

Cougars Wellbeing Newsletter

October 2022 | Issue 26

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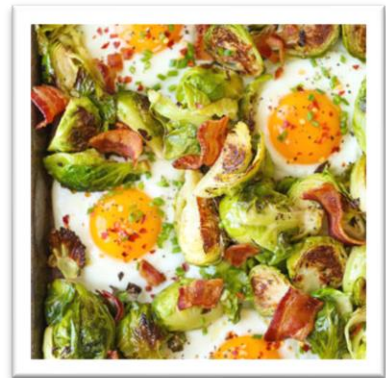
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Brussel Sprouts, Bacon and Eggs
Mix-up your weekly dinners and try this breakfast with a twist! (Page 12)

**SEPTEMBER
RAFFLE WINNER:**
Hydro Flask

Tara Rohr

CONGRATULATIONS!

OCTOBER

Health Observances & Virtual Classes

<p>Breast Cancer Awareness Month</p> <p>American Cancer Society https://www.cancer.org/cancer/breast-cancer.html</p>	<p>Bullying Prevention Month</p> <p>Stomp Out Bullying https://www.stompoutbullying.org/national-bullying-prevention-awareness-month</p>	<p>Domestic Violence Awareness Month</p> <p>National Coalition Against Domestic Violence https://ncadv.org/</p>	<p>Down Syndrome Awareness Month</p> <p>National Down Syndrome Society (NDSS) https://www.ndss.org/syndrome-awareness-month-means/</p>	<p>Eczema Awareness Month</p> <p>Asthma and Allergy Foundation of America (AAFA) https://www.aafa.org/eczema-awareness-month/</p>
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S	MON	TUES	WED	THUR	FRI	S			
<p>Take advantage of the Virtual Class opportunities this month provided by Cerner Solutions in partnership with AccelWELL. select the link to join the live class the day of the event! A recording is available after the event by request only.</p>									
						1			
2	3	4	5	6	7	8			
9	10	<p>Class: Breastfeeding Basics 1:00 pm EST</p>	11	12	<p>Class: How to Create a Balanced Training Program 1:00 pm EST</p>	13	14	15	
16	17	*Event times are subject to change		<p>Class: Substance Abuse and Addiction - Helping Yourself and Loved Ones 1:00 pm EST</p>	19	<p>Class: Pregnancy and Infant Loss 1:00 pm EST</p>	20	21	22

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"ACCELWELL"

Contact Us

Email: coach@accelwell.com

Your Coaches are here for you!

OCTOBER



World Mental Health Day October 10, 2022

"Making mental health and wellbeing for all a global priority"

Mental health and wellbeing should be a global priority. We are operating in a world experiencing war, inflation, political conflict and pandemic fatigue. It is difficult for some individuals to find hope. World Mental Health Day is a time to celebrate significant milestones in mental health awareness and continue to fight against mental health stigma. One powerful way to demonstrate support for mental health sensitivity is through self-care. There is growing support for self-care, because the pandemic has exacerbated the mental health crisis. Employers are looking for creative ways to encourage employees to become more engaged in their own self-care. I challenge you to be a mental health and wellbeing champion. You can begin by taking steps to improve your self care and sharing resources in your community.

(World Health Organization)

Dr. Nic

Breast Cancer Awareness Resources

[Breast Cancer | Breast Cancer Information & Overview](#)

[Get Tested for Breast Cancer - MyHealthfinder | health.gov](#)

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

[5 questions to ask before a mammogram | UnitedHealthcare \(uhc.com\)](#)

Domestic Violence Awareness Resources

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

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

Walk & Learn each Monday and Wednesday

You are invited to join **Walk & Learn** sessions each week. The sessions will allow you to have wellness discussions, do physical activity, and decompress with a group while enjoying the fall weather. The sessions are held every **Monday and Wednesday** through November 9 at **noon**. The walks begin at the corner of Cleveland Avenue and Grove Street in front of WD. (Put it on your calendar to have a reminder.) If you have questions, contact **Dawn Hockensmith**, College Recreation & Wellness specialist, at dhockensmith@csc.edu.

Recreational Cooking Classes and More

[The Mix – at Columbus State \(csc.edu\)](http://csc.edu)

Healthy cooking featured by The Mix

The Mix has scheduled two upcoming sessions featuring healthy cooking options.

- **Lunch and Learn: Hectic, But Healthy: Meal Prep with a Busy Schedule**
Wednesday, October 19 from noon to 1 p.m. [Learn more and register.](#)

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.

