

Cougars Wellbeing Newsletter

March 2024 | Issue 43

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MUSCLE MATTERS
LEARN MORE ON PAGE 9!



**FEBRUARY
RAFFLE WINNER:**

Fitness Tracker

Laurie Needles

CONGRATULATIONS!

MARCH

Happy Spring!!

Check-In Time. Where are you with your 2024 Wellbeing Goals?

Mark your calendar for April Wellbeing Wednesdays!

Connecting you with CSCC Wellbeing Resources.

Remember, **HR SUPPORTS YOUR SUCCESS.**

Dr. Nic

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



Women's Herstory Month

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

Colon Cancer Awareness

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

UHC video

[UAW: Understanding Digestive Health \(brainshark.com\)](#)

Cougar Challenge 5k

May the 4th move you!!

Walk/Run &/Donate

[Columbus State Cougar Challenge 5k](#)

Grab a family member, friend, neighbor or a CSCC student and join us on

Saturday, May 4th on Delaware Campus.



CSCC Noon Walk Club - Spring 2024

Walk with colleagues and friends around the Columbus State campus at noon on the First Tuesday and Third Thursday of each month. Get outside and get your steps in. If you're participating in our [Columbus State Cougar Challenge 5k](#) this year, it's a great way to get in shape! All are welcome - students, faculty, staff. We'll meet in the **courtyard between Delaware Hall and Nestor Hall** near the tables, and we'll walk an approximately one-mile loop. [Here's a link](#) to the approximate path we will take. Dress for the weather! 😊 David Millikin, dmillikin@csc.edu

Columbus Campus Runners - Conversational-Pace 5k Run Club

Each Friday morning at 6:30am in front of Cup of Joe coffee before we tread the concrete paths around central Columbus college campuses. All are welcome! David Millikin, dmillikin@csc.edu



MARCH

VIRTUAL EDUCATION

CHECK OUT THIS MONTH'S VIRTUAL EDUCATION FROM ACCELWELL!

THIS MONTH'S TOPIC:
MUSCLE MATTERS
WITH COACH ERIKA

[WATCH HERE!](#)



HI! MY NAME IS ERIKA GARDNER!



I am a Certified Holistic Health Coach through the Institute of Integrative Nutrition, experienced AFAA Group Exercise and TRX Total Body Resistance instructor. Growing up as a competitive gymnast, I learned at a young age the importance of self-discipline, determination, and dedication. My gymnastics career was not entirely positive unfortunately – I battled through my own uncertainties and self-image struggles. With the support of friends and family, I found resources to help me understand that health means so much more than appearance, nutrition, and physical exercise. Health and wellness quickly became my purpose and my passion, inside and out of the gym. Health is not a given. Health is not a one-size-fits-all. Health is about finding what works best for YOU and YOUR lifestyle. It's important to be grateful for what you have, but never stop working for what you want. Outside of sharing my passion, you can find me exploring new Metroparks, planning a trip to the mountains, experimenting with new recipes, or spending quality time with friends and family.

CONTACT US

Email: coach@accelwell.com
Your Coaches are here for you!

FOLLOW US



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MARCH



CancerBridge

THU
MAR
14

CancerBridge Financial Series: The 7 Most Common Income Tax Mistakes, and How to Avoid Them

11am EST | [Join Here](#)

This session will look at common tax mistakes and suggest some planning techniques to avoid falling into the most common tax traps.

THU
MAR
21

CancerBridge Cancer Support Series: Multiple Myeloma 101

11am EST | [Join Here](#)

This presentation will cover the basics of Multiple Myeloma; what it is, risk factors, statistics, signs and symptoms, how it is treated, and complications.

THU
MAR
28

CancerBridge Self Care Series: Making Progress with Purpose

11am EST | [Join Here](#)

Values-driven goals and action can make a world of difference for our follow-through. Learn to identify and stay connected to what's meaningful about your health and well-being.

