

Cougars Wellbeing Newsletter

May 2026 | Issue 69

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BENEFITS OF SPENDING TIME OUTSIDE
LEARN MORE ON PAGE 7!



**MARCH
RAFFLE WINNER:**

Power Bowl Cookbook & Bowl Set

Andrew Filippi

Congratulations!

MAY

Why Biometric Screening? Anonymous CSCC employee testimonial

A Moment That Sparked a New Beginning

"I walked into the CSCC fall onsite biometric screening expecting decent results. I felt healthy and completely unaware that anything might be wrong. But in just a few minutes, that screening revealed something I never would have seen coming: an A1C of 12 (normal is below 5.7), a sign of serious, unmanaged diabetes. No family history of diabetes.

That discovery didn't just surprise me, it changed me. It gave me a chance to take control of my health before complications took control of me. It turned what could have been a silent, dangerous problem into a powerful turning point. I had planned to see my primary care physician, but not until late spring 2026. This test result required an immediate visit.

What I gained that day wasn't just a number. It was clarity. It was urgency. It was the opportunity to protect my future while I still had the chance.

If you've been putting off your biometric screening, I hope my story encourages you to take that step. Sometimes the most important changes in our lives begin with a moment we don't expect. A situation that gives us the knowledge and the motivation to move forward with purpose.

Your health is worth that moment."

Sign up for a **May 19 Biometric Screening** appointment at this link: [Wellbeing | Columbus State Community College](#)

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

Biometric Screenings on Columbus campus



May 19, 2026

8am – 3pm | WD 412

Open to all employees.

Sign up at this link:

[Wellbeing | Columbus State Community College](#)



Employees and spouses/domestic partners on UHC health coverage

participation in the **Wellbeing 360 Engagement Program** is necessary to maintain of the reduced healthcare premium. **(2 activities to complete by JUNE 30, 2026)**

Details: [Wellbeing 360 | Columbus State Community College](#)

Visit the CSCC Wellbeing webpage to sign up for the May 19 Biometric Screening and access more resources: [Wellbeing | Columbus State Community College](#)

(The Engagement Program does not apply to employees who are members of CSEA or Teamsters.)

Cougar Challenge 5k

The Cougar 5K has been put temporarily on hold while we explore deeper engagement with the event and the Delaware community. We believe there is an opportunity to relaunch the 5K with more involvement from the local public in partnership with our employees. Once these details have been determined, we will communicate them to all of you. We appreciate your curiosity surrounding the event and your continued support of the Cougar 5K.

- Staff Advisory Council (SAC)

Mental Health Awareness, National Physical Fitness and Sports, Skin Cancer Prevention, Arthritis, Stroke, and Asthma and Allergy Month

[Fitness tips | UnitedHealthcare](#)

[Exercise and mental health | UnitedHealthcare](#)

[Mental health | UnitedHealthcare](#)

[Arthritis Awareness Month | Arthritis Foundation](#)

[Getting to the Heart of Stroke™ - Professional Heart Daily | American Heart Association](#)

[UAW: Everyday Mindfulness \(2025\)](#)

[Skin Cancer Prevention](#)

[May Is Asthma and Allergy Awareness Month | AAFA](#)

Visit the CSCC Wellbeing webpage for more resources and to stay connected:

[Wellbeing | Columbus State Community College](#)



*****Wellbeing 360 Rewards Program Eligible*****

TUE
MAY
5

5-Part Progressive Movement Series | Chair Yoga
 (**Physical Education Rewards Program Eligible)
 12pm EST | [REGISTER NOW!](#)

Join OSU Health Coach Michael for a soothing 20-minute flow of gentle stretching designed to help you unwind and reset. This chair-based yoga session will guide you through accessible poses that promote flexibility, mindful breathing, and stress reduction—no floor work required. Perfect for a midday break or a moment of calm, this class is welcoming for all levels and abilities.