Matrix Tip

Stop Stress, Right Now: Absorbing Other People's Stress?

Some people are so empathetic that they may absorb coworkers' stress and anxiety and, therefore, feel drained of energy needed to take care of themselves and loved ones at the end of the day. Do you absorb other people's stress and anxiety in this way? If so, reach out for help. Empathy is a powerful and positive human trait but exploring how to set boundaries, protect yourself, and if needed, acquire skills to help release the tension you picked up during the day will help you be more productive without losing the ability to have deep and meaningful relationships with others on the job.

(The Matrix Monitor: www.matrixpsych.com)

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

2022 Financial Wellbeing: Preparing you for expected & unexpected changes!

Financial Tip

5 Steps at the Heart of Financial Wellness

Like exercising regularly and eating healthy foods, saving money is a habit that is good for you. But just like getting fit or learning to prepare nourishing meals, getting into the habit of consistently setting money aside takes time, discipline, and action. Here are five steps to getting ahead financially:

1. Build an emergency fund.
2. Set a realistic budget.
3. Commit to retirement plan contributions. Consider bumping up your contributions every year or whenever you get a raise.
4. Develop a long-term savings plan.
5. Strengthen your financial literacy. Individuals with higher levels of financial literacy show more positive money management behaviors.

(Ohio Deferred Compensation: [Ohio Deferred Compensation \(ohio457.org\)](http://ohio457.org))

Voya Financial

10/12/22 12pm- Financial Wellness: This seminar will cover general principles of Financial Wellness; shows how to identify your personal priorities; and provides some retirement planning next steps. Barnett McGowan JD
[FinancialWellness](#) (click to join)

WED
OCT
19

Prudential Seminar

Investing in Turbulent Times
12:00pm – 1:00pm EST Via WebEx
[Click Here to Register](#)

The seminar will cover important topics, like these:

- Overview of the current economic climate
- Market volatility basics
- Tips for investing in turbulent financial markets
- And more

Scott Alexander is available for 30-minute Financial Wellness Checkups on **Wednesday, October 26th** to review your current financial situation and to help you navigate future financial challenges. To schedule your virtual Financial Wellness Checkup, you may click the link below to select a time that works best for you.

[Schedule your Financial Wellness Checkup!](#)

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

Please check out these financial resources.

Prudential Financial Resources:

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

BMI Federal Credit Union

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

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



THU
OCT
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CancerBridge Virtual Exercise Series:

Movement is Medicine: Benefits of Exercise and its Role in Cancer Prevention 11am EST

CancerBridge launches our quarterly exercise series with expert Lindsay Riggs, PT, DPT who will talk about the health benefits of movement. Following the conversation, Lindsay will demonstrate movements for us to try at home or in the office.

<https://my.demio.com/ref/XZhbWwq2Azl5pkKe>

TUE
OCT
18

Rally Coins/Benefits Session

11am 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, 2022 through June 30, 2023. The coins apply to employees on the health plan and covered spouses. Jason Love, Benefits Analyst, will review benefits and address any questions.



New cycle July 1, 2022-June 30, 2023 8 coins. If you have questions, contact Nichole.

[Rally.Benefits](#)

(click the link to join)

THU
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20

Virtual Support Series

Survivorship and Oncology Supportive Care

11:00am EST

Join Dr. Ashley Pariser, assistant professor and breast medical oncologist at the James, for an overview of cancer survivorship including definition, review of the phase of survivorship and tenets of cancer survivorship care. Audience will review SEER data on current prevalence of cancer by site, age of diagnosis and year since diagnosis. Lastly, current available supportive oncology services provided by the James will be discussed and reviewed.

<https://my.demio.com/ref/14Xxnz5PKHeEAB9w>

THU
OCT
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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.



AccelWELL Event

Raffle Opportunity

Earn a raffle entry to win a Pyrex Food Container for participating!

Complete the Activity of the month, found in your October Newsletter and submit a copy or photo to coach@accelwell.com for entry into the raffle!

Reach out coach@accelwell.com with any questions.

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.

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 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://www.mhaohio.org)

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

CSCC Victim Advocacy Services

Victim Advocacy is available on Columbus Campus

Wednesdays & Thursdays 9:30am - 6:30pm.

Virtual assistance is still available!

Mondays, Tuesdays, & Fridays

To make an appointment: victimadvocacy@cscce.edu

We can chat face-to-face, online, or via telephone call.

