

# Cougars Wellbeing Newsletter

November 2024 | Issue 51

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**WINTER SKIN CARE**  
LEARN MORE ON PAGE 9!



**OCTOBER**  
**RAFFLE WINNERS:**  
Blender Shaker Bottle

Jolene Broshious  
David Hill

*CONGRATULATIONS!*

# NOVEMBER

## November is the season of gratitude.

We are approaching the end of 2024, election time, and the holiday season. Embrace the change this fall. Take time to pause, breathe, and relax. Be intentional about being grateful and connecting with colleagues, friends, and family. We have experienced sadness and joy this year. If you are in a “happy” place, treasure the moment and spread that happiness to those around you. If you are in a “blah” place, connect with someone to process this space you are in. Access your wellbeing resources. Review the seminars, recorded webinars, and the “Engagement” opportunity on Nov. 18th. We wish you a month of warmth and happiness.

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

**Remember, [HR SUPPORTS YOUR SUCCESS.](#)**

*Dr. Nic*

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### Diabetes Awareness

[Patient Education Library](#) | [American Diabetes Association](#)

[DiabetesTV](#) | [Diabetes](#) | [CDC](#)

[Life with a diagnosis of diabetes](#) | [UnitedHealthcare](#)

[Managing blood sugar \(glucose\)](#) | [UnitedHealthcare](#)

### Great American Smokeout & Lung Cancer Awareness

[Great American Smokeout](#) | [American Cancer Society](#)

[Vaping](#) | [UnitedHealthcare](#)

[Quitting smoking](#) | [UnitedHealthcare](#)

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### “Paws & Relax: Massages & Doggies”

Take a break!! Come get a massage from one of our massage students and pet a “therapy dog.”

**Monday, Nov. 18<sup>th</sup> | 12:30-3:30pm**

**Mitchell Hall-AEP Boardroom**

Everyone needs a little break. Massages are walk ins.

Questions: Nichole Bowman-Glover, HR Wellbeing Benefits

Analyst [nbowmang@csc.edu](mailto:nbowmang@csc.edu) (Offices of Executive VP, Student Affairs & Human Resources)





THU  
NOV  
7

## 2024 Kitchen Series: Plant-Based Side Dishes for Holiday Dinners and Parties

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

Elevate your holiday feasts with Chef Michael Carnahan and Registered Dietician Cameron Stauffer. Discover delectable and nutritious plant-based side dishes that will delight your guests and add a vibrant, flavorful twist to your festive celebrations.

THU  
NOV  
14

## 2024 Financial Wellness Series: Year-End Tax Planning Tips

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

This session will cover some tax moves that can be made before year-end and provide a preview of what the tax landscape will look like in the coming year.

THU  
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21

## 2024 Self-Care Series: Winter Wellness Reflections

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

As 2024 comes to an end, let's reflect on the best self-care practices from the year and use the lessons learned to create a vision for ongoing self-care into 2025. \*\*This will be a work group with time for personal writing reflections included during the session.

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

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

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## Sustainability

Upcoming Autumn Semester Events:

- [Get to Know IMPACT Community Action](#) - TH, Nov. 14 at noon via Teams Online
- [Tour Columbus Micro Systems](#) - Fri, Nov. 1 at 1 pm at company location in NE Columbus

Get involved:

Download the [Climate Action Now app](#) to advocate for climate action easily

Forward to a Friend - Everyone in the CSCC community is welcome to join us. Share with students, staff, and faculty. Join the [Sustainability Group](#), and/or [our Discord](#).

**Employee Advisors:** Jennifer McCord, Allison Hendricks



NOVEMBER

# VIRTUAL EDUCATION

CHECK OUT THIS MONTH'S VIRTUAL  
EDUCATION FROM ACCELWELL!

## THIS MONTH'S TOPIC: WINTER SKIN CARE

WITH COACH ERIKA

[WATCH HERE!](#)



HI! MY NAME IS ERIKA GARDNER!