For cancer-related questions: (855) 366-7700

For questions about these events: hello@mycancerbridge.com

[CSCC Sustainability Group](#)

Here's our event lineup for the Spring Semester. Please feel free to RSVP and help spread the word. Our officers also plan to add social events. If you'd like to get involved or have an idea for a fun meet-up, let our officers know via [our Discord](#) or text them directly.

- Tues & Wed, 4/16 & 4/17: [Sustainability Fair](#), Columbus Campus courtyard, 11 am - 2 pm
- **Download** the [Climate Action Now app](#) to easily advocate for climate action.
- **Forward to a Friend** - Everyone in the CSCC community is welcome to join us. Share with students, staff, and faculty. Join the [Sustainability Group](#).

Student Officers: Haley Middendorf, Anna Thompson, Andrew Thacker, Victoria Powell

Employee Advisors: Jennifer McCord, Allison Hendricks, Angela Howard, Lisa Carpenter

2024 Financial Wellbeing:

Preparing you for expected & unexpected change

COPEC

Financial Fridays Workshops (Virtual)

[COPEC Retirement Decisions Workshop - Financial Wellness Education \(copeceducation.org\)](https://copeceducation.org)

BMI Federal Credit Union

Financial Education: [BMI Federal Credit Union](https://bmficu.org).

BMI Financial Resources: [Columbus State Community College \(bmficu.org\)](https://bmficu.org)

Take advantage of these in-person financial workshops:
[Free Financial Workshops in Central Ohio \(bmficu.org\)](https://bmficu.org)

Prudential Financial Resources:

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

Education First Credit Union:

Banzai has hundreds of articles ranging on financial topics from stock market basics to preparing for a baby. The courses and coaches use real-life scenarios to demonstrate the power of good financial planning. Financial calculators to help with: Budgeting, Savings, Retirement, Credit Card Payoff, Auto Refinance, Cost of Living & more.

[Wellness Center](#) | [Financial Literacy Resources](#) | [Banzai](#)

Get Involved with AccelWELL!



THU
MAR
28

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 3.0 portal or WellSteps app, select the **menu** in the upper right-hand corner. From there, select the **calendar tool** to be redirected to a calendar view of the month's events. Find the correct day and event and select **Register**. Then, fill out the designated prompts and select a timeslot that best works for you. Lastly, click **Register**.

*Contact coach@accelwell.com with questions or for support.

Recipe How-To Video

Cook alongside Coach Whitney in [this video](#) as she creates a Butternut Squash Enchilada Skillet: a healthy, one-pan dish that could be whipped up for a weeknight dinner or easily portioned out for lunches throughout the week! Complete [this survey](#) to enter the raffle to win **Resistance Bands!**

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://www.mhaohio.org)

National Association of Mental Illness (NAMI)

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

See this month's highlights on Wellbeing page:

[Well-Being | Columbus State Community College \(csc.edu\)](http://www.csc.edu)

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.

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 [here](#) 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!

Discount Tickets Cleveland

[Companies :: FieldHouse+ Special Offers | Rocket Mortgage FieldHouse](#)

USE ACCESS CODE: **COUGAR**

A few things to Once you select the game of your choice, please click the "Use Access Code" button to enter your code listed above to proceed with your purchase and receive your special offer pricing.

note for this special offer:

- Tickets are limited and are on a first-come, first-served basis
- This ticket offer is only available online

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 \(csc.edu\)](#)



Employee Resource Groups

[Employee Resource Groups | Columbus State Community College \(csc.edu\)](#)

Columbus State's Employee Resource Groups (ERGs) are here for you! As a program of the Office of Diversity, Equity, and Inclusion, ERGs are for any employee who wants to promote equitable practices and a culture of inclusion at Columbus State. ERGs offer affinity spaces, networking, and whole-person development as well as learning and action opportunities for anyone who wants to get involved with equity and inclusion work.

