

Cougars Wellbeing Newsletter

October 2024 | Issue 50

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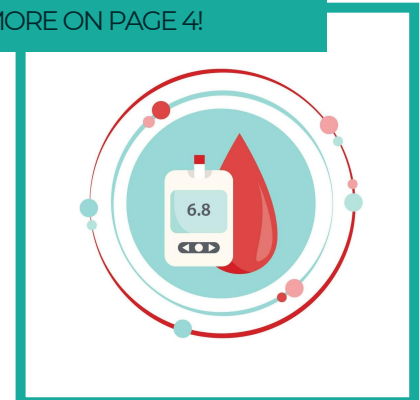
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**BLOOD SUGAR BALANCE:
DIABETES PREVENTION**

LEARN MORE ON PAGE 4!



**SEPTEMBER
RAFFLE WINNER:**
Amazon Echo Dot

Renee Byers
CONGRATULATIONS!

OCTOBER



We appreciate your support of our Self-Care Resources & Health Screenings Event on September 26th. We are proud of what we accomplished by offering a variety of screenings, workshops, speakers, community resources and healthy snacks! Our partners screened and vaccinated over 300 employees. We are pleased to share that we connected approximately thirty employees with primary care providers! Your feedback is important to us so continue to communicate with us through wellbeing@csc.edu about your wellbeing interests. There are more exciting wellbeing activities on the horizon.

Remember, **HR SUPPORTS YOUR SUCCESS.**

Dr. Nic

Fall Destress & Refresh Activity

Mid-Day Destress & Refresh Yoga Session

Wed Oct. 23 w/ Lisa Cerrato, faculty, at 12pm in Library Media Studio (open to all employees & students)

National Domestic Violence Awareness Month

[Domestic or intimate partner violence | Office on Women's Health \(womenshealth.gov\)](#)

[Watch for Warning Signs of Relationship Violence - MyHealthfinder | health.gov](#)

Breast Cancer Awareness & Women's Health

UHC

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

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

Menopause

[UAW: Understanding Menopause \(brainshark.com\)](#)

[Menopause | UnitedHealthcare \(uhc.com\)](#)





THU
OCT
10

2024 Exercise Series: Aging and Weightlifting Part 2

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

This webinar builds on a previous webinar and addresses age related changes and how incorporating strength training can significantly improve your ability to function and perform in all aspects of life.

THU
OCT
17

2024 Support Series: Cancer Prevention 101

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

Dr. Marisa Bittoni will discuss the ten cancer prevention recommendations from the American Institute for Cancer Research. She will also discuss some of her own research as a Research Assistant Professor in the Medical Oncology/Thoracic Program at the James Comprehensive Cancer Center at The Ohio State University.

THU
OCT
24

2024 Self-Care Series: Using Gratitude to Support Self Care

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


A leisurely, enjoyable meal can feel like a radical act of selfcare! See how you can transform your mealtimes into wellness breaks with mindful eating. **Have a meal or snack prepared to eat during the session if you'd like to participate in the mindful eating practice exercise.

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

For questions about these events: hello@mycancerbridge.com

Sustainability

Our **Autumn tree-planting event** will take place on **Tues. Oct. 22nd from 11 am - 2 pm in the Columbus Campus Courtyard**. An event will be posted to Cougar Connect soon with more details.

 [Our Minds Matter](#) - Tues, Oct. 8, 7:30 am to 1:45 pm.

 [ODNR Division of Forestry Conference](#) - Thurs, October 10, 8:30 am to 3 pm.

 [Mid-Ohio Regional Planning Commission \(MORPC\) Summit on Sustainability](#)  - Tues, October 29, 8 am to 4:30 pm

Upcoming Autumn Semester Events:

- [Get to Know IMPACT Community Action](#) - Mon, Oct. 7 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



OCTOBER

VIRTUAL EDUCATION

CHECK OUT THIS MONTH'S VIRTUAL EDUCATION FROM ACCELWELL!

