



# MY wellness

## Employee Wellness Newsletter

### Open Enrollment Online 2020

by Lanell Covington-James

Open Enrollment is upon us! While the format may a bit different this year, we are here for you and are happy to answer any questions you may have. This year, [Open Enrollment Online](#) begins **May 1, 2020 at 8:00 am** and runs through **June 1, 2020 at 4:00 pm**.

This is the time of year when [health plan rates](#) are announced and you have the opportunity to make changes to your healthcare plans, add or delete dependents, or sign up for new coverage that begins on July 1, 2020. Due to the current circumstance, we will be conducting online Zoom Meetings in lieu of our face-to-face Health Fair sessions. These Zoom Meetings will be hosted by Keenan, MSJC health insurance representatives, and Lanell Covington-James, MSJC Benefit Analyst at MSJC to answer your health and wellness questions. They will provide an overview of the full array of benefits available to you and how you can best take advantage of our programs.

Due to ongoing developments brought about by the Coronavirus, there are also changes to this year's [American Fidelity](#) Section 125 Benefit Enrollment for the Flexible Spending Accounts (FSAs) and additional benefits. By utilizing GoToMeeting technology, American Fidelity will be able to assist you with your Section 125 Benefit Enrollment from the comfort and safety of your home. We encourage benefited staff members to sign up for an online meeting with an American Fidelity representative, to learn about new benefit options, and review or renew your current coverage.

Please note: This is the only time during the year that you may make changes to your dependent care, flex spending accounts, and/or health and welfare plans without a qualifying event. Changes made during [Open Enrollment Online](#) are effective July 1, 2020 through June 30, 2021. Make use of our generous benefits for a healthier you!



### Open Enrollment Meetings

You may update your benefit changes or schedule an appointment via [Benefit Bridge](#).

Zoom Meetings with Keenan & Lanell:

[Monday, May 4th at 10:00 am - 11:00 am](#)

[Thursday, May 7th at 3:00 pm - 4:00 pm](#)

American Fidelity GoToMeetings (must schedule an appointment):

[May 1, 2020 through June 1, 2020](#)

### Healthy Tip!

Try [meatless tacos](#)! Combine black beans, corn and avocado wrapped in a tortilla for a quick, healthy lunch!

### May Events

**13 Wellness Wednesday Walk**

**25 Holiday - Memorial Day**

#### Wellness Wednesday Walk

May 13, 2020 / 10:30 am / Work From Home locations

#### Holiday - Memorial Day (observed)

May 25, 2020 / campus closure



## Inspiration - Salad for Spring

by Jeannine Stokes

Cooking and baking are things that bring me happiness. I enjoy sharing dishes with others, especially for my mother. Here's a recipe that you can make to honor your mother, or make a big batch and share it with your next door neighbor, or bring half to your single parent friend for a break from homeschooling duties, or you could even package it up and deliver to your quarantined family member that may be feeling lonely (make sure you wear your mask!). You just might brighten someone's day.

### Baby Spinach Salad with Parmesan and Papaya

10 - 12 Servings

4 oz Parmesan cheese

4 ripe papayas

¼ cup extra virgin olive oil

1 tablespoon white balsamic vinegar

2 teaspoons red wine vinegar

½ teaspoon sea salt

1 ½ teaspoons, freshly ground pin peppercorns

plus extra for garnish

10 cups (10oz) baby spinach

Using a vegetable peeler, shave the cheese into thin ribbons. Set aside. Peel and seed the papayas, then cut them into cubes.

In a large salad bowl, combine the olive oil, vinegars, salt, ground peppercorns and mix well with a whisk. Add the spinach and toss well to coat. Add the papayas and half of the cheese and turn gently to coat. Top with the remaining Parmesan and garnish with more ground peppercorns. Serve at once. If you are delivering this dish, package the dressing separately.

## Activity - at Home

by Nicole Piña

Get active this month with a variety of exercises, to build muscle, improve your cardiovascular health, and to have some fun! Here are a few ideas for exercises you can do at home:

- Purchase a jump rope - Jump to your favorite songs
- Start with morning push-ups - Set a goal and achieve!
- Use canned foods as weights - Arm curls on the cheap
- Download a fitness app - Stay on track
- Visit YouTube for free workouts - Yoga, Pilates, Full Body workouts, and Strength Training
- Get the whole family their own hula hoop - Have a contest to see who can keep it going
- Dust off that exercise equipment in your garage or storage - Use what you have to build muscle
- Switch up your routine - Always drive to the grocery store? Walk instead to get your fitness in
- Have a new love for cooking while in quarantine? - Do squats or lunges while you stir that gourmet dish
- Walk (or run) the stairs at your home or apartment - Built in Stairmaster!
- Dance, Dance, Dance - Get that blood pumping with some great music
- Bike around your neighborhood - Stay safe and get some fresh air

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All great changes are  
preceded by chaos.

-Deepak Chopra

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JC Employee Wellness