Reach out to the contacts for meeting information:

ERG Strategy & Operations Manager - Liz Rose-Cohen

African/African American – Terrence Brooks

Caring for Those Who Care - Melissa Lamar & Debbie Strain

Prism LGBTQIA + - George Johnson-Gamm

Women's - Crystal Clark & Kelly Hogan

A World of Experience (for immigrants and children of immigrants) - Katherine Lopez, Raquel Pina, & Luz Salinas

Matrix Corner

Webinars:

[No more FOMO: the fear of missing out](#)

Are you living on social media? Are you afraid you're going to miss out on something big? If so, join us to discuss ways to overcome FOMO and start living in the here and now.

3/21 at 3-4 pm ET

[Building self-esteem in children and teens](#)

Developing a strong sense of self-esteem can enable a person to find more success in nearly all areas of life. Join us to learn how parents can help their children and teens build a healthy self-esteem at each stage of life.

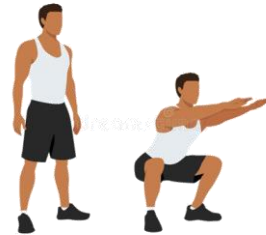
3/28 at 3-4 pm ET



WORKOUT OF THE MONTH

MARCH luck of the irish circuit

1 Pot of Gold Pick Ups x 10
(Squats)



4 Leaf Clover Plank x 30 sec
(Plank Hold)



2

3 Irish Dips x 10
(Tricep Dips)

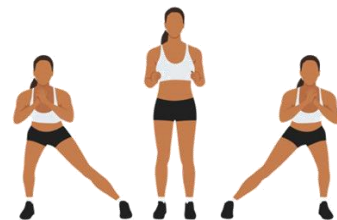


St. Patty's Throne x 30 sec
(Wall Sit)



4

5 Rainbow Reaches x 20
(Lateral Lunges)

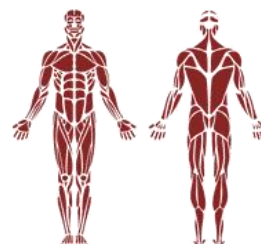


  repeat 5 times  

MUSCLE MATTERS

what is muscle mass?

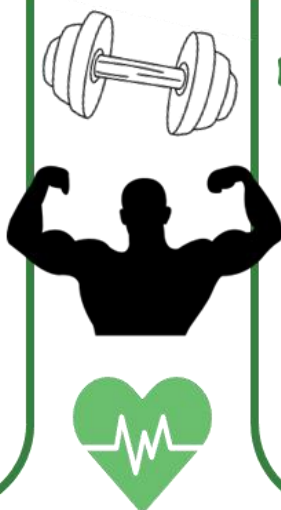
- Muscle mass is the amount of muscle in your body, including skeletal muscles, smooth muscles, and cardiac muscles.
- It can be measured as part of your total body composition, along with fat mass and bone mass.



♣♣♣♣♣ MUSCLE MASS ♣♣♣♣♣

benefits of building

- Reduced risk for metabolic syndrome
- Reduced risk for accidents, injuries, or falls
- Helps maintain blood glucose levels
- Increased metabolic rate
- Increased quality of life and longevity of body movement



risks of not maintaining

- Increased risk of infection and inflammation
- Decreased quality of life
- Reduced functional capacity and self-ability
- Increased risk for hospital admission
- Lower metabolic rate
- Increased fall risk

BENEFITS FROM RESISTANCE TRAINING

2-3
RESISTANCE TRAINING PER WEEK

- STRENGTH**
INCREASED STRENGTH
INCREASED DYNAMIC BALANCE
- BODY COMPOSITION**
INCREASED LEAN MUSCLE MASS
DECREASED FAT MASS
- WEIGHT MANAGEMENT**
INCREASED METABOLISM POST-TRAINING
IMPROVED MUSCLE PROTEIN SYNTHESIS
- BLOOD SUGAR**
INCREASE IN INSULIN SENSITIVITY
DECREASE IN GLUCOSE SENSITIVITY
*RECOMMENDED FOR DIABETES PATIENTS
- BONE HEALTH**
INCREASED BONE MINERAL DENSITY
SLOWS DOWN OSTEOPOROSIS

