



COLUMBUS STATE
COMMUNITY COLLEGE

Cougars Wellbeing Newsletter

MARCH 2022 | Issue 19

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The Healthy Plate Model
Get your Plate in Shape (Page 8)



Sheet-Pan Veggie Fajitas
Try this easy vegetarian meal (Page 11)

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		

Goal Tracker

List your top three goals for the month below.

#Goals

1)

2)

3)

	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	T
	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																															

Women’s History Month

March is the month we celebrate women. We take this opportunity to honor generations of trailblazing women and girls who have built our Nation, shaped our progress, and strengthened our character as a people. Women continue to make remarkable contributions to this world in various ways. Take some time to reflect on the role and value of women! We have made strides, but there is still work ahead of us!

[A Proclamation on Women's History Month, 2022 | The White House](#)

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

[Home | Office on Women's Health \(womenshealth.gov\)](https://www.womenshealth.gov/)

Stay tuned to the Columbus State Community College website for the Womens HERstory activities for the month.

Dr. Nic

March

EVENTS

List of upcoming information

THU
MAR
10

Cancer Bridge

2022 CancerBridge Virtual Fitness Series

11:00am EST

Join us for a three part fitness series presented by the James Cancer Hospital Oncology Rehabilitation experts. This month, we will talk about the role cardiovascular exercise in cancer prevention followed by a demonstration. Additionally, our speakers will review the recommended weekly exercise guidelines from the American Cancer Society for cancer prevention.

<https://my.demio.com/ref/VJwVNHVL5xVR4m6I>

THU
MAR
17

Cancer Bridge

2022 CancerBridge Support Series: Colon Cancer: The Basics

11:00am EST

Stephanie Dolan, APRN-CNP, Colon and Rectal surgery care expert from the James Cancer Hospital will discuss everything you need to know about colon cancer. She will share information on cancer basics, prevention, and screening.

<https://my.demio.com/ref/QWGYp09zeM20Dy7U>

TUE
MAR
29

Rally Coins/Benefits Session

Starts 11:00am 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, 2021 through June 30, 2022. The coins apply to employees on the health plan and covered spouses. Jason Love, Benefits Analyst, will review benefits and address any questions.



Special Note: This cycle July 1, 2021-June 30, 2022 8 coins.

If you have questions
contact Nichole.

[RallyBenefits](#)

(click the link to join)

THU
MAR
31

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.



Raffle Entry Opportunity!

Join Registered Dietitian and AccelWELL Coach, Emily Bailey, to learn the balance of nutrition and fitness for your overall health.

[CLICK HERE](#) to watch the recording at your convenience.

Following the video, complete the [SURVEY HERE](#) by 3/31 to enter the raffle!

EVENTS

2022 Financial Wellbeing Series: Preparing you for expected & unexpected changes!

Prudential Financial:

Introducing Financial Wellness 360 at Columbus State Community College

Defining a path to a successful financial future can be difficult but it's a critical component in achieving your goals. Maybe you've already taken some steps to develop a strategy for your finances, but *do you know if you're going about it the right way?* We're here to help you find out.

Financial Wellness 360 is a program designed to help improve your financial well-being with a complete 360-degree assessment of your current financial situation and assistance with developing a personalized strategy to help achieve your goals with confidence.

Join **Scott Alexander, Financial Advisor** for your complimentary financial wellness session. Services include;

- One-on-one session with a Prudential Financial Professional
- Thorough evaluation of your current financial needs and goals
- A personalized foundational planning report
- Guidance to help you navigate day-to-day and future financial decisions.

Scott's office hours are on March 23rd from 9:30am-4:00pm EST and by appointment.

To schedule an appointment, you may click the link to the right to select a time that works best for you.

[Click Here to Register!](#)

Questions contact Pathways@prudential.com or 844-592-8993.

Additional Resource:

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

BMI Federal Credit Union:

TUE
MAR
22

Webinar by Nancy Sullivan-Graf-Financial Literacy Educator

Net Worth and Wealth Building 101

11am Eastern Time via Zoom

[Click Here](#) to join zoom meeting!