THR
MAY
7

Kitchen Series | Fresh Flavors for Spring
 11am EST | [REGISTER NOW!](#)

Embrace the season with vibrant, nutrient-packed recipes and tips for incorporating fresh produce into your meals. Perfect for light, refreshing dishes that energize. Chef Mike will demonstrate the recipe: Green Goddess Tortellini Salad.

TUE
MAY
19

Support Series | Diagnostic Test Differences
 11am EST | [REGISTER NOW!](#)

Join a James cancer expert for a clear overview of common diagnostic imaging tests, including how they differ, when they are used, and the key benefits and limitations of each.

WED
MAY
20

Nutrition Series | The Truth About Ultra-Processed Foods
 12pm EST | [REGISTER NOW!](#)

Understand what ultra-processed foods are, how to identify them, and their impact on health and nutrition. Learn to make informed choices in today's complex food environment.

TUE
MAY
26

Financial Wellness Series | Topic: Buying a New Home
 12pm EST | [REGISTER NOW!](#)

In today's housing market, understanding your mortgage options is more important than ever. This session will explore key factors to consider when financing a home, review recent trends that may impact your decisions, and offer practical strategies to help make navigating the mortgage process a little less overwhelming.

THR
MAY
28

Self-Care Series | Reconnecting with What Matters
 (Emotional Wellbeing Rewards Program Eligible)
 12pm EST | [REGISTER NOW!](#)

When life is busy, it's easy to disconnect from the things that give you meaning. This session helps you tap back into your values, creativity, and spiritual well-being so your self-care can feel fulfilling, not forced. You'll take a closer look at the inner practices that can help you feel grounded and motivated.

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



Financial Wellbeing Seminars (*Rewards eligible)

TUE
MAY
5

Ohio Deferred Compensation Options
 11am | Join the session here: [Deferred Comp](#)

TUE
MAY
26

Anxiety Management-Matrix
 (Emotional Education Rewards Program Eligible)
 1pm | Join the session here: [Anxiety Seminar](#)

Get Involved with AccelWELL!

THU
MAY
28

Virtual 1-on-1 Health Coaching

10:00am – 3:00pm

Wellbeing 360 Rewards Program Eligible



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 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.

INTUITIVE EATING CAMPAIGN



It's not too late to join in on this campaign to explore the 10 Principles of Intuitive Eating - from letting go of the diet mentality to reconnecting with your body's natural hunger and fullness cues. Along the way, you'll gain practical tools and insights that empower you to build a more balanced, trusting, and nourishing relationship with food.

Complete all tasks within the campaign by 5/17 to earn entry into a raffle to win a [weighted blanket!](#)

To complete the Campaign:

Visit the Campaign page on your portal to complete the weekly tasks. You can navigate back to previous weeks if you missed those!

New tasks are available each Monday, so we recommend setting a calendar reminder to keep yourself accountable.

Workout with AccelWELL: Park Bench Workout

Get moving outdoors with AccelWELL Coach, Liese! This park workout uses only a bench and your bodyweight, helping you build strength while enjoying the physical and mental benefits of exercising outside. Click [HERE](#) for the full video including modifications for each movement!



If you complete the Park Bench Workout, fill out [this survey](#) to be entered into a raffle to win a [Smart Jump Rope!](#)

PARK BENCH WORKOUT

Moving your workout to a park is a great way to add some outdoor time to your day! You'll reap all the benefits of moving your body with the added benefits that come with stepping outside.

Complete the below circuit 2-3 times for a complete full body workout.



WORKOUT OF THE MONTH

PARK BENCH WORKOUT

Moving your workout to a park is a great way to add some outdoor time to your day! You'll reap all the benefits of moving your body with the added benefits that come with stepping outside.

Complete the below circuit 2-3 times for a complete full body workout.

PUSH UPS

10 reps



TRICEP DIPS

10 reps



STEP UPS

10 reps
each side



BENCH SQUATS

10 reps



BENCH CLIMBERS

20 seconds



HIGH KNEES

20 seconds

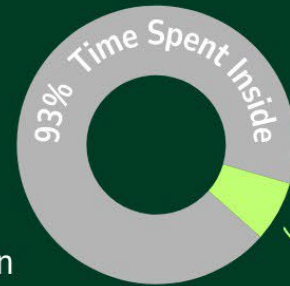


For additional direction and modifications, follow along with AccelWELL Coach, Liese, [here](#) in this video!

