

Cougars Wellbeing Newsletter



COLUMBUS STATE
COMMUNITY COLLEGE

November 2021 | Issue 15

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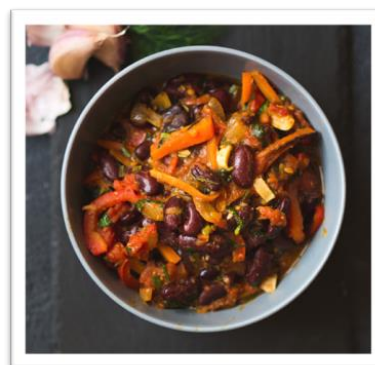
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Vegetable Chili

Try this delicious fall soup packed full of veggies! (P. 11)

**OCTOBER
RAFFLE WINNER:**

Wellness Goodie Basket

Hillary Jones

CONGRATULATIONS!

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				

List your top three goals for the month below.

#Goals

1)

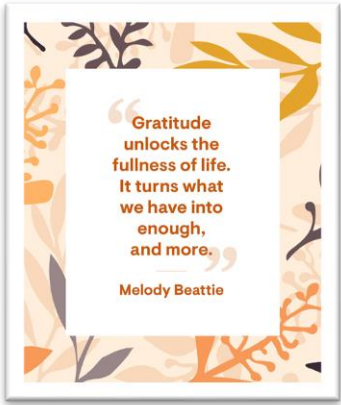
2)

3)

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
	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																														

notes



Healthy Habits to Try this Month

- List 3 things you are grateful for each day.
- Incorporate seasonal produce into your weekly homecooked meals. Check out the recipes for ideas!

November

E v e n t s

TUE
NOV
16

Prudential Seminar:

It's Your Estate Are You in Control?

11:00am EST Presented via WebEx

- Importance of estate planning
- How assets are transferred at death
- Legal documents and more



[Click Here to Register!](#)

TUE
NOV
16

Financial Wellness Check Up Days

12:30pm – 4:30pm

30-minute financial wellness check-ups on **Tuesday, November 16th and Wednesday, December 1st** to review your current financial situation and to help you navigate future financial challenges. To schedule your virtual financial wellness check-up, you may click the link below to select a time that works best for you. If you have a question or concern, please contact us at Pathways@Prudential.com or (844) 592-8993 [Schedule your Financial Wellness Checkup!](#)

THU
NOV
18

CancerBridge Seminar: Virtual Wellness & Prevention Series

Smoking Cessation: Prevention & Risk Reduction Strategies to End Smoking

Starts at 11:00am EST

Fayona D. J. Curenton, MSW, LISW-S, LICDC will describe how tobacco works in the body, why it is addictive, the impact of smoking on our mental health, and share risk-reducing strategies and resources to quit. This topic is great for those who may not smoke but are looking for support for a friend or family member who does.

To Register: <https://my.demio.com/ref/C1HptgHdazdL9U3e>

THU
NOV
18

Voya Financial Seminar w/Barnett McGowan, JD:

Personal Finance Basics

Starts at 12:00pm EST

A general lack of financial education is one of the biggest issues we face in the US. In this seminar we'll cover everything from budgeting and credit scores, to basic investing concepts. (click link to join) [PersonalFinance](#)

TUE
NOV
30

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.



REMINDER:

This cycle July 1, 2021 - June 30, 2022 8 coins. If you have questions, contact Nichole.

[Rally.Benefits.Nov](#)

(click the link to join)

THU
NOV
18

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.

Resiliency Challenge

11/1/21 – 11/30/21

Make the commitment this month to complete a 1-Minute mindfulness exercise 5 days a week for the chance to win your own **gratitude journal!** Reach out to coach@accelwell.com with questions!
Deadline to submit your tracker is 12/3/21.

Steps to 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.

Download the App today!

- Download “Healthy Path” from the App Store or Google Play on your Mobile Device
- Type in “AccelWELL” when prompted to search for an organization within the app
- First time users, select “Sign Up” to create your account & follow the prompts to complete registration. An Employee ID is required to sign up. Your unique Employee ID is:



CSCC + Your 7-Digit Cougar ID Number (example: CSCCXXXXXX)

**Prize Opportunity:

Employees who register for AccelWELL app during November will be entered into drawing for a Dicks Sporting Goods/Columbus Running/Bed Bath & Beyond gift card. Two winners will be selected!
Just in time for the holidays!!



