



COLUMBUS STATE  
COMMUNITY COLLEGE

# Cougars Wellbeing Newsletter

May 2021 | Issue 9

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**Chipotle Chicken Cobb Salad**  
*Enjoy this colorful summer salad! (P. 9)*

### The Cougar Wellbeing Fair Raffle Winners

**Katina Fitch** – Amazon Gift Card  
**Jill Anderson** – Dicks Sporting Goods Gift Card  
**Anne Rundle** – Columbus Running Company Gift Card  
**Beth Stanley** – Camping Tent  
**Sarah Chenault** – Corn Hole  
**Kathy Eichenberger** – Salt Lamp  
**Sherita Golden** – Mountain Bike  
**Carla Halliburton** – Diffuser  
**Susan Goeschl** – Fitbit  
**Emma Clark** – Class Pass Membership

*CONGRATULATIONS!*

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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)

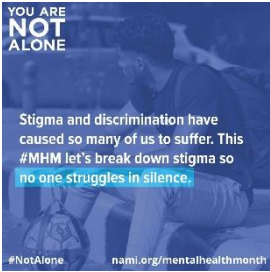
3)

	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M							
	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																															

May is Mental Health Awareness Month!

May is Mental Health Awareness Month! For 2021 the National Alliance on Mental Illness (NAMI) is choosing to amplify the message of “You Are Not Alone.” This message is to fight the stigma of mental illness and strengthen support for those living with a mental illness. 1 in 5 U.S. adults experience a mental health condition each year. That includes individuals from every culture, community or background. Sharing your story is not only helpful for your own mental health journey, it’s also a great way to let others know they are #NotAlone Tag at least two friends, co-workers or family members or share who and/or what makes you feel #NotAlone in this challenge. If you would like support or think you may be struggling with a mental illness, please contact Matrix (614)475-9500 or Mental Health America-OH-(614)884-7227.

(credit to NAMI)  
<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>  
[NAMI Franklin County | A family-based, grassroots support and advocacy organization.](#)  
(CSCC Counseling Services)  
[Mental Health & Emotional Well-being \(brainshark.com\)](#)  
[See what care can do | UnitedHealthcare \(uhc.com\)](#)



# MAY

## E v e n t s

WED  
MAY  
12

### Prudential Seminar: Teaching Your Children Good Money Habits

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

- Money management
- Saving for short and long-term goals
- Investing



[Click Here to Register!](#)

If you have questions/concerns, contact [Pathways@Prudential.com](mailto:Pathways@Prudential.com) or (844) 592-8993.

WED  
MAY  
19

### Rally Coins & Health Benefits Session

Starts 12:00pm EST

Nichole Bowman-Glover, Wellbeing Benefits Analyst and Jason Love, Benefits Analyst, will review the 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: This cycle July 1, 2020-June 30, 2021 6 coins.** Also, 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.BenefitsBrief](#)

(click the link to log in)

THU  
MAY  
20

### Cancerbridge Seminar

Starts at 11:00am EST

**Oncofertility:** The Basics and Being Informed. Join us for a very important conversation on how cancer treatment can affect fertility. This presentation is an excellent source of information for Adult Young Adolescents as well as family and friends wanting to support their loved ones with helpful information and resources.

<https://my.demio.com/ref/wqbnKnD42q2hrqcu>

THU  
MAY  
20

### Voya Financial Seminar w/Barnett McGowan

Evaluating Your Investments

Starts at 12:00pm EST

(click link to join) [VoyaMay20](#)

COLUMBUS STATE  
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THU  
MAY  
27

### 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.

#### RAFFLE OPPORTUNITY!

Win a Pack of Reusable Silicone Bags!

Watch this [video](#), then complete [this survey](#) to enter the raffle! The prize is a great eco-friendly option for your meal planning & prepping!

Deadline to enter is 5/31/21.

# Time for a “Techation”

## Digital Detox-Take a small break from electronics/tech Digital Screen Reduction:



### 10 SCIENTIFIC BENEFITS — OF A — DIGITAL DETOX



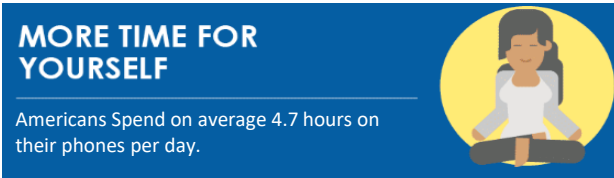
#### IMPROVE RELATIONSHIPS

**82%** of Americans believe using cell phones during social gatherings hurts conversation.



#### REDUCE STRESS

**20%** of Americans identify the use of technology as a source of stress.



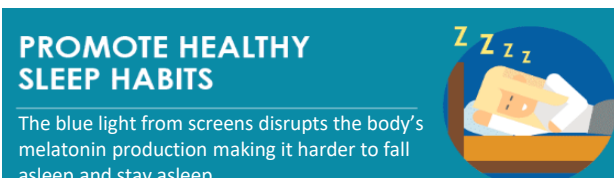
#### MORE TIME FOR YOURSELF

Americans Spend on average 4.7 hours on their phones per day.



