

# Cougars Wellbeing Newsletter

March 2025 | Issue 55

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**MENTAL HEALTH: REDUCING THE RISK OF DEMENTIA**  
LEARN MORE ON PAGE 6!



### FEBRUARY RAFFLE WINNERS:

**\$50 Amazon Gift Card**

Shenna Drugan

**Body Comp Scale**

Johanna Trinidad

# MARCH

March is a time of renewal and awakening. As we approach the spring season, this is a good time to make small changes and step into new possibilities. Here are some ideas: reconnect with loved ones, step outdoors, learn something new, pause each day, let go of what no longer serves you, rest or enjoy seasonal foods. Take action to nourish your mind, body, and soul.



Your feedback is important to us so continue to communicate with us through wellbeing @csc.c.edu about your wellbeing interests. There are more exciting wellbeing activities on the horizon.

Remember, **HR SUPPORTS YOUR SUCCESS.**

Dr. Nic

## March is Nutrition & Colorectal Cancer Awareness Months

[Healthy eating](#) | [Health & wellness](#) | [UnitedHealthcare](#)

[Eat healthy for less](#) | [Health & wellness](#) | [UnitedHealthcare](#)

[Everyday nutrition](#) | [Health & wellness](#) | [UnitedHealthcare](#)

[Colon cancer symptoms and treatment](#) | [Health & wellness](#) | [UnitedHealthcare](#)

[Home – CancerBridge](#) : Provide valuable cancer related and healthy living resources. Explore the web page (member area) for information about healthy eating, self-care, mindfulness, financial tips, and more.

[Member Area - CancerBridge](#) Cancerbridge Resource Library-Screening & Detection-Basics of Colon Cancer

[Member Area - CancerBridge](#) Cancerbridge Resource Library-Under Cancer Support-Hereditary Colon Cancer & High-Risk Genetics



### Cougar Challenge 5K

CSCC Delaware Campus

Saturday, May 3, 2025

Get a Team/Sign up as an individual!

Walk/Run and/or Donate to support students

[Columbus State Cougar 5K Challenge](#)



Stay Connected to CSCC Wellbeing (CLICK on LINK):  
[Wellbeing | Columbus State Community College](#)

THU  
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### CancerBridge Kitchen Series: Powering Up with Protein

11am EST | [REGISTER NOW!](#)

Learn how to incorporate the right types of protein into your meals, whether you're an omnivore, vegetarian, or vegan. We'll explore complete vs. incomplete proteins and delicious ways to boost your intake.



CancerBridge

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### CancerBridge Self-Care Series: Creating Your Coping Skills Toolbox

11am EST | [REGISTER NOW!](#)

Learn the stages and types of coping and identify strategies that can help you prepare for, navigate, and recover from stressful situations.

For cancer-related questions: (855) 366-7700  
For questions about these events: [hello@mycancerbridge.com](mailto:hello@mycancerbridge.com)

## Sustainability

Get involved: Join the group so you can be included in sustainability notifications.



### Earth Day 2025 – Get Involved!



Sign up to host a sustainability station! Student groups, academic programs, and community partners are invited to spotlight sustainability at our event.



**Expect exciting activities, including:** Native tree plantings, Electric vehicles on display, Tree tours, Library upcycling activities, Non-dairy milk sampling, and more.



### Spring Semester Meetings & Earth Day Planning

Join us Fridays at 2:15 PM in DE-106A (and via Teams), followed by Earth Day Planning!



Meeting Dates: 3/21, 4/18

## SWACO's Public Landfill Tours

SWACO is offering a **public landfill tour on Saturday, May 31**. If you haven't toured the landfill yet, it's quite an experience and much more enjoyable when it's cold out. To sign up for a public tour, email [Tours@swaco.org](mailto:Tours@swaco.org). [Click here for details](#) and scroll to the bottom of the page.

Download the [Climate Action Now app](#) to advocate for climate action easily

Forward to a Friend - Everyone in the CSCC community is welcome to join us. Share with students, staff, and faculty. Join the [Sustainability Group](#), and/or [our Discord](#).

**Employee Advisors:** Jennifer McCord, Allison Hendricks



## Well Wednesdays (employees & students welcome)

Here to help you live a longer healthier life!! Come **connect** with fellow employees & students.

Join us **In person or virtual at 12pm. Library Media Studio** or click on **Zoom** link

- **March 5: March Mindful Stretching** (Erica Russell-Averette) | [Join via Zoom](#)
- **March 19: Zumba** (Low Intensity) (Nichole Bowman-Glover) | [Join via Zoom](#)
- **March 26: Stretch & Destress Yoga with Simple Breathwork & Meditation** (Lisa Cerrato) | [Join via Zoom](#)

Questions: Nichole Bowman-Glover, HR-Benefits, [nbowmang@csc.edu](mailto:nbowmang@csc.edu)

## Entertainment Benefit

New to TicketsatWork? Getting Started is Easy.