THIS MONTH'S TOPIC:
BLOOD SUGAR MANAGEMENT
WITH COACH EMILY

[WATCH HERE!](#)



HI! MY NAME IS EMILY BAILEY!

PREVENTION IS MY PASSION. I AM A REGISTERED, LICENSED DIETITIAN, AND BOARD-CERTIFIED SPECIALIST IN SPORTS DIETETICS. I'VE ALSO BEEN A CERTIFIED PERSONAL TRAINER THROUGH THE NATIONAL ACADEMY OF SPORTS MEDICINE (NASM) SINCE 2002. MY SPECIALIZATIONS INCLUDE PERFORMANCE/SPORTS NUTRITION, WEIGHT MANAGEMENT, EATING DISORDERS, AND PREVENTION. I EARNED MY BACHELORS OF SCIENCE IN NUTRITION AND DIETETICS FROM SAINT LOUIS UNIVERSITY IN 2002. I RECENTLY MOVED TO COLUMBUS FROM ST. LOUIS WHERE I WAS THE DIRECTOR OF NUTRITION, AS WELL AS A REGISTERED DIETITIAN AND CERTIFIED PERSONAL TRAINER, AT NUTRIFORMANCE AND ATHLETIC REPUBLIC ST. LOUIS FOR 14 YEARS.

CONTACT US

Email: coach@accelwell.com
Your Coaches are here for you!

FOLLOW US



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
OCT
24

Virtual Health & Nutrition Coaching

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 with questions or for support.

Participate in the a Confidential Coaching Session to be entered to win one of two blender shaker bottles!



If you participate in these coaching sessions, you will be entered to win one of these bender bottles. You don't want to miss this opportunity!

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

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 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

Matrix

It's all relative: Understanding Family Dynamics | October 10 | 3-4pm EST

Join us to learn more about family dynamics and how you can find healthier ways to navigate common family challenges.

Don't get duped: Scams and Scare Tactics | October 15 | 3-4pm EST

Join this webinar to learn about some of today's common scams and simple ways to stay safe.

Navigating the ups and downs of long-term relationships | October 24 | 3-4pm EST

Join this webinar to learn more about what makes long-term relationships work and last.

Link to webinars: <https://www.resourcesforliving.com/home/resources/webinars/upcoming-webinars>.

Matrix Corner

Website: 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)



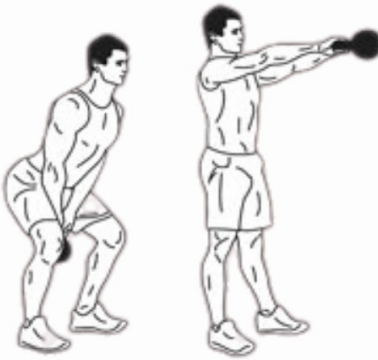
WORKOUT OF THE MONTH



SPOOKTACULAR KETTLEBELL HIIT CIRCUIT



10 SQUATS



8 SWINGS



8 REVERSE LUNGES



10 UPRIGHT ROWS



10 CLIMBERS



12 TWISTS

TRY TO SURVIVE 8 ROUNDS!

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.

BLOOD SUGAR MANAGEMENT

HOW DO YOU MEASURE IT?

- Hemoglobin A1C - this test measures what percentage of hemoglobin proteins in your blood are coated with sugar. It provides an average of your levels over the past 3 months. Recommended levels are less than 5.7%.
- Oral glucose tolerance test - this measures how well your body processes glucose. Recommended levels are less than 140mg/dl.
- Fasting blood glucose test - this measures your blood sugar levels after an 8-12 hour period of fasting. Recommended levels are less than 100 mg/dl.

WHAT IS BLOOD SUGAR?

This refers to the amount of simple sugar moving through your body at any given time, also known as blood glucose. Your body breaks down the sugar you consume from food and releases it into the blood stream creating blood sugar. Blood sugar is your body's main source of energy!



