



COLUMBUS STATE
COMMUNITY COLLEGE

Cougars Wellbeing Newsletter

March 2021 | Issue 7

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One-Pan Baked Salmon & Veggies
Enjoy this easy nutrient rich meal . (P. 9)

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 **AccelWELL**
Inspire Purpose • Drive Performance

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		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		

List your top three goals for the month below.

#Goals

1)

2)

3)

Goal Tracker

	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	S	S	M	T	W
	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																															

March is Women’s Herstory Month

March is Women’s History Month, and in 2021 the theme is “Valiant Women of the Vote: Refusing to Be Silenced.” In 2020 the United States celebrated the 100 year anniversary of the 19th amendment, which allowed women the right to vote. This was an effort that took approximately 51 years after the foundation of the National Women Suffrage Association in 1869



Women's History Month

March

Events

WED
MAR
10

Prudential Seminar: Financial Challenges That Matter Most

11:00am-12:00pm EST presented via WebEx

- Importance of making beneficial decisions
- Protecting of assets
- Minimizing debt

[Register Now!](#)

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*As part of The Way Forward program, **Brenda Millhouse-Huebner** is available for 30-minute financial wellness checkups to review your current financial situation and to help you navigate future financial challenges. To schedule your virtual financial wellness checkup, you may click the link below to select a time that works best for you. If you have a question or concern, please contact us at Pathways@Prudential.com or (844) 592-8993.

[Click Here to Register](#)

REMINDER!

[SpringBrainBreak\(15min\)](#)

Every Wednesday at 12:30pm take a BRAIN BREAK for 15 minutes!

OR

[SpringBrainBreak\(30min\)](#)

Every First Monday of month for 30 minutes!

(Microsoft Teams):
[Grace Howard](#)

WED
MAR
17

Voya Financial Seminar w/Barnett McGowan Plan for Your Tomorrow

Starts 12:00pm EST

Learn how you can plan to have the income you'll need in retirement.
(click link to join) [VoyaSeminar](#)

THU
MAR
25

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

Private Sessions Available 10:00am – 3:00pm EST



HOW TO SIGN UP:

- [CLICK HERE](#) to sign-up for your private session.
- Select a 20-minute time slot and click the box next to "Sign Up."
- Then click Sign and Submit at the bottom of the page.
- IMPORTANT – When registering, be sure to provide a telephone number in the box provided. All personal information requested when signing up (name, email, phone number) is kept confidential.

Build Your Protein Palate Challenge

The March challenge is underway! Successfully complete the challenge to be entered into the [raffle for a portable blender!](#) Submit or email your answers to coach@accelwell.com by 11:59pm on 4/1 to be eligible! See AccelWELL email communications for more details.

TUE
MAR
30

Rally Coins & Health Benefits Session

Starts 11:00am EST

Nichole Bowman-Glover, Wellness Program Coordinator and Jason Love, Benefits Program Coordinator will review Rally Coin program for those who are on United HealthCare as well as how to navigate your health benefits. Remember the Rally coin cycle runs from July 1, 2020 through June 30, 2021. The coins apply to employees on the health plan and covered spouses.



Special Note: Attend at least 5 of the offered wellbeing seminars (July 1-June 30) and earn 1 coin. (Attendance is taken at seminars) If you have questions contact Nichole.

[Rally.BenefitsSession](#)

(Click link to log in)

Your mental/behavioral health is important to us!

Women's Mental Health

One in five US women have experienced a mental health disorder within the last year. Although any gender can experience a mental health concern, depression, anxiety and eating disorders seem to be more prevalent for women. To learn more about women's mental health, warning signs, and support please check out the following links:

<https://www.nimh.nih.gov/health/topics/women-and-mental-health/index.shtml>

<https://www.womenshealth.gov/mental-health>

<https://www.who.int/teams/mental-health-and-substance-use/gender-and-women-s-mental-health>

Self-care is an important tool in taking care of our mental health. We take this opportunity during WomensHerstory month to spotlight three female senior leaders. They share how they practice self-care amidst their busy lives.

