

# Cougars Wellbeing Newsletter

July 2024 | Issue 47

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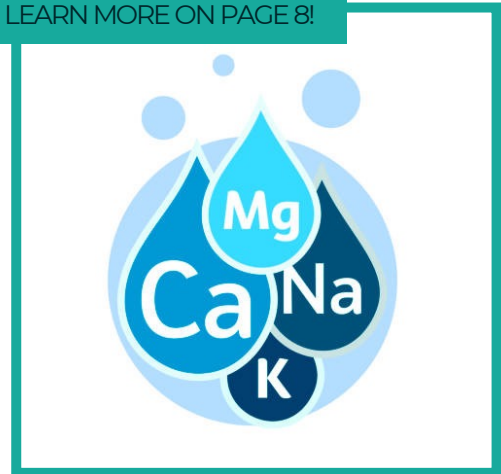
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**BENEFITS OF ELECTROLYTES**  
LEARN MORE ON PAGE 8!



**JUNE**  
**RAFFLE WINNER:**  
Foot Massager

Stephanie Farris  
*CONGRATULATIONS!*

# JULY

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

Mark your calendar!! The Benefits and HR Teams are preparing to offer a massive fall Wellbeing event. We have heard you through surveys/emails/group settings and we are incorporating this feedback into an event and 2024-2025 programming.

How well do you understand your health risks. Do you know your biometric screening numbers? Are they good/fair/poor? Are there health conditions you need to take more serious? Do you know what steps to take to address health risks/maintain good health/become even healthier?

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*



www.columbusstate.edu - 43200017

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## July is National Minority Mental Health Awareness Month.

It is a time to highlight the unique strengths and challenges faced by Black, Indigenous, and people of color (BIPOC) in relation to mental health. “Named in honor of Bebe Moore Campbell, a journalist, teacher, author, and mental health advocate, this month is dedicated to continuing her legacy by focusing on the mental health needs and experiences of BIPOC communities. Fear of judgment, cultural beliefs, generational differences, and lack of access to resources often prevent people of color from addressing struggles openly and seeking the help they need. To overcome these barriers, it is essential to foster open and honest conversations about mental health. Breaking the silence is a crucial step toward healing and prioritizing mental wellness” (National Mental Health America)

We must work to foster open dialogues and community conversations, to ensure every voice is heard, every story valued, and every person empowered to thrive. We have to be committed to creating an inclusive and supportive environment for everyone.

[BIPOC Mental Health Month | Mental Health America \(mhanational.org\)](#)

[National Minority Mental Health Awareness Month | FDA](#)

[Bebe Moore Campbell National Minority Mental Health Awareness Month | NAMI](#)

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## Summer Safety

[Sun safety tips | UnitedHealthcare | UnitedHealthcare \(uhc.com\)](#)

## Dental Health

[Dental health | UnitedHealthcare \(uhc.com\)](#)

# July Well Walk



**WED 7/31 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)



THU  
JULY  
25

## 2024 Self Care Series: Compassion Fatigue to Compassion Satisfaction

11am EST | Click here to register: <https://my.demio.com/ref/qpxs9cSPllkuU6Ht>

Helpers need help too. If you're in a role of taking care of others with little time left for yourself, fatigue can creep in fast. Learn how to take care of you so you can keep taking care of others.

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

## Sustainability

[Sustainability Bootcamp Recap](#) - Thurs, Aug 1 at 3:30 🍌🌿

Join us to hear about the exciting travels of six Columbus State Students who learned about sustainability in the French Caribbean and France. This is an opportunity to hear about the program, network with folks, meet fellow club members, and celebrate student achievements. Our partners from Columbus City Council and SWACO will also be joining us.

[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



JULY

# VIRTUAL EDUCATION

CHECK OUT THIS MONTH'S VIRTUAL EDUCATION FROM ACCELWELL!

## THIS MONTH'S TOPIC:

**BENEFITS OF ELECTROLYTES  
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](mailto:coach@accelwell.com)  
*Your Coaches are here for you!*

## FOLLOW US



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# 2024 Financial Wellbeing:

## Preparing you for expected & unexpected change

### COPEC

Financial Fridays Workshops (Virtual)

[COPEC Retirement Decisions Workshop - Financial Wellness Education \(copeceducation.org\)](https://copeceducation.org)

### BMI Federal Credit Union

Financial Education: [BMI Federal Credit Union](https://www.bmifcu.org).