8-12
WEEKS OF RESISTANCE TRAINING TWICE PER WEEK

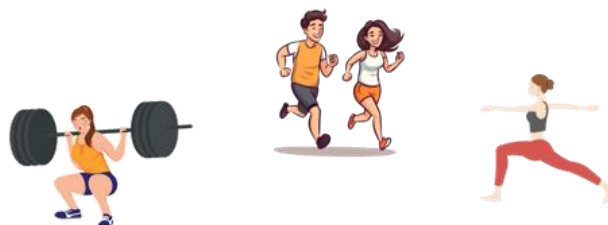
- 1.4KG **LEAN BODY MASS**
- 1.8KG **REDUCED FAT MASS**
- 79% **IMPROVED METABOLIC RATE**
- 1-3% **BONE MINERAL DENSITY**

muscle & metabolism

- MUSCLE BURNS MORE CALORIES THAN FAT, MUSCLE IS MORE DENSE THAN FAT.
- Metabolism declines naturally in adults at a rate of about 2% per decade. We can delay/reverse this trend.
- Strength training (i.e. resistance movement) can increase Resting Metabolic Rate by about 7% by affecting new muscle tissue development and by increasing rate of muscle protein synthesis.

NUTRITION & EXERCISE

- Although aging is a natural cause of muscle loss, we can control our lifestyle to help prevent muscle loss.
- Eating a healthy, balanced diet. Making sure we are fueling our body with what it needs to build and maintain muscle – varieties of proteins, carbs, and fats.
- Assuming 3 meals per day:
 - **Protein:** aim for 30 grams per meal
 - **Carbs:** aim for 30-60 grams per meal
 - **Heart healthy fats:** aim for 10-30 grams per meal
 - *Fill in more nutrients with snacks
- Exercising often including a variety of exercises in your routine such as strength training, cardio, and yoga.
- Aim for 30 minutes 5 days/week
 - 2-3 days/week strength training
 - 1-2 days/week yoga, mobility, flexibility
 - 1-2 days/week cardio



nutrition

- **Lean protein:** 4-6 oz./Meal:
 - Meat, poultry, fish, eggs, dairy, beans/legumes
- **Carbs:** 1-3 servings/meal
- **Fiber:** 25-35 grams/day
 - Whole grains (rice, oats), starches (potatoes, squash), fruits and non-starchy vegetables (green beans, broccoli)
- **Heart healthy fat:** 1-2 tablespoons/meal
 - Oils, nuts/seeds, avocado

HEALTHY EATING PLATE

HEALTHY OILS
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

WATER
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

VEGETABLES
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

WHOLE GRAINS
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

FRUITS
Eat plenty of fruits of all colors.

HEALTHY PROTEIN
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!
© Harvard University

Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

- Give it a try for 4-8 weeks, building muscle takes time & consistency
- REFLECTION TIME ask yourself:
 - What workouts made you feel your strongest self?
 - Which ones didn't serve you the best?
 - What can you do to change it for next time?

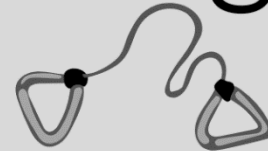
YOUR TURN!



ACTIVITY OF THE MONTH



Strength Training Planner



CHOOSE A WEEK THIS MONTH TO PLAN OUT SOME STRENGTH TRAINING WORKOUTS. EXAMPLES OF OF STRENGTH TRAINING WORKOUTS INCLUDE FULL BODY, UPPER BODY FOCUSED, OR LOWER BODY FOCUSED. REMEMBER TO INCLUDE REST DAYS TO ENSURE YOU ARE GIVING YOUR BODY TIME TO RECOVER. CHECK OUT THE MARCH WORKOUT OF THE MONTH FOR A GREAT FULL BODY STRENGTH CIRCUIT USING JUST YOUR BODYWEIGHT!