1. "Over the past year, I have kept up with two 30-minute sessions each week with a personal trainer. It's mostly stretching and light weights but enough to work up a sweat. When the weather was nice, I walked several times a week, usually early afternoon to take a break from Teams, and when it started getting cooler, I started going to the mall in the evenings to walk. I stopped just before Thanksgiving to avoid any holiday crowds but hope to start doing that again. We have a competitive group with Fitbits that does a weekly challenge to keep us all motivated to move! I also still enjoy my manicures and hair appointments." **Aletha Shipley, Senior VP-CFO Business Services**

2. "First, I have been practicing a mindfulness routine: loving kindness and equanimity toward myself and others. I try to find time every day, even if its for 5 minutes to stop, relax, and reconnect with myself and my environment. Second, I have been using this time to focus on my physical wellness: both what I am eating (which does include sweets and other treats now and then!) and working out. Third, and probably most important, is checking in with my friends and family-----when its warmer I've had A LOT of walking happy hours (socially distanced of course) and outside book clubs, family events, etc....where we can be with other and be 'COVID safe' as we call it. Now that its colder, we have transitioned to calls, or Zoom.

I wouldn't say I have the wellness recipe exactly right-----there are some days where I just feel bone-deep exhausted and can't get energized. There are others that feel pretty normal. I think I have just said to myself and my work and home families that its OK to be and feel whatever you feel on that particular day. Buddhist tradition teaches us impermanence-----that what we feel in the moment, if we live it with it and accept it for what it is---it will indeed pass over time." **Dr. Rebecca Butler, Executive Vice President**

3. "COVID19 has led to uncertainty, confusion, stress, and anxiety. I've always tried to find pockets of joy that help me relieve stress and reduce anxiety. Due to COVID19, I can't do many of those things. Self-care is vital to bring your best-self to the table. In the COVID environment, self-care has become increasingly important for me. What am I doing to practice self-care: 1) I have always loved to cook, so, I'm cooking more and experimenting with different ingredients and recipes. I'm working on plating, but I like pretty food. After all, "we eat with our eyes first". 2) I've always loved photography and wanted to improve my skills, so I've been taking classes from our fabulous digital photography program here at Columbus State. 3) I've always liked to read, and this time has made space for me to do more reading. 4) I've been learning about mindfulness and practicing how to calm myself and be present in my thoughts and feelings."

Dr. Desiree Polk-Bland, Vice President Student Affairs

Mental Health Services

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.

Virtual consultations (stand-alone/moment of need sessions not intended for ongoing counseling) the first Thursday of the month 2-6pm (male clinician) and the third Tuesday of the month 9am-1pm (female clinician) (**virtual session open to "all" employees including adjuncts**).

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://ProBonoCounselingProgram-MentalHealthAmericaofOhio(mhaohio.org))

IT Security Awareness in March

Due to a rise in cyber threats and consumer scams, CSCC wants to increase the awareness and understanding of information security activities, threats, and issues for students and employees. Resources: CSCC IT Security [IT Security | Columbus State Community College \(csc.edu\)](#) & online trainings [Global Search - Realize Your Potential: Columbus State Community College \(csod.com\)](#) (Training searches: IT security, Cybersecurity, Identity Theft)

Mark your calendars for these seminars: Click on links to join

3/11 1pm- Digital Self Defense-CSCC IT Security, Ben Dalton

[DigitalSelfDefense](#)

3/18 12pm-Identity Theft, Consumer Protection Office

[IdentityTheft](#)

3/23 12pm-Identity Protection Services, Allstate (rsvp to Nichole Bowman-Glover)

[IdentityProtectionServices](#)

3/31 11am-Identity Theft & Data Breaches, BMI Federal Credit Union

[IdentityDataBreach](#)

Fitness

Wednesday, March 24, 2021

The Aches and Pains of Walking & Running

11:00 AM EST Time

Dustin Iacovone, College of Recreation & Wellness

Learn exercises and stretches to relieve your aching body!

[AchesPains](#) (click on link to join)

2021 Cougar Challenge 5K

May 1-9, 2021 - Virtual Event

Proceeds help student defray textbook and course material costs.

Sign up, donate, and get race details

www.csc.edu/cougar5k

sponsored by Staff Advisory Council (SAC)



REMINDER!

Open Enrollment is around the corner!

May is open enrollment month. Employees will have the opportunity to make changes to their benefits during May.

March Movement Sessions

Join Dr. Nic for a 30 min Zumba stress relieving movement session. Details: mid-day break, no previous dance experience required; sneakers, space & open mind.

Monday, March 15, 2021

Topic: Nichole Bowman-Glover's Zoom Meeting

Time: 12:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/84021919867?pwd=SWFXeGkzcFFDS3BRyStBbW1icIM5Zz09>

Meeting ID: 840 2191 9867

(waiting room hold until session begins)

Tuesday, March 30, 2021

Topic: Nichole Bowman-Glover's Zoom Meeting

Time: 12:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/86221206701?pwd=N3g1V0tUbKVoRWxOdUpuaERhSVoydz09>

Meeting ID: 862 2120 6701

(waiting room hold until session begins)

Employee Resource Groups

Employee Resource Groups (ERGs) allow members to connect with other employees who share similar interests and a common bond or background. These employee-led groups are designed to meet the unique needs of each affinity or identity, and aid in fostering a diverse, inclusive workplace aligned with the College's mission and values.



