

Cougars Wellbeing Newsletter

June 2023 | Issue 34

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Benefits of Outdoor Movement
Learn more on Page 10

MAY
RAFFLE WINNERS:

\$25 Amazon Gift Card

Michelle Guendelsberger
& D'Shahn Coleman

CONGRATULATIONS!

JUNE

Plan and Track Your Goals Here!

Goal Tracker

	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F							
	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																														

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



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JUNE

You're invited...

Join your Human Resources Team for our Employee Success & Wellness Fair

June 13, 2023 | 9am-4pm, WD 4th Floor

You have goals. We want to help you reach them.

Come join us for presentations, vendors, prizes, demos & valuable wellbeing information

Earn Rally Coins.

You support student success.

HR SUPPORTS YOUR SUCCESS.

Dr. Nic



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



[Men's preventive health tips | UnitedHealthcare \(uhc.com\)](#)

[Heart disease | UnitedHealthcare \(uhc.com\)](#)

[Prostate cancer symptoms and treatment | UnitedHealthcare \(uhc.com\)](#)

Men's health month is dedicated to encouraging boys and men to take care of their health by adopting healthy lifestyles. Men in the United States live approximately six years less than women. Black and American Indian/Alaska Native men have a disproportionately lower life expectancy than white men. Men are less likely than women to get regular health screenings, which leads to critical health conditions. Men have lower health literacy rates than women.

LGBTQ+ Awareness

Pride is more than a parade! Pride is visible. Pride is resilient. Pride is community. We strive to embrace the intersectionality of identities which include LGBTQ+ and other marginalized groups of human beings. We work to provide a safe space for "Everyone." June is dedicated to building awareness about how the LGBTQ+ community experiences significant challenges such as limited access to health coverage, services, and bias. We have witnessed an escalation of violence towards LGBTQ+ individuals and this is disheartening. (Human Rights Campaign, Pride 2023) Join Prism ERG & Student Engagement and Inclusion for Pride Month activities: [Employee Resource Groups | Columbus State Community College \(csc.edu\)](#)

Other resources:

[Lesbian, Gay, Bisexual, Transgender and Queer Pride Month | Library of Congress \(loc.gov\)](#)

[Lesbian, Gay, Bisexual, and Transgender Health | CDC Resources | Lesbian, Gay, Bisexual, and Transgender Health | CDC](#)

[Workplace Mental Health for LGBTQ+ Professionals \(mindsharepartners.org\)](#)

Summer is approaching so a reminder to stay hydrated.

[UAW: Hydration and Healthier Beverages](#)

[\(brainshark.com\)](#)

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
JUNE
8

CancerBridge Cancer Support Series: Thyroid Carcinoma: Presentation, Diagnosis & Management

11am EST | [Join Here](#)



This presentation will discuss the incidence, prevalence, and outcomes of thyroid cancer diagnoses (based on data collected by The Surveillance, Epidemiology, and End Results Program) as well as common treatments for thyroid cancer. It will also briefly explain the anatomy of the thyroid gland, the pathophysiology of thyroid cancer, and what role thyroid hormones play within our body.

THU
JUNE
15

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, 2022 through June 30, 2023. The coins apply to employees on the health plan and covered spouses.

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

[RallyBenefitsSession](#)

(click the link to join)

Reminder Rally Coin Deadline June 30, 2023 (Activities must be completed on/by this date).

THU
JUNE
22

CancerBridge Self Care Series: The Power of Positive Emotion

11am EST | [Join Here](#)

Learn how positive emotions like gratitude, accomplishment, and compassion help us build resilience and manage stress. Participants will try a few simple exercises and identify realistic practices for everyday life.



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@cscce.edu)

Get Involved with AccelWELL!

THU
JUNE
22

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.

Your Feedback Matters – Take our Satisfaction Survey

Your feedback is very important to the AccelWELL Team and the success of your program. Please [CLICK HERE](#) to complete the satisfaction survey.

