

HEALTH AND WELL-BEING

2023 JANUARY WELLNESS NEWSLETTER

MIND, BODY, AND SPIRIT

FINANCIAL WELL-BEING

Take care of your financial well-being by watching the latest financial wellness videos for expert tips and guidance.

A library of financial topics can be found [here](#).

Financial article highlight:
[How to Manage Your Finances When Inflation is High](#)

FINDHELP.ORG

Are you or someone you know in need of support? [Findhelp.org](#) provides multiple resources nationwide. Enter your zip code on the homepage to search and connect to support. Financial assistance, food pantries, medical care, and other free or reduced-cost help starts here.

MARINO WELLNESS

UAGC offers all employees four 25-minute wellness sessions per month that cover various topics such as positive parenting, caring for your mental health, creating routines and being intentional with your life, and so much more! We would love to have you join us – Please check out our wellness sessions and click on the link to get registered!

[Resolution Reboot](#)
January 11 at 11 a.m. PT

[Boundaries: What, Why and How](#)
January 17 at 12 p.m. PT

[Fitting in Fitness](#)
January 26 at 1 p.m. PT

[The Power of Self-Compassion](#)
January 31 at 11 a.m. PT

*After the session date/time passes, the registration links will turn into links users can use to access the on-demand

recordings of the sessions, which can be found [here](#).

**Marino Wellness session dates and times are subject to change based upon Marino Wellness presenter availability. Please register to receive timely updates.

MARINO WELLNESS WEEK RECORDINGS

[Fitting in Fitness](#)
Passcode: lu+OnmFg

[Coping with Loss During the Holidays](#)
Passcode: %D4MFg?3

[Holiday Survival Tips](#)
Passcode: 3w!T749=

[Winter Solstice Sound Bath: Reflect & Restore](#)
Passcode: 85x&Xtvo

[Holiday Soul Flow Yoga](#)
Passcode: XUJ@FUV6

[Meal Planning for Busy Families](#)
Passcode: Y!xiGT&1

[Attitude of Gratitude: Attracting Abundance](#)
Passcode: *W&m8kRo

[H.I.I.T & Hustle Holiday Edition](#)
Passcode: u5@fz8&k

[Zumba-Dance into the Holidays](#)
Passcode: 1EYN.17&

[World Peace Reiki Meditation Experience](#)
Passcode: tz.&c7*c

MOVEMENT RX

If you have ever suffered from joint pain, stiffness, clicking, or weakness, the **Movement Rx platform is for you!** Using this platform, you'll get an expert combination of physical therapy, strength training, nutrition, and mindfulness guidance to improve your body's stability, flexibility, and strength.

Access Movement RX

1. Go to <https://movement-rx.com/movement-rx-for-uagc/>
2. Click on the orange registration button. Complete the form using your work email.
3. You should immediately receive an email from getbetter@movement-rx.com with a link to create your account.

Once you create your account, you will be automatically directed to your dashboard (user IDs should be all lowercase).

WELLNESS TEAMS CHANNEL

Join the "UAGC Wellness: Stronger Together" channel for weekly "Wellness Wednesday" posts featuring health and wellness resources.

Colleagues without an "@uagc.edu," email address please email Delia Pezzella directly at Delia.Pezzella@uagc.edu for access to the Teams Channel.



HEALTH AND WELL-BEING

2023 JANUARY WELLNESS NEWSLETTER

CIGNA RESOURCES

HEALTH COACHING

If you are interested in health coaching or want some general resources to assist you in your personal well-being strategy, please [email Delia Pezzella](#) to set up an appointment. This service is available to all employees regardless of your health insurance carrier. Whatever your goals are, health coaching helps guide you to take strategic steps to improve your health and quality of life. The combination of support, practical advice, and accountability can help you make positive, satisfying, and lasting changes if you are dedicated to putting in the work.

Personalized services include:

- One-on-one coaching on topics such as nutrition, physical activity, weight management, stress, high blood pressure, and high cholesterol.
- Wellness and education.
- Referrals and support.