#### BOOST PRODUCTIVITY AND CREATIVITY

Studies show that the mere presence of an electronic device will generate diminished attention and lower task-performance.



#### PROMOTE HEALTHY SLEEP HABITS

The blue light from screens disrupts the body's melatonin production making it harder to fall asleep and stay asleep.



#### BECOME LESS DEPENDENT ON TECHNOLOGY

- 96%** Of adults use digital devices to find a recipe.
- 83%** Of adults use a smartphone as their alarm.
- 75%** Of Americans use TV's and computers to get news.
- 46%** Of Americans say they can't imagine life without their smartphones.

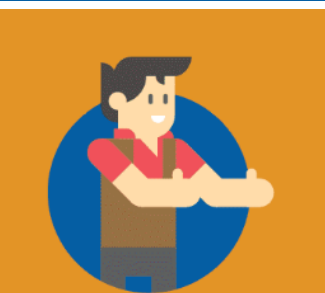
#### INCREASE ATTENTION SPAN

Humans' attention span has fallen below that of a goldfish, shortened from 12 seconds to 8 seconds in more than a decade.



#### REFINE PROBLEM SOLVING AND ANALYTICAL SKILLS

People are more frequently offloading their thinking to technology rather than trying to recall data themselves.



#### IMPROVE MENTAL HEALTH

Social media users experience jealousy of their friends lifestyles and are more likely to report feelings of depression. Research has also connect smartphone usage with loneliness, shyness, and less engagement at work.



#### IMPROVE PHYSICAL HEALTH

**65%** of Americans experience digital eye strain and more people are experiencing neck pain from looking down at devices, a phenomenon called “text neck.”

Technology enables us to have 24/7 access to infinite information and communication. However, constant access to technology and their habit-forming qualities has led to high screen time and research suggests that such high screen use can have a negative impact on mental health.

“Since the rise of the smartphone, indicators of mental “wellness” such as happiness, self-esteem and life satisfaction have decreased while serious mental health issues like anxiety, depression, loneliness and suicide have increased significantly. [...] Despite opportunities for online “connection,” loneliness is at an all-time high. Indeed, quality face-to-face social connection is critical to mental wellness.” (NAMI) Studies have also found that reducing screen time, improves school performance. Take a look at some more of the benefits of going on a “digital detox” and a 30 day challenge for digital screen reduction:

<https://getvoip.com/blog/2017/05/15/digital-detox/>

# Fitness

## 2021 Cougar Challenge 5K

**May 1-9, 2021 - Virtual Event**

(timeframe to complete and log time on platform)

- Proceeds help student defray textbook and course material costs.

Sign up, donate, and get race details [www.cscs.edu/cougar5k](http://www.cscs.edu/cougar5k)

sponsored by Staff Advisory Council (SAC)

(Registrations accepted until May 9)



## BRAIN BREAKS

WEDNESDAY MAY 5

**12:30pm**

WEDNESDAY MAY 12

**12:30pm**

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

(Microsoft Teams):  
Grace Howard

## CORE: The Role it Plays in Our Posture & How We Move

**May 18, 2021 @11:00am via Teams**

Dustin Iacovone, College Recreation & Wellness

Come learn ways to strengthen your core.

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

## Class Pass

Corporate discount with ClassPass for Columbus State Community College employees! ClassPass offers an exciting way to connect, unite, and maintain a healthy lifestyle. The membership offers ways to get your sweat on without your favorite weight machines or getting your zen on in your living room by allowing you to access wellbeing classes all over the United States!

