



Cougars Wellbeing Newsletter

November 2020 | Issue 3

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Sweet Potato Casserole
Mitchell Hall: Holiday Recipes! (P. 8)



Braised Collard Greens with Bacon
Recipe By: M.B. Einerson! (P. 8)

COLUMBUS STATE
COMMUNITY COLLEGE



November

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					

Goal Tracker 

List your top three goals for the month below.

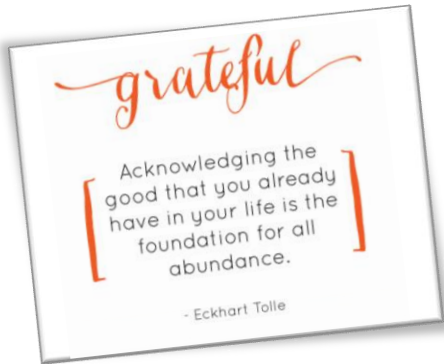
#Goals

1)

2)

3)

	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	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
1																														
2																														
3																														



Healthy Habits to Try this Month

- Start a gratitude journal. Write down 5 things you are grateful for each week.
- Bring a healthy dish to a family gathering. Check out the newsletter recipes for ideas!

Raffle Prize Winners:

Spring Wellbeing Movement Challenge:

Maurice Anderson-fitbit
Lisa Cerrato-Yeti cooler

Fall Walking Challenge

Lisa Cerrato – Foam Roller
Janet McDermott – Foam Roller

Congratulations!

november

E v e n t s

FRI
NOV
13

Voya: Financial Seminar - Plan for your Someday

12:00pm

RSVP by 11/12/2020 to Nichole Bowman-Glover,
Wellness Program Coordinator, nbowmang@csc.edu



TUE
NOV
17

Moving Outside: Cold Weather Preparation

11:00am by Dustin Iacovone

RSVP by 11/16/2020 to
Nichole Bowman-Glover, nbowmang@csc.edu

WED
NOV
18

Prudential Seminar

presented via WebEx

11:00am-12:00pm EST

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



The Way Forward: How Insurance Protects Financial Wellness

Discussing:

- Health and life insurance
- Voluntary benefits
- Coverages for your property

[Register Now!](#)

THU
NOV
19

CSCC Nutrition Presentation (Dietetics Program):

Happy, Healthy Holidays

11:30am

Contact Nichole Bowman-Glover (nbowmang@csc.edu) for link

THU
NOV
19

Telephonic Health & Nutrition Coaching with Emily Bailey, RD, CSSD, LD, NASM

Private Sessions Available 10:00am – 3:00pm

REMINDER!

[Autumn 2020 Brain Breaks](#)

(Microsoft Teams):
Grace Edwards

Every Wednesday at 12:30pm
take a BRAIN BREAK!

HOW TO SIGN UP:

- [CLICK HERE](#) to sign-up for your private session.
- Locate the 20-minute time slot of your preference 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 the telephone number in the box provided so Emily can reach you at the time of your session. All personal information requested when signing up (name, email, phone number) is kept confidential.

COLUMBUS STATE
COMMUNITY COLLEGE

 **AccelWELL**
Inspire Purpose • Drive Performance



Workout of the Month

Yoga: Mind & Body

This November, take an intentional 5 minutes a day to practice each of these poses, focusing solely on your body and your breath. Allowing your mind to rest is crucial for recovery from the stressors of every day life. Our thoughts and how we think can correlate with how our bodies feel, positively or negatively. Tune in to that connection between your body and mind.

MOUNTAIN

Stand with your heels slightly apart and your big toes touching. Keep your arms by your sides.

Pull your shoulder blades down and widen your collar bones.

Head should be in line with your shoulders and chin parallel to the ground. Keep your back neutral and relaxed.

Hold for 30 seconds - 1 minute.



CHILD'S POSE

Start on all fours. Breathe in and out.

Move your hands slightly forward and move your buttocks back towards your heels about half way. Bend your head down and relax your neck. Then bring your buttock down to rest on your heels. Breathe normally and feel the stretch.

Hold for 30 seconds - 1 minute.

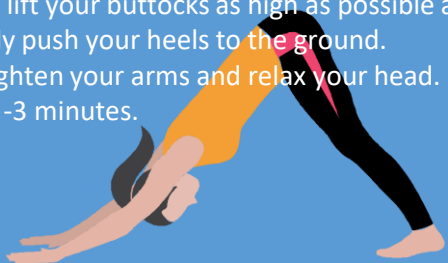


DOWNWARD FACING DOG

Start on all fours.

