

# Cougars Wellbeing Newsletter

September 2025 | Issue 61

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**BOOST YOUR BODY'S  
NATURAL DEFENSES**

LEARN MORE ON PAGE 7!



**AUGUST  
RAFFLE WINNER:**

**STANLEY WATER BOTTLE**

Stephanie Clemons

**Congratulations!**

# SEPTEMBER

## 2025 Wellbeing Event

KNOW YOUR NUMBERS

Self-Care Resources & Health Screening



\*\*\*\*\*[Health Fair | Columbus State Community College](#)\*\*\*\*\*

Mark your calendars for the September 26 Know Your Numbers Health Fair!

Join the Human Resources Team on **Friday, September 26, from 7:30 a.m. to 3:00 p.m. on the 4<sup>th</sup> floor of the Center for Workforce Development.** All employees and any spouses or domestic partners who are covered on a Columbus State medical insurance plan are welcome to join the event:

Get a Biometric Screenings\*

Vaccinations (register on Health Fair site/walk ins accepted)

Pet therapy dogs

Massage

Mammogram (prior registration required)

Hearing and vision screenings

Keynote speaker, **Dr. Joshua J. Joseph 11am** and additional sessions (see schedule on health fair link).

Raffles, healthy snacks, and much more!

\*Biometric Screening appointments are limited. Registration information was emailed so that you and your covered spouse or domestic partner can make an appointment. Appointments are available on **September 26 and October 14.**

**Pre-Registration for following sessions:**

**Sound Bath 10am & 2pm**

**Mobile Kitchen -Food Cooking Demo 1pm**

**See health fair site for schedule and links to register:**

[Health Fair | Columbus State Community College](#)

Your feedback is important to us so continue to communicate with us through [wellbeing @cscc.edu](mailto:wellbeing@cscc.edu) about your wellbeing interests. There are more exciting wellbeing activities on the horizon.

**Remember, HR SUPPORTS YOUR SUCCESS.**

**Dr. Nic**

## September is Immunization, Obesity, Sickle Cell, Ovarian Cancer, Pain, Prostate Cancer, Alzheimer's and Self-Care Awareness Month

Yes, it's a month filled with many important health observances — and for good reason. Each of these conditions has touched the lives of individuals within the CSCC community and continues to do so. Raising awareness is not just a formality; it's a step toward understanding, support, and action.

[What's a vaccine? | UnitedHealthcare](#)

[Childhood vaccines \(immunizations\) | UnitedHealthcare](#)

[Nutrition tips for healthy eating | UnitedHealthcare](#)

[National Sickle Cell Awareness Month - Sickle Cell Disease Association of America Inc.](#)

[September is Ovarian Cancer Awareness Month | Caring House](#)

[Pain Awareness Month - International Association for the Study of Pain \(IASP\)](#)

[Prostate Cancer Awareness Month | AACR](#)

[World Alzheimer's Month | Alzheimer's Disease International \(ADI\)](#)

[September Is Self-Care Awareness Month | Johns Hopkins Medicine](#)



# CancerBridge

**\*\*\*Wellbeing 360 Rewards Program Eligible\*\*\***

THU  
SEPT  
25

### CancerBridge Self-Care Series: Making Peace with Sleep

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

What we tell ourselves about sleep is as important as the sleep and sleep habits themselves. Learn daytime and nighttime strategies that support rest and create more peaceful sleep beliefs.

**(\*\*\*\*If you can't attend at the 11am time, still register and you will receive the recording.)**

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

For questions about these events: [hello@mycancerbridge.com](mailto:hello@mycancerbridge.com)

## Schedule your mammogram!!! CSCC hosting The James Mobile Mammography Unit

**September 26, 2025 : 9:00 AM – 4:00 PM, CSCC Columbus Campus**

Please call the Mobile Mammography Department to schedule an appointment at **614-293-4455/800-240-4477**. Please call at least two weeks in advance to schedule.

