

# Cougars Wellbeing Newsletter

MAY 2022 | Issue 21

## Table of Contents

**02** Virtual Classes & Observances

**03** Upcoming Events

**08** Workout of the Month

**09** Social Wellness  
*Building Connections*

**10** Activity of the Month  
*Connection Tracker*

**11** The Dish  
*Recipes Curated by AccelWELL*

**12** Your Wellbeing Advisory  
Committee



### Coconut Mango Thia Beef Curry

Add this delicious dish to your weekly meal plan. (Page 12)

**APRIL  
RAFFLE WINNER:**

*Michelle Guendelsberger*

*CONGRATULATIONS!*

# MAY

## Health Observances & Virtual Classes

<b>Mental Health Month</b>  Mental Health America  <a href="https://www.mhanational.org/mental-health-month">https://www.mhanational.org/mental-health-month</a>	<b>Physical Fitness &amp; Sports Month</b>  U.S. Department of Health & Human Services (HHS) <a href="https://www.hhs.gov/fitness/being-active/npsfm/index.html">https://www.hhs.gov/fitness/being-active/npsfm/index.html</a>	<b>Trauma Awareness Month</b>  American Trauma Society  <a href="https://www.amtrauma.org/page/NTAM">https://www.amtrauma.org/page/NTAM</a>	<b>Stroke Awareness Month</b>  American Stroke Association <a href="https://www.stroke.org/en/about-the-american-stroke-association/american-stroke-month">https://www.stroke.org/en/about-the-american-stroke-association/american-stroke-month</a>	<b>Osteoporosis Month</b>  National Osteoporosis Foundation <a href="https://www.bonehealthandosteoporosis.org/national-osteoporosis-month">https://www.bonehealthandosteoporosis.org/national-osteoporosis-month</a>
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S	MON	TUES	WED	THUR	FRI	S
Take advantage of the Virtual Class opportunities this month provided by Cerner Solutions in partnership with AccelWELL. select the link to join the live class the day of the event! A recording is available after the event by request only.						
1	2	<a href="#">Class: Mental Health – Reducing the Stigma</a> <b>1:00 pm EST</b>	4	5	6	7
8	9	<a href="#">Class: Infant Massage</a> <b>1:00 pm EST</b>	10	11	12	13
15	16	17	<a href="#">Class: Prioritizing your Mental Health</a> <b>1:00 pm EST</b>	18	19	20
22	23	24	25	<a href="#">Class: MSK Prevention – Muscle and Joint Health</a> <b>1:00 pm EST</b>	26	27
29	30	31		*Event times are subject to change		

### Follow Us



“ACCEL\_WELL”



“ACCELWELL”



“ACCELWELL”

### Contact Us

Email: [coach@accelwell.com](mailto:coach@accelwell.com)

*Your Coaches are here for you!*

# MAY

## Asian American, Native Hawaiian & Pacific Islander Heritage Month

May is [Asian American, Native Hawaiian, and Pacific Islander \(AA and NHPI\) Heritage Month](#). We recognize AA and NHPI individuals and communities. AA and NHPIs have had a tremendous impact on this country. Unfortunately, many AA and NHPI communities face barriers to prosperity and safety, which includes xenophobic violence, and disproportionate health and economic effects of the COVID-19 pandemic.

Asian America is not monolithic and is comprised of diverse sub-ethnic groups. The diversity is attributed to various languages spoken, religions practiced, and other cultural variations. The Indonesians are different from Indians, who are different from Japanese and Koreans, and so on. This is important as their health behaviors, beliefs, and challenges deserve distinct attention. They have unique social positions which span from the affluent model minority to the war-trauma refugee. As we implement interventions and policies these variations are critical to keep in mind.

The HHS Office of Minority Health (OMH) celebrates AA and NHPI communities' resilience journey and recognize the generations of AA and NHPIs who paved the way for greater opportunity. "We also recommit ourselves to confronting discrimination and hate in all their forms – so that together, we can create an America that is truly equitable and inclusive for all. Here's to our shared legacy, strength, and unity!"

Source: (US Department of Health and Human Services; Office of Minority Health)

## Other May Observances

### National Mental Health Awareness Month

Mental health is a critical part of overall health. Since the pandemic mental crises have increased across all demographics.

[\(106\) Mental Health Awareness Month 2022 - YouTube](#)

[Mental Health Awareness Month | SAMHSA](#)

[Mental Health Month | NAMI: National Alliance on Mental Illness](#) [Mental Health Month | NAMI: National Alliance on Mental Illness](#)

### National Physical & Fitness Sports Month

<https://www.uhc.com/health-and-wellness/fitness>

### National Healthy Vision Month

[Healthy Vision Month | National Eye Institute \(nih.gov\)](#)

*Dr. Nic*

# Events

## Benefits Open Enrollment is Now

May 1 – May 31, 2022

If you do not plan to make changes, all current benefits will automatically continue, except the Flexible Spending Account, which must be elected every year.