Exhale and straighten your legs, letting your heels lift off the floor.

Then lift your buttocks as high as possible and slowly push your heels to the ground. Straighten your arms and relax your head. Hold for 1 -3 minutes.



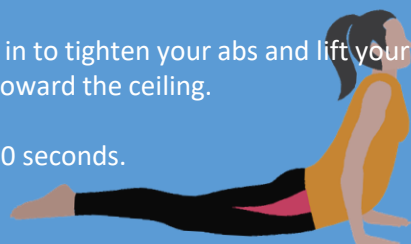
UPWARD FACING DOG

Lie down on your stomach with your legs straight and the tops of your feet against the floor.

Place your hands palm down on the floor next to your waist and press to lift your torso.

Pull your belly in to tighten your abs and lift your chest slightly toward the ceiling.

Hold for 15 - 30 seconds.



Proper form is crucial to prevent injury when performing any physical activity. If you have questions, please email coach@accelwell.com. 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.

Diabetes Education

What is diabetes? *Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy (aka glucose). Glucose is vital to your health. It's an important source of energy for the cells that make up your muscles and tissues. It's also your brain and central nervous system's main source of fuel.*

Fasted Blood Glucose Ranges

RANGE	DIAGNOSIS	WHAT IT MEANS
<100 mg/dL	Normal	Healthy range
100-125 mg/dL	Prediabetes (Impaired fasting glucose)	At increased risk
126 mg/dL or more	Diabetes	High risk for cardiovascular disease and stroke

Fasting blood glucose means you test your blood sugar level after not having anything to eat or drink (except water) for at least 8 hours before the test. This test is usually done first thing in the morning, before breakfast.

Blood Glucose:

- After eating a meal, the food is broken down by the digestive system into sugar (also called glucose) and released into the bloodstream
- The pancreas is an organ near the stomach, which produces a hormone called insulin.
- With the help of insulin, the body's cells take up the blood sugar (glucose) and use it for energy.

<https://www.cdc.gov/>

Risk Factors



BEING OVERWEIGHT



HAVING A FAMILY HISTORY



BEING PHYSICALLY INACTIVE



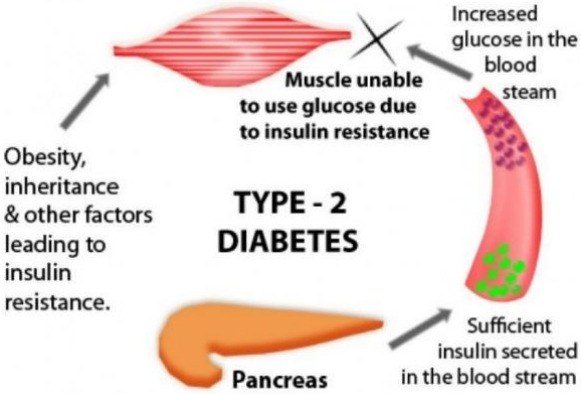
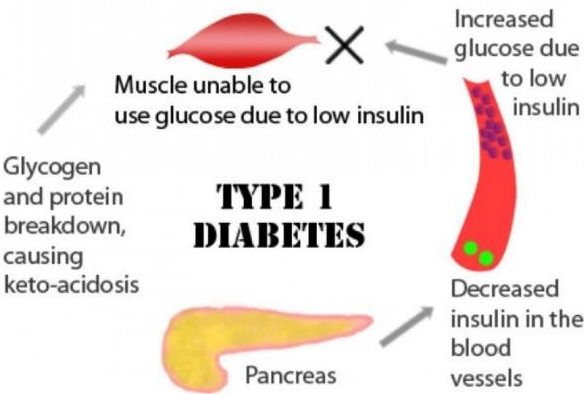
BEING 45 OR OLDER

Diabetes by the Numbers

- 34.2 million** US adults have diabetes, and 1 in 5 of them don't know they have it.
- Diabetes is the **seventh leading cause** of death in the United States.
- Diabetes is the **No. 1** cause of kidney failure, lower-limb amputations, and adult blindness.
- In the last **20 years**, the number of adults diagnosed with diabetes has more than **doubled**.