1. Visit [TicketsAtWork.com](https://TicketsAtWork.com)
2. Click Become a Member
3. Enter your company code (1CSCC) or email to create an account

Make the most of your TicketsatWork membership! Get instant access to exclusive deals, limited-time offers and members-only perks on the products, services and experiences you need and love. With something to excite every interest, it's time to spend less and enjoy more this season



# Get Involved with AccelWELL!

THU  
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27

## Virtual Health Coaching

Private Sessions Available

10:00am – 3:00pm EST



AccelWELL

Inspire Purpose • Drive Performance

### 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**.

## 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 this year's satisfaction survey. By completing this survey, you'll be entered into a raffle to win a

[3-month subscription to Headspace](#); a mental health app that offers guided meditation, sleep, and mindfulness tools.

**Thank you for your continual support!**

## COMING IN APRIL:

## 8-Week Group coaching with AccelWELL!!

Join in on this 8-week group coaching program focused on **weight loss** to gain valuable education around managing your weight & **find a community** at CSCC to support you in your efforts!

Weekly topics will include:

1. Defining Goals
2. Building Healthy Habits & Sustainable Lifestyle Changes
3. Healthy Snacking & Managing Cravings & Your Metabolism
4. Hydration & Its Importance
5. Maintaining Motivation & Dealing with Setbacks
6. Tracking Progress
7. Overcoming Plateaus & Strategies to Breakthrough
8. Reviewing and Adjusting Goals & Celebrating Achievements



**Keep an eye out for more information & how to sign up for this program later this month!**

If you have program questions or need assistance creating your account, please email [coach@accelwell.com](mailto:coach@accelwell.com) for support.

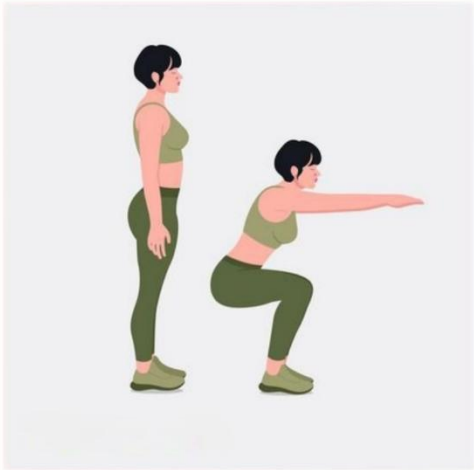


# WORKOUT OF THE MONTH

# Bodyweight Workout



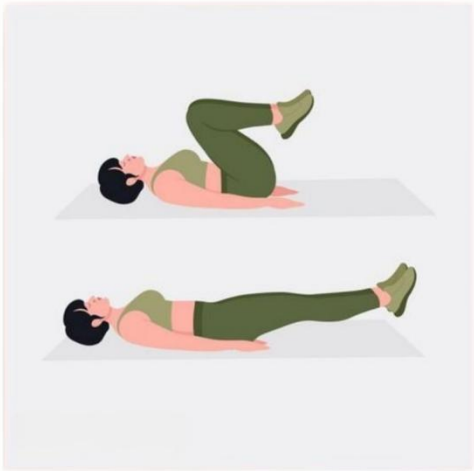
**Plank Rotation**



**Squats**



**Bridge March**



**Core Tuck-ins**



**Crunch Claps**



**Side Leg Raises**

*Perform 30 seconds of each exercise - Repeat circuit 3 times*

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.



# MENTAL HEALTH

## REDUCING THE RISK OF DEMENTIA

### WHAT IS DEMENTIA?



Dementia refers to a wide range of symptoms that affect the ability to think, make decisions, and remember things. This impacts the way daily life is conducted & can largely affect social abilities.

Symptoms include:

- lack of attention
- memory impairment
- difficulty communicating
- reduced critical thinking
- abnormal vision changes

Dementia is not **natural**. It is a **disease** and you **CAN** take steps to help prevent it.



## TYPES OF DEMENTIA

**1 Alzheimer's Disease:** The most common type, characterized by memory loss, confusion, and difficulty with reasoning and problem-solving. Those with family history of Alzheimer's are more susceptible to the disease. This accounts for roughly 50%-75% of dementia cases.

**2 Vascular Dementia:** Caused by reduced blood flow to the brain, often due to strokes or other vascular problems, leading to cognitive decline and difficulty with planning and judgment. High cholesterol, diabetes, and high blood pressure can increase your risk. This accounts for 20%-30% of dementia cases.

**3 Lewy Body Dementia:** Marked by the presence of abnormal protein deposits in the brain (Lewy bodies). Tell-tale signs of this include coordination issues, trembling, stiffness, daytime alertness, and problems sleeping at night. This accounts for 10%-25% of dementia cases.