Thank you for your continual support!

4-week Hydration Challenge!

June 1 – June 30

We invite you to participate in this Hydration Challenge to help you focus on increasing your water intake for your health! [CLICK HERE](#) to fill in your name, company and email to officially register for the challenge & earn an opportunity to win a Hydroflask water bottle! See AccelWELL email communications for full instructions and challenge tracker.

Deadline to submit completed tracker is 7/5.

Introducing **NEW AccelWELL portal and App ... Coming Soon!**

AccelWELL is excited to announce the launch of a brand-new wellness portal and app in July! This new and improved platform will offer a brand-new user-friendly experience to help guide you on your road to wellness. Stay tuned...instructions for creating your account on the new Portal & App will be communicated to you next month. In the meantime, you still have access to your current portal account.

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.

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!

Recreational Cooking Classes and More

[The Mix – at Columbus State \(csc.edu\)](http://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, we are excited to announce that our EAP partner, Matrix, is launching an updated version of their mobile app. The Matrix mobile app 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 \(csc.edu\)](https://www.csc.edu/compliance)

Employee Resource Groups

[Employee Resource Groups | Columbus State Community College \(csc.edu\)](https://www.csc.edu/employee-resource-groups)

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

Jump[ROPE] into June

Complete the 20-minute workout below twice through! (If you don't have a jump rope, no problem. Simply mimic jumping rope!) Aim to add this circuit to your weekly movement routine!

1 Minute Jumping Rope
15 Squats

1 Minute Jumping Rope
15 Push-ups

1 Minute Jumping Rope
15 Walking Lunges

1 Minute Jumping Rope
15 Tricep Dips

1 Minute Jumping Rope
30 Second Plank

1 Minute Jumping Rope
15 Crunches

1 Minute Jumping Rope
Rest for 2 Minutes



**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.*

OUTDOOR MOVEMENT

Outdoor exercise, also known as “green exercise,” combines two health-enhancing activities: moving your body and getting outdoors. And the results are exceptional! If you’re looking to enhance your mood, save money, and avoid the time and trouble of getting to the gym, look no further than the great outdoors.



BENEFITS OF OUTDOOR MOVEMENT

1. Improved Mood and Reduced Depression

- Outdoor exercise provides a mental health boost beyond that of indoor gyms. Moving outdoors has been shown to reduce anger and depression and improve mood (Barton and Pretty, 2010). Exposure to sunlight enhances vitamin D production, which may be partially responsible for this mood-enhancing effect (Kerr et al., 2015). For a quick afternoon pick-me-up, head outside for a 15-minute walk break and return to work feeling energized!

2. Enhanced Self-esteem

- Research shows that as little as five minutes of outdoor exercise can improve self-esteem (Barton and Pretty, 2010). Any outdoor location will do, but being near greenery or water enhances this effect. Activities shown to improve self-esteem include walking, cycling, horseback riding, fishing, and gardening. A regular dose of outdoor activity can help boost the already powerful esteem-enhancing effect of exercise.

3. Low Cost

- The outdoor environment provides a low-cost solution for exercise enthusiasts and trainers alike. While high gym or studio prices can act as a barrier to exercise, outdoor venues such as low-traffic neighborhood streets and local parks offer free space for physical activity.

4. Ease of Access

- Lack of time is another common barrier to exercise. Taking advantage of the great outdoors can reduce these time constraints. Local hills, tracks, and neighborhood streets provide ideal walking, running, and cycling settings, while nearby parks offer ideal venues for resistance training, boot camps, and yoga classes.

5. Connecting With Mother Nature

- One of the greatest benefits of outdoor exercise lies in its inherent opportunity to connect with Mother Nature and the people and places in your community. Exercising outdoors can help you feel grounded, deepen your connection to your environment, and enhance your appreciation for the beauty around you.