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### Mental Health Tip:

Join us at the **September 26<sup>th</sup> Wellbeing Event**  
**9am-3pm in WD 4<sup>th</sup> floor.**

**Ideas:** physical activity (walk, yoga, bike), stay hydrated, get enough sleep, eat healthy meals, spend time with family/friends, enjoy the outdoors, set boundaries, listen to music, mindfulness, do what brings you joy.



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### Wellbeing Opportunities in the Community:

[Calendar - Columbus Commons](#)

Visit the CSCC Wellbeing webpage for more resources and to stay connected:

[Wellbeing | Columbus State Community College](#)

# Get Involved with AccelWELL!

THU  
SEPT  
25

## Virtual 1-on-1 Health Coaching

10:00am – 3:00pm

\*\*\*Wellbeing 360 Rewards Program Eligible\*\*\*



AccelWELL

Inspire Purpose • Drive Performance

### 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 click the blue **R**. Select your reminder preference, enter your preferred phone number in which to be reached for your telephonic session, and select a timeslot that best works for you. Lastly, click **Register**.

After signing up for a time, your Coach will call you at the number you provided when registering.



## The Step By Step Campaign begins Monday, 9/15!

Get ready to move more and feel better!  
The Step By Step campaign kicks off Monday, September 15<sup>th</sup> and runs through Sunday, October 12<sup>th</sup>.

### How it works:

- Head to your **Campaign** page on your AccelWELL [Portal](#) today to see what your step goal is for the week.
- Track your steps manually on the **Campaign** page or use a synced fitness tracker for these steps to automatically track.
- Come back to your **Campaign** page on your portal each Monday throughout the campaign to see what your new step goal is for the week.
- Submit your step totals at the end of each week through the **Campaign** page on your AccelWELL [Portal](#) to stay on track!



**Reward:** The individual with the most steps will win an [Under Desk Bike!](#)

**Let's step it up together and start moving toward better health!**



**Need to connect your Fitness Tracking device or troubleshoot your connection?**

Check out this FAQ page [HERE](#) for steps to connect your device and troubleshoot any issues.

\*PLEASE NOTE: If you are unable to participate or achieve the goal due to a health condition, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting your AccelWELL Coach.

Please reach out to [coach@accelwell.com](mailto:coach@accelwell.com) with any questions.

## Your Feedback Matters – Take our Satisfaction Survey!

Your feedback is very important to the AccelWELL Team and the success of your program. Please [CLICK HERE](#) to complete this year's satisfaction survey.

**Thank you for your continual support!**

If you have program questions or need assistance creating your account, please email [coach@accelwell.com](mailto:coach@accelwell.com) for support.





## WORKOUT OF THE MONTH

# *Move to the Music* **WORKOUT**

Pick 4-5 upbeat songs (3-5 minutes each) and assign a different type of movement to each song!

### **Song 1: Cardio Jam**

Do jumping jacks, march, jog, or run for the entire song.

### **Song 2: Strength Intervals**

Every 30 seconds alternate between bodyweight squats & push-ups.

### **Song 3: Core Beat**

Perform 20 mountain climbers & 20 bicycle crunches - repeating these exercises until the song ends.

### **Song 4: Leg Burnout**

Every 30 seconds alternate between reverse lunges & side lunges.

### **Bonus Track: Stretch & Flow**

Perform gentle yoga-inspired stretches or deep breathing in rhythm with the music.

Each song = a new challenge



# HOW TO BOOST YOUR BODY'S NATURAL DEFENSES

## What is the immune system?

Your immune system is your body's built-in defense network. It works 24/7 to protect you from illness, heal injuries, and keep your body in balance. A strong immune system is key to staying healthy year-round!

