

Cougars Wellbeing Newsletter

May 2023 | Issue 33

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Eat the Rainbow
Learn more on Page 10

APRIL
RAFFLE WINNERS:
Blue Light Blocking Glasses

Primrose Igonor & Monica Walters
CONGRATULATIONS!

MAY

Plan and Track Your Goals Here!

Goal Tracker

	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	F	S	S	M	T	W
	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																															

List your top three goals for the month below.

#Goals

1)

2)

3)

Contact Us

Email: coach@accelwell.com

Your Coaches are here for you!

Follow Us



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"ACCELWELL"

MAY

Welcome May!!

I hope you are ready for Open Enrollment, end of the semester, graduation, and summer activities. Whatever it is for you, we know it can cause you to be excited, happy, anxious, stressed, scared, sad or, all of these at one point. Remember, we are here to support you, so please take advantage of the resources in this newsletter. **Dr. Nic**

SAVE THE DATE: June 13, 2023

Employee Success & Wellness Fair
9am-4pm, WD 4th Floor

You have goals. We want to help you reach them. Come join your HR team for presentations, vendors, refreshments, prizes & wellness demos. Earn Rally Coins.

You support student success.

HR SUPPORTS YOUR SUCCESS.



Let's take time to remember the wonderful contributions that Asian Pacific Islanders have made to America's history and the importance of their role in its future success.

[Asian Pacific American Heritage Month 2023](https://asianpacificheritage.gov)
(asianpacificheritage.gov)

Arthritis Awareness

- [Healthy Living with Arthritis \(cdc.gov\)](https://www.cdc.gov/healthyliving/healthy-living-with-arthritis/)

Healthy Vision

- [Computer vision syndrome symptoms and causes | UnitedHealthcare \(uhc.com\)](https://www.unitedhealthcare.com/healthy-living/healthy-living-with-computer-vision-syndrome/)
- [Computer Vision Syndrome \(brainshark.com\)](https://www.brainshark.com/computer-vision-syndrome/)

Mental Health Awareness

- [Mental health | UnitedHealthcare \(uhc.com\)](https://www.unitedhealthcare.com/healthy-living/healthy-living-with-mental-health/)
- [Exercise and mental health | UnitedHealthcare \(uhc.com\)](https://www.unitedhealthcare.com/healthy-living/healthy-living-with-exercise-and-mental-health/)
- [6 Healthy living habits | UnitedHealthcare \(uhc.com\)](https://www.unitedhealthcare.com/healthy-living/healthy-living-with-6-healthy-living-habits/)
- [UAW: Recognizing Burnout \(brainshark.com\)](https://www.brainshark.com/recognizing-burnout/)

May is Open Enrollment

[Open Enrollment | Columbus State Community College \(csc.edu\)](https://www.csc.edu/workday)

If you want to keep your current benefits you **MUST** take action this month. This year is an **"Active"** enrollment. Your current elections **will not** automatically continue into the 2023 plan year. Make your elections online between **May 1-May 31, 2023** at [csc.edu/workday](https://www.csc.edu/workday)

Open Enrollment Sessions: Have questions, need help.....

- Tuesday, May 16th | Virtual | 10am to 2pm [Click here to join the meeting](#)
 - Thursday, May 18th | Virtual | 9am to 1pm [Click here to join the meeting](#)
 - Monday, May 22nd | Virtual | 10am to 3pm [Click here to join the meeting](#)
 - Wednesday, May 24th | On site | 11am to 2pm (DE-215)
 - Friday, May 26th | Virtual | 10am to 3pm [Click here to join the meeting](#)
 - Tuesday, May 30th | On site | 9am to 12pm (TBD) & Virtual | 1pm to 4pm [Click here to join the meeting](#)
- benefits@csc.edu

2023 Financial Wellbeing:

Preparing you for expected & unexpected changes!

Prudential

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.

Scott Alexander is available for 30-minute **Financial Wellness Checkups on Wednesday, May 17th** to review your current financial situation and to help you navigate future financial challenges. To schedule your virtual Financial Wellness Checkup, you may click the link below to select a time that works best for you.

[Schedule your Financial Wellness Checkup!](#)

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

Please check out these financial resources.

BMI Federal Credit Union

Financial Education: [BMI Federal Credit Union](#).

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

Prudential Financial Resources:

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

THU
MAY
11

CancerBridge Exercise Series: Cycling for Your Health

11am EST | [Join Here](#)

Learn more about the benefits of cycling for your overall health. Matt Briggs PT, PhD, DPT, SCS, AT will teach us more about biking basics including how to properly fit a bike for our bodies.



