

Cougars Wellbeing Newsletter

JUNE 2022 | Issue 22

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Fruit Salsa and Cinnamon Chips
Add this delicious snack to your weekly meal plans. (Page 12)

MAY
RAFFLE WINNER:

Jolene Broshious
Megan Jackson.

CONGRATULATIONS!

JUNE

Health Observances & Virtual Classes

<p>Aphasia Awareness Month National Aphasia Association https://www.aphasia.org/ American Stroke Association https://www.stroke.org/en/about-the-american-stroke-association/june-is-national-aphasia-awareness-month</p>	<p>Alzheimer's and Brain Awareness Month Alzheimer's Association http://www.alz.org/about/overview.asp</p>	<p>Migraine & Headache Awareness Month American Migraine Foundation https://americanmigrainefoundation.org/ National Headache Foundation https://headaches.org/</p>	<p>PTSD Awareness Month U.S. Dept. of Veterans Affairs https://www.ptsd.va.gov/</p>	<p>Safety Month National Safety Council https://www.nsc.org/work-safety/get-involved/national-safety-month</p>
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S	MON	TUES	WED	THUR	FRI	S
<p>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.</p>						
			1	2	3	4
5	6	7	8	<p>Class: Technology and Mental Health</p> <p>1:00 pm EST</p>	10	11
12	13	<p>Class: What Happens After Baby?</p> <p>1:00 pm EST</p>	15	16	17	18
19	20	<p>Class: How to Build Lasting Habits</p> <p>1:00 pm EST</p>	22	23	24	25
				*Event times are subject to change		

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Contact Us

Email: coach@accelwell.com

Your Coaches are here for you!

JUNE

MEN'S HEALTH MONTH

June is the observance of Men's Health. It is a time to raise awareness about the importance of men's healthcare and encouraging boys and men to practice healthy lifestyles. According to the Centers for Disease Control (CDC), life expectancy for men is slightly shorter than women at birth and after 65 years. Men often put off taking care of their physical and mental health.

Here is how some of our male leaders take care of themselves.



- “My mornings are important to me. I start my day early and have a pretty strict exercise routine. I've been doing a version of this for decades. As time has passed, what started as a means of advancing my physical health has become equally important to my mental health. A good workout in the morning gives me a great outlook for whatever the day has in store.

I get an annual physical and follow my doctor's orders. He's my coach and I do what he says: tests, specialists...and a little physical therapy mixed in when I've done something I probably shouldn't have ☹. I come from a long line of men who avoided doctors and didn't take care of themselves. The burden of care fell to the women in their lives as they got older. I won't let that happen if I can avoid it.”

Dr. David Harrison, President

- “As I age, I've noticed a need to be very intentional in how I manage my physical and mental wellbeing. I walk at least 4 miles daily at an easy to moderate (brisk) pace. I don't smoke and am sensible about alcohol consumption. I read food labels at the grocery to ensure I'm monitoring cholesterol, trans fat, carbohydrate, and caloric intake. I'm consistent with annual physical and vision exams, biannual dental checkups and always listen to my doctor about prostate, colon, and heart health. I've learned what's really important is knowing family medical history, educating yourself, getting good rest/sleep, taking regular mental health breathers (5 – 7 minutes) throughout the day to stay sharp and focused, and maintaining a strong support system.”

Michael Hicks, ADA & Compliance Coordinator, Office of Equity and Compliance

- “I make an effort to incorporate the following dimensions of wellness each day: I pray for Mental wellness and strength. For Physical wellness, I make an effort to exercise at least 1hr per day, My Emotional wellness is centered around my wife, son, and mother for their support. Each day I learn something new to stimulate my Intellectual being and my Environmental Wellness is met by spending time traveling with my recreational vehicle going to parks and visiting different parts of the country. “

Dr. Terrence Brown, Dean Health & Human Services

- “This time of year I find that getting outside to get some sunshine is good for my mental wellbeing. A brisk walk on a sunny day is good for your soul and your heart.” **Richard Hatcher, VP Administration**
- “I view wellness as a journey that continues to evolve with each new chapter that life brings. **Gratitude is a lifestyle** – As a daily practice, I try to be deliberate about spending time reflecting on the positives and small wins. **Balance is key** – Although, I'm not always successful, I sincerely strive to find an appropriate work/life and dietary balance. **Less stress is best** – The steam room is my to-go when I need to de-stress. I also use my gym membership and usually work out 2-3 times a week to manage my stress. **Find your cause** – I derive so much meaning and joy by connecting with others while in service to our community. Finding a cause that connects to your purpose is powerful! **Take a breath** – I often pause throughout the day to notice how I'm feeling and then take a breath. Deep breathing helps me to better manage tensions and daily stressors. **Be still** – Some people find peace in meditation or by sensory deprivation. For me, prayer has always been a critical enabler along my wellness journey. “

