

July 2023



# MaroonsRWell Newsletter



It's officially the summer season, Maroons!

Things may be a little quieter but we are busy planning fun events for the fall semester, just for you!

Did you know July is Social Wellness Month? Read more below and be sure and enter our challenge— details on page 2!

Fitness classes continue to meet in the month of July, and we hope you'll join us!

Save the Dates for a few Fall events are on page 3, along with a Farmer's Market recipe to try!

## How To Create A Connection Mindset To Boost Resiliency

“July is Social Wellness Month and it reminds us that we need to reach out to others and build stronger social ties with family and friends.” - Beverly Beuermann-King

### Aspects To Health

There are so many different aspects to health which includes social wellness. We hear daily about eating right and exercising, but health also involves our social connections and interactions. With more people living alone or separate from extended family and friends, it is critical that we are as diligent about our social wellbeing, as we are about our physical wellbeing.

### What Is Social Wellness?

Social Wellness encourages us to develop better communications with those around us including the ability to share our feelings and needs. It involves respecting yourself and others and developing a solid social support system.



Social Wellness takes planning and effort to carve out time for those activities as they may not happen naturally in today's hectic world. We know from our research that socially isolated people are more susceptible to illness and have a death rate two to three times higher than those who are not socially isolated. However, people who maintain their social network and support systems do better under stress and are physically and mentally healthier. They even achieve higher grade point averages.

### The Impact Of Social Media On Social Wellness

I believe that one of the reasons that on-line social networking has taken off is because of our need to be connected. It is easy to admire the number of friends listed on your FB page, but true social wellness, also means that you carry out full conversations and not just read status updates or click the occasional 'LIKE'. I like to think of these on-lines connections as appetizers that prepare the way for full and meaningful relationships. They should make it easier for us to pick up the phone or invite our friends to dinner.

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# July Faculty & Staff Fitness Classes

Join us for fun and Fitness! No Experience Required!

All Classes run from 12:00-12:45, and are held in Bast 109 (unless otherwise noted)

## Body Pump with Christine

Tuesdays at 12:00

7/11; 7/25



## RPM with Christine

Thursdays at 12:00

7/6; 7/13; 7/27

\*held in Alumni 211 across from the pool



## Yoga with Laura

Mondays at 12:00

7/17



## Zumba with Kathy

Wednesdays at 12:00

7/5; 7/12; 7/19

*How To Create A Connection Mindset To Boost Resiliency*

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### Hot Tips For Building Resiliency During Social Wellness Month:

- Reconnect with old friends, or reach out and try to develop new friendships. Are you letting yourself be open enough to allow others to approach you?
- Spend time really listening to other people. Find out what is important to them. What issues are they facing? Listening to someone else is one of the best things that we can do for them and it allows us to keep our own issues and challenges in perspective.

Article and references found [here](#)



## Social Wellness Challenge!



Find ways to boost your social wellness this summer!  
Let us know how you've connected with others and you'll be entered into a chance to win MaroonsRWell prizes!

Submit pictures via our [Facebook](#) page and you'll receive a double entry!



## Save the Dates!

### September 12, 2023 at noon

*Food for Thought* workshop with Dr. Simone Patterson, Copenhaver Scholar-in-Residence. Olin Hall Gallery exhibition tour discussing the energy balancing system of the chakras followed by a chakra meditation.

Using the 7 step system of the chakras, staff and faculty can develop a process for relieving anxiety, boosting confidence and avoiding burn out. Perfect for the beginning of the semester.



### September 25, 2023 at 1:15 pm

*Food for Thought* workshop with Kimberly Whiter, Owner and CEO of Elder Care Solutions. Educational Presentation on the ins and outs of elder care and the expenses associated with it.

PLUS! Be sure and keep an eye out for an announcement about our MaroonsRWell Fall Mixer, coming up in September!

## Recipe of the Month: Farmers' Market Enchiladas

### Ingredients

3 medium zucchini, quartered lengthwise and sliced  
1 poblano pepper, seeded and chopped  
8 ounces sliced fresh mushrooms  
8 ounces cherry tomatoes  
1 tablespoon olive oil  
1 teaspoon ground cumin  
1/2 teaspoon salt  
1/4 teaspoon cayenne pepper

2 cups shredded Monterey Jack cheese  
1 cup crumbled queso fresco or feta cheese, divided  
1/2 cup minced fresh cilantro, divided  
2 tablespoons lime juice  
14 corn tortillas (6 inches), warmed  
1 can (15 ounces) enchilada sauce

### Directions

- Preheat oven to 400°. In a large bowl, combine zucchini, poblano, mushrooms and tomatoes; drizzle with oil and sprinkle with cumin, salt and cayenne. Toss to coat. Divide vegetable mixture between 2 lightly greased 15x10x1-in. baking pans. Roast 15 minutes; rotate the pans top to bottom. Roast an additional 10 minutes or until the vegetables are tender. Return to bowl and cool slightly.
- Stir in Monterey Jack cheese, 1/2 cup queso fresco, 1/4 cup cilantro and lime juice. Place a scant 1/2 cup vegetable mixture off center on each tortilla. Roll up and place in a greased 13x9-in. baking dish, seam side down. Top with enchilada sauce; sprinkle with the remaining queso fresco.
- Bake, uncovered, until the enchiladas are heated through and cheese is melted, about 20 minutes. Top with remaining cilantro.



Recipe found [here](#). Cook as is or sub in your favorite garden veggies!

