

# Cougars Wellbeing Newsletter

October 2023 | Issue 38

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**The Importance of Self-Care**  
*Learn more on Page 5.*

**SEPTEMBER  
RAFFLE WINNER:**

\$50 Amazon Gift Card

Marcy Leeds

*CONGRATULATIONS!*

# OCTOBER

Plan and Track Your Goals Here!

## Goal Tracker

	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	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	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



"ACCEL\_WELL"



"ACCELWELL"



"ACCELWELL"

# OCTOBER

## Celebration Time!!!

Join us for Human Resources, Staff Advisory Council & Office of Advancement events October 10th at Columbus Campus and October 11th at Delaware Campus. We are celebrating 60 years, valuable employees and exciting new career programming offered by Organizational Development & People Analytics (ODPA).

### October 10, Columbus Campus:

**10:00-3:00pm Employee Vaccination Clinic-WD418 (bring insurance card if you have coverage or CSCC Employee ID, if not insured)**

10:00am—11:30am:HR Employee Success Quarterly Meeting

**Location:** AEP Ballroom, Mitchell Hall

**Description:** HR will talk about upcoming initiatives.

11:30am—12:00 noon: Aerial photo **Location:** Greenspace outside of Mitchell Hall

Please arrive by 11:30am to start setting up for the photo.

12:00 noon—4:00pm: Celebration! **Location:** WD Ballroom

**Description:** SAC will serve food to all attendees. Come spend time with each other celebrating 60 years of success.

12:00 noon—4:00pm: Other wellbeing vendors, raffle prizes & massages (12:30-3pm).

### October 11, Delaware Campus:

**10:00-12:00pm Employee Vaccination Clinic-MO104A (bring insurance card if you have coverage & if not bring CSCC Employee ID)**

12:00 noon—3:00pm: Celebration! **Location:** Rooms 111 & 112

**Description:** SAC will serve food to regional campus folks in attendance. Come spend time with each other celebrating 60 years of success.

12:30pm—12:45pm: Photograph **Location:** Café (**Arrive by 12:30pm to set up for photo**)

**Description:** Employees and students invited to be part of an iconic photo to celebrate the College's 60th anniversary with '6' and '0' balloons.

1:30pm—3:00pm: HR Employee Success Quarterly Meeting **Location:** Room 117

**Description:** HR will talk about upcoming initiatives.

12:00 noon—3:00pm: Wellbeing Vendors, raffle prizes



Remember, **HR SUPPORTS YOUR SUCCESS.**

Dr. Nic

Submit your wellbeing ideas/suggestions to [wellbeing@csc.edu](mailto:wellbeing@csc.edu).

# OCTOBER

## October is Cybersecurity awareness month

We are pleased to announce **our first security wellness event**. *The Human Resources and Information Technology departments are working together to offer our staff a chance to shred some paper weight.* Employees can drop off personal documents to be securely shredded at no cost. **Secure shredding bins will be located in UN-006 from 8:30am—4:30pm on October 10th and access to the space will require your employee badge.**

**What to shred:** any office paper, any color. File folders, any color. No need to remove staples, paper clips, rubber bands.

**What NOT to shred:** cardboard, plastics, common trash, hazardous materials, CD's, DVD's, magnetic media, x-rays, computers & accessories.

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## Breast Cancer Awareness

Women are faced with different health challenges than men. It is important to understand women's health across the lifespan. Taking steps to take care of yourself is important to your overall wellbeing. Prevention and a healthy lifestyle are key to living a long life. Unfortunately, heart disease and certain types of cancers affect women more than men. Breast cancer continues to be a devastating disease that impacts not only the women who have the illness but the communities where they live.