**4 Frontotemporal Dementia:** Involves the progressive degeneration of the frontal and temporal lobes of the brain, leading to changes in personality, behavior, and language difficulties. This accounts for roughly 10%-15% of dementia cases.

## LIBRA: LIFESTYLE FOR BRAIN HEALTH

With dementia rates rising in the United States, this tool (LIBRA) was designed to help researchers identify modifiable risk factors to allow people to understand how their lifestyle choices might influence their cognitive health. Understanding these risk factors can guide prevention strategies in helping someone reduce their risk of dementia. These prevention strategies are outlined on the next page!

# BE PROACTIVE IN REDUCING YOUR RISK OF DEMENTIA



Adopting a combination of healthy habits can greatly contribute to your brain health and potentially reduce your risk of dementia.

## IMPROVE YOUR HEART HEALTH



- Increase your physical activity - your heart needs strengthened just like any other muscle in your body.
- Avoid smoking - smoking & tobacco use increase your risk for heart and other health issues.
- Maintain a healthy blood pressure - on average that is 120/80 mm Hg.

## ENGAGE IN BRAIN STIMULATION



- Keep your brain active by engaging in puzzles, reading, learning new skills, or playing games that challenge your memory and problem-solving abilities.
- Social connections can also stimulate your brain - several studies have shown that supportive and long-lasting social connections correlate with a reduced risk for dementia.



## BETTER YOUR PHYSICAL HEALTH

- Regular physical exercise improves blood flow to the brain, supports cognitive function, and reduces the risk of vascular problems that contribute to dementia.
- A balanced diet rich in antioxidants, healthy fats (like omega-3s), and low in processed foods is beneficial. Fruits, vegetables, whole grains, lean protein, and healthy fats, have been shown to support brain health.
- Limiting alcohol consumption is beneficial for overall brain health. Alcohol abuse has been linked to several neurological disorders, including alcoholic dementia. Drink in moderation.



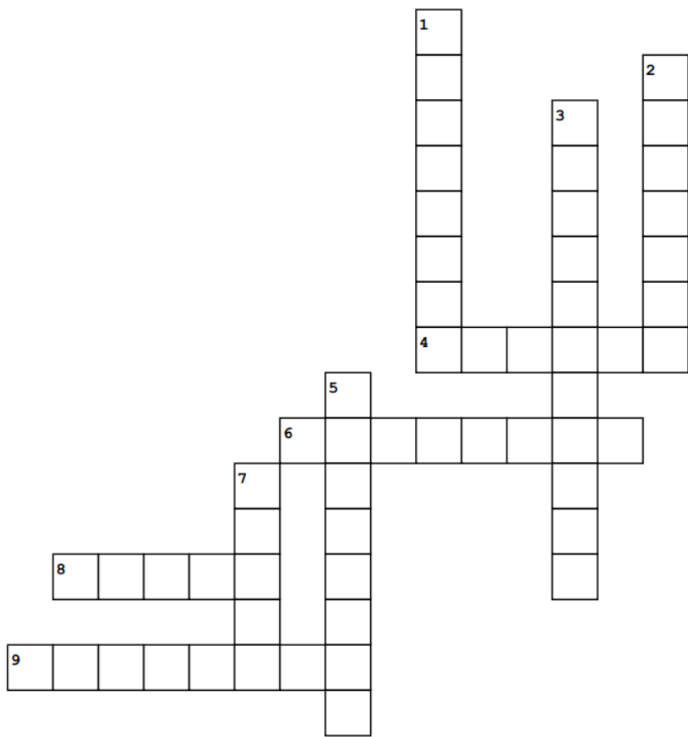
# ACTIVITY OF THE MONTH



## Dementia Fast Facts Crossword Puzzle



It is important to engage in brain activity throughout your lifetime to keep your brain strong and in its best working condition. Do this crossword puzzle to get your “brain exercise” for today!



**Across**

- 4. Connections important for stimulating your brain
- 6. This type of diet is beneficial for supporting brain health
- 8. Acronym for Lifestyle for Brain Health
- 9. Refers to a wide range of symptoms that affect the ability to think, make decisions, and remember things

**Down**

- 1. Ex: lack of attention, memory impairment, difficulty communicating
- 2. Limiting this beverage is beneficial for overall brain health
- 3. Most common type of dementia
- 5. Type of dementia caused by reduced blood flow to the brain
- 7. Organ whose health is important to improve to reduce your risk of dementia

Answers:  
1. Symptoms 2. Alcohol 3. Alzheimer's 4. Social 5. Vascular 6. Balanced 7. Heart 8. LIBRA 9. Dementia