We want to raise awareness about diabetes and lung cancer.

November is National #DiabetesMonth! Prediabetes is a serious health condition affecting more than 1 in 3 U.S. adults. Follow these tips from the @National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) about how to manage and even reverse your prediabetes:

- Start with small changes to your lifestyle.
- Move more.
- Consume healthier foods and drinks.
- Lose weight and keep it off.
- Seek health support from your doctor.
- Stay up to date on vaccinations.

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month>



People who have prediabetes have a 50% chance of developing diabetes over the next 5 to 10 years. This National #DiabetesMonth, learn how to prevent diabetes by managing or even reversing your prediabetes from the @National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month>

Diabetes and Communities of Color

The Office of Minority Health and Health Equity (OMHHE) at the Food and Drug Administration (FDA) is building relationships with the American Diabetes Association (ADA) and other groups to help Americans prevent and treat diabetes, and to address the disparity in how severely it affects minority groups in particular.

Diabetes is a high priority for OMHHE because racial and ethnic minorities have a higher burden of diabetes, worse diabetes control and are more likely to experience complications.

For minorities, the problem is a combination of risk factors. Lack of access to health care, socioeconomic status, cultural attitudes and behaviors can be barriers to preventing diabetes and having effective diabetes management once diagnosed.

In addition, diabetes can progress faster in minority populations. This rapid progression can be compounded by a poor diet, obesity and a sedentary life.

[Fighting Diabetes' Deadly Impact on Minorities | FDA](#)

[National Diabetes Month 2021 | NIDDK \(nih.gov\)](#)

Source: FDA US Food & Drug Administration

Lung Cancer Awareness

- Lung cancer is the leading cause of cancer death among both men and women in the United States.
- Each year, about 218,500 people in the United States are told they have lung cancer, and about 142,000 people die from this disease.
- Different people have different [symptoms](#) for lung cancer. Most people with lung cancer don't have symptoms until the cancer is advanced.



[Lung Cancer Awareness Feature | CDC](#)

[Lung Cancer Awareness Month | American Lung Association](#)

[November is Lung Cancer Awareness Month | AACR](#)

Source: (CDC)

Reminders

Mammography screening coming to campus:

The Columbus State employee wellbeing program is promoting mammography screenings with the James Mobile Mammography Unit. The screenings are open to all employees and will be held on the Columbus Campus on **Thursday, December 9 from 9 am to 4 pm** in the 11-S parking lot (between Nestor and Mitchell halls). To set up an appointment, call the Mobile Mammography Department at **800-240-4477**. Medical coverage information or payment information will be requested when making an appointment.

Employee Resources

Matrix Online Resources

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 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 (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

RESPIRATORY Reflection

Breathing exercises can help reduce anxiety as well as help lessen symptoms from respiratory conditions such as asthma and chronic obstructive pulmonary disease (COPD). Focus on your respiratory health this month by trying the breathing exercises below!

exhaling SLOWLY

Breathing with a prolonged exhale can help promote relaxation and positive energy.

- Begin by sitting, standing, or lying on your back in a comfortable position.
- Take a comfortable breath in, and let your belly rise or expand as you breathe in for three seconds.
- Then breathe out for seven seconds.
- Repeat at a comfortable rate for one minute.
- Stop if you feel lightheaded or short of breath.

Alternate nostril yoga breathing exercises can help decrease blood pressure and respiration rate.

- Exhale completely and then use your right thumb to close your right nostril.
- Inhale through your left nostril and then close the left nostril with your fingers.
- Open the right nostril and exhale through this side.
- Inhale through the right nostril and then close this nostril.
- Open the left nostril and exhale through the left side.
- This is one cycle. Continue for up to 5 minutes.
- Always complete the practice by finishing with an exhale on the left side.
- Stop if you feel lightheaded or short of breath.

NOSTRIL YOGA Breathing

DIAPHRAGMATIC Breathing

Diaphragmatic breathing can help promote sustained attention, mood, and decrease anxiety.

- Start in a comfortable seated position with your eyes closed.
- Inhale comfortably, allowing your abdomen and lower ribcage to expand.
- Then exhale as slowly as you can, allowing your abdomen to contract.
- Perform this at a slow, comfortable pace for up to 15 minutes.
- Stop if you feel lightheaded or short of breath.



gratitude:

Noun – “The quality of being thankful; readiness to show appreciation for and to return kindness.”