[UAW: Women's Health \(brainshark.com\) video](https://brainshark.com)

[Breast Cancer Awareness Month - National Breast Cancer Foundation](#)

[Breast Cancer Awareness Feature | CDC](#)

[Women's health | UnitedHealthcare \(uhc.com\)](https://www.unitedhealthcare.com)

[Breast cancer screening and diagnosis | UnitedHealthcare \(uhc.com\)](#)

[Breast cancer symptoms and treatment | UnitedHealthcare \(uhc.com\)](#)

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## Disability Awareness

[US Department of Labor announces 2023 themes to promote importance of advancing disability employment, honor landmark legislation's anniversary | U.S. Department of Labor \(dol.gov\)](#)

[Columbus State - Disability Awareness Month - October 2023 \(csc.edu\)](https://www.csc.edu)

**Wed Oct 25th 1:00pm - 3:00 pm (WD)**

Masithethe: Let's Talk—National Disability Employment Awareness Month Panel Discussion

Masithethe is a monthly conversation series discussing topics related to diversity, equity, and inclusion facilitated by Primrose Igonor, Director of Columbus State's Office of Diversity, Equity, and Inclusion. October's Masithethe focuses on National Disability Employment Awareness Month (NDEAM). Guests include Americans with Disabilities Act (ADA) coordinator, Michael Hicks, along with a panel of Columbus State employees who will share their own journeys of accessibility and equity related to disability in the workplace.

# OCTOBER

## World Mental Health Day October 10<sup>th</sup>

[Mental Health By the Numbers](#) | [NAMI: National Alliance on Mental Illness](#)

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## Sustainability Group

Join us to connect with fellow climate-conscious individuals, participate in learning and service events, and promote sustainable practices. [Sustainability Group](#) Students, employees, and community members are welcome! Promote sustainability across CSCC, Build community around climate consciousness, & Provide learning and volunteer opportunities.

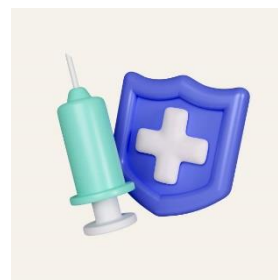
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## CSCC Employee Vaccination Clinics

### Tuesday, October 10, 2023-Columbus

10am-3pm (WD 418)

Please bring insurance card if you have health care coverage. (However, health care coverage not required for vaccination, but make sure to bring CSCC ID) (Vaccination raffle drawing).



### Wednesday, October 11, 2023-Delaware

10am-12pmb(MO104A)

Please bring insurance card if you have health care coverage. (However, health care coverage not required for vaccination, but make sure to bring CSCC ID) (Vaccination raffle drawing).

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## American Red Cross Blood Drive

Columbus State Community College: Nestor Hall Lobby  
488 Mt Vernon Ave  
Columbus, OH 43215

**Tuesday, November 7, 2023**

**10:00 a.m. to 4:00 p.m.**

To schedule an appointment, visit [RedCrossBlood.org](https://www.RedCrossBlood.org). Sponsor code: cougars

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## FREE Covid 19 Tests

[COVID.gov](https://www.Covid.gov) - Free at-home COVID-19 tests

# 2023 Financial Wellbeing:

## Preparing you for expected & unexpected changes!

### Tue Oct 24th 12pm Reassessing Your Budget-Voya Financial-Barnett McGowan JD

It is good practice to evaluate your personal budget every year. It is hard to anticipate unexpected situations and life may take different turns. Join us for some practical tips on how to assess your income and expenses as well as savings. **Join Here:** [Budgets](#)

**Financial Tip:** Inflation Refresher - Inflation is the value of currency dropping over time. There are a lot of interesting economic concepts that detail why this happens, but ultimately if inflation happens too suddenly it can put a huge burden on the consumer. Budgets are hit hard during high inflation, especially for those that need to count every dollar in order to get by. If high inflation puts you in a tight financial squeeze, the best way to respond is to take a deep look at your spending and find non-essential, flexible expenses you can cut. Food is essential, caviar is non-essential—hobbies are flexible, houses are non-flexible. You might find things to cut that you won't even miss like unused online subscriptions, greasy fast food, or unlimited data phone plans. (Banzai, Education First Credit Union: Handling High Inflation ([banzai.org](http://banzai.org))). Take advantage of the free online financial tools listed below.