I am a Certified Holistic Health Coach through the Institute of Integrative Nutrition, experienced AFAA Group Exercise and TRX Total Body Resistance instructor. Growing up as a competitive gymnast, I learned at a young age the importance of self-discipline, determination, and dedication. My gymnastics career was not entirely positive unfortunately – I battled through my own uncertainties and self-image struggles. With the support of friends and family, I found resources to help me understand that health means so much more than appearance, nutrition, and physical exercise. Health and wellness quickly became my purpose and my passion, inside and out of the gym. Health is not a given. Health is not a one-size-fits-all. Health is about finding what works best for YOU and YOUR lifestyle. It's important to be grateful for what you have, but never stop working for what you want. Outside of sharing my passion, you can find me exploring new Metroparks, planning a trip to the mountains, experimenting with new recipes, or spending quality time with friends and family.

### CONTACT US

Email: [coach@accelwell.com](mailto:coach@accelwell.com)  
*Your Coaches are here for you!*

### FOLLOW US



"Accel\_well"



"Accelwell"



"Accelwell"

# 2024 Financial Wellbeing:

## Preparing you for expected & unexpected change

### **BMI Federal Credit Union**

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

Take advantage of these in-person financial workshops:

[Free Financial Workshops in Central Ohio \(bmifcu.org\)](#)

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

### **Prudential Financial Resources:**

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

### **Education First Credit Union:**

Banzai has hundreds of articles ranging on financial topics from stock market basics to preparing for a baby. The courses and coaches use real-life scenarios to demonstrate the power of good financial planning. Financial calculators to help with: Budgeting, Savings, Retirement, Credit Card Payoff, Auto Refinance, Cost of Living & more.

[Wellness Center \[Financial Literacy Resources\]](#) | [Banzai](#)





# Get Involved with AccelWELL!

THU  
NOV  
21

## Virtual Health Coaching

Private Sessions Available

10:00am – 3:00pm EST



**Complete this 30-minute Quad Burnout recorded workout video to be entered into a raffle to win a Shoulder & Neck Massager!**

**Complete the survey [HERE](#) to let us know you completed the workout & get entered to win!**

### 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 select **Register**. Then, fill out the designated prompts and select a timeslot that best works for you. Lastly, click **Register**.

\*Contact [coach@accelwell.com](mailto:coach@accelwell.com) with questions or for support.

## The Project Zero Campaign begins on Wednesday, November 13<sup>th</sup>!

### THE GOAL:

#### To maintain your weight & health goals.

It's the most wonderful time of the year! Let this campaign help you to stay mindful of your health and wellness goals throughout the season.

Healthy eating is not about deprivation, but enjoyment in moderation. Enjoy your holiday favorites, just remember to be conscious of healthy ingredient swaps and portion sizes!

### Maintain your weight at the weigh-out to earn entry into a raffle to win **a Half Baked Harvest cookbook!**

**Weight naturally fluctuates throughout the day – this is healthy and normal.**

**You will achieve the goal if within a 4-pound variance of your official weigh-in.**

**You will also achieve the goal by losing weight.**

**VIRTUAL WEIGH-IN: Wednesday, November 6<sup>th</sup>**

**VIRTUAL WEIGH-OUT: Wednesday, December 4<sup>th</sup>**

#### How to submit your weigh-in photo:

On Wednesday, November 13<sup>th</sup>, weigh yourself taking a picture of your feet on your scale with the weight clearly showing. Please plan to use the same scale for consistency.

That same day, email your photo to [coach@accelwell.com](mailto:coach@accelwell.com).



**Safe Practices:** Weight maintenance should be the result of healthier nutrition and better exercise habits. We do not advise the use of diet pills (herbal or prescription appetite suppressants, metabolism enhancers, etc.), laxatives, colonics, or water pills (diuretics) unless prescribed for a medical condition such as high blood pressure, etc. If you choose to join, please participate in a healthy and fair manner.