THE HEALTH BENEFITS OF SPENDING TIME OUTDOORS



Daily routines have increasingly shifted **indoors** due to technology, transportation, and modern environments. Many people now spend most of their day inside, in vehicles, or in spaces with limited natural light and fresh air. Less outdoor exposure is linked with lower movement, more sedentary time, and reduced sunlight cues, which can affect physical activity, circadian rhythms, and overall health.



Only 7% of time is spent outside for the average American!



Why time outdoors matters for physical health

Time spent outdoors is consistently associated with **higher levels of physical activity** and **lower levels of sedentary behavior**. Outdoor environments naturally encourage movement through walking, standing, and incidental activity, *even when exercise is not the primary goal.*

Additional physical & mental benefits

Going outside has been shown to be an **effective coping mechanism** for those suffering from **anxiety, depression, and even post-traumatic stress disorder (PTSD)**. It has been shown to positively impact our heart rate, blood pressure and cortisol levels. *And* a study run by the National Institutes of Health shows **decreases in type II diabetes and cardiovascular mortality with increased time spent outside.**

The Vitamin D Factor

Vitamin D is a **vital nutrient** that helps our bodies absorb calcium from the foods we eat, keeping our bones strong. With the help of UV exposure, vitamin D is synthesized in our bodies. By going outside, we activate this pathway, ultimately strengthening our bones.

Recommended Daily Allowance (RDA) for Vitamin D:

- 400 IU (infants through 1 year)
- 600 IU (ages 1-70 years)*
- 800 IU (ages 70+)

94% of the US population does not meet the daily requirement for vitamin D.

Vitamin D is found naturally in a few foods, such as fatty fish (salmon, trout, mackerel, sardines), egg yolks, and cheese. It is also included in fortified foods such as milk, yogurt, and cereal.

The #1 way to get the recommended amount of vitamin D is by going outside!

*Menopausal and postmenopausal women should get 800 IU with 1,000-1,200 mg calcium



LET'S GET OUTSIDE

4 simple ways to add more outdoor time to your day

1 Walking

Benefits of a daily outdoor walk:

- Good form of exercise
- Time for a grounding or meditation
- Offers mental clarity to increase productivity at work

When to get your walk in:

- On your lunch break
- A mid-afternoon break for an energy boost
- Right when you wake up
- After dinner



2 Outdoor Sports

Benefits of outdoor sports:

- Meet other people in your community with similar interests
- Good form of exercise
- Way to develop new hobbies and expand your horizons

Ways to get involved:

- Check online for info on your area's recreational spaces and sport leagues
- Get together with friends and play a pickup game at your local court/field



3 Eating Outside

Benefits of eating outside:

- Lowered levels of cortisol
- Eliminates distractions, increasing mindfulness
- Potential immune system boost

Ways to Eat Outside More Often:

- Take your lunch outside at work
- Ask to sit on the patio when you go out to eat
- Take advantage of nice days and pack a simple picnic meal



4 Move Hobbies Outside

Benefits of moving hobbies outside:

- Increases attention to detail
- Natural light is better on your eyes

Ways to take your hobbies outdoors:

- Find a park you like to sit at and read
- Create a comfortable outdoor space at home for your hobbies
 - Examples:
 - Hang a hammock
 - Get a comfortable outdoor chair
 - Use plants to decorate your space



ACTIVITY OF THE MONTH



GET OUTSIDE!

It is much easier to implement lifestyle changes if you first make a plan. Follow the prompts below to develop a plan to get outdoors this month!

What do you feel is your largest obstacle to spending time outside?

How can you work around this obstacle to get in more outdoor time? Can you incorporate the outdoors while doing this thing?

Now that you have identified ways around your obstacle, how will you spend more time outside this month? List ideas for something you can do daily, something you can do weekly, and something you can do monthly.