#### **BMI Federal Credit Union**

Financial Education:

[BMI Federal Credit Union.](#)

**\*\*\*Take advantage of these in-person**

**financial workshops:**

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

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

#### **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](#)



# CancerBridge

THU  
OCT  
12

## **Exercise Series: Conquering the Couch to 5K**

11am EST | [Join Here](#)

Join us to have a better understanding of navigating a return to activity plan that aligns with your specific goals. We will talk through walking progressions, walk to jog considerations, improving self-regulation, and overall concepts to improve health and wellness.

THU  
OCT  
19

## **Cancer Support Series: Things to Know About Liver Cancer**

11am EST | [Join Here](#)

During this session we will discuss the types of liver cancer, risk factors of liver cancer, treatments of liver cancer, what you can do now to have a healthy liver.

THU  
OCT  
26

## **Self Care Series: Sleep Well for Wellness**

11am EST | [Join Here](#)

Discover why sleep is the foundation for overall wellness and discuss strategies for a restful night's sleep.



## Get Involved with AccelWELL!



THU  
OCT  
26

### 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 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.

### Recorded Video & Raffle

Check out this [Low Impact, No Equipment workout video](#) for a way to get up and get moving this month! After completing the video, **complete this [survey](#) by 10/31/23 to be entered into a raffle to win a [yoga mat!](#)**

## Welcome to the AccelWELL 3.0 portal & app!

Get ready to achieve your health and wellness goals with the AccelWELL wellness portal! And with our WellSteps companion app, you can have the same portal experience from your mobile device! You can register on a web browser (see directions below), then download the WellSteps app from the App Store or Google Play store to access your portal on the go!

Get started by following the steps below to create your new account.

### Create your account

1. From a web browser, visit <http://accelwell.com/awlogin/> and select **AccelWELL Portal 3.0**.
  - Tip: Add the website address to your "Favorites" for easy access.
2. Click **Start**.
3. Enter your work associated email address in the username box. Click **Next**.
4. Select your company from the drop-down menu. Click **Next**.
5. Enter the verification code sent to your email. Click **Verify**.
6. Complete the registration page then click **Register**.
7. You will then be directed to complete your **PHA (Personal Health Assessment)**. These questions should take about 10 minutes or less to complete. Once completed, you'll receive your "Health Report Card".

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](#)

## 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!

See this month's highlights on Wellbeing page: [Well-Being | Columbus State Community College \(csc.edu\)](#)

## Recreational Cooking Classes and More

[The Mix – at Columbus State \(csc.edu\)](#)

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

## Matrix Corner

### Unplug and Connect with What Matters

Technology devices can get in the way of quality family time. Could a “device-free zone” (or two) be good for your family? The idea is to have loved ones, especially children, learn to value face-to-face interactions, which are crucial for emotional well-being. If you want to try implementing the concept, here are tips: Start the tradition early to maximize the impact on young children and its value for their developmental psychology as it grows over time. Also, get agreement and commitment from household members to adhere to the rules set for your device-free zone(s). (Matrix Monitor Oct 2023)

## National Association of Mental Illness (NAMI)

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

## 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.

## 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 \(csc.edu\)](#)

## Employee Resource Groups

[Employee Resource Groups | Columbus State Community College \(csc.edu\)](#)



Columbus State's Employee Resource Groups (ERGs) are here for you! As a program of the Office of Diversity, Equity, and Inclusion, 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:

**ERG Strategy & Operations Manager** - Liz Rose-Cohen

**African/African American** - Royce Carpenter & Michelle Baker

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

**Prism LGBTQIA +** - George Johnson-Gamm

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

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

# Workout of the Month

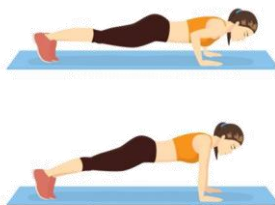
## OCTOBER spooktacular sweatfest

PERFORM EACH EXERCISE FOR 30 SECONDS, FOLLOWED BY A 30 SECOND REST. COMPLETE 3-4 TIMES THROUGH FOR A FULL BODY WORKOUT.