### Virtual Sessions:

**Tuesday, May 10 at 9 a.m.** [Click this link to join the session](#)

**Friday, May 13 at 2 p.m.** [Click this link to join the session](#)

### Things you can do now

Go to <https://csccbenefits.hrntouch.com/> and log in to:

- Review your current elections to make sure they fit you and/or your family today
- Review your beneficiary/beneficiaries
- Verify your address
- Enroll in or update your benefits, if making a change
- Enroll or re-enroll in the Flexible Spending Account
- Update the spousal survey/affidavit if you have a spouse on your medical plan

Questions contact Jason Love, Benefits Analyst, [jlove8@cscce.edu](mailto:jlove8@cscce.edu)

## SAVE THE DATE

### Employee Appreciation

“Fellowship and Food Trucks”  
Hosted by SAC & HR

**Delaware Campus: Wed, May 25**

**Columbus Campus: Thu, May 26**

Join us from 11am-2pm

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12

## 2022 Virtual Fitness Series Strength Training & Bone Health

11:00am EST

Join us for part three of our fitness series presented by The James Cancer Hospital Oncology Rehabilitation experts. This month, we will celebrate Bone Cancer Awareness month by sharing information on the importance of strength training. [CancerBridge Virtual Fitness Series - Demio](#) Register Now!



CancerBridge

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19

## 2022 Support Series Pancreatic Cancer: What You Should Know

11:00am EST

Join us for a conversation with pancreatic cancer expert, Stephanie Iacono, DNP, APRN-CNP. Stephanie will share information on what it is, how common it is, and signs and symptoms to watch for. Additionally, she will share information on what we can do today to better minimize our risks.

[Pancreatic Cancer: What You Should Know - Demio](#) Register Now!

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19

## Food Rules of an Anti-Inflammation Diet By The Winchester Institute of Chiropractic Health & Wellness

11:00am EST

[Anti-InflammationDiet](#) (click to join)

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24

## 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)

# 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 May 11<sup>th</sup> from 11:00am-2:00pm EST** by appointment.

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

[Click Here to Register](#)

Questions contact [Pathways@prudential.com](mailto:Pathways@prudential.com) or 844-592-8993.

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#### Retirement Planning Toolkit Session

11:00am – 12:00pm EST via WebEx

The seminar will cover important topics, like these:

- Your retirement planning timeline
- Taking advantage of retirement savings at work
- Basic investment principles
- And more

[Click Here to Register](#)

If you have a question or concern,  
please contact us at  
[Pathways@Prudential.com](mailto:Pathways@Prudential.com) or  
(844) 592-8993.

**Prudential Financial Resources** <https://www.prudential.com/financial-wellness/A91B2070C1BF67BAF59BD840CAD856CDEF722BCC34701369916F643A89D30A87>

### BMI Federal Credit Union:

#### BMI's Terri's Financial Wellness Tip

##### Building Equity

Over time the value of a home may increase. Home equity is the difference between the amount you owe on your home and its value. As you pay down your mortgage you can increase your home equity if the value of your home stays the same or rises. You may consider using that equity to borrow money for updates and repairs or for a down payment on your next home.

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

**BMI Financial Resource:** [Columbus State Community College \(bmifcu.org\)](http://Columbus State Community College (bmifcu.org))

## AccelWELL Event

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### 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](mailto:coach@accelwell.com) with questions or for support.

### Raffle Opportunity!

Win a \$25 Starbucks Gift Card (2 winners)

[CLICK HERE](#) to view at your convenience!

We invite you to learn from your AccelWELL Coaches! Click the link above to view a video from Coach Emily Bailey on how mindfulness in your self-care practices can positively impact your health!

Complete the quick survey for entry into the raffle! [CLICK HERE](#)

## 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](mailto:coach@accelwell.com) for support.

# 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](mailto: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](mailto: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](http://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](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://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

Complete 3-4 rounds of the exercises below for a great burn!  
**Challenger: Complete 5 rounds with only 30 seconds of rest in between each exercise.**

## 1. 20 stepping lunges (10 each leg)



## 2. 10 chair step-ups (5 each leg)



## 3. 10 squat side steps (5 each leg)



## 4. 20 mountain climbers



## 5. 30 jumping jacks



*To prevent injury, form is critical when performing all exercise. 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.*



# SOCIAL WELLNESS

## BUILDING CONNECTIONS



### CREATING CONNECTIONS

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Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health. Whether with family, friends, neighbors, romantic partners, or others, social connections can influence our biology and well-being. Strengthen your relationships and connections to reduce your stress and improve your mental and physical health.

The benefits include:

- Reduces stress
- May reduce heart-related risks
- Improves outlook on life
- Improves health - loneliness was associated with a higher risk of high blood pressure, depression, and increased risk of early death



### WHAT IS A HEALTHY CONNECTION

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Healthy relationships involve honesty, trust, respect and open communication. They take effort and compromise from both people.

Connection happens when you get:

- concrete help
- emotional support
- advice
- validation

## HELPING & GETTING HELP

Having healthy relationships with others starts with liking yourself. Learn what makes you happy. Treat yourself well and know that you deserve to be treated well by others.

Unhealthy or abusive relationships can really hurt. After these unhealthy relationships, you may feel you don't deserve to be in a healthy, loving relationship, but you do.