Almar Walter, VP/Chief Diversity Officer

Month of June

Pride Month

During Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex (LGBTQI+) Pride Month, we recognize the progress we have made in the fight for justice, inclusion, and equality while reaffirming the need to continue to support LGBTQIA+ rights. We take this time to acknowledge and celebrate the impact that generations of LGBTQI+ individuals have had in our communities locally, nationally and internationally. **Join the CSCC Pride Group-June 18.** The Pride March is also an important way to show members of the broader community that everyone has a place at Columbus State. [Register here](#) for yourself and any friends or family who plan to participate so organizers know how many people to expect.



[Pride 2022 - Stonewall Columbus](#)
[March - Stonewall Columbus](#)

Dr. Nic

FRI
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17

Wear Blue Day

to celebrate good health for the men in your life. **#showusyourblue**

[Wear Blue \(menshealthnetwork.org\)](#)

[Men's Health Fact Sheets & Information | Mens Health Network](#)

[Men's Health Month - The Office of Minority Health \(hhs.gov\)](#)



CancerBridge

THU
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16

2022 Support Series:

Mindfulness as a Resilience Strategy for both Survivor and Caregiver Alike
11am EST

Join us in celebrating National Cancer Survivor month! Dr. Maryanna Klatt from the Ohio State University will share the importance of mindfulness for cancer survivors and caregivers. This webinar is a great opportunity for anyone who has been affected by cancer to learn more about the power of mindfulness.

<https://my.demio.com/ref/FAF39YRQtHvgkX6Q> (Register)

Rally Coins/Benefits Session

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 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)

2022 Financial Wellbeing Series:

Preparing you for expected & unexpected changes!

Prudential Financial – Wellness Checkup

Financial Advisor **Scott Alexander** is available for 30-minute complimentary Financial Wellness Checkups to review your current financial situation and to help you navigate future financial challenges with confidence.

Scott is here to help tackle timely topics, such as:

- Creating a spending plan
- Dealing with debt
- Preparing for the unexpected
- And more

To schedule your complimentary Financial Wellness Checkup, click the link below to select a time that works best for you:

Virtual Appointments: June 8th (Via Phone)

[Click Here to Register](#)

If you have a question or concern, please contact us at Pathways@Prudential.com or (844) 592-8993.

Prudential Financial Resources:

<https://www.prudential.com/financialwellness/A91B2070C1BF67BAF59BD840CAD856CDEF722BCC34701369916F643A89D30A87>

BMI Federal Credit Union:

Financial Educations: [BMI Federal Credit Union](#).

BMI Financial Resource: [Columbus State Community College \(bmifcu.org\)](http://bmifcu.org)

AccelWELL Event

THU
JUN
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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.

June’s 30-Day Squat Challenge!

Win Exercise Resistance Bands for participating! (2 winners)

We’re devoting June to **SQUATS** – a powerful lower-body exercise with a variety of health benefits. Not-to-mention, they can be performed anywhere with zero equipment required!

Take this challenge to:

- Strengthen your physical and mental health!
- Build your muscle endurance!

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.



COLUMBUS STATE
COMMUNITY COLLEGE

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

Total Body Tone-Up

Jump into June with this full-body workout! Complete this series twice through, 2-3 days per week.
Challengers: Complete this series three times through, 5 days per week!



WARM UP



50 Jumping jacks
30 High knees
30 Butt kicks
5 Inch worms
(Repeat 2x)



ARMS + ABS



50 Russian twists
30 Push-ups
30 Crunches
20 Bicycle crunches
10 Sit-ups
20 Heel touches
40 Side crunches (20/side)



LEGS + GLUTES



30 Squats
30 Bridge-ups
40 Standing leg lifts (20/side)
30-Second wall sit
30 Back lunges (15/side)
30 Lateral leg lifts (15/side)
15 Supermans
30 Single leg squats (15/side)
30 Side lunges (15/side)
30 Plie squats

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.