Additional Benefits of Outdoor Exercise



YOU'LL BOOST YOUR IMMUNE SYSTEM
- natural environment
- natural colours



YOU'LL BURN MORE CALORIES
- increased wind resistance
- temperature regulation



YOU'LL RELEASE MORE FEEL-GOOD HORMONES
- increased dopamine and serotonin
- more endorphins



YOU'LL GET A BURST OF VITAMIN D
- reduced lifestyle disease risk
- reduced depression



YOU'LL WORK OUT LONGER AND HARDER
- more stimulation
- increased enthusiasm



GET OUTSIDE

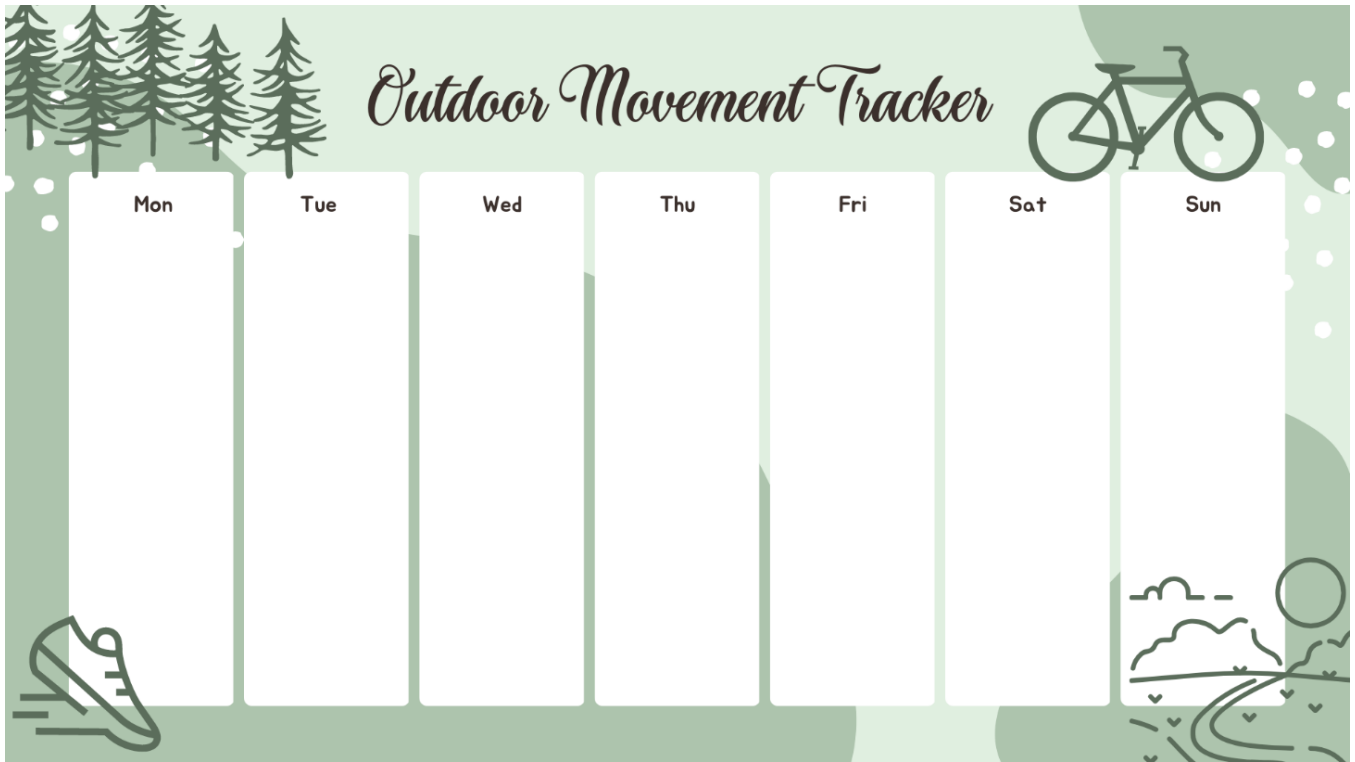


Activity of the Month

Using the calendar below, keep track of your daily outdoor movement for one week. Some examples of activities to include in your week are below to help you get creative and get outside!