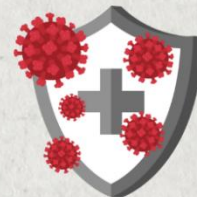


## The immune system has two main parts:

- 1 INNATE** - This acts as your first line of defense - it is active from birth. The innate immune system responds quickly to invaders like bacteria and viruses. It includes skin, mucus, stomach acid, and certain white blood cells.
- 2 ADAPTIVE** - This acts as your smart defense - it develops over your lifetime as you're exposed to infections, diseases, or vaccines. The adaptive immune system is slower to respond, but grows stronger throughout life as it learns and remembers how to fight specific invaders. It includes specialized cells like T-cells & B-cells.



## How fever & inflammation help your immune system



A **fever** raises your body temperature to make it harder for viruses and bacteria to survive. It also speeds up immune cell activity to help fight infection faster.

**Inflammation** brings immune cells to the area that needs healing. It helps isolate the threat and start the repair process.



# WAYS TO SUPPORT YOUR IMMUNE HEALTH

## EAT WELL



A colorful, whole-food diet gives your body the tools it needs to stay strong, fight illness, and recover faster!

## ENJOY THE SUNSHINE

A little sunshine goes a long way for your health. Vitamin D is made from cholesterol in your skin when it's exposed to the sun - which is known to enhance the function of immune cells that protect your body against pathogens. Just 10–20 minutes of sunlight a few times a week can make a big difference!



## PERSONAL HYGIENE

Think of hygiene as your first line of defense - working with your immune system, not against it! Simple habits like handwashing, cleaning surfaces, and covering coughs can prevent illness before your body has to fight it.



## DAILY VITAMINS

While a healthy diet is the foundation, vitamins and supplements can help fill in the gaps and keep your immune system strong. These can provide essential nutrients & help maintain a strong defense barrier.

## GET ENOUGH SLEEP

While you sleep, your body produces and releases cytokines, proteins that help fight infection and inflammation. Sleep supports the adaptive immune system, helping your body “remember” and respond better to future threats. **Aim for 7–9 hours a night** to give your immune system the recovery time it needs to stay strong!



## MANAGE STRESS

Ongoing stress raises cortisol, a hormone that can suppress immune function. It may lower your body's ability to fight off infections and slow healing. A calm mind supports better sleep, digestion, and mood - all keys to immunity!

## PHYSICAL ACTIVITY

Moving your body does more than build strength - it boosts your immune health, too! Regular exercise improves circulation, helping immune cells move more efficiently through the body. Just 30 minutes a day of walking, stretching, or light cardio can make a big impact on your immune response!





# ACTIVITY OF THE MONTH



## UP YOUR IMMUNITY CHALLENGE

In this month’s education, we talked about 7 simple ways to improve your body’s immune system. Below, evaluate your lifestyle with regard to these 7 habits. Which three are you best at? Which one are you worst at?

I am really good at...

- 1.
- 2.
- 3.

I could work on...

- 1.

This month, we want you to work on bettering that one aspect you outlined above as the one you could work on. We have listed ideas for each of the 7 ways below, but find what works for you!

If you struggle with...

1. Eating well
2. Getting enough sleep
3. Enjoying the sunshine
4. Managing stress
5. Practicing good hygiene
6. Prioritizing physical activity
7. Getting enough vitamins

Try this!

1. Packing your lunch for work
2. Setting a sleep schedule
3. Take a morning walk outside
4. Practice gratitude journaling
5. Carry hand sanitizer with you
6. Find a movement style that you enjoy
7. Incorporate more foods with zinc and vitamin C into your diet

How did you choose to work on your immunity this month? Did you notice a difference in the way you felt? How did it make you feel?





