

# Cougars Wellbeing Newsletter

August 2024 | Issue 48

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**FINANCIALLY FIT:  
BUILDING A BUDGET**  
LEARN MORE ON PAGE 5!



**JUNE  
RAFFLE WINNERS:**  
Electrolyte Packets

Tricia Bradley  
Kayla Patterson  
Felicia Circelli  
*CONGRATULATIONS!*

# AUGUST

## All Employee Self Care Awareness/Screening Event September 26, 2024!

**Mark your calendar!!** We know that most of us struggle to have time to do the things that we know will result in a higher level of wellbeing – **SO HR IS BRINGING THE RESOURCES TO YOU, HERE ON CAMPUS.** We also know that each of us needs something a little different. You might be a little behind on getting your annual bloodwork, feel like you need a hearing or vision screening, or it's vaccination time (flu/covid). Maybe you need a massage to destress, learn more about healthy meal prepping, or talk with a financial professional about budgeting or retirement planning. We will have over 30 businesses/organizations that represent the 8 dimensions of wellbeing.

Columbus State continues to strive to be your wellbeing partner by providing resources to help improve your wellbeing and the wellbeing of your family.

Remember, **HR SUPPORTS YOUR SUCCESS.**

*Dr. Nic*



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## August is Sleep Awareness & Immunization Awareness Month

### Sleep Health

There is a strong connection between sleep and health. Sleep has an impact on physical and emotional health as well as overall wellbeing. If you struggle with getting a good night's rest, contact your primary care provider or medical clinician for ways to get better sleep.

[UAW: Sleep for Health \(brainshark.com\)](https://brainshark.com)

[Help with sleep & tips for good sleep | UnitedHealthcare \(uhc.com\)](https://unitedhealthcare.com)

[Sleep apnea symptoms and treatments | UnitedHealthcare \(uhc.com\)](https://unitedhealthcare.com)

### Vaccinations

[Deciding to Vaccinate Your Child: Common Concerns | CDC](https://cdc.gov)

[Vaccine Schedules for Parents | CDC](https://cdc.gov)

[Diseases and the Vaccines That Prevent Them | CDC](https://cdc.gov)

(Flu & COVID vaccinations offered 9/26/2024 & Delaware date TBA)

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## Join CSCC Team-Sat Aug 10<sup>th</sup>

[Columbus is Saving Black Men's Lives on Saturday, August 10th, 2024 - African American Male Wellness Agency \(aawellness.org\)](https://aawellness.org)

[Black Men's Wellness Day - Columbus State Passion Team \(office.com\)](https://office.com) Sign Up for CSCC Team

# August Well Walk



**TH 8/22 at 12pm**

All are welcome. Meet in the **courtyard between Delaware Hall and Nestor Hall** near the picnic tables, and we'll walk an approximately one-mile loop. [Here's a link](#) to the approximate path we will take. (weather permitting i.e. Rainy/Extreme heat).

**Questions: Dr. Nic [nbowmang@csc.edu](mailto:nbowmang@csc.edu)**



## 2024 Exercise Series: Ouch! Prevention & Treatment of Common Lower Body

**THU**

**AUG**

**8**

### Injuries

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

This webinar will address common lower body injuries and pain generators, how to prevent them from occurring, and movements/exercises that can improve the pain.

**THU**

**AUG**

**15**

### 2024 Support Series: Cancer and Cytopenias

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

This presentation will cover the basics of Leukemia; what it is, risk factors, signs and symptoms, how it is treated, and complications.

**THU**

**AUG**

**22**

### 2024 Self Care Series: Mindful Communication and Connection

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

Discover how to use mindful attitudes and practices to connect more positively with those around you.

**For cancer-related questions: (855) 366-7700**  
**For questions about these events: [hello@mycancerbridge.com](mailto:hello@mycancerbridge.com)**

## Sustainability

### [Help Create the Regional Climate Action Plan - SURVEY](#)

With support from [@EPA](#) Central Ohio is creating a regional climate action plan! Take this short 10-min survey to inform the initial draft plan. The EPA provided \$1 million to help us create a climate action plan for a healthy and just future for Central Ohio. Share your thoughts.