Meeting ID: 840 9677 9615

Passcode: 954047

BMI's Terri's Financial Wellness Tip

Pay Yourself First

Pay yourself first to increase your saving potential. On payday, put money into your savings fund *before* you pay your bills and other expenses. With this strategy you will be able to meet your current responsibilities without short-changing your dreams. Learn more about this strategy by watching our ["Pay Yourself First"](#) video.

Terri's Financial Wellness Tip is brought to you by [BMI Federal Credit Union](#).

Additional BMI Resource:

[Columbus State Community College \(bmifcu.org\)](http://Columbus State Community College (bmifcu.org))

SPOTLIGHT

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.

EXERCISE

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

Cougar Challenge 5k May 7, 2022

[Columbus State Cougar 5K Challenge \(runsignup.com\)](https://www.runsignup.com)



Zumba Time w/Nichole Bowman-Glover

30 min sessions

Wed Mar 9, 2022

12:00 PM Eastern Time

Join Zoom Meeting [Here](#)

Meeting ID: 826 0980 1283

Passcode: 997943

Wed Mar 23, 2022

12:00 PM Eastern Time

Join Zoom Meeting [Here](#)

Meeting ID: 845 4385 8172

Passcode: 924593

BRAIN BREAKS

Grace Howard, College of
Recreation & Wellness

**Tuesdays 3/8, 3/22, &
3/29 at 12:30pm**

Take a few minutes to relax,
stretch & breathe.

[BrainBreak](#)

Reminders

Wellbeing Resources

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.

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)

Recreational Cooking Classes and More

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

Employee Resource Groups

Employee Resource Groups (ERGs) are employee-led voluntary groups organized around common interests, characteristics, or affiliations; these groups were created to foster a sense of belonging and are integral to Columbus State's commitment to advance workplace diversity and inclusion, facilitate networking and connections, and promote professional development.



Reach out to the contacts for meeting information:

African/African American - Royce Carpenter & Michelle Baker

Caregivers - Melissa Lamar

Faith in Parenting - Debbie Strain

LGBTQIA+ - Michael Hicks, George Johnson, Katina Fitch

Womens - Crystal Clark & Kelly Hogan

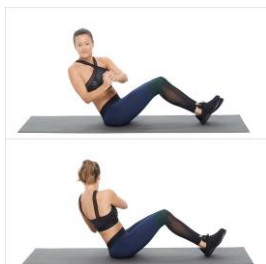
Workout of the Month

ARMS & ABS

Complete the specified number of reps for each exercise below. Aim to complete 3 rounds of each pairing. **Challengers:** Complete 4-5 rounds.

1

10 Wall Angels
20 Crunches



20 Mountain Climbers
20 Russian Twists
(10 each side)

2

3

10 Tricep Dips
10 High Plank Shoulder Taps
(5 each side)



10 Push-ups
20 Standing Side Bends
(10 each side)

4

**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!*

How to Eat for Health

As the saying goes, “steady wins the race.” Take this same approach with your eating habits. Eating healthy does not mean you have to change everything you eat all at once. Try substituting or adding one new healthy change at a time that you can stick with long-term. As you find success, continue to add in additional healthy eating habits.

Consuming a wide variety of plant foods is one of the best things you can do for your health. Whole foods help balance blood sugar, promote fullness, lower cholesterol and high blood pressure. They also provide a variety of vitamins and minerals that can reduce your risk of many diseases. Eating a balanced diet with plenty of fiber-rich plant foods and plenty of water is key.

To build a healthy and balanced diet consider following the Healthy Eating Plate model when building your daily meals. See the model and tips on eating for health below.