DIGITAL DETOX

Defined: A digital detox refers to a period of time when a person refrains from using tech devices such as smartphones, televisions, computers, tablets, and social media sites. “Detoxing” from digital devices is often seen as a way to focus on real-life social interactions without distractions.

Why Detox?

- *About 18% of U.S. adults cited technology use as a significant source of stress in their life.*
- *Heavy technology use among young adults was linked to sleeping problems (quality + quantity), depressive symptoms, and increased stress levels.*
- *In-bed electronic social media use can have adverse effects on sleep and mood - using social media when you are in bed at night increases the likelihood of anxiety, insomnia, and shorter sleep duration.*
- *The use of social media sites such as Facebook, Snapchat, and Instagram have been found to decrease well-being.*
- *Limiting social media use can decrease symptoms of depression and loneliness.*
- *Technology use plays a role in determining an individual's work-life balance - use of internet and mobile technologies influenced overall job satisfaction, job stress, and feelings of overwork.*
- *Comparison really can be the thief of joy. Detoxing from your social connections can be a good way to focus on what's important in your own life without comparing yourself to others.*

Signs You Need a Detox:

- You feel anxious or stressed out if you can't find your phone.*
- You feel compelled to check your phone every few minutes.*
- You feel depressed, anxious, or angry after spending time on social media.*
- You are preoccupied with the like, comment, or reshare counts on your social posts*
- You're afraid that you'll miss something if you don't keep checking your device.*
- You often find yourself staying up late or getting up early to play on your phone.*
- You have trouble concentrating on one thing without having to check your phone.*



How to *unplug*

Be Realistic:

- If you need your devices during the day for your job, try doing a mini-detox at the end of the workday. Pick a time when you want to turn off your devices, and then focus on spending an evening completely free of things like social media, texting, online videos, and other electronic distractions.

Set Limits:

- Setting boundaries on the type and timing of connections you'll attend to helps ensure that you can enjoy real-world activities completely free of digital diversions.

Remove Distractions:

- Another way to start your digital detox is to turn off push notifications on your phone. Many social media apps including Facebook, Instagram, Twitter, Pinterest, and news websites send alerts every single time you get a message, mention, or new post.

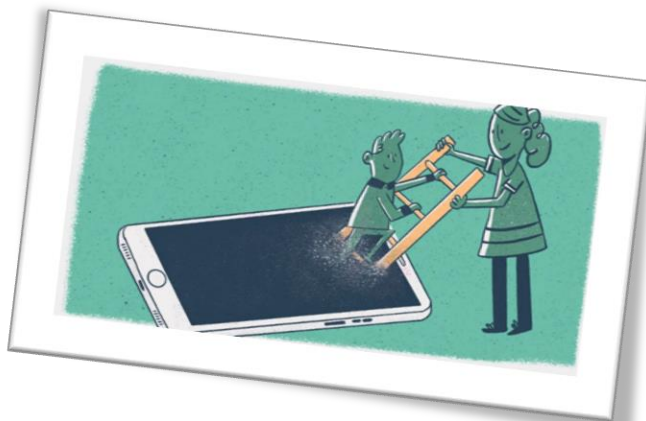
Ideas to Consider:

A digital fast: Try giving up all digital devices for a short period of time, such as a day or up to a week.

Recurrent digital abstinence: Pick one day of the week to go device-free.

A specific detox: If one app, site, game, or digital tool is taking up too much of your time, focus on restricting your use of that problematic item.

A social media detox: Focus on restricting or even completely eliminating your social media use for a specific period of time.



Tips for Success:



- ❖ *Let your friends and family know that you are on a digital detox and ask for their help and support.*
- ❖ *Find ways to stay distracted and keep other activities on hand.*
- ❖ *Delete social media apps from your phone to reduce temptation and easy access*
- ❖ *Try getting out of the house; go to dinner with friends or go for a walk when you are tempted to use your device.*
- ❖ *Keep a journal to track your progress and write down your thoughts about the experiences.*



First/Last Name & Organization: _____



Activity of the Month

Screen Time Calendar

Use the chart below to track how much screen time you are consuming for 7 days out of the month. Record the average amount of screen time in that specific 7 day period. You can scroll back and look at past dates if you missed one. See how to check your screen time below. If this feature is **not** activated on your phone you may manually enter in your average screen time. Answer the few questions that follow and **upon completion, submit a copy through the Incentive campaign on your portal.**

[Check how much time you spend on an iPhone in Settings > Screen Time.](#)

[Check how much time you spend on an Android in Settings > Digital Well Being and Parental Controls](#)

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Example: 7 hours	4 ½ hours	5 ½ hours	4 hours	6 hours	5 hours	3 ½ hours

1. What is your average screen time for the week? (Example: 35 ½ Hours)

2. Do you think it would be personally beneficial to limit screen time in the future? If so, how?

(Example: Yes, I believe eliminating my screen time an hour before bed could help improve my quality of sleep.