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

Take advantage of these in-person financial workshops:

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

### BMI Financial Tip: Include Fun Activities

Keep track of where your money is going by assigning every dollar earned a place in your budget. Don't overlook nonessential items; fun activities are just as important to include to help avoid overspending.

Explore the [Creating a Budget](#) module for tips and strategies on building a successful budget.

## Get Involved with AccelWELL!



THU  
JULY  
25

### Telephonic Health & Nutrition Coaching

with Emily Bailey, RD, CSSD, LD, NASM

Private Sessions Available 10:00am – 3:00pm EST

#### HOW TO SIGN UP:

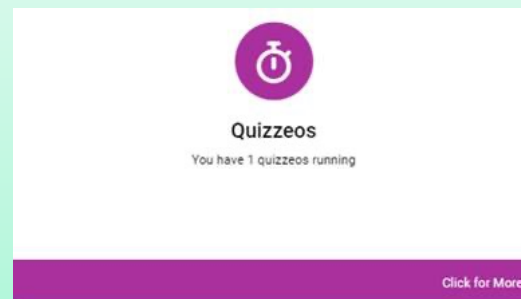
From your AccelWELL 3.0 portal or WellSteps app, select the **menu** in the upper right-hand corner.

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.

### There is a new Quizeo for this quarter!



Check this out by going to your AccelWELL portal, and you'll find it on the dashboard! This one focuses on resilience and learning how to take challenges in stride. Learn how to face life's changes with a new-found confidence!

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 +** - George Johnson-Gamm

**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



# JULY



## *Stars & Stripes Workout*

50  
JUMPING  
JACKS

13  
PUSH-UPS

50  
CRUNCHES

13  
SQUATS

50  
SECOND  
PLANK HOLD

13  
JUMP LUNGES

Complete as many rounds as possible in 20 minutes

# Benefits of Electrolytes



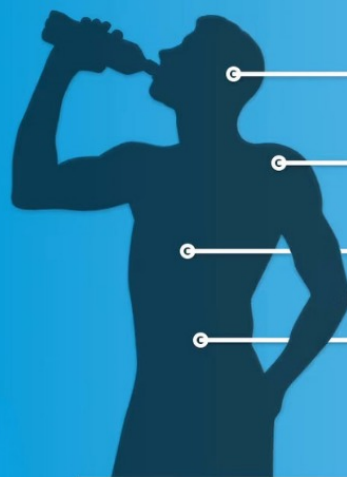
## What are they?


Electrolytes are any substance that produce positively or negatively charged particles when dissolved in water. When active in the body, they are used by cells to contract muscles, regulate heart rate, produce protein, and maintain a proper hydration balance.

## Who needs them?


EVERYONE needs electrolytes to maintain normal body function. It is a common misconception that only athletes or people who have finished a tough workout need electrolytes. While these people may be more dehydrated than others, it is essential for everyone to maintain a proper electrolyte balance, leading to better body performance.


## FUNCTION OF ELECTROLYTES



 Generation of nerve impulses

 Muscle contraction

 Maintaining fluid and blood volume

 Balance body's acid/base (PH) level

## GOOD SOURCES OF ELECTROLYTES

- bananas
- avocados
- spinach/kale
- potatoes
- citrus
- strawberries
- watermelon
- yogurt
- pistachios
- beans/lentils
- tofu
- almonds
- peanuts
- turkey
- fish
- chicken
- lemon juice
- sports drinks
- coconut water
- milk
- pickles
- sea salt
- oats
- electrolyte packets





# HOW MANY ELECTROLYTES DO YOU NEED?

There are 6 main electrolytes (minerals) that are key in the body.

## 1 SODIUM

Sodium is most abundant in the body. It plays a critical role in helping cells maintain the right balance of fluid. Sodium helps cells absorb nutrients in the body.

## 2 MAGNESIUM

Magnesium is extremely useful. It helps control a steady heartbeat, supports the immune system, keeps bones strong, and helps with normal nerve & muscle function.

## 3 POTASSIUM

Potassium works with sodium to manage fluid levels. It also helps manage blood pressure, muscle contraction and is important for heart function.

## 4 CHLORIDE

Chloride helps balance fluid and nutrient flow in and out of cells. It helps support good digestion, and leads to an optimal exchange of oxygen & carbon dioxide.

