, kids can learn to develop healthy eating and physical activity habits that last throughout their lives.

To help kids form healthy habits:

- ☐ Be a role model. Choose healthy food and activities when together.
- ☐ Make healthy choices easy. Have nutritious food and sports gear readily available.
- ☐ Focus on making healthy habits fun.
- ☐ Limit screen time.
- ☐ Check with caregivers or schools to be sure they offer healthy food and activities.
- ☐ Change a little at a time.



BUILD HEALTHY RELATIONSHIPS

Strong, healthy relationships are important throughout your life. They can impact your mental and physical well-being. As a child you learn the social skills you need to form and maintain relationships with others. But at any age you can learn ways to improve your relationships. It's important to know what a healthy relationship looks like and how to keep your connections supportive.

To build healthy relationships:

- ☐ Share your feelings honestly.
- ☐ Ask for what you need from others.
- ☐ Listen to others without judgement or blame. Be caring and empathetic.
- ☐ Disagree with others respectfully. Conflicts should not turn into personal attacks.
- ☐ Avoid being overly critical, angry outbursts, and violent behavior.
- ☐ Expect others to treat you with respect and honesty in return.
- ☐ Compromise. Try to come to agreements that work for everyone.
- ☐ Protect yourself from violent and abusive people. Set boundaries with others. Decide what you are and aren't willing to do. It's okay to say no.



PEOPLE MATTER

# THE DISH:

## *Meal Planning AccelWELL Style*



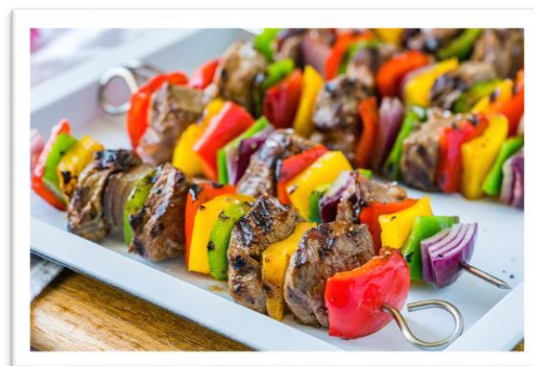
## Fajita Steak Skewers

### Ingredients (Serves 4)

- 1 pound sirloin steak
- 6 bell peppers (green, red, yellow), cut into 1½ inch sized pieces
- 2 tablespoons avocado olive oil
- Sea salt and fresh cracked black pepper
- 2 red onions, cut into large bite sized pieces

### Instructions

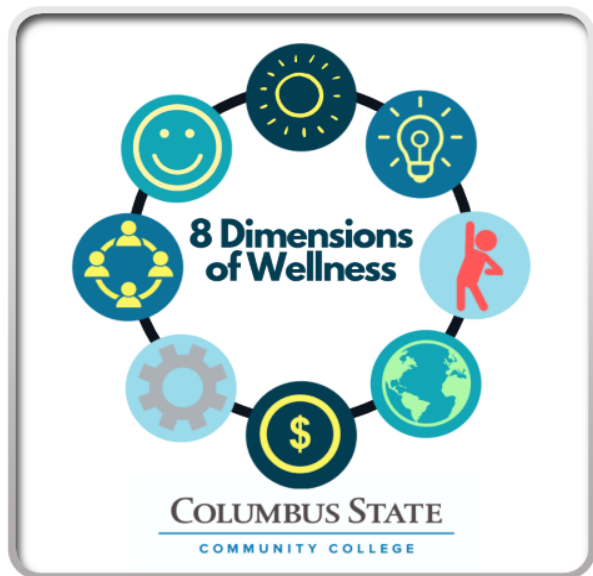
1. Preheat the grill to medium-high heat.
2. Trim any fat and cut the steak into bite sized cubes.
3. If you are using wooden skewers, soak them in water for 30 minutes so they will not burn under the broiler.
4. Thread the meat, onions and peppers onto the skewers in alternating patterns.
5. Brush the skewers very lightly with oil and season to your taste.
6. Grill about 2 minutes on each side (about 4-6 minutes in total), for a medium rare steak, or 6-8 minutes for more well-done.
7. Season with sea salt and pepper. Enjoy!





# 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..

## Follow Us on Social Media!



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