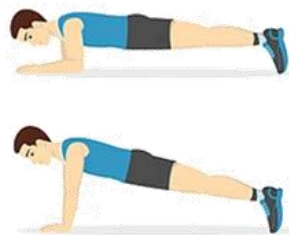
### ALTERNATING LUNGES



### PUSH UPS



### PLANK



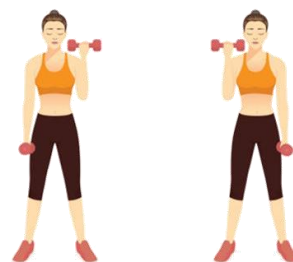
### HIGH KNEES



### BODYWEIGHT SQUATS



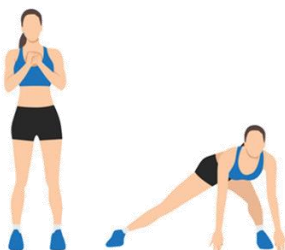
### BICEP CURLS



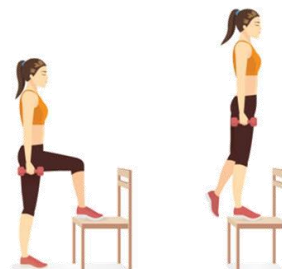
### BICYCLE CRUNCHES



### SIDE LUNGES



### STEP UPS



\*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.

# The Importance of Self-Care

## What is self-care?

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy.

## Self-care Benefits

In a national survey, Americans cited benefits of self-care as: enhanced self-confidence (64%), increased productivity (67%), happiness (71%). From a physical health perspective, self-care also reduces heart disease, stroke and cancer.

## SELF-CARE *in 5 minutes*

Self-care doesn't have to be complicated or take a long time.

Below are some examples of quick, simple ways to weave self-care into your day.



make your bed



drink water



light a candle



eat a snack



make plans



listen to music



declutter



watch youtube



doodle



write affirmations

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

## How to Get Started:

1. Determine which activities bring you joy, replenish your energy, and restore your balance.
2. Start small by choosing one behavior you'd like to incorporate into your routine in the next week.
3. Build up to practicing that behavior every day for one week.
4. Reflect on how you feel.
5. Add more practices when ready.
6. Get support through sharing practices from loved ones, a coach, a licensed professional (like a licensed therapist or registered dietitian), or through your healthcare plan, community, or workplace.



<https://www.nlm.nih.gov/>

# TYPES OF SELF-CARE

 <p><b>PHYSICAL</b> nutrition exercise sleep</p>	 <p><b>MENTAL</b> mindfulness self-talk therapy</p>	 <p><b>EMOTIONAL</b> gratitude triggers journal</p>	 <p><b>SPIRITUAL</b> meditate nature yoga</p>	 <p><b>FINANCIAL</b> budget save</p>
 <p><b>ENVIRONMENT</b> clean safety</p>		 <p><b>INTELLECTUAL</b> read learn hobbies</p>		 <p><b>SOCIAL</b> boundaries connection</p>

## PRACTICE SELF-CARE AT WORK



STRETCH AT THE TOP OF EACH HOUR

GO FOR A WALK ON YOUR BREAKS



PACK HEALTHY SNACKS AND LUNCH

EAT LUNCH AWAY FROM YOUR WORKSTATION



NO GOSSIP ZONE

STAY AWAY FROM GOSSIP

KEEP A WATER BOTTLE WITH YOU



## REMEMBER

Self-care looks different for everyone talking with people in your life about some of their preferred self-care activities may be informative, but it is important to remember that not everything that works for them may work for you. A good starting point to is to take time to reflect on activities you enjoy doing, that make you feel good and that give you a sense of meaning.