## 5 CALCIUM

Calcium is most known for helping keep bones and teeth strong. It is also necessary for metabolic function, blood clotting, and heart rhythm regulation.

## 6 PHOSPHATE

Phosphate bonds with calcium and is essential in cellular energy production. It is used in the formation of DNA and RNA, and helps with enzymatic reactions

**HOW TO AVOID AN ELECTROLYTE IMBALANCE**

- Use High Quality Salts
- Optimize Hydration
- Consume Trace Mineral Rich Foods
- Reduce Stress Levels
- Check With Your Doctor on Your Medications
- Be Careful About Excessive Activity and Sweating
- Make an At Home Electrolyte Solution
- Use an Advanced Electrolyte Formula

**MAIN CAUSES OF AN ELECTROLYTE IMBALANCE**

- Fluid Loss From Heavy Exercise or Physical Activity
- Sweating
- Vomiting or Diarrhea
- Poor Diet Low in Essential Nutrients
- Malabsorption of Essential Nutrients
- Medications including Antibiotics, Diuretics and Chemotherapy Drugs
- Major Diseases and Medical Conditions

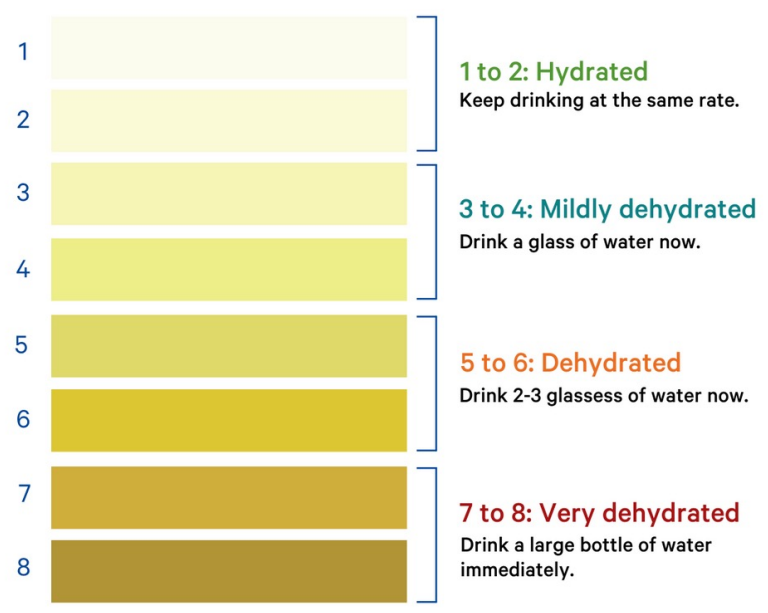
# ACTIVITY OF THE MONTH



For this activity, track your urine color and frequency for 3 consecutive days. Each time you use the restroom, take note of what color in the chart to the right most closely matches the color of your urine. Based on the color of your urine, you can determine whether or not you are properly hydrated. Increase or maintain your hydration accordingly.

## URINE COLOR CHART

Are you drinking enough water?



Source: Healthdirect

EX: Monday			
<ul style="list-style-type: none"> <li>• 6am: 5/dehydrated</li> <li>• 9:30am: 3/mildly dehydrated</li> <li>• 1pm: 2/hydrated</li> <li>• 4:25pm: 3/mildly dehydrated</li> <li>• 9pm: 2/hydrated</li> </ul>			

Based on your tracking, do you generally stay well-hydrated or are you generally dehydrated to some degree? If you need to increase your hydration, what is one strategy you could use to work towards maintaining a more hydrated state?





## Roasted Cauliflower Lettuce Wraps

### Ingredients (Serves 6)

#### Cauliflower:

- 6-8 cups small cauliflower florets
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- butter lettuce cups (6 large leaves)
- 1/4 cup crushed peanuts
- 2 tablespoons minced chives
- spicy mayo (1/4 cup mayo with a 1 teaspoon of sriracha)

#### Sauce topping:

- 1/2 cup soy sauce
- 1/4 cup brown sugar
- 1 clove garlic
- 1 tablespoon rice vinegar
- 1 tablespoon sriracha
- 1 tablespoon toasted sesame oil
- 1 tablespoon chili paste or sriracha
- 1/2 tablespoon cornstarch



### Instructions

1. Roast the cauliflower: Preheat oven to 450°F. Toss cauliflower with a drizzle of oil and a pinch of salt. Roast for 30 minutes.
2. Make the sauce: Blend everything in a food processor or blender until smooth. Simmer in a saucepan over low heat until sauce thickens slightly.
3. Pour sauce directly onto the roasting pan - just enough to get the cauliflower nice and saucy. Toss gently to combine.
4. Arrange the sauced up cauliflower in lettuce cups. Top with extra sauce, crushed peanuts, chives, and a drizzle of spicy mayo. Yum!

