

Cougars Wellbeing Newsletter

June 2024 | Issue 46

Table of Contents

02 Upcoming Events

07 Workout of the Month

08 Footwear 101

10 Activity of the Month

11 The Dish
Recipes Curated by AccelWELL

12 Your Wellbeing Advisory Committee

FOOTWEAR 101
LEARN MORE ON PAGE 8!



MAY
RAFFLE WINNER:
Destress & Calm Kit

Michael Caruso

CONGRATULATIONS!

JUNE

Happy Summertime!!

The Benefits and HR Teams are preparing to bring you a massive fall Wellbeing event. We have heard you through surveys/emails/group settings and now want to incorporate that feedback into an event and 2024-2025 programming.

Please mark your calendars for September 26, 2024. (more details coming)

In the meantime, I encourage you to reflect on your wellbeing and how well 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

Men's Health

Often men will put taking care of themselves behind work or other interests. Amidst everyday life tasks, it is easy to forget scheduling routine exams. It may seem unimportant if you feel fine. However, it is "important" to keep yourself healthy and remind our male family and friends to make themselves a priority. Unfortunately, men are at a greater risk for health conditions such as heart disease, stroke, depression, lung cancer and prostate cancer. African-American men are at greater risk for stroke and prostate cancer. Making small lifestyle changes can positively impact overall wellbeing. (UHC)

[Men's preventive health tips | UnitedHealthcare \(uhc.com\)](#)

[UAW: Men's Health \(brainshark.com\)](#)

Pride Month

"Cultivating Resilience; Harvesting Hope" USDA Pride theme 2024 & **"Reflect, Empower, Unite"** NYC Pride theme 2024

- The FBI's annual crime report showed a [+19% increase in anti-LGBTQ bias crimes](#), and a [+35% increase in anti-transgender bias crimes](#).
- Online hate is leading to real world violence. This is recognized by [86% of Americans outside of the LGBTQ community who agree exposure to hate content online is leading to violence in the real world](#).

(GLADD [Pride Facts](#) | [GLAAD](#))

[March with Columbus State at Pride - CougarConnect \(csc.edu\)](#)

Juneteenth

Juneteenth celebrates African American resilience and achievement while aiding in the preservation of those historical narratives that promoted racial and personal advancement since Freedom Day. (National Museum African American History).

[Juneteenth | National Museum of African American History and Culture \(si.edu\)](#)

[2024 Count-Down JUNETEENTHOHIO FESTIVAL - JuneteenthOhio Festival](#)

[Juneteenth - Jubilee Day Festival - Ohio History Connection](#)

[Juneteenth - King Arts Complex](#)

June Well Walks



TUE 6/18 at 12pm & TH 6/27 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

Columbus Campus Runners - Conversational-Pace 5k Run Club

Each Friday morning at 6:30am, join us in front of a local coffee shop before we tread the concrete paths around central Columbus college campuses. All are welcome! Contact to get exact location David Millikin, dmillikin@csc.edu



CancerBridge

THU JUNE 13 **2024 Financial Wellness Series: Retirement Benefits and Estate Planning**

11am EST | [Join Here](#)

This session will cover some of the most important rules associated with leaving your unused retirement benefits to your heirs.

THU JUNE 20 **2024 Support Series: Early Warning Signs of Cancer**

11am EST | [Join Here](#)

This presentation will cover the typical signs/symptoms associated with cancers, review the general presentations of cancers as well as review preventative care strategies and cancer screening recommendations.

THU JUNE 27 **2024 Self Care Series: Mind-Body Practices to Calm Anxiety**

11am EST | [Join Here](#)

Sometimes stress is caused by the constant worry of "What if?" and "What else?" Learn mind-body practices to shift out of worry and into resilience.

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

For questions about these events: hello@mycancerbridge.com

Sustainability

Ready to Garden? Check out this year's [gardening trends from Beter Homes and Garden](#). #1: Eco-Conscious Gardens!

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



JUNE

VIRTUAL EDUCATION

CHECK OUT THIS MONTH'S VIRTUAL EDUCATION FROM ACCELWELL!

THIS MONTH'S TOPIC:

FOOTWEAR 101
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
Your Coaches are here for you!

FOLLOW US



"Accel_well"



"Accelwell"



"Accelwell"

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.

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
JUNE
27

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 with questions or for support.

Participate in the virtual Low-Impact Cardio Video below!

Join Coach Emma for a 25-minute low-impact cardio workout that will get your heart pumping without any jumping! Click [HERE](#) for the full video with movement demonstrations, then submit this survey [HERE](#) to let us know you completed the workout.