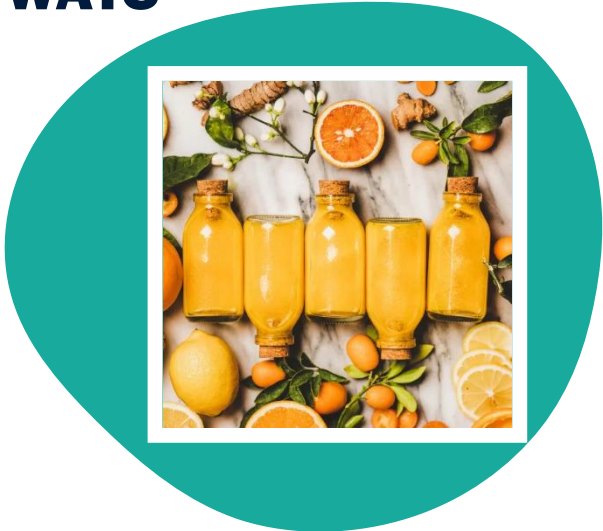
## WELLNESS IMMUNITY SHOTS – 3 WAYS

### 1. Turmeric Orange

- Juice of 2 oranges
- 1/2 tsp ground turmeric
- A pinch of black pepper
- 1 tsp coconut oil (optional)

Instructions:

- Juice the oranges, add turmeric and black pepper.
- Stir well and strain into a small shot glass.
- Optional – add a teaspoon of coconut oil to enhance curcumin absorption from the turmeric.



### 2. Ginger Lemon Cayenne

- 1 inch fresh ginger root, peeled
- Juice of 1 lemon
- A pinch of cayenne pepper
- 1 tsp honey (optional)

Instructions:

- Add ginger root to a blender or juicer. Squeeze in the lemon juice and add a pinch of cayenne.
- Blend until smooth and strain into a small glass.
- If the shot is too spicy, you can add a teaspoon of honey to balance the heat.

Wellness Shots

### 3. Apple Cider Vinegar Honey

- 1 tbsp apple cider vinegar
- 1 tbsp honey
- Juice of 1/2 a lemon
- 1/4 cup water

Instructions:

- Mix apple cider vinegar, honey, lemon juice, and water in a small bowl.
- Stir until the honey is fully dissolved.
- Pour into a shot glass and enjoy.

#### FUN FACTS ABOUT WELLNESS IMMUNITY SHOTS

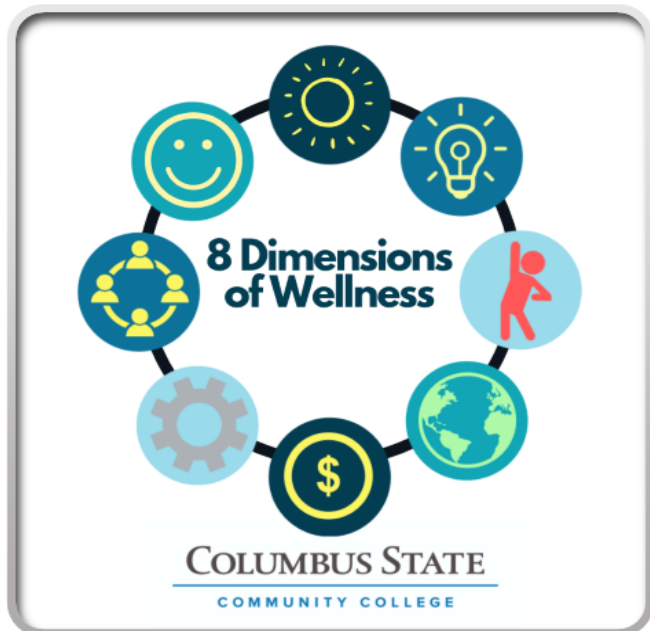
- Wellness shots are often taken first thing in the morning to “wake up” the immune and digestive systems.
- Ginger has been used for over 5,000 years in Ayurvedic and Chinese medicine for healing.
- The bright yellow color of many wellness shots comes from turmeric.
- Capsaicin in cayenne pepper can temporarily boost metabolism and clear sinuses.





# 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.

We'd love to connect with you on [LinkedIn](#) & [Instagram](#)!



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