BEHAVIORAL HEALTH SUPPORT

All employees have access to the [EAP](#) and Cigna's

Wellness Webcasts. Receive expert information on the most in-demand topics such as Health and Wellness, Financial Health, Stress Management, Emotional Well-being, Nutrition, and Fitness. Sign up for an upcoming live webcast or listen to an on-demand replay webcast whenever it's convenient for you. Visit [Cigna Webcasts](#) and enter your email to learn more.

*Employees with Cigna medical benefits through UAGC have some additional programs around behavioral and emotional health. Check out Cigna's [Digital Behavioral Health Guide](#) for more info.

Attention Cigna medical subscribers: Click [here](#) for important pharmacy updates.

PREVENTATIVE CARE AND RESOURCES

If you're looking to schedule a Flu Shot and/or Covid-19 Booster, [Vaccines.gov](#) makes it easy to find providers in your area. Just plug in your zip code, and a list will populate specific to your location.

RECIPE OF THE MONTH

Baked Cajun Catfish and Easy Collard Greens

Catfish	Collard Greens
Cooking spray 1 1/2 teaspoons paprika 1 teaspoon dried thyme, crumbled 1/2 teaspoon garlic powder 1/2 teaspoon onion powder 1/2 teaspoon cayenne 1/4 teaspoon pepper 4 catfish fillets or other mild white fish, such as tilapia or trout 1 tablespoon canola or corn oil	1 tablespoon canola or corn oil 1/2 small onion, thinly sliced 1 teaspoon bottled minced garlic 1 bunch collard greens, sliced into 1-inch pieces 1 slice uncured bacon cooked and diced 2 tablespoons water 1 tablespoon cider vinegar 1 teaspoon sugar 1/2 teaspoon crushed red pepper flakes
<ol style="list-style-type: none"> 1. Preheat the oven to 425°F. Lightly spray a 13 x 9 x 2-inch baking dish with cooking spray. 2. In a shallow bowl, whisk together the paprika, thyme, garlic powder, onion powder, cayenne, pepper and 1 tablespoon oil. Using your fingertips, gently press half of the mixture so it adheres to the fish. Turn over the fish. Repeat the process. Transfer the fish to the baking dish. 3. Bake for 15 minutes, or until the fish flakes easily when tested with a fork. 4. Serve the fish on the greens. 	<ol style="list-style-type: none"> 1. In a large skillet, heat 1 tablespoon oil over medium heat, swirling to coat the bottom. Cook the onion for 3 minutes, or until soft, stirring occasionally. Add the garlic. Cook for 30 seconds, stirring constantly. 2. Stir in the greens, Canadian bacon, water, vinegar, sugar, and red pepper flakes. 3. Cook, covered, for 20 minutes, or until the greens are tender.



HEALTH AND WELL-BEING

DIVERSITY, EQUITY, AND INCLUSION

JOIN THE CONVERSATION

PRESIDENTIAL CONFABS

President Pastorek will continue to host small group conversations, previously called “brown bag lunch” meetings, **every other Wednesday from 10 - 10:45 a.m. PT***.

These confabs (i.e., informal private conversations) are an opportunity for faculty and staff to discuss topics important to them with a small group of colleagues and President Pastorek.

Employees are encouraged to engage in at least one and are welcome to express interest in attending again, as space is available. To express interest in attending a confab, please email uagcofficeofthepresident@uagc.edu and include your desired topic for discussion.

An email confirmation will be sent to you with the session you will be participating in.

**Dates and times are subject to change based on availability.*

ROUND TABLE SESSIONS WITH UAGC PROVOST, DR. SARAH STEINBERG

You’re invited to join UAGC Provost, Dr. Sarah Steinberg for roundtable sessions.

These sessions will cover topics of primary interest to faculty and academic support staff. The agenda is open and driven by relevant topics of the month.

SAVE THE DATE

Wednesday, January 25 at 8:30 a.m. PT

Wednesday, March 1 at 8:30 a.m. PT

Wednesday, March 29 at 8:30 a.m. PT

[Please register in advance.](#)



JANUARY HERITAGE CALENDAR

[Check out the calendar here!](#)

January 16 | Martin Luther King Jr. Day commemorates the birth of the Rev. Martin Luther King Jr., the recipient of the 1964 Nobel Peace Prize and an activist for nonviolent social change until his assassination in 1968