Reach out to the contacts for meeting information:

African/African American-Royce Carpenter & Michelle Baker

Aspiring Leaders-Tywan Banks & Jessica Jones

Caregivers-Melissa Lamar

Faith in Parenting-Debbie Strain

LGBTQ-Michael Hicks, George Johnson, Katina Fitch

Women's-Crystal Clark & Kelly Hogan

Workout of the Month

MARCH MAYHEM

For this month's workout, aim to complete each day's list of exercises 3 times. Challengers, try to complete 5-7 rounds—track your progress throughout the month! [Click here](#) to follow along with Coach Emma and learn modification options.

MON	TUES	WED	THURS	FRI
1 5 Push ups 20sec. Plank 12 Squats	2 5 Push ups 20sec. Plank 12 Squats	3 5 Push ups 20sec. Plank 12 Squats	4 5 Push ups 20sec. Plank 12 Squats	5 5 Push ups 20sec. Plank 12 Squats
8 7 Push ups 25sec. Plank 14 Squats	9 7 Push ups 25sec. Plank 14 Squats	10 7 Push ups 25sec. Plank 14 Squats	11 7 Push ups 25sec. Plank 14 Squats	12 7 Push ups 25sec. Plank 14 Squats
15 9 Push ups 30sec. Plank 16 Squats	16 9 Push ups 30sec. Plank 16 Squats	17 9 Push ups 30sec. Plank 16 Squats	18 9 Push ups 30sec. Plank 16 Squats	19 9 Push ups 30sec. Plank 16 Squats
22 12 Push ups 35sec. Plank 18 Squats	23 12 Push ups 35sec. Plank 18 Squats	24 12 Push ups 35sec. Plank 18 Squats	25 12 Push ups 35sec. Plank 18 Squats	26 12 Push ups 35sec. Plank 18 Squats
29 15 Push ups 40sec. Plank 20 Squats	30 15 Push ups 40sec. Plank 20 Squats	31 15 Push ups 40sec. Plank 20 Squats		

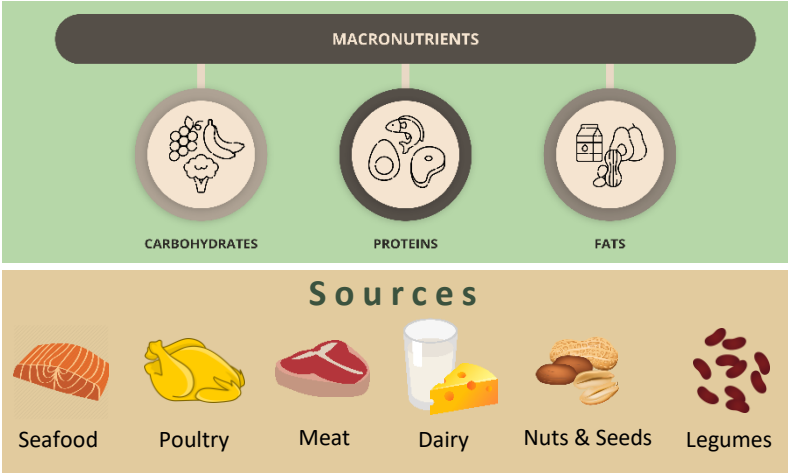
**It is always recommended to consult your physician to assess your individual medical status and specific needs prior to making any major changes to your dietary intake and/or exercise regimen. If you have questions regarding form or exercise modifications, reach out to coach@accelwell.com!*

NATIONAL NUTRITION MONTH

PROTEIN

How much protein should you eat per day?

	RECOMMENDED RANGES (% OF CALORIES)
PROTEIN	10-35%
This amount will vary per person.	



Protein Benefits

BETTER APPETITE CONTROL

METABOLIC BOOST

REDUCED FOOD CRAVINGS

IMPROVED BODY COMPOSITION

REDUCED ENERGY INTAKE

How much fiber should you eat per day?

Men

- Age 50 and younger - - - 38 grams
- Age 51 and older - - - 30 grams

Women

- Age 50 and younger - - - 25 grams
- Age 51 and older - - - 21 grams

FIBER

Dietary fiber:⁵

- Aids in maintaining a healthy weight
- Lowers cholesterol
- Helps control blood sugar
- Lowers risk of diabetes and heart disease
- Aids in digestion
- Helps maintain bowel health

Where's the fiber?