[Columbus State Community College x ClassPass | The Best Fitness Studios, Classes and Experiences](#)

(questions contact Nichole at [nbowmang@cscs.edu](mailto:nbowmang@cscs.edu))

# Reminders

## 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.

**UHC Behavioral Health Benefit** - [www.myuhc.com](http://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://Pro Bono Counseling Program – Mental Health America of Ohio (mhaohio.org))

## Important

**June 30, 2021: Mental Health Time Expires**

The College has developed a temporary leave program called CARE LEAVE. Each qualified full-time staff member will receive 32 hours of paid CARE LEAVE, and eligible regular part-time staff will receive 16 hours of paid CARE LEAVE. This leave will be available January 1 through June 30, 2021

## Recreational Cooking Classes and More

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

## 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.



## Open Enrollment

*May is open enrollment month. Employees have the opportunity to elect or make changes to their benefits. Open enrollment sessions are **May 5th at 11:00am, May 7th at 9:00am and May 12th at 2:00pm**. The links will be posted in the Update. For more information contact Jason Love, Benefits Analyst, [jlove8@cscs.edu](mailto:jlove8@cscs.edu)*

## Reach out to the contacts for meeting information:

**African/African American**-Royce Carpenter & Michelle Baker

**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

## May Madness 20-Minute At-Home Workout

Try this no-equipment, bodyweight workout anywhere! Complete each exercise for 30 seconds. Aim to complete 3 rounds with 1 minute of rest in between rounds.

**CHALLENGERS:** Complete each exercise for 1 minute for 3 rounds.

[Click here](#) to follow along with Coach Emma and learn modification options.

### 1. Wall Sit



### 2. Standing Side Crunch



### 3. Wall Angels



Modification: Lunge Hold - without Pulse

### 4. Lunge Pulses

(30 Seconds Each Leg)



### 5. Triceps Dips



### 6. Rest & Repeat

Form is critical when performing exercises to prevent injury. 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.

# Environmental Wellness

What surrounds you each day in your home, work or neighborhood can affect your health. Here are some tips to make your environment safer:



### MAKE YOUR HOME HEALTHIER

Take a look around your home. Do you know what’s in your household goods and products? Some chemicals can harm your health if too much gets into your body. Becoming aware of potentially harmful substances and clearing them out can help keep you and your family healthy.

#### To reduce toxic substances in your home:

- ☐ Clean with non-toxic products.
- ☐ Dust using a damp rag.
- ☐ Use a wet mop to clean floors.
- ☐ Vacuum with a HEPA filter.
- ☐ Open a window or use a fan to improve air circulation when you’re cleaning.
- ☐ Have a good ventilation system.
- ☐ Wash your & your children’s hands often.

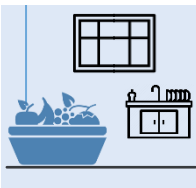


### REDUCE YOUR ALLERGIES

A change in season can brighten your days with vibrant new colors. But blooming flowers and falling leaves can usher in more than beautiful backdrops. Airborne substances that irritate your nose can blow in with the weather. When sneezing, itchy eyes, or a runny nose suddenly appear allergies may be to blame. Take steps to reduce your exposure to allergens.

#### To reduce allergies:

- ☐ Avoid going outdoors when your allergies are flaring up.
- ☐ If you go outside, wash your hair and clothing when you come inside.
- ☐ Keep humidity levels low in the home.
- ☐ Avoid upholstered furniture and carpets.
- ☐ Wash your bedding in hot water once a week.
- ☐ Vacuum the floors once a week.
- ☐ Talk with your doctor about medications and allergy shots.



### CHOOSE SAFE PRODUCE

Pesticides are sprayed on millions of acres and may end up on your food. These can be harmful when over consumed. Not only are chemicals sprayed over our food crops, but potentially harmful chemicals can migrate into food from the food packaging and end up in our diet.

#### To reduce toxic substances in your foods:

- ☐ Try cooking at home with fresh ingredients.
- ☐ Pay attention to food labels and ingredients.
- ☐ Avoid foods that contain artificial sugars, flavors, and colors.
- ☐ Opt for foods with no added preservatives.
- ☐ Wash all produce before consuming to get rid of residue.
- ☐ When possible, choose organic foods.
- ☐ Store food in glass containers when possible.
- ☐ Try to avoid heating foods in plastic containers.

Clean Fifteen	Dirty Dozen
1. Avocado	1. Strawberries
2. Sweet Corn	2. Spinach
3. Pineapples	3. Kale
4. Frozen Sweet Peas	4. Nectarines
5. Onions	5. Apples
6. Papaya	6. Grapes
7. Eggplants	7. Peaches
8. Asparagus	8. Cherries
9. Kiwi	9. Pears
10. Cabbage	10. Tomatoes
11. Cauliflower	11. Celery
12. Cantaloupe	12. Potatoes
13. Broccoli	
14. Mushrooms	
15. Honeydew Melons	



When buying produce some foods may contain toxic residue from pesticides and chemicals making them more harmful to consume. It is recommended to buy these foods as organic to avoid those harmful toxins. The graphic to the left contains foods that are okay to eat without being organic (clean fifteen) and those that are better to eat organic (dirty dozen).