Research has linked gratitude with a wide range of benefits, including strengthening your immune system and improving sleep patterns, feeling optimistic and experiencing more joy and pleasure, being more helpful and generous, and feeling less lonely and isolated.

<https://www.mindful.org/>

How Gratitude Trains the Brain

Science shows that gratitude can increase important neurochemicals in the brain and body.

When thinking shifts from negative to positive, there is a surging of feel-good chemicals such as dopamine, serotonin, and oxytocin. These all contribute to the feelings of closeness, connection, and happiness that come with gratitude.

However, you must practice gratitude consistently to reap these rewards. It's how the brain changes with experience, so the more that gratitude is practiced, the more the brain learns to tune in to the positive things in the world.

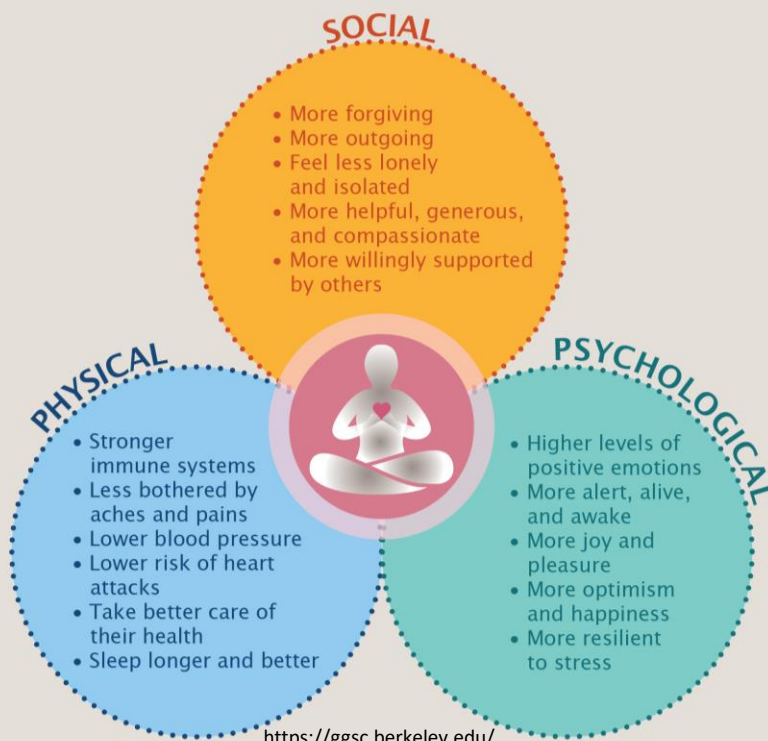
Studies show that focusing on an experience for 20 seconds is long enough to create positive structural changes in the brain.

<https://www.proctorgallagherinstitute.com/>

(See the next page for practice examples)

How GRATITUDE Supports HEALTH

Research has found that gratitude is good for our bodies, our minds, and our relationships.



Grateful Living: Cultivating Gratitude

Cultivation is a form of practice. It helps us harness the energy of purposefulness. We can cultivate most anything in our lives, depending on how we offer our attention and focus our intentions. In cultivating, we: Tend. Nurture. Develop. Enrich. Encourage. Nourish. Cherish. Refine. Further. Bolster. We can cultivate qualities in our lives that we desire and that will serve us. What we nourish with our attention can nourish us in turn.

One simple way to practice grateful living is by cultivating, Br. David Steindl-Rast's concept of "Stop. Look. Go." Br. David says that when we intentionally stop, look, and go, we can bring gratefulness to our lives through enhancing our capacity for "Presence. Perspective. Possibility." These are said to be three qualities essential to a grateful life.

STOP – Cultivate Presence

- Being intentionally present from moment-to-moment allows us to be available to all that life offers us. Being fully present in the moment can make way for deeper experiences and a more expansive sense of time. Not taking our lives for granted, we can better behold and hold what unfolds with appreciation, graciousness, and even delight – leading to gratefulness and gratitude.

LOOK – Cultivate Perspective

- Looking with perspective, we change what we see. Perspective helps us to see, know, and remember the larger context in which our lives are unfolding. One of the most important reasons to practice cultivating perspective is that it can help wake us up – and keep us awake – to the blessings, privileges, and gifts of our lives every day.