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](#).

**Student Officer:** Haley Middendorf

**Employee Contacts:** Jennifer McCord, Allison Hendricks, Lisa Carpenter, Angela Howard



AUGUST

# VIRTUAL EDUCATION

CHECK OUT THIS MONTH'S VIRTUAL EDUCATION FROM ACCELWELL!

**THIS MONTH'S TOPIC:**  
**FINANCIALLY FIT**  
WITH COACH JENNY

**WATCH HERE!**



**HI! MY NAME IS JENNY MASCI!**



I am a Certified Personal Trainer, Yoga Instructor, and Certified Health Coach. I hold a bachelor's degree in Exercise Science from The Ohio State University as well as a master's degree in education from Ohio University. I began my career working in Collegiate Recreation at the University of Arizona in Tucson, Arizona. I then took a role with Ohio State University Recreational Sports which brought me back home to Ohio. I joined the AccelWELL team in 2022 as an admin and Health Coach which has allowed me to fulfill my passion for educating others in all aspects of health and wellness. In my free time, I love getting outdoors, spending time with family, and working on house projects. My idea of health and wellness centers on finding balance in my life and I hope to help others do the same!

CONTACT US

Email: [coach@accelwell.com](mailto:coach@accelwell.com)  
*Your Coaches are here for you!*

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# 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  
AUG  
22

### In-Person 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.

Participate for the chance to win a \$25 Amazon gift card!



If you participate in this in-person coaching opportunity, you will be entered into a raffle to win one of two \$25 Amazon gift cards. You don't want to miss this opportunity!

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://www.mhaohio.org)

**National Association of Mental Illness (NAMI)**  
[Programs – National Alliance on Mental Illness | NAMI Franklin County](http://www.nami.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.

## 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](http://www.columbusstate.edu/compliance)

## 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](mailto: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



# WORKOUT OF THE MONTH

# August

## Resistance Band Workout



**1. Alternating Kick Backs**

**2. Donkey Kicks**

**3. Straight Arm Pull-Aparts**

**4. Single Arm Row**

**5. Side Leg Lifts**

**PERFORM 15 REPS OF EACH EXERCISE - 3 ROUNDS TOTAL**

# How to be... **FINANCIALLY FIT**

Financial wellness is your ability to live within your means and manage your money in a way that gives you peace of mind.

## 3 TYPES OF SAVINGS ACCOUNTS

### 1 High-yield

This type of account is typically only offered by online banks. High-yield accounts offer higher interest rates and a faster savings growth. However, you are unable to make cash deposits directly into this type of account.



### 2 Traditional

This is a deposit account offered by banks and credit unions, providing a secure place to store money while earning a modest interest rate. This is the most common type of savings account - allowing customers to connect it to a checking account and earn interest when needed.

### 3 Money Market

MMA's offer higher interest rates than a traditional savings account but also usually require a higher minimum balance. You have the ability to write checks or access money via ATM debit. This can be considered as a safe short-term investment option.

## What's the Difference Between a Checking and Savings Account?

### Checking

A checking account is for money you plan to use in the short term.



### Savings

A savings account is for money you don't plan to spend soon.



### Checking accounts include:

- A debit card for withdrawing money or making purchases
- Lower interest rate
- Direct deposit for paychecks

### Savings accounts include:

- A limit on monthly withdrawals
- Higher interest rates
- Direct deposit for paychecks





# WHY INVEST??

Investing has become increasingly popular and is crucial for many reasons...

- Generating future income
- Increasing value & equity
- Building wealth
- Achieving long term financial success
- Outpacing inflation



## RETIREMENT

There are two categories of retirement plans: defined benefit plans and defined contribution plans.

- Defined benefit plans include pensions.
- Defined contribution plans include 401k, 403b, and profit-sharing plans.

It's never too early to start saving for retirement!

## CREATING A BUDGET

- 1** KNOW YOUR INCOME
- 2** LIST YOUR EXPENSES
- 3** SUBTRACT EXPENSES FROM YOUR INCOME
- 4** TRACK SPENDING HABITS
- 5** MAKE A NEW BUDGET EVERY MONTH

### TIP

Reduce expenses by cooking at home, checking up on subscription services, and cutting back on entertainment.

