



COLUMBUS STATE
COMMUNITY COLLEGE

Cougars Wellbeing Newsletter

March 2023 | Issue 31

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Meal Planning Made Simple
Learn more on Page 10

**FEBRUARY
RAFFLE WINNER:**
Fitness Tracker

Tina Diggs

CONGRATULATIONS!

MARCH

Plan and Track Your Goals Here!

Goal Tracker

	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	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	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"

MARCH



Spring is quickly approaching, so let's think about "Spring Changes!" As we reflect on changes around us, consider how to prepare for these changes. What resources are available to assist with the changes? **March is "Workday Live" Awareness month.** To assist you with this transition, there are Workday Trainings. I encourage you to take advantage of the trainings, visit the Workday Project Information Center, and think about how the switch to

biweekly pay may impact your financial habits. Utilize the wellbeing resources highlighted in this newsletter. These resources are available to all CSCC employees.

[Welcome to the Workday Project Information Center! - Home \(sharepoint.com\)](#)

workday@cscce.edu

You choose your path and what activities will enable you to be successful in your wholistic wellbeing journey!

Only one choice Wins!

Dr. Nic



Happy Women's Herstory Month

Women's History Month is a celebration of women's contribution to history, culture, and society. The 2023 theme is "Celebrating Women Who Tell Our Stories."

Please join Columbus State in our Women's HERstory events this month.

[Women's HERstory Month | Columbus State Community College \(cscce.edu\)](#)

Other resources:

[Women's History Month \(womenshistorymonth.gov\)](http://womenshistorymonth.gov)

[Press Conference: Announcing the 2023 Women's History Theme - National Women's History Alliance \(nationalwomenshistoryalliance.org\)](#)

National Nutrition Month

[Health tip: Dietary Guidelines \(uhc.com\)](http://uhc.com)

National Colorectal Awareness Month

[Colorectal cancer | UnitedHealthcare \(uhc.com\)](http://uhc.com)

2023 Financial Wellbeing:

Preparing you for expected & unexpected changes!

Financial Tip

P2P Payment Apps

Peer-to-peer (P2P) payment apps like Venmo, PayPal, and Zelle are a convenient way to pay without cash. They are often linked to your checking account and let you send and receive money instantly. But be careful as they offer little to no fraud protection. Make sure you are sending the money to someone you trust and make sure you have the correct information entered before you hit send.

Read [4 Tips for Using Peer-to-Peer Payment Apps](#) to learn more about how to use them safely and wisely.

Presented by [BMI Federal Credit Union](#).

WED
MAR
15

Voya Financial Services

Plan for Your Retirement Income

11:00am EST | Via Teams | Barnett McGowan

[VoyaSeminar](#) (click link to join)

TUE
MAR
21

Identity Theft & Data Breaches

11:30am EST | Via Zoom | BMI Federal Credit Union

Cyber security has become a serious issue. Identity theft can disrupt your life and taint your financial history. Learn how to better protect your personal information.

Join Zoom Meeting:

<https://us06web.zoom.us/j/85617424862?pwd=bkhrVFpKT0tjeUU2SkNnNDI1OWIiUT09>

Meeting ID: 856 1742 4862

Passcode: 986532

Please check out these financial resources.

BMI Federal Credit Union

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

BMI Financial Resources: [Columbus State Community College \(bmifcu.org\)](#)

Prudential Financial Resources:

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

THU
MAR
16

Cancer Support Series: Gynecologic Cancers: Awareness is the First Step 11am EST

Join us to learn more about gynecologic cancers like cervical, ovarian, and endometrial. Our speaker, Sarah Szczepanik, APRN-CNP, will share information about these cancers and recommended screenings. Following the discussion, we will host an opportunity to ask questions. Register Now!



THU
FEB
23

Wellness Series: Create Your Stress Management Play Book 11am EST | Register Now!

Learn to manage your body's stress response with mind, movement, and breath-based practices.

MON
FEB
27

Women's Chat Session Hosted by: Dr. Nichole Bowman-Glover, CSCC Wellbeing Benefits Analyst & Ariana Woods, CSCC Student Ambassador 12:00pm

Open discussion about personal health, task juggling, self-care, and harmony in life.

Join Zoom

<https://us02web.zoom.us/j/82113628144?pwd=WmIrZStCdWFKSXBVcFVQYVduaGo3QT09>

Meeting ID: 821 1362 8144 | Passcode: 843379

TUE
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28

Rally Coins/Benefits Session 11am 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)

WED
MAR
29

RUN WALK 101-Columbus Running Company 11am EST

This session will introduce a 5k and 10k training plan. The goal is to encourage participants to move and consider doing a 5K and/10k. Raffle drawing for attendees. (Discount on AEP June 10k)

[RunWalk101](#)



COLUMBUS RUNNING
COMPANY

Take a Brain Break

Wednesdays @12:30pm

Columbus Hall 111 | In person or Virtual

Stop by Library Media Studio or join virtually to take a 20 minute midday brain break. Each session will include a variety of guided breathing, stretching and light movement. Questions: studentwellbeing@csc.edu

[BrainBreaks](#) (Click here to join)

Cougar Challenge 5k

May 6, 2023

Walk/Run &/Donate

[Columbus State Cougar 5K Challenge \(runsignup.com\)](#)



Lets lace up those shoes and prepare to get moving!!