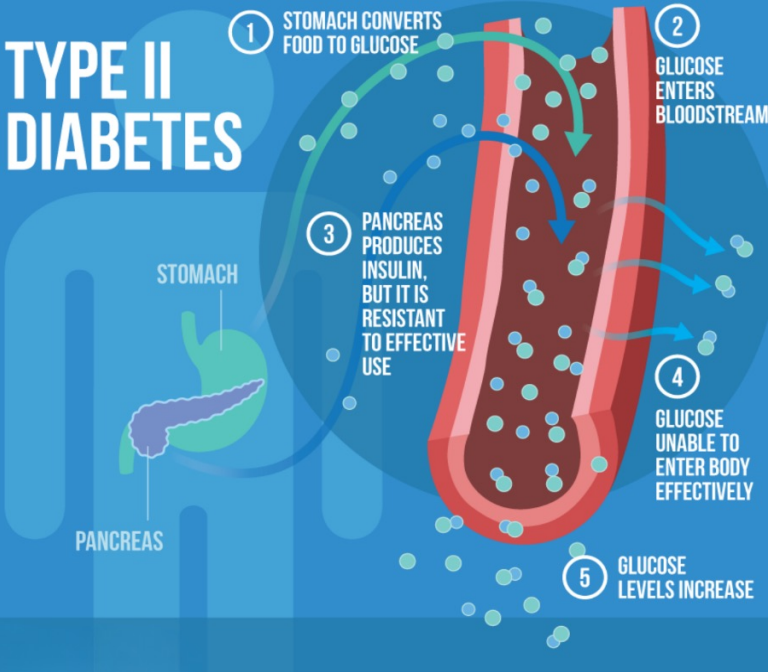
Healthy blood sugar ranges are essential to providing your cells with energy. Without this, your body can develop an insulin resistance.

Diabetes

Type 1: a chronic auto-immune disease that prevents the pancreas from making insulin.
Type 2: develops overtime when the body becomes insulin resistant. Consistent high blood sugar can lead to type 2 diabetes. Prevention involves making lifestyle changes.

INSULIN RESISTANT RISK FACTORS:

- Poor diet
- Sedentary lifestyle
- Alcohol usage
- Stress
- Poor sleep
- Poor hydration



HOW TO MAINTAIN HEALTHY BLOOD SUGAR LEVELS

SLEEP

Aim for 7-9 hours of sleep per night.

Poor sleep routines can increase insulin resistance which may increase blood sugar levels.

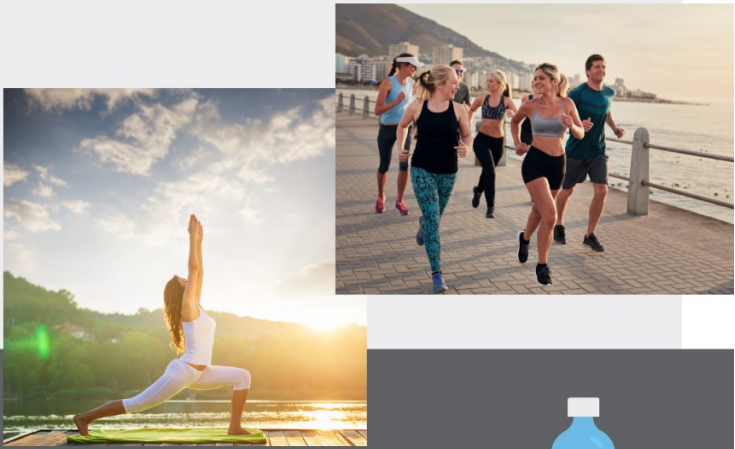


MOVEMENT

Exercise can lower blood sugar levels by improving insulin sensitivity.

Aim for five 30-minute sessions of moderate intensity physical activity per week.

During aerobic exercise, your cells take up glucose for energy with or without insulin available. This can lower blood sugar while exercising, or even right after.



STRESS

Blood sugar levels can rise in times of stress due to certain hormones being released.

You can decrease stress by doing the following: breathing exercises, journaling, regular physical activity, or seeking out professional help.



HYDRATION



Dehydration can cause blood sugar spikes.

When water levels in your body are low, the ratio of glucose to water in your blood becomes too high.