Updates and standings will be tracked by AccelWELL. NO weights will be shared and will be recorded in confidence. If you are unable to participate in this campaign due to health restrictions, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation by contacting [coach@accelwell.com](mailto:coach@accelwell.com).

If you have program questions or need assistance creating your account, please email [coach@accelwell.com](mailto: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](http://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](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)

**National Association of Mental Illness (NAMI) Programs – National Alliance on Mental Illness | NAMI Franklin County**

## 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.

## Compliance

The **Office of 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.

[Compliance | Columbus State Community College](#)

## 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

## 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](mailto:employeelearning@csc.edu) with questions.



## Employee Resource Groups

[Employee Resource Groups | Columbus State Community College](#)

Columbus State's Employee Resource Groups (ERGs) are here for you! ERGs are for any employee who wants to promote equitable practices and a culture of inclusion at Columbus State. ERGs offer affinity spaces, networking, and whole-person development as well as learning and action opportunities for anyone who wants to get involved with equity and inclusion work.

**Reach out to the contacts for meeting information:**

**African/African American** – Andrew Moss, Vincent Hill, Marja Davis

**Caring for Those Who Care** - Melissa Lamar & Debbie Strain

**Prism LGBTQIA +** - Sage Bottger & Matt Stuckey

**Women's** - Crystal Clark & Kelly Hogan

**A World of Experience (for immigrants and children of immigrants)** - Katherine Lopez, Raquel Pina, & Luz Salinas

## Matrix Corner

**Conquer Digital Time Theft**-is passage of time that produces no or little workplace productivity resulting from diverted attention while engaged in online nonwork-related activity prompted by distraction. If you have experiences digital time theft, you know the frustration of suddenly realizing you've been distracted by some online activity again. It can feel as though you have little control over how easily you are sidetracked but gaining control might be easier than you think. Experiment with what works for you. Do a search for highly specific apps/tools that dramatically increase self-control over precisely this problem. They allow you to avoid online distractions so you do not mindlessly browse the Web but instead stay on task. Some tools even add a delay in opening a web page long enough for you to catch yourself being distracted so you can return to your current work! Google "apps to help you focus."

**Website:** [www.matrixpsych.com](http://www.matrixpsych.com)

Go to <http://www.matrixpsych.com/Employee-Assistance-Programs/Employee-Resources.aspx>

**Under Services-Employee Assistance Programs-For Employees, Choose your company name in drop down.**

**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 webinars**

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





## WORKOUT OF THE MONTH

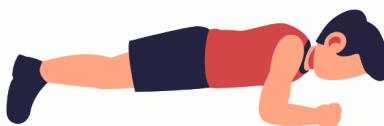
# PLANKSGIVING

## FITNESS CHALLENGE

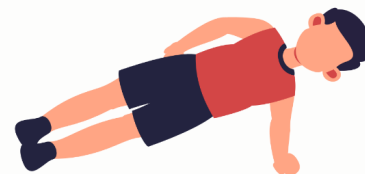
PERFORM 20 SECONDS OF EACH EXERCISE DURING WEEK 1 - AS THE MONTH GOES ON, ADD 20 SECONDS OF TIME EACH WEEK - CHECK YOUR PROGRESS AT THE END OF NOVEMBER!



**MONDAY:**  
HIGH PLANK



**TUESDAY:**  
ELBOW PLANK



**WEDNESDAY:**  
SIDE PLANK  
(BOTH SIDES)



**THURSDAY:**  
ALTERNATING  
SHOULDER TAPS



**FRIDAY:**  
ALTERNATING ARM  
& LEG LIFTS



**SATURDAY:**  
DUMBBELL ROW

**SUNDAY: REST DAY!**



# WINTER SKINCARE

Skin care is a hot topic these days - which means there are hundreds of different tips & tricks related to bettering your skin health. Everyone's skin is different - find what works for you!



