

# Cougars Wellbeing Newsletter

May 2025 | Issue 57

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**MAINTAINING MOBILITY & MOVEMENT**  
LEARN MORE ON PAGE 6!



**APRIL  
RAFFLE WINNER:**

**Sunrise Alarm Clock**

Nicole Ackerman

**Congratulations!**

# MAY



## Be sure to make your mental health a priority!

Matrix- [Choose Your Company – Matrix](#) : self help resources, webinar library, depression, anxiety.

Cancerbridge- [Home - CancerBridge](#) (Resource Library)

- Username: columbusstatecommunitycollege
- Password: mycancerbridge

Try one/more of these this month.

Mental Reset: [Mental Reset in 5 Minutes - Guided Mindfulness Meditation - Calm Anxiety and Stress](#) (5min)

Self Love: [10-Minute Guided Meditation: Self-Love | SELF](#) (10min)

Anxiety: [Guided Meditation For Anxiety | SURRENDER SESSION | Letting Go](#) (20min)

Box Breathing: [Box Breathing Relaxation Exercise | 5 Minutes Beginner Pace | Anxiety Reduction Pranayama Technique](#) (5min)

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

**Remember, HR SUPPORTS YOUR SUCCESS.**

**Dr. Nic**

## May is Mental Health and National Physical Fitness & Sports Awareness Months

[Exercise and mental health | Health & wellness | UnitedHealthcare](#)

[Mental health | Health & wellness | UnitedHealthcare](#)

[6 habits for healthier living | Health & wellness | UnitedHealthcare](#)

[UAW: Strength For Health](#)



### Cougar Challenge 5K

CSCC Delaware Campus | Saturday, May 3, 2025

Onsite Registration!

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](#)

## Benefits Open Enrollment May 1-31<sup>st</sup>

Review your benefits. This is the time to make any changes or newly enroll.

Questions: [benefits@csc.edu](mailto:benefits@csc.edu)



## Employee Appreciation



Wed May 21st (Delaware campus)  
& Th May 22nd (Columbus campus)  
11am - 2pm  
(more information to come)



## Well Wednesdays (employees & students welcome)

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

Classes are offered in person and via Zoom.

This is what we have offered in the past: **Flexible Fitness (Stretching), Stretch and Destress Yoga with Simple Breathwork & Meditation, Zumba (Low Intensity)**

**\*\*\*WE NEED YOUR FEEDBACK\*\*\***

What would you like to see offered?, What day of the week? What time?

**Send your feedback to :** [wellbeing@csc.edu](mailto:wellbeing@csc.edu)

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



# CancerBridge

## CancerBridge Virtual Health Fair | Tuesday, May 6th from 9:00AM to 12:00PM

9:00 to 9:15 - CancerBridge Benefits

9:15 to 9:45 - Cancer Screening Guidelines

10:00 to 11:00 - Perimenopause/Menopause Presentation

11:00 to 11:45 - Making Positive Changes

11:45 - Mindfulness Practice

**Register Here:** <https://my.demio.com/ref/4SPigmbvK1wOLry6>

TUE  
MAY  
13

### CancerBridge Exercise Series: It's Leg Day!

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

Join Chris Kolba as he provides us with a lower body workout to build strength in our legs.

THR  
MAY  
15

### CancerBridge Support Series: Lymphoma 101

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

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

TUE  
MAY  
20

### CancerBridge Financial Series: Establishing Your Financial Goals and Dreams

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

Life is too precious. Discover how being intentional with your finances can position you to achieve what matters most. This session will help give you the tools to begin developing a personal financial roadmap.

WED  
MAY  
21

### CancerBridge Nutrition Series: Plant Powered On the Go: Smart Meal Planning for Busy Lives

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

Learn about how meal planning can improve your diet. Practical tips and portable meal and snack ideas will be provided.

THR  
MAY  
22

### CancerBridge Self-care Series: Journaling for Self-Care

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

Unlock the benefits of journaling for self-expression, personal growth, and stress relief, with guidance for building a meaningful practice and adaptable tips for every style.

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

**For questions about these events: [hello@mycancerbridge.com](mailto:hello@mycancerbridge.com)**

# Get Involved with AccelWELL!

THU  
MAY  
22

**Virtual 1-on-1 Health Coaching**  
**10:00am – 3:00pm**



## 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 click the blue **R**. Select your reminder preference, enter your preferred phone number in which to be reached for your telephonic session, and select a timeslot that best works for you. Lastly, click **Register**.

**After signing up for a time, your Coach will call you at the number you provided when registering.**

## Recipe How-To: Sausage Pancake Muffins

Join us as we walk through the quick & simple steps to create this recipe!

These Sausage Pancake Muffins can be prepped in advance then frozen for a quick morning on the go.

With their balance of protein, carbs, & fats, they also make a great post-workout snack!

## Sausage Pancake Muffins

### Ingredients

- 2 cups protein pancake mix (like Kodiak Cakes brand)
- 1 ½ cups water
- 2 tsp vanilla
- 10 fully cooked turkey sausage links, cut into dime sized pieces (like Jones' Dairy Farm brand)

### Instructions

1. Preheat oven to 350° F & lightly grease 12 cup muffin pan or line with paper or silicone liners.
2. In a medium bowl, whisk together pancake mix, water, & vanilla. Be careful not to overmix!
3. Evenly divide batter into muffin pan cups & gently press sausage pieces into each muffin, distributing them evenly.
4. Bake for 15-18 minutes, until lightly browned.
5. Let cool slightly, then enjoy!



Click [HERE](#) for the step-by-step video to follow along with this recipe!