Aim to drink half of your bodyweight in ounces of water every day. Adding electrolytes to your water will help replenish your body with other essential nutrients.

NUTRITION

Eating an overall balanced diet is a great way to keep healthy blood sugar levels. Consistently eating foods high in carbohydrates & sugar can increase your blood sugar.

Veggies, Protein & Fat before carbs

Avoid large portions of lean protein without fat

No naked carbs

Choose whole food, low glycemic carbs

ACTIVITY OF THE MONTH



Blood Sugar Balanced Meal Planner

For this activity, use the categories below to help you build a blood sugar balanced breakfast, lunch, and dinner. In each meal, aim to have between 20-40 grams of protein, 10-25 grams of fat, and 5-10 grams of fiber. Add any of your favorite sources in each list to help build your meals.

Protein

- 1 egg (6g protein)
- 2/3 cup greek yogurt (17g)
- 1/2 cup cottage cheese (15g)
- 4 oz. chicken breast (35g)
- 4 oz. ground beef (30g)
- 3 slices turkey deli meat (11g)
- 1/2 cup chickpeas (6g)
- 1/2 cup tofu (17g)
- Other: _____
- _____
- _____

Fat

- 1/2 an avocado (10.5g fat)
- 1 tbsp live oil (14g)
- 1 oz. raw mixed nuts (15g)
- 1 tbsp chia Seeds (4g)
- 1 tbsp butter (12g)
- 8 olives (4g)
- 1 oz. cheese (9g)
- 1 oz. coconut (10g)
- Other: _____
- _____
- _____

Fiber

- 1 cup broccoli (2.4 g fiber)
- 1 cup kale (1.3g)
- 1 cup peas (7g)
- 1/2 cup blueberries (1.8g)
- 1 medium apple (4.4g)
- 1/2 cup oats (4g)
- 1 medium sweet potato (4g)
- 1/2 cup black beans (7.5g)
- Other: _____
- _____
- _____

Example

- 4 oz. chicken breast (35g protein)
- 1/2 avocado (10.5g fat)
- 1 oz. cheese (9g fat)
- 1 medium sweet potato (4g fiber)
- 1/4 cup black beans (3.75g fiber)
- 1 cup broccoli (2.4g fiber)

Totals
Protein: 35g
Fat: 19.5g
Fiber: 10.15g

Breakfast

Totals
Protein:
Fat:
Fiber:

Lunch

Totals
Protein:
Fat:
Fiber:

Dinner

Totals
Protein:
Fat:
Fiber:



ALMOND BUTTER PUMPKIN SOUP

Ingredients (Serves 4-6)

- 1/2 tbsp avocado oil
- 1 cube fresh ginger, peeled & finely diced
- 1/3 cup chopped onion
- 3 large cloves garlic, minced
- 14oz canned pumpkin
- 1 cup light coconut milk
- 2 cups vegetable broth
- 2 tbsp coconut aminos
- 1/3 cup all-natural almond butter
- 1/2 tbsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp all spice
- 1/2 tsp salt, or to taste

Instructions

1. In a large pot over medium heat, add avocado oil, freshly diced ginger, onion, and minced garlic. Stir frequently for 3-4 minutes until garlic is fragrant and onion is translucent.
2. Add the rest of the ingredients into pot - whisking together until smooth. Allow mixture to come to a simmer for 5 minutes.
3. Next transfer mixture to a blender or use an immersion blender to puree soup until smooth.
4. Return mixture back to pot and simmer for an additional 10 minutes.
5. Serve soup with favorite toppings, enjoy!

Pumpkin Soup



IS PUMPKIN A SUPERFOOD?

Nutrient dense and low in calories, pumpkin is considered a superfood and is extremely beneficial for your health!