## SKIN CARE BASICS



**CLEANSE**



**EXFOLIATE**



**MOISTURIZE**



**SUNSCREEN**

When shopping for cleansers, look for key words like “gentle” or “moisturizing”. Try to avoid products with large amounts of alcohol in them.



\*Alcohols like cetyl, stearyl, and cetearyl can be beneficial in breaking up oils and removing excess grease or dirt from skin. So pay attention to the ingredients!

Moisturizers are extremely important in the winter! These help lock moisture into your skin and keep your skin hydrated. You should have a different product for your face & body.

**PRO TIP - Find a moisturizer that has SPF in it, even in the winter.**

# SKINCARE & NUTRITION

How can  
what I eat  
impact my  
skin?



Nutrition can affect everything happening with your body, inside AND out. The foods you decide to put into your body can drastically change the appearance of your skin.

## FOODS THAT HAVE A POSITIVE IMPACT ON SKIN HEALTH

Leafy greens and root vegetables are packed with vitamins and minerals that promote cell growth & protect them from potential damage.



Citrus fruits promote collagen production, keeping your skin hydrated and youthful looking.

Walnuts, chia seeds, and almonds are a great source of omega-3 fatty acids and are rich in vitamin E. These have the ability to plump & revitalize skin.



A lot of things go into keeping skin healthy in the colder months. Here are a few more tips for keeping your skin looking radiant this Winter...

### HYDRATION

The more moisture you take in, the better your skin will look. Drink more water! Also aim to use a humidifier - outside hydration is just as beneficial as inside.

### LIP BALM

The cold dry air causes lips to chap, sometimes even crack. Adding lip balm into your skin care routine will help keep everything healthy.

### HOT SHOWERS?

Hot water pulls some of your natural oils and moisture out of your skin. Try taking lukewarm showers & exfoliating 1-2 times a week.



# ACTIVITY OF THE MONTH



## Winter Skin Care Checklist

For this activity, consider how often you do the following winter skin-friendly activities. Use the education pages in this newsletter to help guide you through the below checklist.

### How often do you...

|  | Never                 | Sometimes             | Always                |
|--|-----------------------|-----------------------|-----------------------|
| Wear sunscreen in cold months?                                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Drink 8-12 cups of water per day?                                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Use a lotion/moisturizer before bed?                               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Take cooler or shorter showers/baths?                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Use a moisturizing lip balm?                                       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Eat foods with healthy fats (omega-3's)?                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Eat colorful fruits and/or dark leafy greens high in antioxidants? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Eat citrus fruits high in vitamin C?                               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

How did you do? What specific actions do you need to work on to better protect your skin from the harsh winter weather?