The Dish:

Healthy Recipes Curated By AccelWELL

Fruit Salsa & Cinnamon Chips

Ingredients (Serves 4)

- 1 tablespoon honey
- 1 ½ teaspoon fresh lemon juice
- 2 cups strawberries, hulled and diced
- 3 kiwis, peeled and diced
- 1 large mango, peeled and diced
- 4 6-inch flour tortillas
- 2 tablespoons butter, melted
- ¼ cup granulated sugar
- 1 teaspoon ground cinnamon

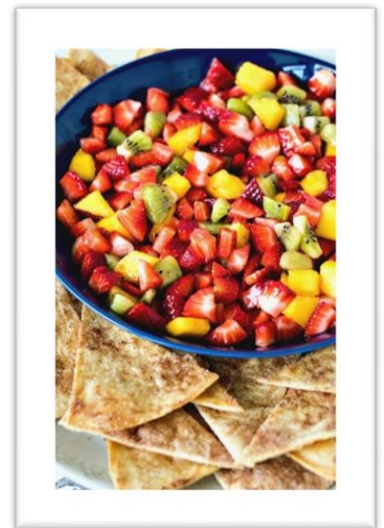
Instructions

For the cinnamon chips:

1. Preheat the oven to 375 degrees. Cut flour tortilla into 8 even wedges. Repeat with 3 other tortillas and place them in a medium bowl. Coat with melted butter and toss so the butter is evenly distributed. Mix cinnamon and sugar together in a small bowl until combined. Sprinkle over tortilla wedges and then toss to combine.
2. Place coated tortillas onto baking sheet lined with parchment paper. Make sure they are in one even layer and not touching one another. You may need a second baking sheet to fit them all.
3. Bake in preheated oven for about 5 minutes and then flip the tortillas and bake for another 5 minutes or until they just begin to turn golden.

For the salsa:

1. Whisk honey and lemon juice together in a medium bowl. Add diced strawberries, mango, and kiwi to the bowl. Toss together in the honey mixture until evenly coated. Serve with cinnamon chips.



Source: <http://www.certifiedpastryaficionado.com/>



It's Berry Season!

Keep your berries fresher, longer with these simple steps:

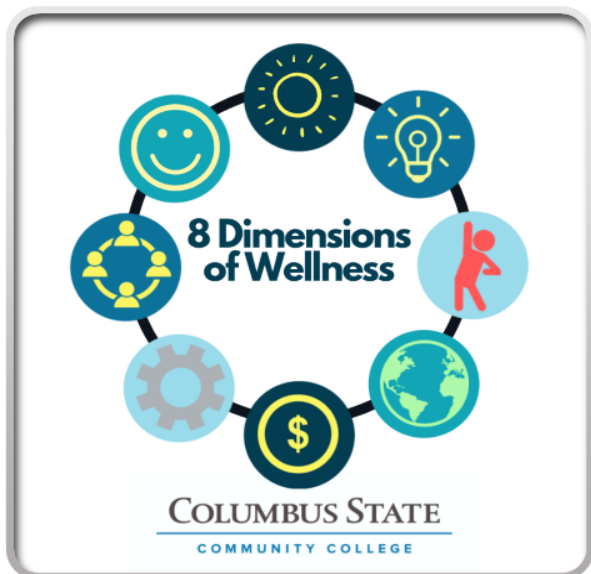
- Discard any moldy berries upon arriving home.
- Clean berries immediately – 3 cups water to 1 cup vinegar – soak for several minutes then rinse in a strainer under cold water and pat dry with a paper towel.
- Store berries in a clean container lined with paper towels, allowing ventilation. Change paper towels if they get damp.



Check out this month's recipe 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..

Follow Us on Social Media!



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