Benefits of Healthy Eating

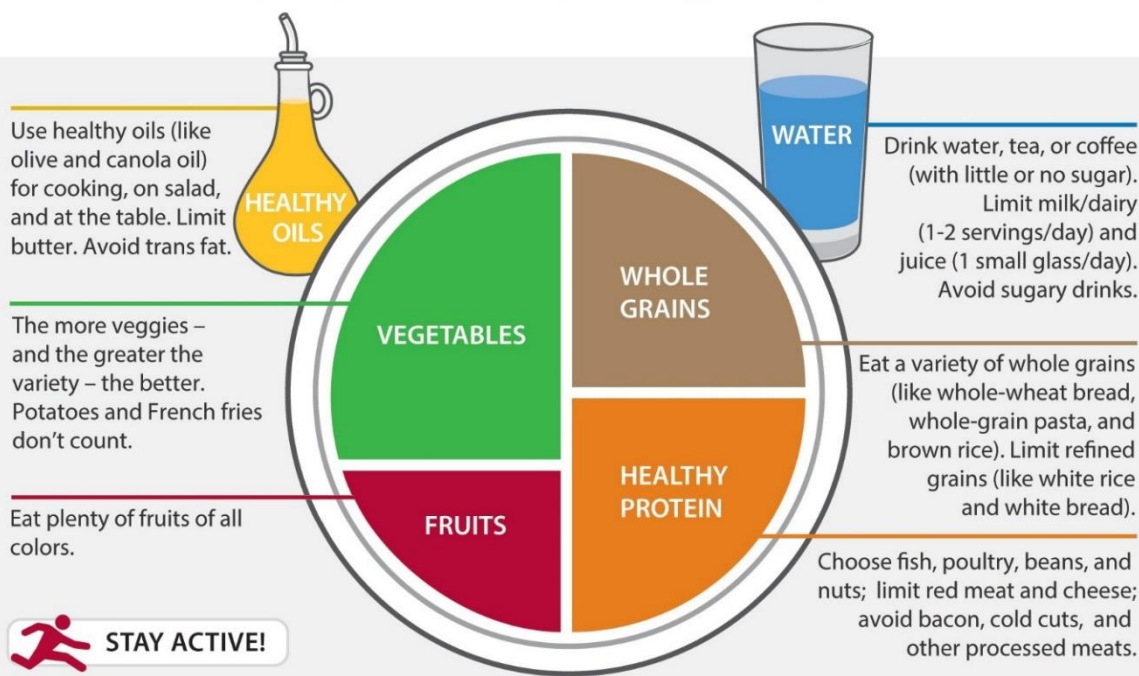
- May help you live longer
- Supports muscles
- Boosts immunity
- Strengthens bones
- Keeps skin, teeth, & eyes healthy
- Helps the digestive system function
- Helps achieve & maintain a healthy weight
- Supports healthy pregnancies and breastfeeding
- Lowers risk of heart disease, type 2 diabetes, & some cancers

Healthy Eating Plate Model

- Make most of your meal vegetables and fruits – $\frac{1}{2}$ of your plate.
- Go for whole grains – $\frac{1}{4}$ of your plate.
- Protein power – $\frac{1}{4}$ of your plate.
- Healthy plant oils – in moderation.
- Drink water, coffee, or tea.



HEALTHY EATING PLATE



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

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



Healthy Plate Tips

Eat More Variety of Color

Pack your plate full of color and boost your daily intake of important, and often overlooked, nutrients. Colorful foods, which are generally fruits and vegetables, contain many of the vitamins and antioxidants we need – with few calories. Along with maintaining good health, the nutrients in vegetables and fruits work together to protect against cancer, heart disease, vision loss, hypertension and other diseases. Increasing fruits and vegetables in your diet is a great step to improve your health.


Quick Portion Size Guide

Portion size and serving size aren't always the same. A portion is the amount of food you choose to eat at one time, while a serving is a specific amount of food. One entrée can equal 3 or 4 servings! Studies show that people tend to eat more when they're served more food, so getting portions under control is really important for overall health. **Healthy Hack:** consume meals on a salad plate instead of an entrée plate.




FIST
ONE CUP

One serving of raw fruits or vegetables




CUPPED HAND
HALF CUP

One serving of pasta or cooked vegetables



PALM
THREE OUNCES

One serving of meat and fish



THUMB
ONE TABLESPOON

One serving of butter, oil, or spread

Read the Nutrition Labels

1. Check the **Serving size** first. All the numbers on this label are for a 2/3-cup serving.
2. **This package has 8 servings.** If you eat the whole thing, you are eating 8 times the amount of calories, carbs, fat, etc., shown on the label.
3. **Total Carbohydrate** shows you types of carbs in the food, including sugar and fiber.
4. Choose foods with **more fiber, vitamins, and minerals.**
5. Choose foods with **lower calories, saturated fat, sodium, and added sugars.** *Avoid trans fat.*

Learn more about healthy nutrition habits [here!](#)