With help, you can work on your relationship or, you may be advised to get out. Either way, others can help.

To build healthy relationships consider these steps:



## TIPS TO BUILDING HEALTHY RELATIONSHIPS

- Recognize how other people influence you.
- Share your feelings honestly.
- Ask for what you need from others.
- Listen to others without judgement or blame. Be caring and empathetic.
- Disagree with others respectfully. Conflicts should not turn into personal attacks.
- Avoid being overly critical, angry outbursts, and violent behavior.
- Expect others to treat you with respect and honesty in return.
- Compromise. Try to come to agreements that work for everyone.
- Protect yourself from violent and abusive people. Set boundaries with others. Decide what you are and aren't willing to do. It's okay to say no.

First/Last Name & Organization: \_\_\_\_\_



# Activity of the Month

Social connection is an essential part of our mental health and overall wellbeing. Many strive for connection with friends, family, colleagues, romantic partners, neighbors or others to feel supported in times of change, stress or hardship, and during times of joy or celebration. Whether it is creating new connections or kindling old relationships, for this activity, track how you are creating social connections or improving your current relationships. Use the tips listed to the left for inspiration on ways to create new connections or ways to improve current connections and fill in the chart.

### Tips to Create New Connections

- Join a group focused on a favorite hobby, such as reading, hiking, painting, or walking.
- Learn something new. Take a cooking, writing, art, music, or other type of class.
- Take a workout class or yoga, tai chi, cycling or another physical activity.
- Volunteer at a school, library, hospital, or place of worship.
- Participate in neighborhood events and get to know your neighbors.
- Get active in your community.

### Tips to Improve Old Relationships

- Meet up to talk with old friends and share your feelings honestly.
- Listen to others without judgement or blame. Be caring and empathetic.
- Disagree with others respectfully. Conflicts should not turn into personal attacks.
- Saying “I’m sorry” when you hurt someone.
- Compromise. Try to come to agreements that work for everyone.
- Set boundaries with others. Decide what you are and aren't willing to do. It's okay to say no.

### Description:

How did you create a new connection?  
How did you improve an old connection?

Connection/relationship	
Example: Step Sister	Met up for coffee and both shared our feelings honestly without judging each other.
Example: New Neighbor	Joined a neighborhood walking group.
①	
②	
③	



# ***The Dish:***

## ***Healthy Recipes***

### ***Curated By***

### ***AccelWELL***

## **Coconut Mango Thai Beef Curry**

### **Ingredients (Serves 6)**

- ☐ 2 tablespoons peanut oil or canola oil
- ☐ 3 tablespoons red curry paste
- ☐ 2 ½ cups coconut milk
- ☐ 2 ½ pounds boneless beef chuck roast, cut into 1-inch cubes
- ☐ 1 cup dried mango, chopped
- ☐ 1 teaspoon salt
- ☐ ¼ teaspoon pepper
- ☐ Optional: rice, sliced red onions, fresh cilantro and lime wedges

### **Instructions**

1. In a Dutch oven, heat peanut oil over low heat. Add curry paste; cook and stir 3-5 minutes. Add coconut milk; cook and stir 3-5 minutes longer.
2. Stir in beef, mango, salt and pepper. Increase heat to medium-high; bring to a boil. Reduce heat; simmer, uncovered, stirring occasionally, until meat is tender, about 2 hours. If desired, serve with rice, onions, cilantro and lime wedges.



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



### **Fresh vs. Frozen vs. Canned**

When it comes to buying fruits and vegetables, many factors play a role in which types consumers choose. All fruits and vegetables — fresh, frozen, or canned — are good-for-you foods that can be enjoyed at any time.

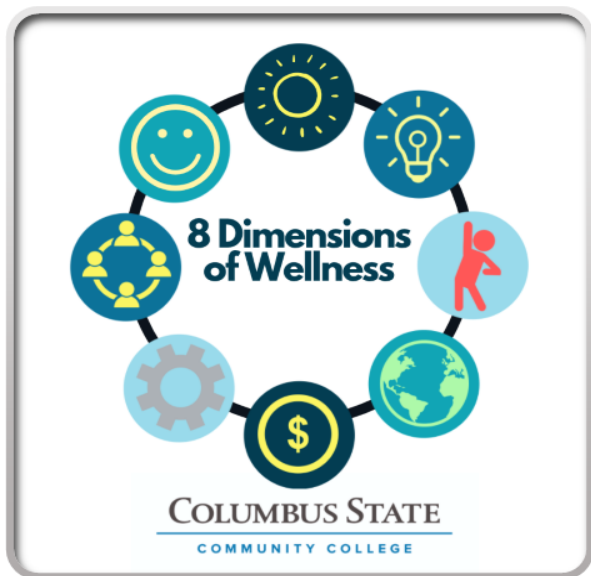
- **Fresh** – Buy in season
- **Frozen** – Harvested at peak ripeness and frozen right after keeping their nutritional value.
- **Canned** – Canned right after harvesting at peak ripeness. Avoid the fruits and veggies in syrup or high sodium solutions.

**Check out this month's recipes for ways to incorporate the different types of produce!**



# 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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