	STRENGTH TRAINING WORKOUT	COMPLETED	HOW IT WENT / MY FEELINGS
EX:	<i>20-MINUTE FULL BODY STRENGTH WORKOUT AT HOME</i>	✓	<i>HARD TO GET MOTIVATED, BUT FELT GREAT WHEN I WAS DONE!</i>
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			



Asparagus Shrimp Linguine

Ingredients (Serves 4)

- 6 ounces uncooked whole wheat linguine
- 1 lb. fresh asparagus, trimmed and cut into 1/2-inch pieces
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1.5 lbs. uncooked shrimp (26-30 per pound), peeled and deveined
- 4 garlic cloves, minced
- 1/4 cup reduced-sodium chicken broth
- 4 wedges The Laughing Cow garlic and herb Swiss cheese
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup grated Parmesan cheese

Instructions

1. In a large saucepan, cook linguine according to package directions, adding asparagus during the last 3 minutes of cooking.
2. Meanwhile, in a large skillet, heat oil over medium-high heat. Add onion; cook and stir 6-8 minutes or until tender. Add shrimp and garlic; cook 2-4 minutes longer or until shrimp turns pink. Stir in broth; cook over medium heat 1-2 minutes or until liquid is almost evaporated. Add Swiss cheese, lemon juice, salt and pepper; stir until cheese is melted.
3. Drain linguine and asparagus, reserving 1/4 cup pasta water. Stir linguine and asparagus into shrimp mixture, adding enough reserved pasta water to moisten pasta. Sprinkle with Parmesan cheese.

<https://www.tasteofhome.com/>



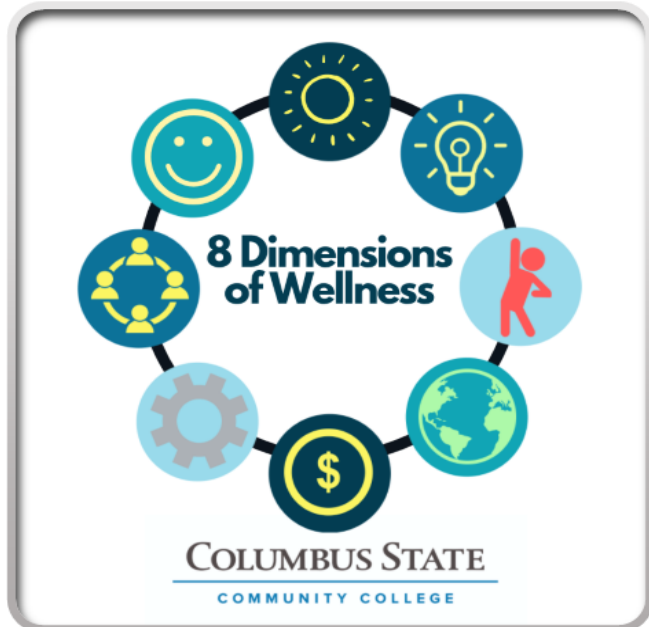
Health Benefits of Asparagus

Asparagus can be enjoyed raw or cooked, and it's often a star ingredient in soups, stews, and salads. Asparagus benefits include its low caloric value and its high vitamin, mineral, and antioxidant content.



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, Compliance

Yvette Johnson Veterinary, Imaging & Surgical
Technology Department

Terrence Lawrence, Inclusive Advising Innovation

Primrose Igonor, Office of Diversity, Equity and
Inclusion

Shawntera Hollinshead, Police Communications &
Admin

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 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 Nichole Bowman-Glover/Vena Hill.

Follow Us on Social Media!



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