Outdoor Movement Ideas:

Go for a walk Play pickleball *Go canoeing* rollerblade
Fly a kite swim **Golf** Outdoor yoga *Go for a hike*
 Go kayaking Garden **Ride a bike** Archery
 PLAY TENNIS Go birdwatching Go for a run **Go fishing**



Outdoor Movement Tracker

Mon	Tue	Wed	Thu	Fri	Sat	Sun

1. Were you able to get outside most days this week? If not, what barrier kept you from getting outside? What is one way you can overcome this barrier in the future?

2. What outdoor activity did you find most beneficial for your mental and physical health? Why?



The Dish:

Healthy Recipes Curated By AccelWELL

Watermelon, Feta, Basil and Pistachio Salad with Reduced Balsamic Vinaigrette

Ingredients (Serves 4 as side salad or 2 as entree)

- 9-10oz arugula, or other mixed green
- 2 cups 1" watermelon cubes
- 6oz block feta, cubed
- ¼ cup shelled pistachios, roughly chopped
- 14-16 fresh basil leaves, julienned

Reduced Balsamic Vinaigrette Dressing:

- 1 cup balsamic vinegar
- 2 Tablespoons extra virgin olive oil
- 1 garlic clove, minced
- Salt and pepper

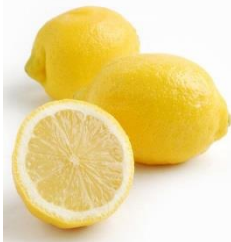
Instructions

1. Bring balsamic vinegar to a boil in a small saucepan then turn heat down slightly and boil until consistency is like thin maple syrup, 15-20 minutes. You should have 3 – 4 Tablespoons reduced vinegar. Let vinegar cool slightly then pour into a mason jar, add garlic, extra virgin olive oil, salt, and pepper, and then shake to combine and set aside.
2. Divide lettuce among plates then top with watermelon, feta, pistachios, and basil, and then drizzle with Reduced Balsamic Vinaigrette.



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

COACH'S TIP

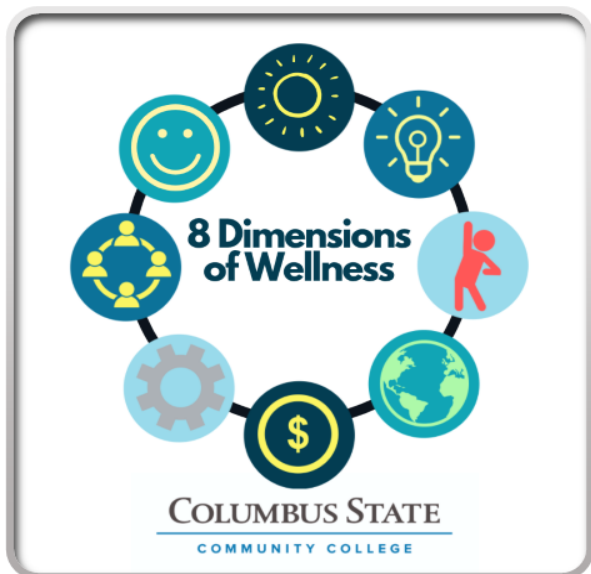


June is National Lemon Month!

Lemon Month, which is celebrated in June every year, is dedicated to honoring and appreciating one of the most versatile citrus fruits. Lemons contain a high amount of vitamin C and plant compounds that aid weight loss. They also reduce the risk of heart disease, anemia, kidney stones, digestive issues, and even cancer. Lemons can heal cracked feet, remedy colds and whiten nails (amongst countless other handy uses)! Pick up a few lemons from your local grocery and see how many ways you can incorporate them into your life this month!

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, Equity & 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!



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