Get Involved with AccelWELL!

THU
MAR
23

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

Private Sessions Available 10:00am – 2:00pm 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.

March Mania Self Care Challenge!

Chance to win Food Storage Containers!

Partake in the March Mania Self-Care Challenge to be entered into the raffle!

Complete the challenge bracket and reflection questions, then turn in a copy or photo by **March 31st!**

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.

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 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)

National Association of Mental Illness (NAMI)

[Programs – National Alliance on Mental Illness | NAMI Franklin County](http://www.nami.org)

Matrix Tip

Accepting Ups and Downs

Life is a series of positive and negative events. Accepting the downs with the ups and moving forward is a resiliency skill. Resilience strategy for frustrating or negative experiences: 1) Understand it is natural to experience negative events more acutely than positive ones. 2) When you face an adverse experience, reflect on past experiences, how you got through them, and how time and patience played a role in overcoming the event. Decide the present negative experience will be no different. 3) Recognize what’s going well in your life. Doing so is a strong counterbalance to negative emotions. 4) Hit the brakes! Refuse an adverse event’s power to pull you into a downward spiral. 5) Embrace uncertainty: Life is unpredictable, and there will always be highs and lows. This mindset reinforces your ability to navigate whatever comes your way in the future. (The Matrix Monitor: www.matrixpsych.com)

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

Recreational Cooking Classes and More

[The Mix – at Columbus State \(csc.edu\)](http://www.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.

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.

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

Equity & Compliance

The Office of Equity and 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.

[Equity & 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 & Katina Fitch

Womens - Crystal Clark & Kelly Hogan



Workout of the Month

No Equipment, At-Home, Bodyweight Workout

Whether you're stuck at home or on-the-go, this weekly workout can be completed anytime, anywhere! For beginners, aim to complete the listed exercises on each respective day once through. For a more advanced workout, aim to complete the listed exercises 3-5x through on each respective day. If you need additional clarification on specific exercises or form, contact an AccelWELL coach or check out the detailed videos of each exercise on YouTube!

MONDAY

20 Squats
15 Second Plank
25 Crunches
35 Jumping Jacks
15 Lunges
25 Second Wall Sit
10 Sit Ups
10 Butt Kicks
5 Push Ups

TUESDAY

10 Squats
30 Second Plank
25 Crunches
10 Jumping Jacks
25 Lunges
45 Second Wall Sit
10 Sit Ups
20 Butt Kicks
10 Push Ups

WEDNESDAY

15 Squats
40 Second Plank
30 Crunches
50 Jumping Jacks
25 Lunges
35 Second Wall Sit
15 Sit Ups
25 Butt Kicks
10 Push Ups

THURSDAY

35 Squats
30 Second Plank
20 Crunches
25 Jumping Jacks
15 Lunges
60 Second Wall Sit
20 Sit Ups
35 Butt Kicks
15 Push Ups

FRIDAY

25 Squats
60 Second Plank
30 Crunches
55 Jumping Jacks
30 Lunges
45 Second Wall Sit
20 Sit Ups
50 Butt Kicks
15 Push Ups

SATURDAY

+

SUNDAY

Rest

**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.*

Meal Planning

1. Plan | 2. Shop | 3. Prep

Meal planning is asking the “what’s for dinner” question once for the whole week, instead of every night, and then shopping for and prepping the ingredients before cooking. We believe the simplest way to approach meal planning is with three steps.

1. Select your meals/recipes.
2. Shop for ingredients.
3. Prepare those ingredients.

1. Plan

Start on a Friday.

We’re big fans of putting this practice into place over the weekend, kicking off the planning on Friday, shopping on Saturday morning (or night — less people in the stores), and then using an hour or so on Sunday for meal prep.

Decide how many meals to plan for.

Take a look at your calendar for the coming week and decide the number of nights you want to make dinner at home. Be realistic — if you’re new to cooking at home, start with an attainable number of days and build on that each week/month!

Consider the following when choosing weekly recipes:

- ❖ Inventory of food at home (in fridge, freezer, and pantry) — consider choosing meals using ingredients you already have.
- ❖ Peruse your local grocery sales (via mailer, online or mobile app) — take advantage of weekly deals and select meals that incorporate the ingredients on sale/in season.
- ❖ Aim to select well-balanced meals that incorporate a protein, produce (fruits/veggies) and Carbs (ex. rice, potatoes, quinoa) — reach out to an AccelWELL coach for additional insight and examples!
- ❖ Choose meals that provide you with leftovers (making lunches throughout the week easier as well)!
- ❖ Cook recipes you know but also try to incorporate one new recipe a week!
- ❖ Pick recipes based on common ingredients to save money and reduce waste.
- ❖ Cook meals you really want to eat.