# ACTIVITY OF THE MONTH



## MONTHLY BUDGET PLANNER

MONTH: August



### EXPENSES

#### FIXED EXPENSES

Rent/Mortgage \_\_\_\_\_  
 Insurances  
Home/Renters, Health,  
 Car, etc. \_\_\_\_\_  
 \_\_\_\_\_  
 Internet \_\_\_\_\_  
 Child Care \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Debt Payment(s) \_\_\_\_\_  
 Subscriptions  
Music/tv services, security  
 system, memberships,  
 data fees, etc. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

#### VARIABLE EXPENSES

Electric \_\_\_\_\_  
 Water \_\_\_\_\_  
 Gas \_\_\_\_\_  
 Transportation  
Gas, Ride Shares, etc. \_\_\_\_\_  
 Groceries \_\_\_\_\_  
 Misc. Shopping \_\_\_\_\_  
 Entertainment \_\_\_\_\_  
 Misc. Child Expenses \_\_\_\_\_  
 Pet Expenses \_\_\_\_\_  
 Giving/Charity \_\_\_\_\_  
 Other \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Total Expenses**

### INCOME

Gross Pay \_\_\_\_\_  
 -  
 Taxes \_\_\_\_\_  
 -  
 Deductions  
Retirement, HSA,  
 Supplemental insurance, etc. \_\_\_\_\_  
 =  
 Net Pay \_\_\_\_\_

### SUMMARIZE

Net Pay \_\_\_\_\_  
 -  
 Expenses \_\_\_\_\_  
 =  
 Remaining Funds \_\_\_\_\_



# HIGH PROTEIN OVERNIGHT OATS

## Ingredients (Serves 2)

- 1 cup old-fashioned rolled oats
- 2 scoops protein powder (30g scoop)
- 1 tbsp chia seeds
- 1 cup milk
- ½ cup non-fat Greek yogurt
- 2 tsp maple syrup or honey

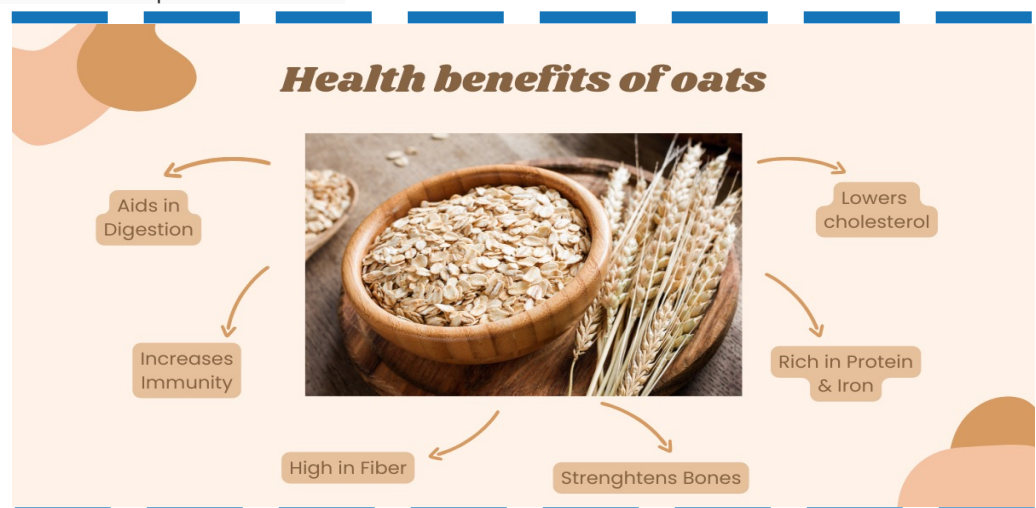
## Instructions

1. Combine the oats, protein powder, and chia seeds in a container like a mason jar or Tupperware.
2. Pour in the milk, yogurt, and maple syrup. Mix until well combined.
3. Cover with a lid and place in the fridge overnight, or for at least 5 hours.