THU
MAY
18

CancerBridge Cancer Support Series: Clinical Trials 101

11am EST | [Join Here](#)

Clinical trials are vital to the future of cancer treatments but can be difficult to understand. Learn the basics of clinical trials- what are they, what do the phases mean, where do you find them, and how do they make an impact.

THU
MAY
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Matrix Corner: Retirement: What does it mean for you?

3-4pm EST | [Register Here](#)

Retirement is about more than just projecting your future financial needs. It's thinking and planning for a whole new phase of your life. Join this webinar to get ideas and insights about preparing physically and emotionally for retirement. We'll discuss creating a vision for your retirement, things you can do now to help make a smooth transition to retirement, tips for designing your retirement so it works for you!

THU
MAY
25

CancerBridge Self Care Series: Breathe Better, Stress Less

11am EST | [Join Here](#)

Learn to manage your body's stress response with mind, movement, and breath-based practices.

THU
MAY
25

Matrix Corner: Coping with Traumatic Stress

3-4pm EST | [Register Here](#)

Traumatic stress is a normal reaction to an abnormal event. The good news is symptoms typically dissipate over time, and for more complex or severe symptoms, help is available. In this webinar, we'll discuss the different types of traumas, common responses to trauma and traumatic stress, coping strategies to manage after a stressful or traumatic event, and when it's time to seek professional help and associated evidence-based treatments

TUE
MAY
30

Rally Coins/Benefits Session

12pm 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, 2022 through June 30, 2023. The coins apply to employees on the health plan and covered spouses.

This cycle July 1, 2022-June 30, 2023

8 coins. If you have questions, contact Nichole.

[RallyBenefitsSession](#)

(click the link to join)

Physical Activity Momentum: AEP 10K

[Home](#) | [Columbus10k](#)

Sunday, June 4 | 8am

Originally run as the Columbus Citizen-Journal 10K in the summer of 1977, the AEP Ohio Columbus 10K is "The Oldest Road Race in Columbus." Over the decades, the race has come to mark the start of the central Ohio summer racing season.

Visit the following link to join the Columbus State Team:

<https://runsignup.com/Race/Register/RaceGroup-1255142?racelid=6290>

\$5 off Promo code for Columbus State associates and students, type in promo code: CSCC5

(Employees who sign up can get a Columbus Running coupon. Contact Nichole at nbowmang@csc.edu)



American Heart Association®

Heart Walk

Saturday, August 19

check-in 8am | Walk Begins 9:30am

McFerson Commons Park

213 West Street, Columbus, OH 43215

Let's walk with the American Heart Association (AHA) to save lives. Sign up today and together we can inspire others and use our enthusiasm to help save lives. Walk and raising money does a heart good!

[Click here](#) to go to CSCCWalkers.

(questions: Nichole Bowman-Glover

nbowmang@csc.edu)

Get Involved with AccelWELL!

THU
MAY
25

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 Opportunity!

Chance to win a \$25 Amazon Gift Card! (2 winners)

Complete your May Activity of the Month on page 12 of this newsletter and submit a photo or copy to coach@accelwell.com to earn entry into the raffle.

Deadline to submit is 6/1/23.

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.

Wellbeing Resources

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 Resources for Living button under Work and Family Wellness Resources heading on next screen to take you to the correct page to search for webinar

-Click on Tools-Upcoming Webinars on the next page (webinars are archived)

Access Phone Number: 800-328-4071

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)

National Association of Mental Illness (NAMI)

[Programs – National Alliance on Mental Illness | NAMI Franklin County](#)

Tickets at Work

Don't forget to check out your savings marketplace, our one-stop shop for exclusive and convenient savings on the products, services, and experiences you know and love.

It's cost-free and easy to enroll. Just visit <https://columbusstate.savings.workingadvantage.com> and begin receiving discounts on:

- Electronics
- Appliances
- Theme Parks
- Hotels
- Movie Tickets
- Rental Cars
- Gift Cards
- Apparel
- Cars
- Flowers
- Fitness Memberships
- Groceries
- Special Events
- And More!

Recreational Cooking Classes and More

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

LinkedIn Learning

The Organizational Development and People Analytics (ODPA) department has two new recommended pieces of training:

- [Uncover unconscious bias in recruiting and interviewing](#)
- [Communicating with confidence](#)

Other recommended courses are available on the [LinkedIn Learning page](#) or [click here](#) to sign into your account. If you need help with signing in, please use [these instructions](#) to get started or contact ODPA at employeelearning@csc.edu with questions.