<https://www.cdc.gov/>

Types of Diabetes



Tips to help Prevent or Delay Type 2 Diabetes



Manage your weight and BMI



Monitor and/or lower your blood pressure and cholesterol



Eat a healthy diet— heart healthy fats, more fiber, whole grain, veggies, fruits, & lean meat



30 minutes of activity per day, five days per week (or 150 minutes/week)—this can help lower your risk of developing Type 2 diabetes by 58%



Quit smoking (if applicable)

Prevention Guide

- **Starting point:** Assess where you stand with eating and your activity level right now.
- **First step:** Make a nutrition plan for healthier eating.
- **Keep moving:** Set a fitness goal for healthier movement.
- **Track your progress:** Watch yourself succeed with a few easy steps.
- **Prepare for the long-run:** Understand the support you have to keep you going.

<https://www.cdc.gov/>

PREDIABETES



- ✓ Healthy Eating
 - ✓ Exercising
 - ✓ Losing Weight
- 58%
- Reduces your risk of developing type 2 diabetes by 58%.
- The list contains three items: 'Healthy Eating', 'Exercising', and 'Losing Weight', each preceded by a checkmark. To the right, there is a red circle with the number '58%' and the text 'Reduces your risk of developing type 2 diabetes by 58%.'

What is prediabetes?

Prediabetes means that your blood sugar level is higher than normal but not yet high enough to have type 2 diabetes.

Without lifestyle changes, people with prediabetes are very likely to progress to type 2 diabetes.

If you have prediabetes, the long-term damage of diabetes — especially to your heart, blood vessels and kidneys — may already be starting.

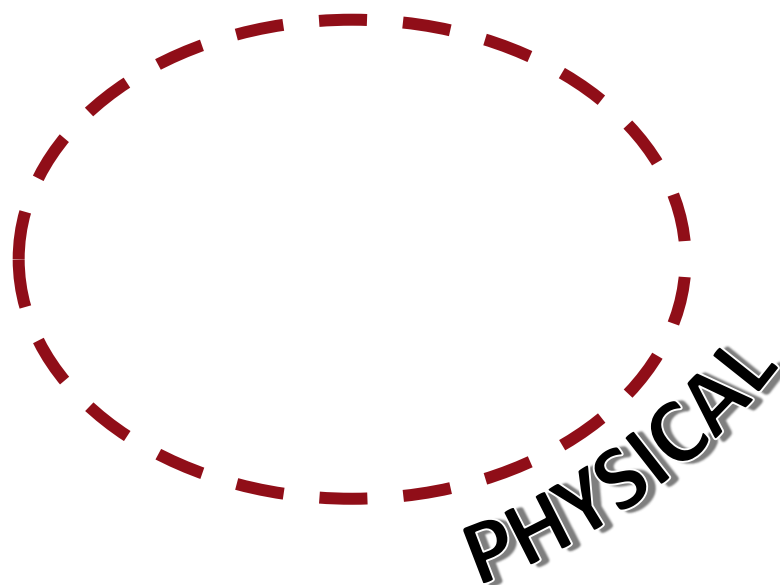
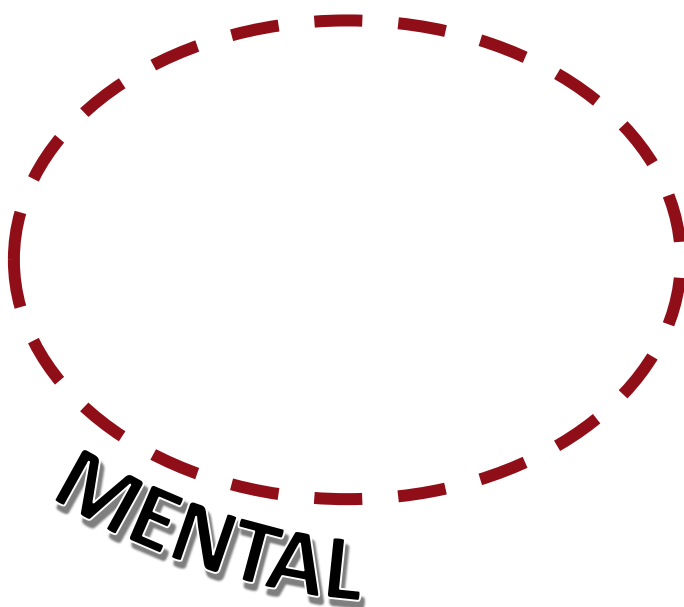
<https://www.cdc.gov/>

First/Last Name & Organization: _____

Activity of the Month - November

Self-Care Survival Guide

For this month's activity, create a toolbox of self-care inspiration! For each category below, list at least 3 ways you can intentionally practice self-care physically, mentally and emotionally, then commit to using your toolbox for the month.