# Activity of the Month

Click the link or scan the QR code below to take our satisfaction survey! The quick survey can remain anonymous and should take less than 2 minutes to complete! After completing the survey, be sure to log on to your portal, go to the Rewards page, and check the box next to the Activity of the Month rewards activity for October to earn your points!







# The Dish:

## Healthy Recipes

### Curated By

## AccelWELL

## Turkey Pumpkin Chili

### Ingredients (Serves 6)

- 2 tablespoons olive oil
- 1 ½ cups chopped yellow onion
- 1 cup chopped poblano pepper
- 1 pound ground turkey
- 1 tablespoon minced garlic
- 1 tablespoon chili powder
- 2 teaspoons smoked paprika
- 2 teaspoons ground cumin
- ½ teaspoon dried oregano
- ½ teaspoon cayenne pepper (optional)
- 2 cups chicken broth
- 1 cup canned pumpkin
- 1 (15-ounce) can fire-roasted crushed tomatoes
- 1 (15-ounce) can pinto beans, drained and rinsed
- 1 (15-ounce) can navy beans, drained and rinsed
- 1 ½ teaspoons kosher salt
- 1 tablespoon fresh lime juice
- Toppings: chopped fresh cilantro, tortilla chips, shredded Mexican cheese blend, sour cream

### Instructions

- Heat oil in a large Dutch oven over medium-high. Add onion and poblano; cook, stirring occasionally, until softened and lightly browned, 6 to 7 minutes. Add turkey, stirring to crumble; cook until no longer pink and starting to brown, about 5 minutes. Stir in garlic, chili powder, paprika, cumin, oregano, and cayenne (if using); cook, stirring constantly, until fragrant and turkey is coated in spices, about 1 minute.
- Stir in broth, pumpkin, tomatoes, pinto beans, navy beans, and salt. Bring to a boil over medium-high. Reduce heat to medium-low and simmer, stirring occasionally, until thickened slightly, about 5 minutes. Stir in lime juice.
- Ladle chili evenly into bowls, and top with desired toppings

**COACH'S TIP**



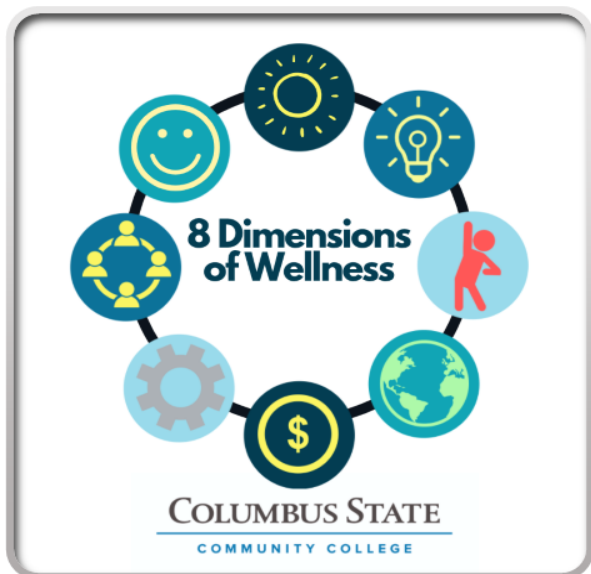
<https://www.southernliving.com/>





# 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, Compliance

Yvette Johnson Veterinary, Imaging & Surgical  
Technology Department

Terrence Lawrence, Inclusive Advising Innovation

Primrose Igonor, Office of Diversity, Equity and  
Inclusion

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 Jason Love/Jolene Broshious.

## Follow Us on Social Media!



"ACCELWELL"



"ACCEL\_WELL"



"ACCELWELL"