Mental Health Month: Practice Preventive Mental Health Care

There is such a thing as “preventive mental health,” just like there is preventive physical health. Here’s one approach: Practice self-compassion—be kind and understanding to yourself, especially during difficult times. Treat yourself with the same empathy and support that you would offer a close friend. And here’s another: Establish healthy boundaries—set limits on your time, energy, and resources to avoid burnout and resentment. Learn to say no to requests that don’t align with your values or goals. Preventive mental health lowers stress and builds resilience for when the going gets tough. Learn more in the workbook,

“Better. Mental. Health. for Everyone” by Dr. Abraham Low.

Sexual Assault Response Network of Central Ohio (SARNCO)

Provides advocacy and emotional support services in conjunction with medical and social services at OhioHealth Emergency Departments and other local facilities in central Ohio.

- 24-hour sexual assault help line (614-267-7020)
- 24-hour Emergency Department advocacy
- Rape, abuse & incest national network
- Sexual violence prevention program
- Aftercare advocacy
- Campus advocacy at The Ohio State University
- Recovery resources

988 Crisis & Suicide Lifeline

The Lifeline provides compassionate, accessible care and support via phone, text, or online chat to anyone experiencing mental health-related distress. You can use **988** if you have thoughts of suicide, mental health or substance use crises, or any other kind of emotional distress. You can also **dial 988** if you are worried about a loved one who may need crisis support.

Equity & Compliance

The Office of Equity and Compliance works to support a healthy learning and working environment for all students, staff and faculty. By overseeing the College's non-discrimination and anti-harassment policies and initiatives, our goal is to create a learning and working environment that is safe, respectful and productive. If you have an issue in this area, please contact this office.

[Equity & Compliance | Columbus State Community College \(csc.edu\)](https://www.csc.edu/equity-compliance)

Employee Resource Groups

[Employee Resource Groups | Columbus State Community College \(csc.edu\)](https://www.csc.edu/employee-resource-groups)

Employee Resource Groups at Columbus State are self-determined, College-sanctioned associations of faculty, staff, and administration organized around a specific minoritized identity (a social group that society devalues, restricts access to resources from, and withholds power from), a group of minoritized identities, or a collective goal that relates to diversity, equity, and/or inclusion.

Reach out to the contacts for meeting information:

ERG Strategy & Operations Manager -Liz Rose-Cohen

African/African American - Royce Carpenter & Michelle Baker & Jamie Minor

Caring for Those Who Care - Melissa Lamar & Debbie Strain

Prism LGBTQIA + - George Johnson-Gamm & Katina Fitch

Women's - Crystal Clark & Kelly Hogan

Workout of the Month

MAY

Incorporate the bodyweight circuit below into your monthly movement routine!

CIRCUIT 1 repeat 3x

PUSH UPS



15 reps

SQUATS



20 reps

BICYCLE CRUNCHES



1 minute

30 SECOND REST

CIRCUIT 2 repeat 3x

SIDE PLANK



30 seconds
(alternate sides)

LUNGES



20 reps
(alternate for each rep)

DONKEY KICKS



15 reps
(alternate sides)

30 SECOND REST

CIRCUIT 3 repeat 3x

PLANK



30 sec - 1 min

HIGH KNEES



1 minute

ALT. ARM/LEG EXTENSIONS



20 reps
(hold each rep 3 sec)

Source: fashionjackson.com

**To prevent injury, form is critical when performing all exercise. Please reach out to 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.*



EAT THE RAINBOW

Reach for the Rainbow

Reaching a total of 4 ½ cups of colorful fruits and vegetables a day is the goal for a powerful plate. Here are some ways to make it happen:

- ❖ *Servings are not that big.* ½ cup of chopped raw vegetables or fruit makes one serving. Leafy greens take up more space, so 1 cup chopped counts as a serving. ¼ cup of dried fruit equals one serving.
- ❖ *Think in twos.* Try to eat two servings in the morning, two in the afternoon, and two at night.
- ❖ *Snacks count too.* Feeling hungry between meals? Munch on a piece of fruit or grab some sliced raw vegetables to go.
- ❖ *When shopping, look at your cart.* If you find most of your choices are the same one or two colors, swap out a few to increase the color variety — and phytonutrients — in your cart.
- ❖ *Dine out colorfully.* Start out with a cup of vegetable soup. Choose an arugula or spinach salad and see if they can add extra vegetables. Top off your meal with fresh fruit for dessert and a soothing cup of green tea.
- ❖ *Look local.* Farmers markets, co-ops, buying clubs, and community supported farms are usually great sources of fresh produce. Ask a farmer for fresh ideas on how to prepare fruits and vegetables that are new to you.
- ❖ *Frozen produce is okay too!* It is best to eat in season, but since seasonal produce may be limited, frozen fruits and vegetables count and are just as nutritious as fresh.