Examples

Gratitude Journal
Breathing Exercises
Schedule workouts
Meal Prep for the Week
Get 8 hours of sleep
Read a book

THE DISH:

Meal Planning AccelWELL Style



Sweet Potato Casserole

Ingredients (Serves 4)

Base

3 Cups Cooked and Mashed Sweet Potatoes
 3/4 Cups sugar
 2 eggs well beaten
 1/2 stick butter or margarine

Topping

1/2 Cup light brown sugar
 2 Tablespoons flour
 1/2 Cup Chopped pecans
 1/3 stick butter

Instructions

1. Once the sweet potatoes are cooked and mashed mix in 1/2 stick of butter, sugar, and eggs.
2. Pour the mixture into a casserole dish.
3. In a bowl mix together the topping ingredients: 1/3 stick butter, brown sugar, flour, and pecans.
4. Once thoroughly combined spread on top of the sweet potato mixture.
5. Preheat the oven to 350 degrees.
6. Cook casserole for 35 minutes.
7. Let cool for a minute or two then serve! Enjoy!

Source: Mitchell Hall: Holiday Recipes

Braised Collard Greens with Bacon or Miso

Ingredients (Serves 4)

1 ½ lbs. collard greens, stems removed and finely chopped, leaves cut into ½ inch thick ribbons
 4 slices thick cut bacon, cut crosswise into ¼ inch slice (vegan option: 1 tablespoon olive oil instead of bacon)
 1 large yellow onion, thinly sliced
 3 garlic cloves, minced
 1/2 tsp. red pepper flakes, or to taste
 1/3 cup low sodium chicken or vegetable broth
 1 Tbsp. apple cider vinegar, plus more to taste
 1 Tbsp. white miso paste (if not using bacon)
 Salt and freshly ground black pepper

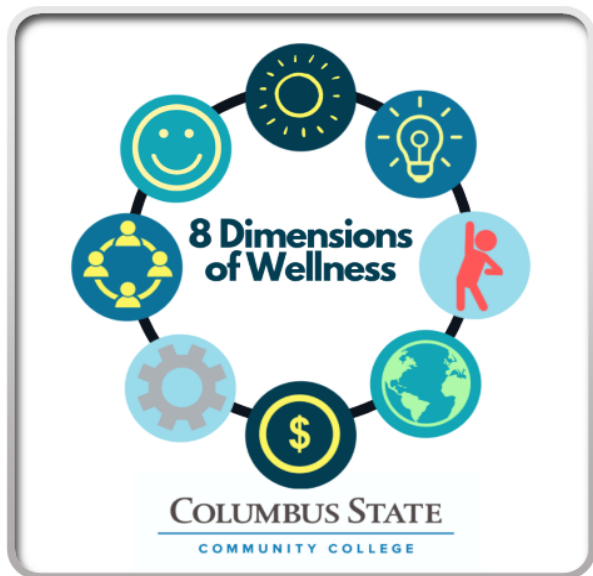
Source: Mitchell Hall: Holiday Recipes

Instructions

1. Bring a large stock pot of water to a boil and season with salt. Add collard stems and cook until just tender.
2. When the stems are approaching tender, add the ribbons and blanch until the greens are wilted and slightly tender.
3. Remove from water and drain in a colander and set aside.
4. In a large skillet over low-medium heat, cook the bacon until it is crispy and fat has rendered. Using a slotted spoon, remove the bacon and set aside. If making the vegan version, skip this step and add the olive oil to the skillet.
5. Heat either the rendered bacon fat or olive oil over medium-high heat. Add the sliced onion and cook, stirring occasionally until the onions are soft and translucent. Add the garlic and red pepper flakes and cook for an additional 30 seconds. If using miso paste, stir it in here.
6. Add the collard greens, broth, and vinegar. Cook greens stirring often until most of the liquid has evaporated and greens are very tender, about 10 minutes. Taste and adjust seasoning with salt and pepper. Top with reserved crispy bacon pieces.

Your Wellbeing Advisory Committee:

Nichole Bowman-Glover, PhD, Wellness Program Coordinator, Human Resources



Averee Fields, Delaware Campus

Tommy Tucker, Mitchell Hall

Amanda Cecil, College of Recreation & Wellness

Pete Hackman, Food Services

Vena Hill, Financial Aid Department

Jason Love, Human Resources

Jackie Miller, Nursing Department

Justin Grote, Admissions Department

Darien Velasquez, Marketing & Communications

Jolene Broshious, Equity & Compliance

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.

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