- High in fiber
- Protein rich
- Great for eye health
- Helps regulate blood pressure

- Helps with digestive health
- Can support blood sugar management
- Promotes skin health
- Keeps you full longer



STUFFED PEPPERS

Ingredients (Serves 8)

- 3-4 large bell peppers, sliced in half lengthwise, seeds removed
- 1 tbsp olive oil
- 1 lb ground turkey
- 1/2 cup diced yellow onion
- 3 cloves garlic, minced
- 1 1/2 tsp Italian seasoning
- 1/4 salt, or to taste
- 1/4 tsp black pepper
- 1/4 tsp crushed red pepper
- 1 1/2 cups marinara sauce
- 1 cup spinach, chopped
- 1 cup cooked brown rice
- 1/2 cup grated parmesan cheese
- 1/4 cup fresh basil leaves, chopped
- 1 1/2 cups shredded mozzarella cheese, for topping
- extra basil and fresh parsley, for garnish

Instructions

1. Preheat oven to 375 degrees.
2. Heat a large deep skillet over medium-high heat. Once hot, add the olive oil and ground turkey. Brown the turkey.
3. Add the diced onion, minced garlic, Italian seasoning, salt, black pepper, and red pepper flakes. Cook for 3-4 more minutes or until the onion is tender.
4. Add the marinara sauce and chopped spinach. Let the sauce simmer for 2-3 minutes until the spinach is wilted.
5. Remove from heat and stir in brown rice, chopped basil, and parmesan cheese.
6. Stuff the pepper halves with the filling and place them in a 9x13 casserole dish. Bake uncovered at 375 degrees for 30-35 minutes.
7. Remove from oven and top peppers with mozzarella cheese. Return to oven for 10 minutes. Garnish with basil and parsley.

Ground Turkey Stuffed Peppers

PUMPKIN MUFFINS

Ingredients (12 Servings)

- 6 tbsp unsalted butter
- 1 cup canned pumpkin
- 1/2 cup honey or pure maple syrup
- 1/4 cup milk
- 2 eggs
- 1 tsp vanilla extract
- 1 tsp baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 tbsp pumpkin pie spice
- 1 1/2 cups white whole wheat flour
- 1/2 cup chocolate chips

Instructions

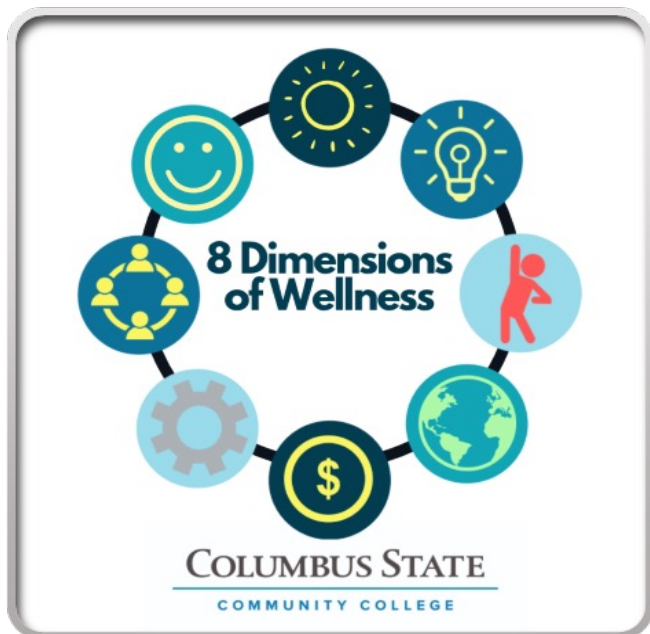
1. Preheat oven to 350F. Spray or line muffin pan.
2. Add the butter, pumpkin, honey, and milk to a bowl. Whisk to combine. Whisk in the eggs and vanilla extract.
3. Add the baking soda, baking powder and salt - whisk until well combined. Whisk in the pumpkin pie spice.
4. Mix in the flour and chocolate chips. Be careful to not over mix.
5. Scoop batter into prepared muffin pan. Add a few more chocolate chips to the tops of the muffins if desired.
6. Bake muffins for 15-18 minutes, until a tester inserted into the center of a muffin comes out clean.

Pumpkin Chocolate Chip Muffins



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”

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Inspire Purpose • Drive Performance