Earn entry into a raffle to win [LMNT Electrolyte Sample Packets](#) for successfully completing the workout & filling out the survey!

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://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 with questions.



Employee Resource Groups

[Employee Resource Groups | Columbus State Community College](#)

Columbus State's Employee Resource Groups (ERGs) are here for you! As a program of the Office of Diversity, Equity, and Inclusion, 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

June

OUTDOOR WORKOUT



RUN, JOG, OR WALK

- Begin workout with a 5 minute warm-up run, jog, or walk.
- Finish workout with a 5 minute cool-down run, jog, or walk.

BENCH STEP UPS WITH KNEE DRIVE

2 x 20 on each leg

*Use a park bench if outside

BENCH DIPS

2 x 20 tricep dips

KNEE TUCK CRUNCHES

2 x 12

HIP BRIDGE KNEE DRIVE

2 x 20 alternating

REVERSE PLANK

Hold for 30 seconds,
2 times.

FOOTWEAR 101

CHOOSING THE RIGHT SHOE IS MORE THAN JUST A FASHION STATEMENT

FOOT HEALTH IS IMPORTANT, BUT OFTEN OVERLOOKED. PROPER FOOTWEAR CAN PLAY A VITAL ROLE IN PREVENTING A VARIETY OF FOOT CONDITIONS.

FOOTWEAR BASICS

Things to consider when choosing the correct shoe:

- comfort of the shoe
- how the shoe fits
- what you are wearing the shoe for



FOOT SUPPORT

The quality of support in your shoe is equivalent to the quality of the foundation of your body throughout the day.

Look for shoes with a firm foundation and good arch support. When given the option, always choose shoes with laces instead of slip-ons.

Prioritizing support can help prevent future joint and leg pain.

COMFORT SHOULD ALWAYS BE A TOP PRIORITY!

COMPLICATIONS FROM CHOOSING THE WRONG SHOE

A common misconception is that shoes need to be "broken in" to be comfortable. In reality, proper shoes should be comfortable from the moment you try them on.

Trendy doesn't always mean they are made for comfort. If shoes are uncomfortable - you are not going to wear them.



TIPS ON CHOOSING THE RIGHT SHOE

KNOW YOUR FEET

- Get your feet measured - make sure they determine the length and width of your foot.
- Feet are typically slightly different in size, so make sure you choose a shoe size that fits the larger foot.



AVOID BRAND LOYALTY

Everyone's foot is different! A certain brand or style may fit one person, but not the next. Don't get hung up on brand names - choose the right shoe based on the comfort YOU get from the shoe.



Weightlifting shoes should offer ankle stability and support. Look for good traction & a slight heel lift. Range of motion is also an important factor.

Running shoes should be sturdy, yet flexible to ensure support and full range of motion. Select shoes that will avoid chaffing around toes and ankles.



TIP

Shop for shoes in the afternoon - feet are known to swell or expand during the day.

KEYS TO THE PERFECT EVERYDAY SHOE

- **Sole Protection:** shoes you wear on a daily basis should have a thick sturdy sole to protect your feet from normal wear & tear.
- **Arch Support:** if you are up moving around a lot, optimal arch support will help prevent future foot pain/conditions.
- **Lack of Irritants:** tags, seams, or loose strings can cause irritation - look out for these.

FORMAL SHOES / WORK SHOES

If your work requires formal shoes, try and opt for flats when possible. Low, kitten heels or wedges will also lead to a more comfortable wear. High heels are hard on your feet! If attending a formal event, and higher heels are necessary, minimize walking as much as possible & pack more comfortable shoes for after the event.

ACTIVITY OF THE MONTH



For this activity, you are encouraged to pull out all your shoes to see if they are serving you and your body well. Start by listing the shoe, then noting the fit, comfort, support, & wear on the shoe. Circle yes (Y) or no (N) for each category. Based on your answers, you can ultimately decide if this shoe is working well for you or if it needs to go!

SHOE INVENTORY

SHOE	FIT	COMFORT	SUPPORT	WEAR & TEAR
	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N
	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N
	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N
	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N
	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N
	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N
	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N
	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N	<input type="radio"/> Y / <input type="radio"/> N

Shoe: List the shoe in a way you would describe it (ex: white running shoes or black dress shoes.)

Overall Fit: Consider how the shoe fits both from a length and width perspective. (Does your foot have room within the shoe or does it feel cramped?)

Comfort: When you put on the shoe and walk around, is it comfortable? Does the shoe have any uncomfortable features like a seam or tag that rubs?

Support: Does the shoe feel supportive enough for your feet?

Wear & Tear: Does the shoe still have raised treads on the bottom? Is it free from tears & other damage?