Daily:

Weekly:

Monthly:



CRISPY CHICKPEA ARTICHOKE SALAD WITH LEMON DRESSING

Ingredients (Serves 4)

Salad Ingredients

- 2 cans (15 oz each) chickpeas, drained and rinsed
- 2 medium cloves garlic, minced
- 2 tablespoons olive oil
- Salt and pepper to taste
- 2 jars (12 oz each) artichoke hearts drained and roughly chopped
- 1 medium sweet pepper, cut into 1/2-inch pieces

- 1/2 cup crumbled feta
- 2 tablespoons minced fresh parsley

Lemon Dressing Ingredients

- 1/3 cup fresh lemon juice
- 1 tablespoon lemon zest
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1/3 cup olive oil

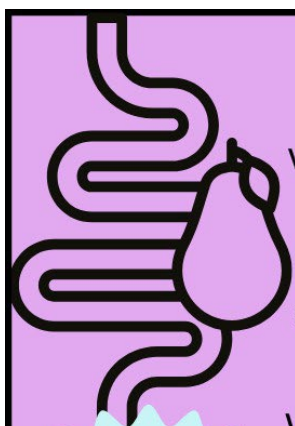


8 grams
of fiber per
serving!

[Salad Recipe](#)

Instructions

1. In a small bowl, whisk lemon juice, zest, mustard, and honey together. Slowly drizzle in olive oil, whisking constantly until vinaigrette is smooth. Season with salt and pepper to taste and refrigerate until ready to use.
2. Preheat oven to 400°F and line a large sheet pan with parchment paper.
3. In a medium bowl, toss chickpeas, garlic, olive oil, and salt and pepper to taste until evenly coated.
4. Arrange chickpeas in a single layer on the sheet pan and bake at 400°F for 15–20 minutes until chickpeas are golden brown and crispy. Cool slightly.
5. In a large serving bowl, combine chickpeas, artichoke hearts, sweet pepper, feta, and parsley. Drizzle dressing over the top and toss to evenly coat. Season salad with salt and pepper to taste. Serve salad immediately and enjoy!



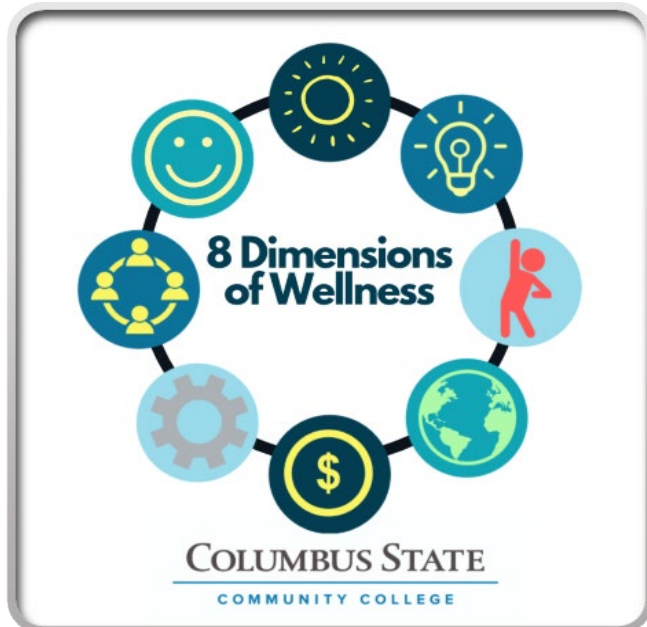
Adults should
aim for:
Women: 25g/day
Men: 38g/day

Fiber Focus

Fiber is having a major moment in wellness because it plays a **powerful role** in many areas of health, yet most adults **still don't get enough**. Fiber supports healthy digestion, helps regulate blood sugar, lowers cholesterol, and keeps you feeling fuller longer—making it a key player in both metabolic and gut health. With rising rates of digestive issues, heart disease, and metabolic disorders, experts are emphasizing **fiber as a simple, accessible way to support overall well-being**.

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.

We’d love to connect with you on [LinkedIn](#) & [Instagram](#)!



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