**By clicking the link you will leave this page and be directed to a third-party site for informational purposes only.*



Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)
Amount per serving
Calories 230
% Daily Value*
Total Fat 8g 10%
Saturated Fat 1g 5%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 160mg 7%
Total Carbohydrate 37g 13%
Dietary Fiber 4g 14%
Total Sugars 12g
Includes 10g Added Sugars 20%
Protein 3g
Vitamin D 2mcg 10%
Calcium 260mg 20%
Iron 8mg 45%
Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

First/Last Name & Organization: _____

Activity of the Month

In the healthy plate models below record 3 meals you ate throughout the week. Write the foods in their specific food category and your beverage in the drink category. Then, compare your meals to the model pictures or page 5 of the newsletter and answer the reflection questions. Reference the additional tips box for other quick guidelines to improve your meal. **Upon completion, submit a copy through the Incentive campaign on your portal.**

Oils

Fruits

Grains

Vegetables

Protein

Drink

Oils

Fruits

Grains

Vegetables

Protein

Drink

Oils

Fruits

Grains

Vegetables

Protein

Drink

Additional Tips:

- Aim for half your grains to be a whole grain source
- Try to vary your protein sources
- Choose foods and beverages with less added sugar, saturated fat, and sodium.
- Include a variety of color for more immune boosting nutrients
- Aim to incorporate more fiber

Comparing your meal to the healthy plate model what areas could you improve?

What areas do you already excel at?

THE DISH:

Meal Planning AccelWELL Style



Sheet-Pan Veggie Fajitas

Ingredients (Serves 4-6)

- | | |
|--|---|
| <input type="checkbox"/> 1 white onion | <input type="checkbox"/> 1 teaspoon cumin |
| <input type="checkbox"/> 2 bell peppers | <input type="checkbox"/> 1 teaspoon paprika |
| <input type="checkbox"/> 1 head cauliflower | <input type="checkbox"/> 1 teaspoon garlic powder |
| <input type="checkbox"/> 1 portobello mushroom | <input type="checkbox"/> 1 teaspoon onion powder |
| <input type="checkbox"/> 2 tablespoons olive oil | <input type="checkbox"/> 1 teaspoon kosher salt |
| <input type="checkbox"/> 1 tablespoon chili powder | <input type="checkbox"/> Flour or corn tortillas |

Optional (for serving)

Avocados or guacamole, refried beans, diced tomatoes, fresh parsley or cilantro, lime juice

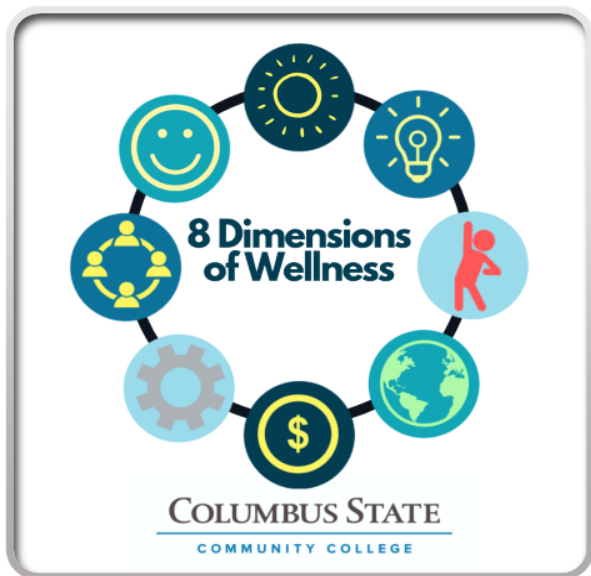


Instructions

1. Preheat the oven to 425 degrees F.
2. Thinly slice the onion and bell peppers.
3. Chop the cauliflower into small florets and chop the mushroom into bite-sized pieces.
4. Add veggies to a big bowl and toss with the olive oil, chili powder, cumin, paprika, garlic powder, onion powder, and kosher salt.
5. Line 2 baking sheets with parchment paper. Add the vegetables in a single layer and roast 15 minutes. Remove from oven, stir the veggies and roast another 10 minutes until tender.
6. Serve veggies in a tortilla wrap with any of the optional toppings: avocado or guacamole, refried beans, canned tomatoes, lime juice or fresh herbs.

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, Student Central

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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