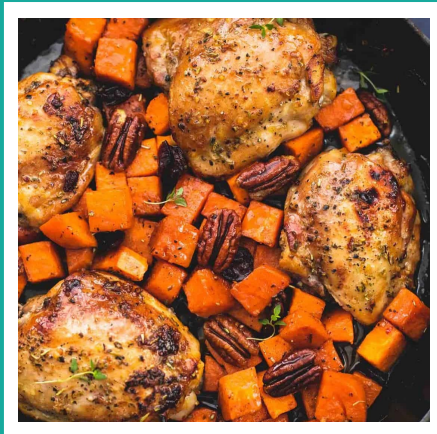
# HONEY ROASTED CHICKEN SKILLET

## Ingredients (Serves 4)

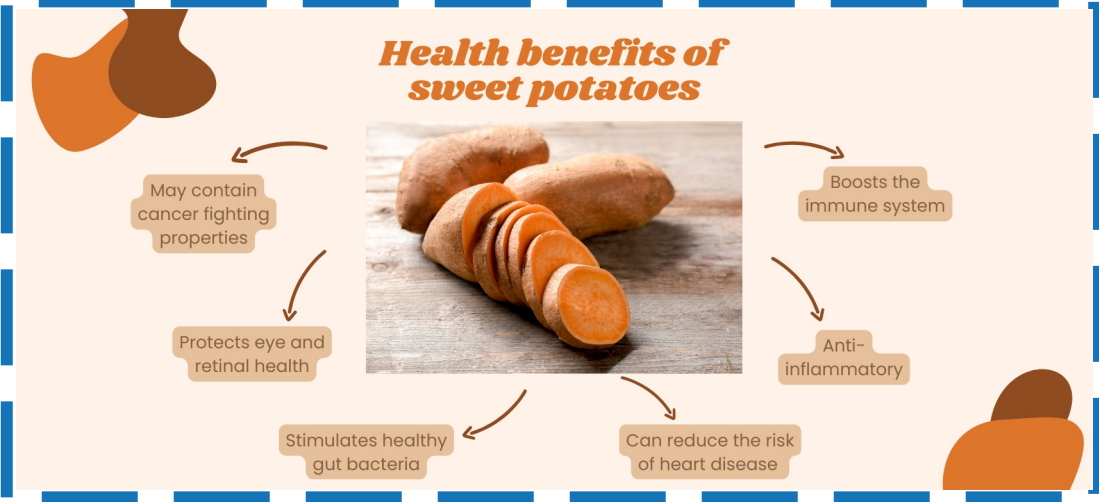
- 4 chicken thighs or breasts
- 5 tbsp butter, divided
- 4 tbsp honey, divided
- 1 tsp salt, or to taste
- ¼ tsp black pepper, or to taste
- 1 ½ tsp Italian blend seasoning, divided
- ½ tsp garlic powder
- 1 ½ pounds sweet potatoes, peeled and diced into pieces
- 2 tbsp dried cranberries
- ¼ cup pecan halves
- fresh thyme, for garnish

## Instructions

1. Preheat oven to 375 degrees. Season chicken with salt and pepper, add garlic powder and 1 teaspoon Italian seasoning.
2. In a large skillet over medium heat, melt 3 tbsp butter. Stir in 2 tbsp honey. Add chicken to pan and brown on each side for 3-4 minutes. Move chicken to the sides of the skillet.
3. Add remaining butter and honey to the center of the skillet. Once butter is melted, add sweet potatoes and stir to coat in the honey-butter mixture. Sprinkle with remaining Italian seasoning, then add pecans and cranberries, stir to combine. Allow to cook for 3-4 minutes.
4. Transfer pan to preheated oven and bake for 10-15 minutes until chicken is cooked through. Garnish with fresh thyme and cracked black pepper. Serve & enjoy!



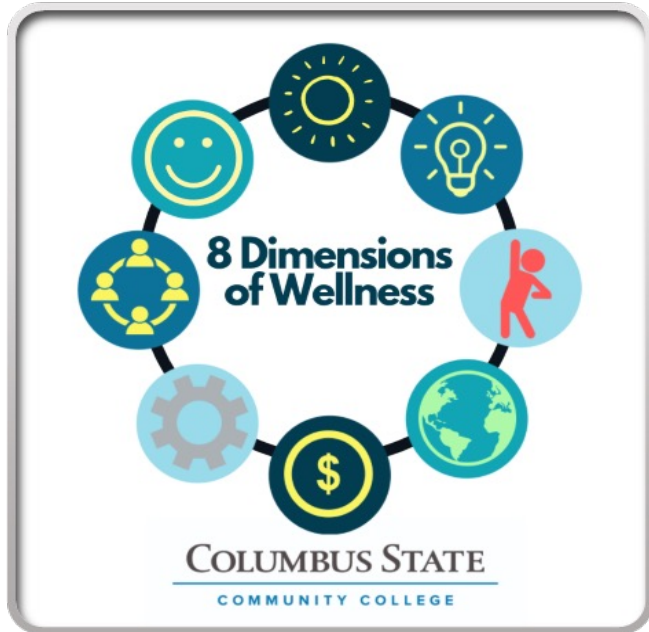
Skillet Chicken Recipe





# 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”

## Follow Us on Social Media!



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*Inspire Purpose • Drive Performance*