



MY wellness

Employee Wellness Newsletter

Healthy Easy Lasagna Bake

by Jeannine Stokes

Prepare for a cozy night in with this delicious lasagna bake recipe. This recipe is packed with calcium for strong bones (low fat cheeses), protein for healthy muscles (lean meats), and fiber (veggies!):

Healthy Easy Lasagna Bake

6 Servings

1 pound elbow macaroni, cooked

1 pound ground lean meat

2 eggs

1 pound low fat ricotta cheese

1/2 cup grated Parmesan cheese

Salt and pepper for seasoning

1 jar low sugar spaghetti sauce 24-26 ounces

3 cups shredded low fat mozzarella cheese

3 cups veggies (diced zucchini, shredded carrots)

Preheat oven to 350°, coat a 9x13 baking pan with olive oil. Brown lean meat and drain well. While meat is cooking, stir together eggs, low fat ricotta, Parmesan cheese and salt and pepper. Mix cooked meat, macaroni, sauce and veggies. Add low fat ricotta mixture and blend well. Spread half macaroni mixture evenly in prepared pan, top with a cup of low fat mozzarella cheese and a sprinkle of Parmesan cheese (if using). Add the remaining macaroni mixture on top and another cup of low fat mozzarella and another sprinkle of Parmesan. Cover with foil and bake for about 20 minutes. Remove the foil cover and bake for another 15 minutes until the cheese is lightly browned and bubbly. Yum!



Service and Sacrifice

Please take a moment to consider those that have served and sacrificed for freedom this Veterans Day on November 11, 2019. Take time to recognize and thank veterans in your community. If you are a veteran, share your stories of challenges and accomplishments with others, as appropriate. We salute and honor our veteran employees, students, alumni, and retirees.

Healthy Tip!

Be aware of upcoming flu season - remember to clean your electronics and your hands frequently!

November Events

6 Wellness Wednesday Walk

11 Veterans Day

28-29 Thanksgiving Holiday

Wellness Wednesday Walk

November 6, 2019 / 10:30 am / SJC @ Eagle
MVC @ Café / THEC/TEC @ Ent. / SGP @ 100

Veterans Day

November 11, 2019 / National Holiday -
campus closure

Thanksgiving Holiday

November 28-29, 2019 / National Holiday -
campus closure



Inspiration - Bounty

by Nicole Piña

When the nights get cooler and the days get shorter, it is sometimes difficult to find joy when it feels like we are on the hamster wheel. Morning commute. Busy work day. Dry cleaning pick up before it closes at 6 pm. Feed pets. A few work emails in the evening. Sleep. Start all over again. Where is there time for joy?

About the time I am feeling overwhelmed, I take a moment to make it a point to reflect on all of the good things in my life and for those around me. There are many philosophies supporting positive thinking and believing in abundance to create more abundance. It is with these beliefs that I focus on the bounty of life to get me back on track.

In the community sense, we could believe in abundance by donating our professional clothes that we are no longer using to the [Pledge for Success Career Closet](#). Donating your clothing (in good condition) makes room for a great new style and helps our students with professional attire to find employment.

Believing in abundance is also easy when we consider the beautiful weather we have had in the last two weeks. I know I am appreciative of the gentle breezes and sunny days! The great weather gives way to fall gardening or playing with your kids in the park. On simpler terms, sometimes I am so thankful for a safe drive in to work and back home or a great cup of coffee with a friend or coworker.

When we take joy in the present, we create a happier lifestyle. Here's to your bountiful and abundant fall season!

Grateful Project

by Veronica Jones

Thank you to everyone who participated in the Grateful Project. As anticipated, your unique qualities and life experiences resulted in a beautiful assortment of gratitude and inspirational messages. We mentioned last month that we would share some of the messages. Enjoy!

- The beautiful sunrise this morning with the soft rays of light coming up over the mountains on my morning commute today. Beautiful and breath taking!
- I am grateful for my job that lends opportunities to learn and grow with people who cares about student success.
- Being able to serve my country for over 20 years!
- For the ability to play sports again, like Disc Golf competitively with my husband after having a life changing surgery to alleviate my pain.
- Acquiring permanent employee status and becoming part the extraordinary team of people at MSJC.
- The blessing of coming to work everyday in my dream job!
- Running water, electricity, family, friends, life.
- My colleagues who add laughter and joy to my long work days and challenging tasks.

For those of you that provided your contact information, you were entered into a random opportunity drawing. Congratulations to the winners: **Nancy Carr**, Adult Education (MVC) and **Jeremy Sparks**, Career Education (MVC).

Also, remember that during the week of November 4 through 8, 2019, you can send [Thank You Grams](#) for your Colleagues. Express Your Gratitude to your Colleagues!

“
The best way to find
yourself is to lose
yourself in the
service of others.
-Mahatma Gandhi

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