<https://pinchofyum.com/>



## Health benefits of Cauliflower



- Cauliflower is low in calories and high in nutrients
- A good source of Vitamin K & C
- High in fiber, promoting better digestive health
- Rich in antioxidants
- High in choline, which helps prevent several diseases
- A low carb alternative to grains
- Low sodium, low fat, cholesterol-free



## CRUNCHY BROCCOLI SALAD Ingredients (Serves 6)

- 4 cups chopped broccoli
  - 1 (15 oz) can garbanzo beans, drained and rinsed
  - 1/2 cup dried cranberries
  - 1/2 cup roasted sunflower seeds
  - 1/3 cup diced red onion
  - Salt, to taste
- Maple Mustard Dressing:
- 1/3 cup olive oil
  - 1 tablespoon pure maple syrup
  - 1 tablespoon apple cider vinegar
  - 1 teaspoon Dijon mustard
  - Salt and pepper, to taste

## Instructions

1. Add all salad ingredients to a large bowl and mix until combined.
2. Add all dressing ingredients to a small jar and whisk until combined. Pour over salad and mix again until combined.
3. Season with salt, to taste, if desired. Salad can be served immediately or refrigerated for up to 4 days.

*\*Add protein of choice to make this salad a complete meal.*

<https://www.shelikesfood.com/crunchy-broccoli-salad/>

## BLUEBERRY BAKED OATMEAL Ingredients (Serves 9)

- 2 ¾ cups old fashioned rolled oats
- 1 ½ tbsp chia seeds (optional)
- 1 tsp baking powder
- ¼ tsp fine salt
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ⅓ cup maple syrup or honey
- 1 ripe banana, mashed
- 2 large eggs
- 1 ½ cups milk of choice
- ¼ cup melted unsalted butter or coconut oil
- 2 tsp pure vanilla extract
- ¼ cup almonds, sliced or chopped + more for topping (omit for nut-free)
- 1 ½ cups frozen blueberries, do not thaw (may sub fresh)

## Instructions

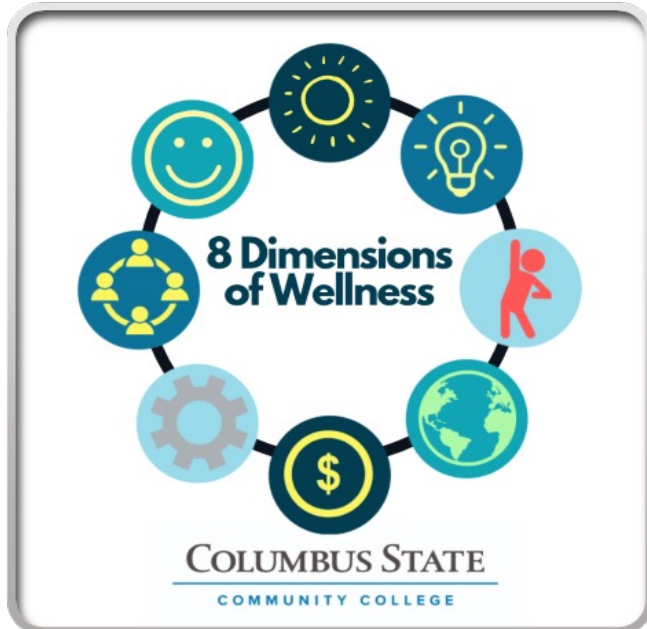
1. Preheat oven to 375°F. Spray a 9×9 or 8×8-inch baking dish with cooking spray.
2. In a bowl, combine all ingredients and mix. Transfer to the prepared dish. Top with a few additional frozen berries and sliced almonds, if desired.
3. Bake for 30–35 minutes or until center is set. Let sit for 10 minutes before serving.
4. Top with whipped topping or yogurt and maple syrup if desired.

<https://therealfooddietitians.com/>



# 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.



“ACCEL\_WELL”

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Inspire Purpose • Drive Performance