



MY wellness

Employee Wellness Newsletter

EAP Changes for July 2020

by Lanell Covington-James

We are excited to announce that the District Employee Assistance Program (EAP) will be changing from Mental Health Network (MHN) to Anthem EAP effective July 1st. This changeover to Anthem Blue Cross provides access to a great network of providers, as well as the ability for better integration between the MHSA and the EAP. The EAP is offered to all District employees as well as their immediate family members who are living in their household. Even if the employee is not eligible for benefits.

Our District EAP offers a number of services to assist with many of the following challenges that may be impacting you or your family during these unprecedented times:

- Depression and anxiety
- Fear and isolation
- Health impairment
- Stress
- Child-care and virtual schooling issues
- Elder-care issues
- Financial challenges
- Housing concerns
- Family issues
- Sleep issues

If you are an Anthem Blue Cross member, the phone number to access this benefit will be listed on your new Anthem ID card. You may also access the [REEP EAP](#) flyer found on the MSJC website for further information.

All Kaiser members, or non-benefit eligible employees, should refer to the REEP EAP flyer for information on how to access services.

Please Note: Kaiser members will continue to utilize Managed Health Network (MHN), for their mental health needs that are not covered under EAP. To receive and pay for services you just need to provide them with your medical coverage information (i.e. Medical ID card from Kaiser). You may contact MHN at (888) 327-0020 or at www.members.mhn.com.



Keep Your Cool

Here we are - months into a global pandemic. Just as we thought we may be heading toward some type of normalcy, things halt again. We are used to summer temperatures rising, but this summer, you may need to make sure your temper doesn't rise. It gets frustrating to wear a mask every day, especially with warmer temperatures, but keeping up with this habit makes things safer and healthier for all of us. Keep your cool by [wearing a cotton](#) face mask or limit your time outdoors.

Healthy Tip!

July is considered [Social Wellness Month](#). Take time this month to connect with others to build relationships. [Try these tips](#) for stronger connections.

July Events

3 Holiday - Fourth of July

22 Wellness Wednesday Walk

Holiday - Fourth of July
July 3, 2020 / campus closure

Wellness Wednesday Walk
July 22, 2020 / 10:30 am / Work From Home locations



Inspiration - Summer Feet

by Nicole Piña

Oh the joys of summer! The stories by the campfire; the endless sunshine. It may very well be my favorite time of year. Until all the street fairs got cancelled and summer magic was dimmed with the lack of outdoor concerts. It's enough to make me say bah humbug!

In an effort to remember summer magic, I spent some time reflecting on the stories that make me believe summer is the best time of year. I thought about my childhood, spending all day at the beach, without a care in the world. The soft sand splitting land and sea, sifting through my toes. The saltwater hair was enough to create a primal memory. The joy. The ocean. The protection of family.

Some of my most memorable summers were with my kids when they were toddlers. I used to set up a small kiddie pool on the patio of our little 2 bedroom apartment. Their tiny toddler feet kicking and splashing in the water was the most fun to watch! Their wonder! The silly songs we used to sing! These were the days that went quicker than summer itself.

Another memory came to mind. I recalled running through the just-cut grass, barefoot of course, when I stepped on a bumble bee. My joy froze. I tried to brush it off, thinking it was a rock that I stepped on, but that stinger was in there! I had to attend to my foot, which slowed my summer down. One of life's lessons. The proverbial sting. I started wearing flip flops after that and became slightly more cautious.

A theme came to mind. Summer feet. With the CDC guidelines, we are to keep 6-feet away from one another. I guess I can add this to my summer "foot" memories. For now, I will keep my [feet well](#), stay 6-feet away from others, and bask in the distance storytelling of summer.

Watermelon Cake

by Veronica Jones

Watermelon cake is one of my favorite desserts to make for Fourth of July.

It's not only delightful, it is gluten free, grain free, dairy free, and vegan! The other perk is that it is no-bake, which means no heating up your oven during the summer. Plus, you can take advantage of the fresh summer fruit and get creative with various colorful toppings like blackberries, raspberries and blueberries.

The red, white and blue colors make it a perfect dessert for this weekend's patriotic holiday. Enjoy!



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**No matter what
 accomplishments
 you make,
 somebody helps you.**
-Wilma Rudolf

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MSJC Employee Wellness