GO – Cultivate Possibility

- Possibilities are generated and created. And forging new possibilities can transform our lives and our world. Seeing what is possible compels us to create and act in ways that reinforce having a world for which we, and others, can feel truly grateful. The magic lives in the fact that the more that we act on behalf of that intention, the more grateful we all can become.

<https://gratefulness.org/>

Other ways to Practice Gratitude



Journaling

Take a few minutes every evening to write down five good things about your day. The entries don't have to be major events—they might be as simple as a good meal, talking to a friend, or getting through a difficult challenge.

Think about someone who has had a major impact on your life, someone who you would like to thank, or someone who you appreciate having in your life. Write a letter with specific details about what it is you appreciate about them, and send it.



Write a letter



Say "Thank You"

Keep your eyes open throughout the day for reasons to say "thanks". Try to recognize the small actions people do every day that might be overlooked such as a colleague who always goes the extra mile, or a friend who always seems willing to listen.

<https://www.therapistaid.com/>

First/Last Name & Organization: _____

Activity of the Month



For this month’s activity, choose at least two of the prompts below, reflect and record your response in the space provided. Practicing daily reflection on positive aspects of your life has been proven to lower stress levels. Give it a try! **Upon completion, submit a copy or a short email of your answers to coach@accelwell.com.**

One of the best experiences of my life was...

I am grateful for that experience because...

Reflection is a great tool to establish gratitude. I am at a different place in life than I was five years ago, even a year ago—several ways I can view this as a positive include...

People aren’t perfect, but even with all their flaws, they bring happiness to my life. I am grateful for the following people...

I love or appreciate them because...

Sometimes, I need extra inspiration to motivate me... Someone/something that inspires me is...

I am inspired because...

THE DISH:

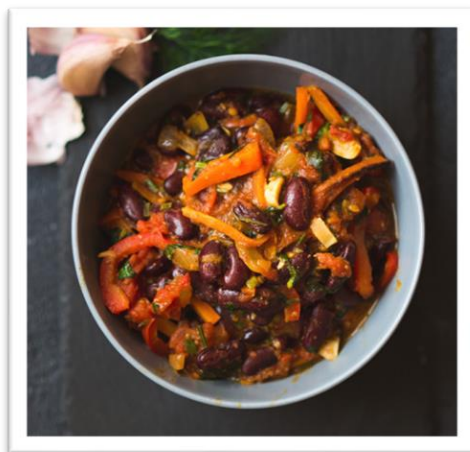
Meal Planning AccelWELL Style



Vegetable Chili

Ingredients (Serves 4-6)

- 1 tablespoon canola oil
- 1 medium onion, chopped
- 4 carrots, sliced
- 1 green bell pepper, chopped
- 1 zucchini, chopped
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 1 (16-ounce) can kidney beans, rinsed & drained
- 1 (16-ounce) can black beans, rinsed & drained
- 1 (15-ounce) can tomato sauce
- 2 (14.5-ounce) cans diced tomatoes, in juice & no salt added

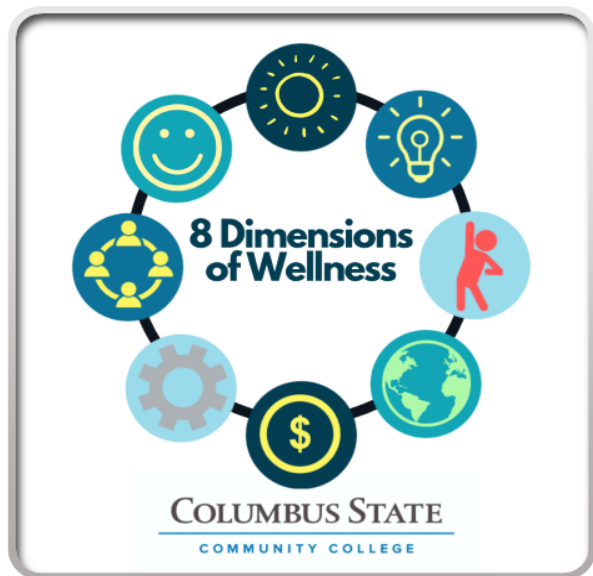


Instructions

1. Heat oil in a large soup pot over medium-high heat.
2. Add onion and carrots and sauté 5 minutes. Add green pepper and zucchini and sauté another 2 minutes.
3. Add garlic and sauté 30 seconds. Add chili powder and all remaining ingredients; bring to a boil.
4. Cover, reduce heat, and simmer 30-35 minutes or until the vegetables are tender.

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..

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