## CAULIFLOWER PIZZA CASSEROLE

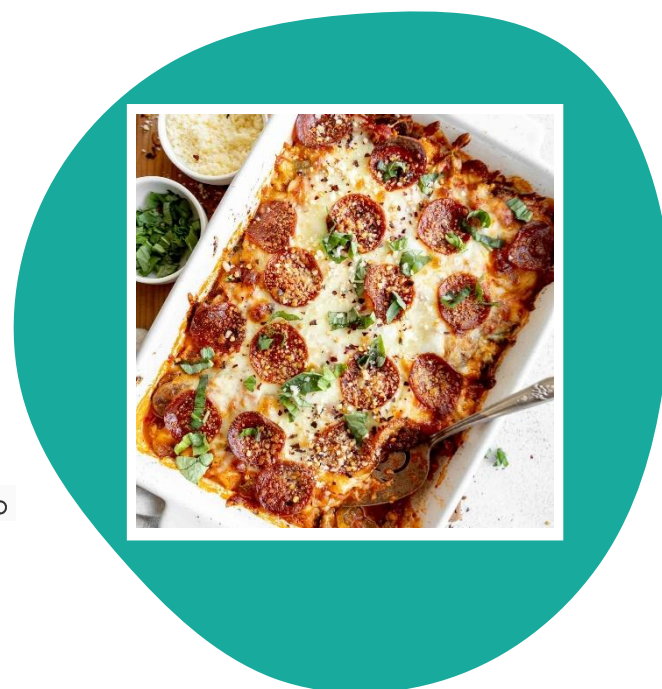
### Ingredients (Serves 6)

- 4 cups cauliflower florets
- 1 tbsp olive oil
- 8 oz mushrooms, sliced
- 1 medium bell pepper, diced
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/4 tsp dried thyme
- 1/4 tsp dried rosemary
- 1 tsp salt
- 1 1/2 cups marinara sauce (look for a no sugar added option!)
- 2-3 oz uncured pepperoni
- 2 cups shredded mozzarella
- 1/3 cup Parmesan cheese
- Optional: fresh basil for garnish

### Instructions

1. Cover cauliflower with about 1 inch of water and microwave for 90 seconds (or steam on the stovetop). Drain and pat dry. Chop into very small florets. It should look more like rice than florets.
2. Preheat the oven to 400°F.
3. Heat oil in a pan and sauté mushrooms for 5-7 minutes until softened. Combine the cauliflower, mushrooms, diced bell pepper, and seasonings in a bowl.
4. Add a layer of marinara sauce to the bottom of a baking dish. Add in half of the cauliflower mixture, then a layer of sauce, half the pepperoni, half the mozzarella. Add in the remaining cauliflower, followed by the remaining sauce, mozzarella, and pepperoni.
5. Add parmesan on top and bake for 30 minutes. Serve with fresh basil and enjoy!

Cauliflower Pizza Recipe



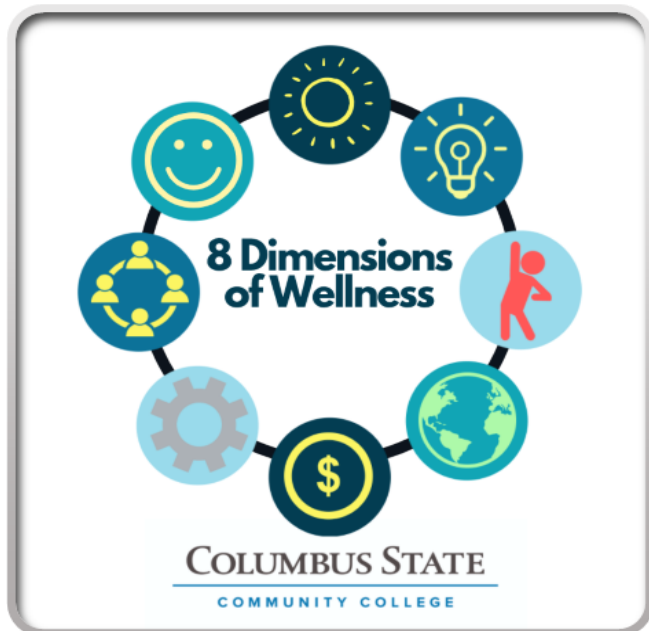
### How to store fresh herbs so they last longer!



- 1 Wash the herbs in cool water
- 2 Dry the leaves extremely well
- 3 Place herbs in a jar of water (like a bouquet of flowers)
- 4 Cover the herbs with a plastic bag
- 5 Refrigerate!

# Your Wellbeing Advisory Committee:

Nichole Bowman-Glover, PhD, Wellbeing Benefits Analyst



Tommy Tucker, Mitchell Hall

Vena Hill, Human Resources

Jason Love, Human Resources

Yvette Johnson Veterinary, Imaging & Surgical  
Technology Department

Terrence Lawrence, Inclusive Advising Innovation

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.



“ACCEL\_WELL”

## Follow Us on Social Media!



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Inspire Purpose • Drive Performance