## Flavors to try

- Strawberries & Cream- use vanilla protein powder, swap out honey for 1 tsp of vanilla extract. Dice up a few strawberries and top with whipped cream!
- Chocolate Peanut Butter Banana- use chocolate protein powder, add 1 tbsp of peanut butter and top with banana slices.
- Peanut Butter & Jelly- use vanilla protein powder, add in 1 tbsp of peanut butter, 1 tbsp of jam, and sprinkle the top with roasted peanuts for extra crunch!

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





## TURKEY BURGER

### Ingredients (Serves 8)

- 2 pounds ground turkey
- 2/3 cup seasoned breadcrumbs
- 1/4 cup finely diced white onion
- 2 large eggs
- 2 tablespoons Dijon mustard
- 2 tablespoons ketchup
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper

### Instructions

1. Mix ground turkey, seasoned breadcrumbs, onion, eggs, mustard, ketchup, garlic powder, paprika, kosher salt, and pepper in a large bowl.
2. Form turkey mixture into 8 patties by shaping into a patty, then making a small indentation in the center of each patty.
3. Cook the patties on the grill or in a skillet until they reach an internal temperature of 165 °F, flipping halfway through cooking.
4. Plate with bun and toppings of choice.

<https://www.ihearteating.com/simple-turkey-burger-recipe/>

## EASY SUMMER ROLLS

### Ingredients (Serves 8)

- 8-16 sheets of rice paper (this makes 8 but you will need 16 if you want to double up the wraps for each roll)
- 1 large carrot, peeled and julienned
- 1 mango, thinly sliced
- 1 cup of cabbage, shredded
- 1 small cucumber, julienned
- 1 small bell pepper, julienned
- Lettuce leaves (approx. 4 large leaves)
- handful of mint (about 4 medium sized leaves per roll)
- 1 avocado, thinly sliced
- Peanut sauce for serving

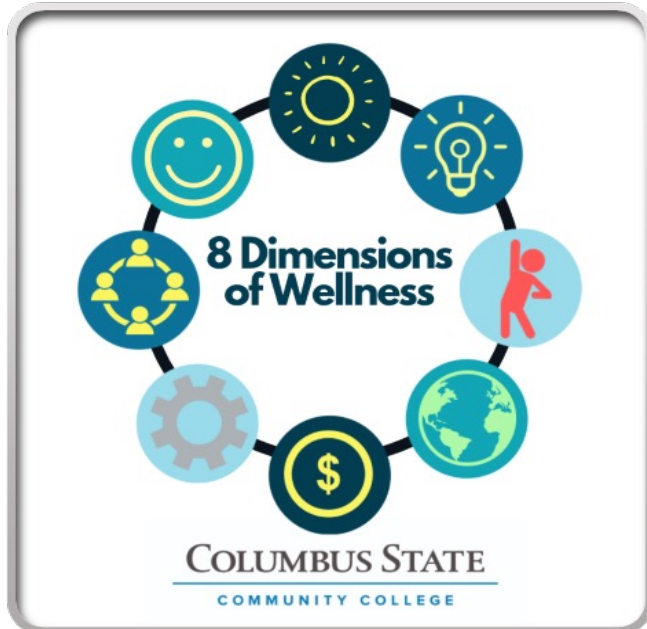
### Instructions

1. Prepare rice paper wraps by running each wrap under water for 5 seconds each. Lay the first wrap down, lay the second wrap down on top of the first so that there's about an inch over hanging.
2. Lay the lettuce leaves down in the center of the rice paper. Stack up all of the veggies, mango, and mint so that you're using about 1/8 per roll. *(Eyeball it to try and make them all even)*
3. Start rolling the wrap from one end and tuck it gently but tightly over the top of the veggies. Fold over the sides and continue to roll.
4. Enjoy plain or by dipping into a bowl of peanut sauce!



# Your Wellbeing Advisory Committee:

Nichole Bowman-Glover, PhD, Wellbeing Benefits Analyst



Tommy Tucker, Mitchell Hall

Pete Hackman, Food Services

Vena Hill, Human Resources

Jason Love, Human Resources

Jackie Miller, Nursing Department

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.



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