Create a grocery list.

After selecting your recipes, list the ingredients you need to purchase to create a grocery list. Don’t forget to include any items you want for lunches, breakfast or snacks! Try to organize your list based on the layout of your store for optimal efficiency while shopping.

2. Shop

- ❖ Stick to your list.
- ❖ Avoid impulse purchases.
- ❖ Do not shop while hungry.



3. Prep

With the week ahead planned – identify how many meals need to be made ahead of time versus made the day of.

Once you get home from the store, save time during the week by:

- ❖ Washing and chopping all fruits/veggies.
 - ❖ This will make cooking less daunting and quicker, as well as encourage healthy snacking with all the produce ready to grab and go!
- ❖ Cooking a big batch of rice or other starch to have on hand throughout the week.
- ❖ Marinating proteins.



Benefits

- ❖ Save money
- ❖ Spend more time doing what you love and enjoy
- ❖ Waste less
- ❖ Stress less
- ❖ Try new meals
- ❖ Eat healthier



The Dish:

Healthy Recipes Curated By AccelWELL

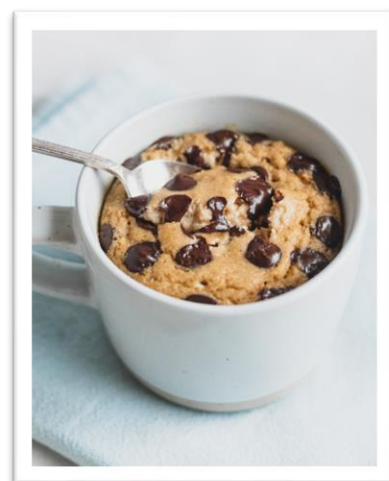
Cookie Baked Oatmeal

Ingredients (Serves 2)

- ½ cup oats
- ½ ripe banana
- 1 egg
- ¼ cup almond milk
- Pinch of salt
- ¼ tsp baking soda
- Dark chocolate chips

Instructions

1. Add all ingredients (except chocolate chips) to a blender and blend.
2. Pour batter into an oven-safe baking dish (mini ramekins work well for 2 servings).
3. Top with chocolate chips.
4. Bake at 300° F for 15 minutes.
5. Enjoy!



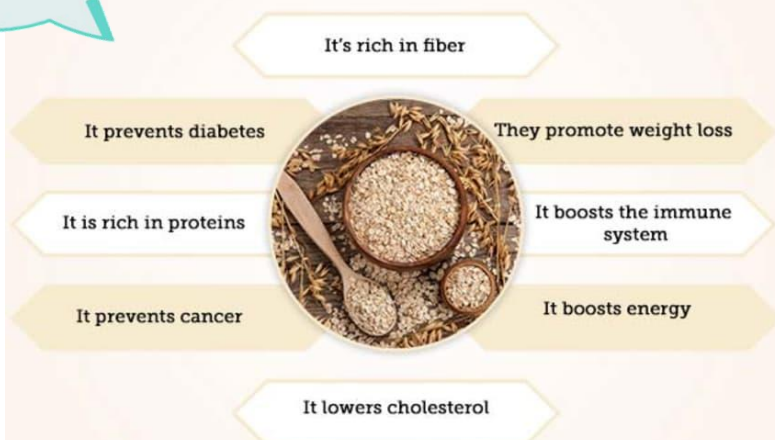
Source: Instagram @ainsley



Health Benefits Of Oats

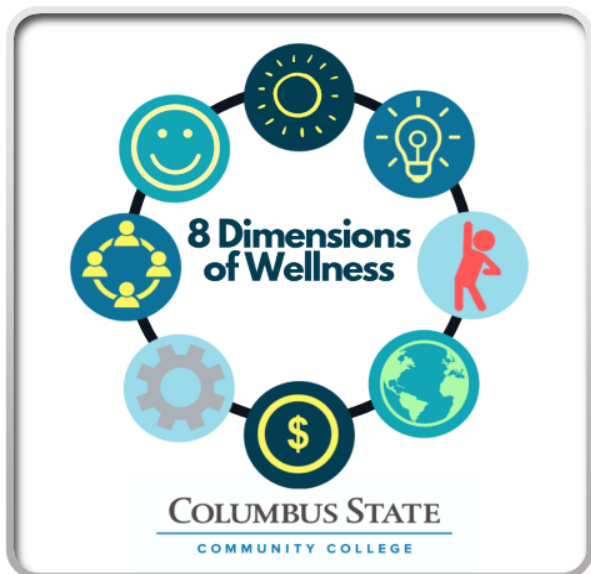


There are so many recipes that incorporate oats – for example, protein balls, pancakes, overnight oats, and endless variations of oatmeal– try a new oat recipe this month and reap the health benefits!



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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