



MY wellness

Employee Wellness Newsletter

Open Enrollment Health Fair!

by MSJC Benefits

It's that time of year again - Open Enrollment! Please join us at the Health Fair to learn more about your MSJC health and welfare benefits to support your health and well-being!

The Open Enrollment Health Fair is scheduled for:

Thursday, May 3rd

San Jacinto Campus / 8:00 am - 11:30 am / Room 200
Menifee Valley Campus / 1:00 pm - 4:30 pm / Room 814

Tuesday, May 8th

San Jacinto Campus / 8:00 am - 11:30 am / Room 200
Menifee Valley Campus / 1:00 pm - 4:30 pm / Room 814

Representatives will be available to answer your health and wellness questions including those from Anthem, Kaiser Permanente, VSP, MES, Delta Dental and Met Life Dental. American Fidelity will be there to assist with your flex spending, dependent care, and 403b questions. Keenan & Associates will be on hand to answer questions on life insurance, wellness programs and Benefit Bridge.

Open Enrollment is May 1 through May 31st - make the changes to your health through the valuable employee resources provided by MSJC! There will be raffle prizes, freebies and breakout sessions for Complete Care (MERP).

You may make your [Open Enrollment](#) changes via Benefit Bridge beginning May 1. Make use of our generous benefits to make a healthier you!



Gratitude

How can you turn gratitude into a daily habit? Grab your favorite notebook and make a point every day to write down three things you are grateful for. Take it a step further and jot down at least one thing that you will do for someone else. There are a multitude of things you can do for others like spend quality time with someone you appreciate, send a handwritten letter to a friend instead of a text or send coloring books to the children's hospital. Gratitude is a state of feeling grateful and eager to show your appreciation. That feeling motivates us to return the kindness in any small way we can.

Healthy Tip!

Do something that brings you joy every day to increase your happiness.

May Events

3 & 8 Open Enrollment Health Fair

16 Wellness Wednesday Walk

Open Enrollment Health Fair

May 3, 2018 / 8:00 am / SJC Room 200
1:00 pm / MVC Room 814

May 8, 2018 / 8:00 am / SJC Room 200
1:00 pm / MVC Room 814

Wellness Wednesday Walk

May 16, 2018 / 10:30 am / SJC @ Eagle MVC @ Café / THEC/TEC @ Ent. / SGP @ 100



Inspiration - Hiking

by Nicole Piña

The month of May brings us a season of new horizons. Graduates will celebrate the completion of their educational goals in a new venue. Faculty and staff take stock for another successful semester. Spring blooms are in full glory in backyard gardens, county parks and even roadside. You may be inspired by this season of new horizons - if so, take a hike!

Hiking has many benefits for physical health as well as emotional and **mental well-being**. A hike on uneven terrain increases the energy your body uses compared to walking on flat ground. Your heart rate and metabolic rate goes up and you burn more calories. Hiking increases your balance and calms your brain due to the different sights, smells and sounds. The mental achievement of hiking is my personal favorite, whereas I announce "I have climbed the mountain and turned around" in the most cliché way possible.

The varied landscape of a hike is invigorating. If uniform and industrious treadmills in your neighborhood gym just don't entice you to get moving, perhaps the serenity of nature will. There are many choices for hiking trails in our local area. Beginning hikers can start with Santa Rosa Plateau Ecological Reserve in Murrieta. Beginning or intermediate hikers can work their way up Lake Perris State Recreation Area. Advanced hikers can trek up a variety of trails at Box Springs Mountain in Moreno Valley.

Hike with your family. Hike with your friends. Celebrate the new horizons in your life, however large or small, with a hike for the sights, smells and sounds of spring time.

Healthy Cooking

by Jeannine Stokes

It is spring and time to bring out the grill for a light and easy, fresh dish! Make sure you have the grill, skewers, and lemons ready for this yummy recipe:

Lemon Herb Garlic Chicken Skewers

- 10-12 chicken breast tenders
- 1 bottle lemon pepper marinade
- 1/2 cup extra virgin olive oil
- Fresh lemon juice (4 lemons)
- Zest of 2 lemons
- 1/2 can frozen lemonade concentrate
- 1/2 bottle Orange Muscat Champagne Vinegar (Trader Joes)
- 2 teaspoons chopped garlic
- 1 sprig thyme (dry works as well)
- 1 tablespoon lemon pepper seasoning

Place chicken tenders in glass or plastic dish (not metal). Mix marinade ingredients together and pour over the chicken. Refrigerate no longer than 8 hours but at least 2 hours.

Soak skewer sticks in water for about 1 hour. Remove chicken from marinade and skewer 2 tenders onto the sticks. Grill on high heat with lid open until chicken is cooked, about 10 to 12 minutes.

Enjoy with a green salad for a light springtime meal!

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Silent gratitude
isn't very much
to anyone.
-Gertrude Stein

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