# WORKOUT OF THE MONTH

## Morning MOBILITY

Perform at your own pace each morning during the month of May



WARRIOR 1



REVERSE WARRIOR



DEEP SQUAT



BIRD DOG



COBRA STRETCH



CHILDS POSE



BRIDGE

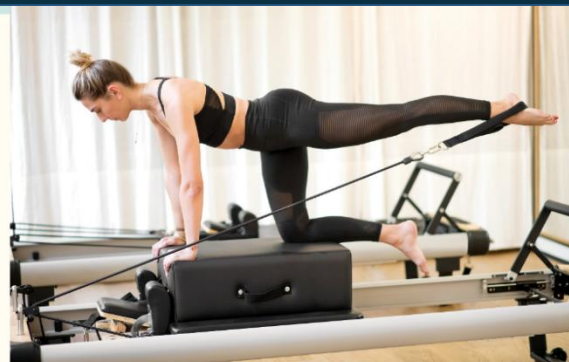


KNEE HUG



SPINAL TWIST

# Mobility & Movement



## *What is mobility training?*

Mobility training refers to exercises and techniques designed to improve the range of motion (ROM) in your joints and muscles, enhance flexibility, and increase the ability to move with ease and control.

*Common examples include Yoga, Pilates, and Lagree.*



## Flexibility vs. Mobility

Flexibility is passive - it is about lengthening & stretching muscles.

Mobility is active - it is about joint control through movement. This involves physical stamina, body awareness, coordination, balance, strength, and flexibility.



Passive



Active

*Mobility training as we age isn't just about preventing injury—it's about maintaining a quality of life that allows us to stay active, independent, and pain-free.*

# Types of Movement

## Strength Training:

A form of exercise that focuses on building muscle strength by exerting muscles against an external resistance. This resistance can come from weights, resistance bands, machines, or even your own body weight.



## Cardio Exercise:

Any physical activity that increases your heart rate while improving the efficiency of your heart, lungs, and blood vessels. The primary goal of cardio is to enhance endurance and overall heart health.



## How to make mobility & movement work for YOU

- Choose a joyful activity! If it's an activity you like, you'll be more consistent with it.
- Exercise with a friend - this helps keep you accountable.
- Hire a coach - if you feel anxious or uncertain, seek advice from someone with the expertise to help you.
- Make it attractive - buy a new workout set you feel great in, or go outside and enjoy the beauty of the outdoors.
- Try something new!



Exercise CAN be safe at any age!  
Be smart & listen to your body.

# ACTIVITY OF THE MONTH



## MOBILITY & MOVEMENT MANIA

Movement and mobility are two practices that are vital for independence and longevity. Set a SMART goal for this month based on how often you would like to incorporate movement and mobility into the month ahead. A SMART goal is something that is Specific, Measurable, Achievable, Relevant, and Time-bound.

This can be anything from once a week to twice a day. Mix and match your preferred mobility and movement tactics to maximize the way you feel!

This month, I want to \_\_\_\_\_ for \_\_\_\_\_ on \_\_\_\_\_ days of the week.  
type of movement or mobility      amount of time      number

Example

This month, I want to practice yoga for 15 minutes on 3 days of the week.

On the calendar below, write out specific days and times to set you up for success and achieve the goal you outlined above!

| MAY |    |    |    |    |    |    |
|-----|----|----|----|----|----|----|
|     |    |    |    | 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 |



## SPINACH-STRAWBERRY SALAD

### Ingredients (Serves 4)

- 1 ½ tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 2 teaspoons finely chopped shallots
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 6 cups baby spinach
- 1 cup sliced strawberries
- ¼ cup crumbled feta cheese
- ¼ cup toasted chopped walnuts

### Instructions

1. Whisk oil, vinegar, shallot, salt and pepper in a large bowl. Let stand for 5 to 10 minutes to allow shallots to soften a bit.
2. Add spinach, strawberries, feta and walnuts to the bowl and toss to coat with the dressing.

[Spinach Salad Recipe](#)



### Did You Know?



Strawberries are packed with antioxidants & vitamin C, great for skin health.

Spinach provides iron and vitamin K, which supports bone health.

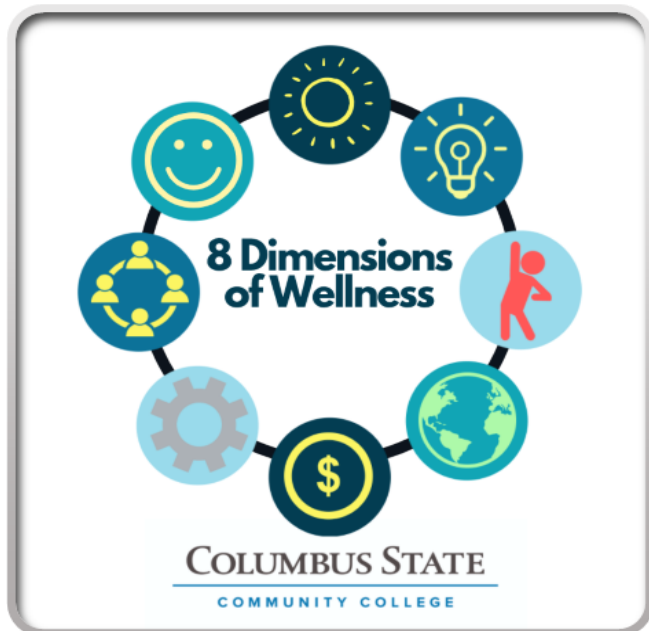


Walnuts add healthy fats and omega-3s, promoting heart health.



# 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”

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