

# MY wellness

Employee Wellness Newsletter

## Scrumptious Summer Foods

by Wellness Taskforce

Summer is almost here and time to celebrate the season while eating healthy! Make your 2021 summer one to remember - wash your hands often, wear sunscreen dutifully, and celebrate each moment with a scrumptious sample of all summer has to offer! Add these vitamin rich foods to your summer days to get the most out of fresh taste and health benefits:

- [Frozen Fruit Bars](#) - cool down with a frozen blueberry pop packed with Vitamin C and potassium.
- [Asian Cucumber Salad](#) - add this tangy salad as a side dish to any meal, or as a crunchy snack. Cucumbers promote hydration and are high in nutrients.
- [Grilled Chicken Skewers](#) - Cook your impaled meats on the grill! Grilled chicken skewers add a good amount of protein to maintain muscle mass and energy.
- [Cherry Smoothie](#) - get the most out of your frozen treats with a dairy-free, vegan, cherry smoothie! Cherries are high in Vitamin A and calcium to support a healthy immune system.
- [Watermelon Sorbet](#) - frozen watermelon and lime create this delicious dessert! The watermelon lowers inflammation and limes reduce heart disease risks factors.
- [Garden Fresh Grilled Veggie Pizza](#) - make sure to eat your veggies with a yummy grilled veggie pizza. Tomatoes add heart health benefits while the zucchini adds fiber and onions reduce cholesterol levels.
- [Campfire Potato Nachos](#) - this dish can be made by the campfire, or on the grill. Packed with fiber from potatoes and black beans, top this dish with superfood avocados and you have a satisfying summer dish with almost no cleanup!



## Open Enrollment Ends June 2, 2021

Our Open Enrollment period ends on June 2, 2021. Open Enrollment is the time to make any changes to your health and welfare benefits. Changes made during Open Enrollment become effective on July 1, 2021 through June 30, 2022. For more information, please visit [Human Resources - Benefits webpage](#).

## Healthy Tip!

Keep moving! Get up and go - take your dog for a walk, take the stairs instead of elevator, park in the furthest parking spot from the store, practice push-ups while watching TV.

## June Events

- 2 Open Enrollment Ends
- 17 Bounce Back Stronger - EAP Webinar

**Open Enrollment Closes**  
June 2, 2021 / 4:00 pm

**EAP Webinar - Bounce Back Stronger**  
June 17, 2021 / 3:30 pm - 4:30 pm  
RSVP via [Professional Development](#)



## Grilled Corn Salad

Add a new spin on your typical salad with the no-lettuce Grilled Corn Salad. Packed with high fiber and valuable Vitamin B, grilled corn is a summer classic. Try this recipe for Grilled Corn Salad for a great start to summer:

- 5 medium ears corn, husks on
- 2 medium zucchini
- 2 tablespoons olive oil, more for the zucchini
- 1 teaspoon salt, divided
- 1 teaspoon freshly ground black pepper, divided
- 2 cups cherry tomatoes, halved
- 1/4 cup minced garlic scapes
- 1 teaspoon lemon juice
- 1 tablespoon apple cider vinegar
- 5 medium basil leaves, minced
- 1 tablespoon chives, minced
- 1/4 cup crumbled feta cheese

### Instructions:

Grill the corn cobs until tender.

While corn is grilling, cut zucchini into long strips - cover with olive oil, salt, and pepper and add to the grill for a few minutes.

Cut zucchini into small cubes and cut kernels off the cob. Gather dressing ingredients (olive oil, lemon, garlic, vinegar, basil, chives, salt and pepper). Whisk together. Toss the corn kernels with the diced zucchini and halved cherry tomatoes.

Mix with prepared dressing.

Add feta cheese crumbles and fresh herbs.

This salad includes nutrient rich zucchini and cherry tomatoes which add Vitamin C to this dish. Enjoy!

## Bounce Back Stronger

brought to you by Keenan & Associates

Along with our Employee Assistance Program (EAP), our insurance provider is offering the **Bounce Back Stronger** webinar for June 2021:

**Bounce Back Stronger**  
**Thursday, June 17, 2021**  
**3:30 pm - 4:30 pm**

Resiliency is all about bouncing back. No matter what life throws at us, we can always learn tips and techniques that we can use daily to help us bounce back and become more resilient, no matter what we go through. This seminar will leave participants feeling empowered that they have the knowledge of what steps they need to take to become more resilient.

Register for this webinar via the [Professional Development SharePoint](#). Employees that attend the live webinar are entered in an opportunity drawing for a chance at a \$50 Amazon gift card. Drawing winners are notified within 2 weeks of the webinar.

The [Employee Assistance Program \(EAP\)](#) is a free service to MSJC employees and members of their household. Call (800)999-7222 or visit [www.anthemEAP.com](http://www.anthemEAP.com) and enter code REEP.

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 When health is absent,  
 wisdom cannot reveal itself,  
 art cannot manifest, strength  
 cannot fight, wealth becomes  
 useless, and intelligence  
 cannot be applied.  
 — Herophilus

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