Are you a survivor of IPV/domestic violence, or human trafficking?

Any member of the Columbus State community can receive support, information and resources from Victim Advocacy. Contact Advocate Corey Harris directly at 614-287-2198, or charris12@cscce.edu.

Columbus State Victim Advocacy provides support and resource information to victims of traumatic crime, **regardless of when or where** the crime occurred.

Victim Advocates maintain survivors' privacy while providing supportive services; however, if you would like to speak with a *confidential resource*. Faculty and staff members can access the college's **Employee Assistance Plan (EAP)** through Matrix for confidential services.

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:

ERG Strategy & Operations Manager -Liz Rose-Cohen

African/African American - Royce Carpenter & Michelle Baker

Caregivers - Melissa Lamar

Faith in Parenting - Debbie Strain

Prism LGBTQIA + - Michael Hicks, George Johnson-Gamm, Katina Fitch

Womens - Crystal Clark & Kelly Hogan



Workout of the Month

BOO-TCAMP

Work that BOO-ty with this no tricks, all treats, workout of the month!
Complete 15 reps of each exercise for 3-5 rounds total.

FRANKENSTEIN WALK



SOARING WITCH



(Skater Jumps)

DEAD LIFTS



WALKING DEAD LUNGE



(Walking Lunges)

POUNCING WEREWOLF



(Squat Jumps)

SLASHERS



(Forward Lunges)

DEAD BUGS



IT'S ALIVE



(Straight-leg Sit-up)



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.

Cancer Prevention

6 Tips to Help Reduce Your Chances of Cancer

1.

Avoid tobacco use & exposure

- Smoking has been linked to various types of cancer (lung, mouth, throat, larynx, pancreas, bladder, cervix and kidney). Chewing tobacco has been linked to cancer of the oral cavity and pancreas. Exposure to secondhand smoke might increase your risk of lung cancer as well. If you need help quitting tobacco, ask your doctor about stop-smoking products and other strategies for quitting.

2.

Eat a healthy diet

- Base your diet on fruits, vegetables and other foods from plant sources — such as whole grains and beans. Maintain a healthy weight - eat lighter and leaner by choosing fewer high-calorie foods, including refined sugars and fat from animal sources. If drinking alcohol, do so in moderation - the risk of various types of cancer increases with the amount of alcohol you drink and the length of time you've been drinking regularly (cancer of the breast, colon, lung, kidney and liver). Limit processed meats.

3.

Maintain a healthy weight and be physically active

- Maintaining a healthy weight might lower the risk of various types of cancer, including cancer of the breast, prostate, lung, colon and kidney. Physical activity on its own might lower the risk of breast cancer and colon cancer.

4.

Protect yourself from the sun

- Avoid midday sun when the rays are strongest. Take advantage of the shade. Wear sunglasses and a broad-brimmed hat. Cover exposed areas. Wear tightly woven, loose-fitting clothing that covers as much of your skin as possible. Use a broad-spectrum sunscreen with an SPF of at least 30, even on cloudy days. Apply sunscreen generously and reapply every two hours — or more often if you're swimming or perspiring. Avoid tanning beds and sunlamps.

5.

Avoid risky behaviors

- Practice safe sex. The more partners you have in your lifetime, the more likely you are to contract a sexually transmitted infection — such as HIV or HPV. People who have HIV or AIDS have a higher risk of cancer of the anus, liver and lung. HPV is most often associated with cervical cancer.
- Don't share needles. Sharing needles with people who use intravenous drugs can lead to HIV, as well as hepatitis B and hepatitis C — which can increase the risk of liver cancer. If you're concerned about drug misuse or addiction, seek professional help.

6.

Get regular medical care





- Regular self-exams and screenings for various types of cancers — such as cancer of the skin, colon, cervix and breast — can increase your chances of discovering cancer early, when treatment is most likely to be successful. Ask your doctor about the best cancer screening schedule for you.

Activity of the Month

SCREENINGS CHECKLIST

MAKE YOUR HEALTH A PRIORITY

For this month’s activity, use the preventive health screenings checklist below. Check off the screenings that apply to you and take a mental note of the ones you still need to accomplish!