Nuts like walnuts and almonds

Whole grain bread and pasta

Beans, peas and lentils

Baked potato with the skin

Broccoli and crunchy veggies

Apple with skin and other fruits

Sources

First/Last Name & Organization: _____



Activity of the Month - March

Fiber Tracker

According to the Academy of Nutrition and Dietetics, women and men should aim to eat 25 grams and 38 grams of fiber per day respectively. For one week, focus on meeting the recommended amount of fiber in your diet through a variety of food sources. Keep record using the tracker below. Email a copy of your completed tracker or submit answers in a short email to coach@accelwell.com.

Understanding the nutritional makeup of food can help you make informed decisions about your diet and health. Learn more about fiber sources and their benefits in the companion article found in your AccelWELL newsletter.

HIGH FIBER FOODS



whole wheat pasta
6g per cup



whole wheat bread
*varies 3-4g per slice



raspberries/blackberries
8g per cup



pears
5-6g per medium size



oats
4g per cup



apple
5g per medium sized



lentils
15.6g per cup



Brussels sprouts
4g per cup



black beans
5g per cup



broccoli
5g per cup



avocado
7g per half

EAT 25 - 38 GRAMS OF FIBER A DAY – RECORD YOUR INTAKE HERE FOR 7 DAYS			
Day	DATE	TYPES OF FIBER SOURCES/FOODS	TOTAL FIBER (grams)
1			
2			
3			
4			
5			
6			
7			

THE DISH:

Meal Planning AccelWELL Style



One-pan Baked Salmon and Vegetables

Ingredients (Serves 4)

- 12- to 16-ounce salmon cut into 4 fillets
- 1 zucchini
- 1 red and yellow pepper each
- 1 medium onion
- 1 teaspoon Italian seasoning
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- Salt and pepper to taste
- 1 tablespoon olive oil, divided
- 2-3 tablespoons fresh parsley, finely chopped
- 1 lemon, cut into wedges or slices



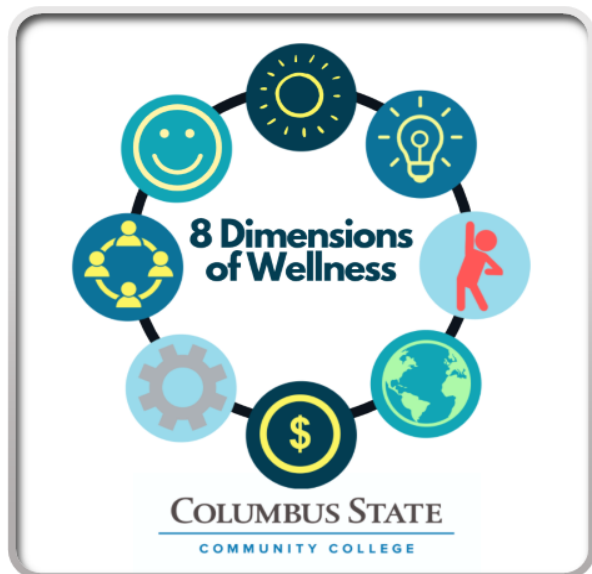
Instructions

1. Preheat oven to 400°F.
2. In a small bowl mix Italian seasoning, paprika, garlic powder, salt, and pepper.
3. Cut zucchini, peppers, and onion into ½-inch cubes. Place all vegetables on a baking sheet.
4. Coat the vegetables with half the olive oil and half the spice mix. Evenly spread the veggies on the baking sheet pan and cook the vegetables in the oven for 10 minutes.
5. Remove the pan from the oven and make space for the salmon fillets. Rub remaining spice mixture on the salmon fillets and place them in the gap among the vegetables. Drizzle remaining oil on the salmon.
6. Return the pan to oven and cook for 5-8 minutes or until salmon is well done.
7. (Optional) For a nice brown crust on the salmon and vegetables, turn on broil mode for 2-3 minutes after baking.
8. Garnish with fresh parsley and lemon slices.
9. Serve with rice or your favorite grain.
10. Enjoy!

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

Your Wellbeing Advisory Committee:

Nichole Bowman-Glover, PhD, Wellness Program Coordinator, Human Resources



Averee Fields, Delaware Campus

Tommy Tucker, Mitchell Hall

Amanda Cecil, College of Recreation & Wellness

Pete Hackman, Food Services

Vena Hill, Financial Aid Department

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..

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