RED: Rich in the carotenoid lycopene, a potent scavenger of gene-damaging free radicals that seems to protect against prostate cancer as well as heart and lung disease.

- ❖ Found in: strawberries, cranberries, raspberries, tomatoes, cherries, apples, beets, watermelon, red grapes, red peppers, red onions

ORANGE and **YELLOW:** Provide beta cryptothanxin, which supports intracellular communication and may help prevent heart disease.

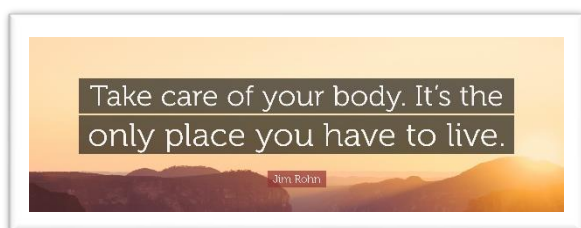
- ❖ Found in: carrots, sweet potatoes, yellow peppers, oranges, bananas, pineapple, tangerines, mango, pumpkin, apricots, winter squash (butternut, acorn), peaches, cantaloupe, corn

GREEN: These foods are rich in cancer-blocking chemicals like sulforaphane, isothiocyanates, and indoles, which inhibit the action of carcinogens (cancer-causing compounds).

- ❖ Found in: spinach, avocados, asparagus, artichokes, broccoli, alfalfa sprouts, kale, cabbage, Brussels sprouts, kiwi fruit, collard greens, green tea, green herbs (mint, rosemary, sage, thyme, and basil)

BLUE and **PURPLE:** Have powerful antioxidants called anthocyanins believed to delay cellular aging and help the heart by blocking the formation of blood clots.

- ❖ Found in: blueberries, blackberries, elderberries, Concord grapes, raisins, eggplant, plums, figs, prunes, lavender, purple cabbage





Activity of the Month

Using the chart below, choose 1-2 items from each color to place into the right-hand column. Once you've made all your selections, think of ways to combine these items and add them into your diet over the next week. Think easy snacks, new recipes, or even a smoothie! Upon completion, submit a copy or photo to coach@accelwell.com to be entered into the raffle for one of two \$25 Amazon Gift Cards!

	Boost Your Produce Variety!	Write your selected item(s) here!
Red	Strawberries, Cranberries, Raspberries, Tomatoes, Cherries, Apples, Beets, Watermelon, Red Grapes, Red Peppers, Red Onions, Red Potatoes, Radishes	
Orange & Yellow	Carrots, Sweet Potatoes, Oranges, Tangerines, Pumpkin, Winter Squash, Cantaloupe, Corn, Yellow Peppers, Bananas, Pineapple, Mango, Peaches, Summer Squash	
Green	Spinach, Avocados, Asparagus, Arugula, Artichokes, Celery, Okra, Peas, Broccoli, Alfalfa Sprouts, Kale, Cabbage, Brussels Sprouts, Kiwi, Collard Greens, Mint, Rosemary, Sage, Thyme, Basil, Cilantro, Zucchini, Limes, Green Grapes, Honeydew	
Blue & Purple	Blueberries, Blackberries, Elderberries, Concord Grapes, Raisins, Eggplant, Purple Potatoes, Plums, Figs, Prunes, Purple Cabbage, Lavender	
White	Garlic, Onion, Cauliflower, Mushrooms, Parsnips, White Potatoes, Ginger, Jicama	

Now combine your selected items into groups to inspire snacks and meals for the upcoming week!