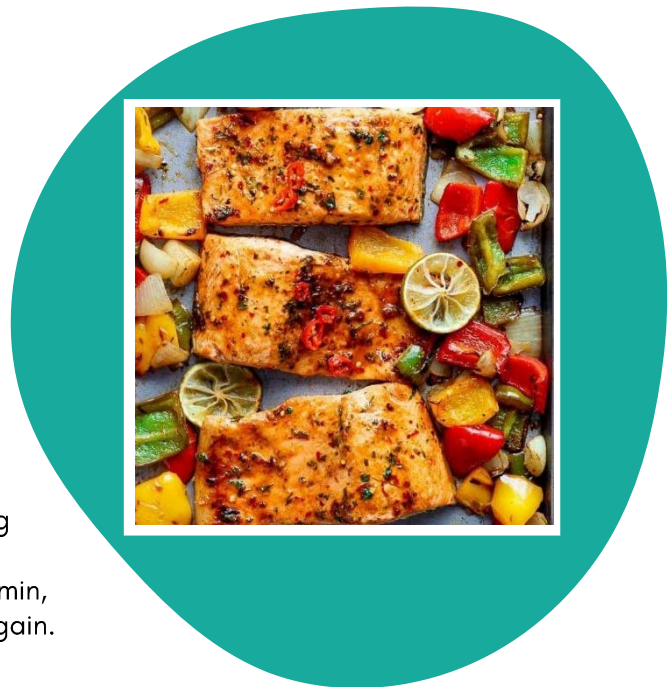
SHEET PAN CHILI LIME SALMON

Ingredients (Serves 4)

- 1/2 cup freshly squeezed lime juice
- 1/4 cup fresh chopped parsley
- 2 tablespoons olive oil
- 2 tablespoons water
- 1 tablespoon minced garlic
- 1 1/2 teaspoons red chili flakes
- 1 teaspoon ground cumin
- 1 1/2 teaspoons salt
- 1 tablespoon honey
- 4 salmon fillets
- 1 red bell pepper, deseeded and chopped
- 1 green bell pepper, deseeded and chopped
- 1 yellow bell pepper, deseeded and chopped
- 1 onion, cut into wedges

Instructions

1. Preheat oven to grill/broil setting on high heat. Spray a baking sheet with cooking oil spray; set aside.
2. Whisk lime juice, parsley, olive oil, water, garlic, chili flakes, cumin, salt and parsley together to combine. Add honey and whisk again.
3. Arrange salmon fillets, peppers and onion in a single layer on prepared baking tray; pour half of the marinade on top.
4. Broil / grill until the peppers are just beginning to char at the edges (about 10 minutes) and the salmon is cooked to your liking (about 10 minutes). Remove from the oven and serve immediately with lime wedges and remaining marinade for added flavor.















<https://cafedelites.com/sheet-pan-chili-lime-salmon/>



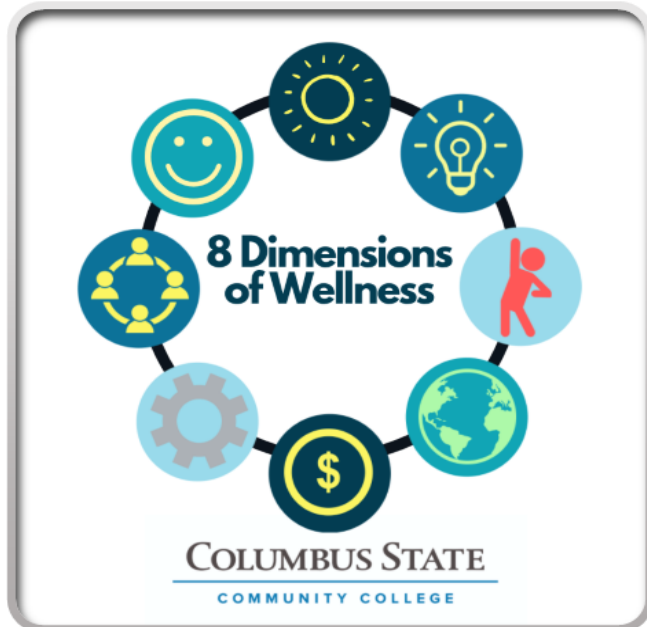
JUNE

PRODUCE GUIDE

 MANGO	 RASPBERRIES	 LEMONS	 APRICOTS	 STRAWBERRIES	 BLUEBERRIES
 LEEKS	 AVOCADO	 TOMATOES	 ZUCCHINI	 RADISHES	 ASPARAGUS

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”

Follow Us on Social Media!



Accel**WELL**

Inspire Purpose • Drive Performance