	WHAT	WHO + WHEN	
<input type="checkbox"/>	Annual Routine Checkup <small>(Including Blood Pressure & Cholesterol)</small>	Everyone Once a year	 Both
<input type="checkbox"/>	Diabetes (Type 2) Screening	Age 40-70 and Overweight/Obese Once a year	
<input type="checkbox"/>	Colonoscopy	Age 50-75+ Every 10 years, earlier if you have family history	
<input type="checkbox"/>	Skin Exam	Age 40-75+ Offered yearly; based on cancer risk	
<input type="checkbox"/>	Immunization Vaccines	Everyone As directed by your doctor	
<input type="checkbox"/>	Mammogram	Age 40-54 Once a year Age 54-75 Every 2 years	 Women
<input type="checkbox"/>	Pap Smear	Age 21-40 Every 3 years Age 40-75 Every 5 years	
<input type="checkbox"/>	Prostate Exam	Age 40-75+ Offered yearly; based on recommendation	 Men



The Dish:

Healthy Recipes Curated By AccelWELL

Brussel Sprouts, Eggs & Bacon

Ingredients (Serves 4)

- 2 tablespoons balsamic vinegar
- 1 tablespoon honey
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- Kosher salt and freshly ground black pepper, to taste
- 2 pounds brussel sprouts, halved
- 4 slices bacon, diced

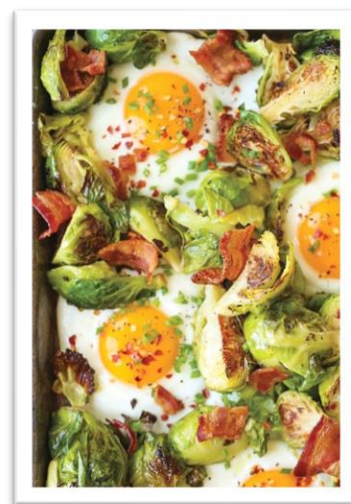
For the Eggs:

- 4 large eggs
- 2 tablespoons freshly grated Parmesan
- ¼ teaspoon crushed red pepper flakes, or more, to taste
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh chives

Instructions

1. Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. In a small bowl, whisk together balsamic vinegar, honey, olive oil and garlic; season with salt and pepper, to taste.
3. Place brussels sprouts and bacon in a single layer onto the prepared baking sheet. Stir in balsamic vinegar mixture.
4. Place into oven and bake for 10-12 minutes, or until tender.
5. Remove from oven and create 4 wells, gently cracking the eggs throughout and keeping the yolk intact.
6. Sprinkle eggs with Parmesan and red pepper flakes; season with salt and pepper, to taste.
7. Place into oven and bake until the egg whites have set, an additional 7-9 minutes.
8. Serve immediately, garnished with chives, if desired.

Source: <https://www.damndelicious.net>



Buy what's in Season! Produce in season during Fall:

Vegetables:

- Arugula, Beets, Broccoli, Brussel Sprouts, Butternut Squash, Cabbage, Celery, Collard Greens, Cucumbers, Fennel, Kale, Pumpkins, Spinach, Sunchokes, Sweet Potatoes, Tomatoes, Turnips

Fruits:

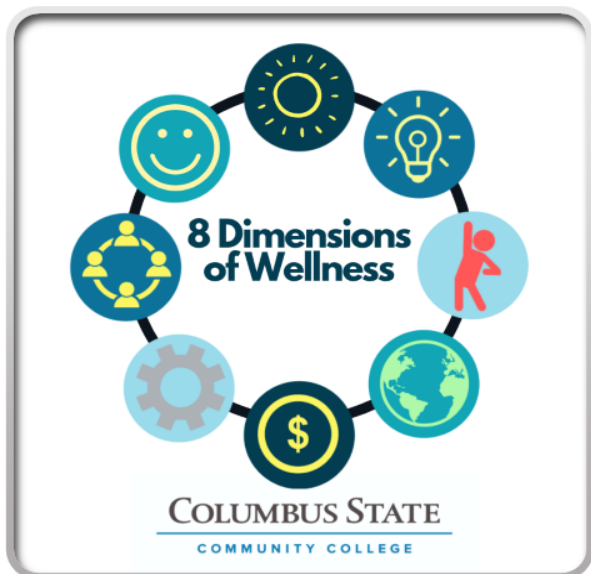
- Apples, Blackberries, Cranberries, Figs, Grapefruit, Grapes, Honeydew Melon, Kiwi, Limes, Pomegranates, Plums, Pears



Check out this month's recipes for ways to incorporate fresh produce into your meals!

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, Equity & Compliance

Yvette Johnson Veterinary, Imaging & Surgical
Technology Department

Katherine Lopez, Facilities Management

Terrence Lawrence, Inclusive Advising Innovation

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..

Follow Us on Social Media!



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