M E A L & S N A C K I D E A S

1

Meal or Snack

2

Meal or Snack

3

Meal or Snack

Items:

Ideas:

Items:

Ideas:

Items:

Ideas:



The Dish:

Healthy Recipes

Curated By

AccelWELL

BBQ Chicken Skewer Salad

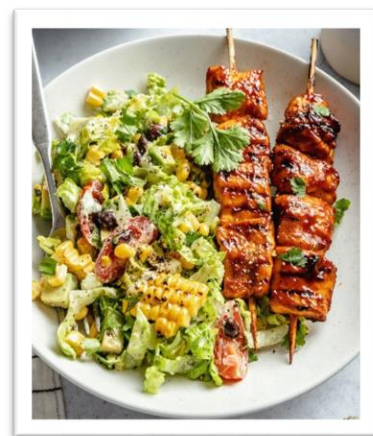
Ingredients (Serves 4)

For the Salad:

- 4 ears corn
- 2 tbsp avocado oil
- 8 cups thinly sliced romaine lettuce or 2 small heads
- 6 green onions thinly sliced (green part only)
- 2 cups (16 oz.) quartered grape tomatoes
- 1 (15 oz.) can black beans, drained and rinsed
- ¼ cup loosely packed, freshly chopped cilantro leaves
- 2 tbsp freshly chopped basil leaves
- 1 avocado peeled and seed removed and diced medium
- Preferred ranch dressing, to taste
- *Homemade recipe for herb ranch can be found on thedefineddish.com

For the Chicken:

- 2 pounds boneless skinless chicken breasts
- 3 tbsp avocado oil
- 1 tsp kosher salt
- 2 cups BBQ sauce
- 8 [6-inch] wooden skewers, pre-soaked



Instructions

Marinate the chicken:

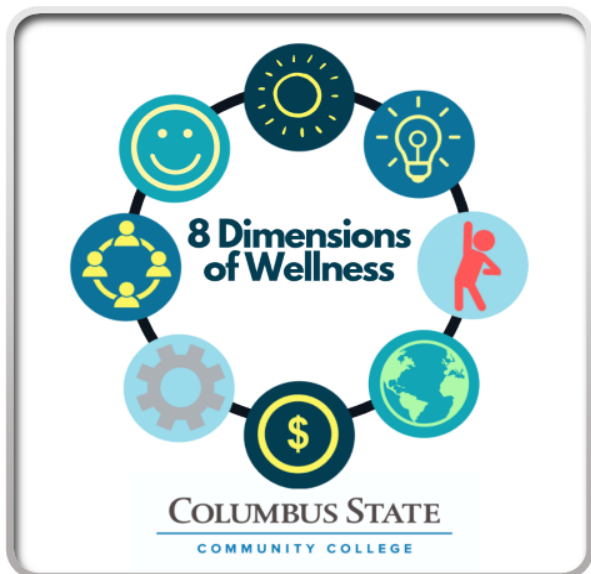
1. Using a meat mallet or the bottom of a heavy skillet, pound the chicken until it is a uniform ½ inch thickness. Cube into 2-inch pieces and place in a large bowl with the oil, salt, and 1 cup of BBQ sauce. Stir until well combined. Set aside to let marinate for at least 20 minutes at room temperature, or cover and refrigerate for 4-8 hours, if desired.

Grill the Chicken and Make the salad:

1. Drizzle the corn with the avocado oil and rub to evenly coat.
2. Heat grill over medium-high heat (350-400° F) and oil the grill grates (to do this, dip a wadded paper towel in a little oil and, using tongs, wipe the oil evenly over the grate. Be careful not to use too much oil, because that's a sure-fire way to start a good flare-up—a little goes a long way here.)
3. When hot, add the corn and cook until tender, about 10-12 minutes total, turning every 2 minutes. Meanwhile, also place the skewers on the grill and cook on the first side for 3 to 4 minutes, or until nice grill marks have formed. Flip the skewers and then baste the grilled side generously with the reserved BBQ sauce, Continue to cook until chicken is cooked through and nice grill marks have formed on both sides, 3-4 more minutes. The grill should be closed as much as possible as you are cooking the chicken. Transfer the corn and the chicken aside and let the corn cool enough to handle.
4. Meanwhile, in a large bowl combine the lettuce, green onions, tomatoes, black beans, cilantro and basil. Add your desired amount of dressing to the salad and toss until the lettuce is well coated.
5. Remove the corn from the cob and add to the salad along with the diced avocado. Gently toss once more to combine. Serve with the grilled chicken and enjoy!

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, Human Resources

Jason Love, Human Resources

Jackie Miller, Nursing Department

Jolene Broshious, Equity & Compliance

Yvette Johnson Veterinary, Imaging & Surgical Technology Department

Katherine Lopez, Facilities Management

Terrence Lawrence, Inclusive Advising Innovation

Primrose Igonor, Office of Diversity, Equity and Inclusion

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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