\*Information from the EWG's website





# THE DISH:

## *Meal Planning AccelWELL Style*



## Chipotle Chicken Cobb Salad with Cilantro Vinaigrette

### Ingredients (Serves 4-6)

#### **Chipotle Chicken:**

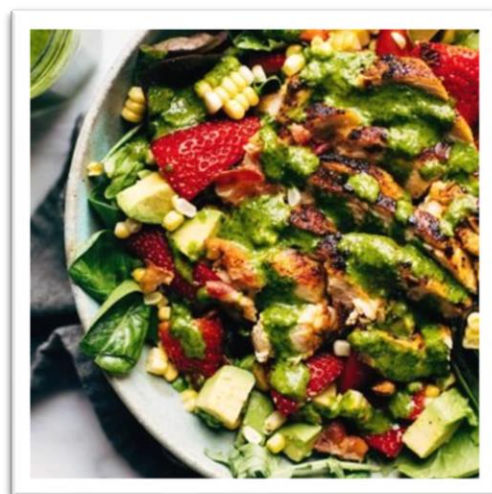
- 1 tablespoon vegetable oil
- 2 chipotle chiles in adobo, finely chopped
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- ½ teaspoon oregano
- ½ teaspoon black pepper
- ½ teaspoon salt
- 3–4 chicken breasts or thighs

#### **Cobb Salad & Toppings:**

- 3–4 cups greens
- 4 strips cooked bacon, crumbled
- 8–10 strawberries, quartered
- 2 ears corn on the cob, kernels removed or canned corn
- 1–2 ripe avocados, sliced
- salt and pepper

#### **Cilantro Vinaigrette:**

- 1 bunch of fresh cilantro (2 cups packed)
- ½ cup olive oil
- 2 tablespoons white vinegar
- 1 clove garlic
- 1 teaspoon kosher salt
- ½ teaspoon red pepper flakes
- ¼ to ½ cup water, if needed



Source: <https://pinchofyum.com/>

### Instructions

#### **Chicken & Salad**

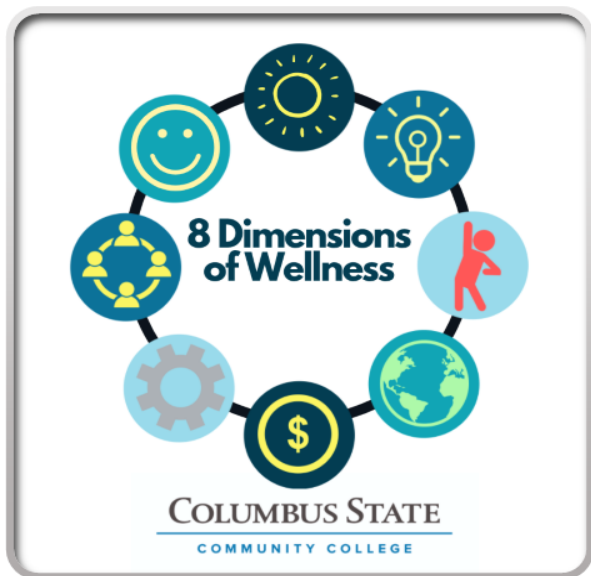
1. Prep the chicken: Combine the oil, chipotles, garlic powder, cumin, oregano, black pepper, and salt in a bowl. Place the chicken in the bowl and toss to coat the chicken in the marinade. Place in the fridge and let it marinate for at least 1 hour.
2. Grill the chicken: Heat an outdoor grill (or grill pan) to about 400 degrees Fahrenheit. Place chicken on the grill and grill for 5-6 minutes per side, until cooked through. Remove the chicken from the grill and let rest for ten minutes. Slice against the grain.
3. Salad: Arrange the greens on a large platter and top with the bacon, strawberries, corn, avocado, and grilled chicken. Season with salt and pepper. Toss with the cilantro vinaigrette and serve!

#### **Cilantro Vinaigrette**

1. Blend all ingredients for about a minute until smooth. Add the water if you need more volume in the blender to make it run smoothly. Season to taste!

# 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..

## Follow Us on Social Media!



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