



**COLORADO
COLLEGE**

Office of Human Resources

☎ (719) 389-6421

☎ (719) 389-6926

14 E. Cache La Poudre St.
Colorado Springs, CO 80903

Colorado College Employee Wellness – March 2022 Newsletter

Headspace App

We have some Headspace apps to offer to employees as a small way to help with stress/anxiety experienced with the many and frequent changes occurring in our personal and work lives. To claim your copy, go to the enrollment page at: <https://work.headspace.com/coloradocollege-staff/member-enroll>

March is National Nutrition Month



1. **Eat more plants.** A diet rich in plant-based foods can help reduce the risk of diabetes and cardiovascular disease.
2. **Drink more water.** Drinking enough water every day can help hydrate cells and remove toxins from your body.
3. **Wash fruit and vegetables.** Raw fruits and vegetables can contain salmonella, E. coli and listeria, so make sure to wash them well before eating.
4. **Fill up on good fats.** Focus on monounsaturated fats such as olive oil and avocados.
5. **Don't microwave food in plastic containers.** This can release toxic chemicals called phthalates. Instead, reheat food in a glass or ceramic dish.
6. **Eat less red meat.** Instead, opt for heart-healthy fish, nuts, and eggs as your go-to protein sources.
7. **Sip tea.** Herbal teas such as green and black tea may have antimicrobial properties.
8. **Eat more nuts.** Walnuts in particular stand out for their heart-healthy properties.
9. **Use herbs and spices.** Give chicken, fish, and vegetables an extra kick with garlic, ginger, and turmeric – also known for their anti-inflammatory properties.
10. **Get enough fiber.** Fiber can improve blood cholesterol levels.* Focus on whole grains, vegetables, and beans.

Fill your fridge with disease-fighting superfoods.



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Antioxidants are an important part of a healthy diet. And for good reason. Not only do they support a healthy immune system, but they may be able to protect your body's cells against free radicals.

Free radicals are molecules generated by the body after breaking down food or from exposure to tobacco, pollution, and sunlight.

At very high levels, they can damage your body's cells and genetic material, contributing to chronic conditions such as cancer, cognitive decline, and vision loss.

Luckily, our bodies already know how to defend against free radicals: by extracting antioxidants such as vitamin C, vitamin E, beta-carotene, lycopene, selenium, and lutein, from healthy food sources.

Which food sources? Here are the superfoods you should be focusing on.

1. Berries are best - Blueberries, blackberries, raspberries, strawberries, and cranberries.
2. Powerful proteins - Beef, poultry, fish, chickpeas, and lentils.
3. Great grains - Corn, wheat, brown rice, and barley.
4. Produce picks - sweet potatoes, carrots, bell peppers, kale, spinach, broccoli, cantaloupe, oranges, pumpkin, and tomatoes.
5. Nutritional nuts and seeds - Walnuts, almonds, pecans, cashews, peanuts, and sunflower seeds.
6. Sip and savor - A glass of pomegranate juice or red wine; a cup of coffee or green tea; and a bite of dark chocolate.



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Nationwide Pet Insurance

How to prevent a St. Patrick's Day trip to the veterinarian's office.

St. Patty's Day Doggie Dangers

1 Alcohol



Alcohol is rapidly absorbed into the bloodstream and affects pets quickly, leading to seizures and respiratory failure.

2 Corned Beef



Corned beef is very high in fat, which can cause vomiting, diarrhea and pancreatitis in dogs.

3 Raisins



Currants or raisins, often used in Irish soda bread, can cause acute kidney failure in dogs.

4 Shepherd's Pie



Ingredients often include garlic and onions, two foods that can lead to severe—or deadly—poisoning.



PetsNationwide.com or call **877-738-7874**

Note: If you suspect your pet has ingested anything harmful, seek immediate veterinary advice.

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Nationwide
is on your side



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March Employee Assistance Program (EAP)

EAP is a benefit the college provides to all benefits-eligible employees. You can access information online, including a variety of webinars at www.guidanceresources.com (web ID is CM589) or phone them at 800-272-7255 to discuss individual issues.

March Gallagher Wellbeing Newsletters

Sleep is essential for good health. Recognize the early warning signs of sleep deprivation and make lifestyle changes to get better rest.

Attached is information on how to get enough restful sleep, evening self-care rituals, and risks & signs of sleep apnea.

March TIAA Webinars

Upcoming Financial Essentials Live Webinars

Below is the itinerary of all currently scheduled webinars. You may access these webinars at TIAA.org/webinars.

Spanish-speaking webinars can also be accessed on demand at TIAA.org/RecursosEducativos. Recordings are available for replay on demand for 90 days following the live webinar date.

Topic	Date	Time
<u>Opening doors to the future – Save in a 529 college savings plan</u>	Mar 8	10 a.m. MT
<u>Halfway There: A retirement Check up</u>	Mar 9	10 a.m. MT
<u>Beneficiary designation considerations</u>	Mar 10	12 p.m. MT
<u>Money at Work 1: Foundations of Investing</u>	Mar 17	2 p.m. MT
<u>Help protect you, your family, and your money</u>	Mar 22	11 a.m. MT
<u>Tax planning considerations</u>	Mar 24	10 a.m. MT
<u>Charting Your Course: A financial guide for Women</u>	Mar 24	1 p.m. MT