



**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 – April 2022 Newsletter

Play Wellness Bingo

Let's Play Wellness Bingo Again!

To play, just go to <https://www.coloradocollege.edu/offices/humanresources/benefits/benefits-wellness-events.html> and get one (or both) of the Bingo cards or contact Suzanne DeaBueno (sdeabueno@coloradocollege.edu) for a card.

Complete the tasks in 5 squares in a row (horizontal, vertical, or diagonal) between April 4 thru April 29, 2022, for entry into a drawing for fabulous prizes (Apple Watch, Two Person Tent, Mind Panda Stress Balls, Large Yeti Cooler Bag).

There are two cards for a maximum of 10 entries (5 per card) per employee. Employees may only submit each card once.

To mark your card, simply highlight the squares you completed, write your name and email on the top of the card, then return your completed card to Suzanne DeaBueno at sdeabueno@coloradocollege.edu.

All cards must be turned in by close of business on April 29, 2022. The drawing will be held in early May.

Cigna April 2022



Dreaming of a Good Night's Sleep?

Having trouble getting to sleep, staying asleep, or even finding time to go to sleep? You're not alone! Get up to speed on how sleep works and the impact of not getting enough. Explore the relationship between sleep and stress. And discuss a range of strategies to improve your night's sleep. This seminar will be hosted by Cindy Dickinson, an educator, counselor, and wellness specialist for over 40 years.



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Cigna Life Connected® Seminar Details:

Date: Wednesday, April 13, 2022

Time: 1:00 PM - 2:00 PM (ET)

Register online

at <https://go.cigna.com/LP=6259?source=O500R1&elqTrackId=3e7589a6b48e4b74acf162b95ba9bc57&elq=e87c5e4d0b214fd0893f50a4382360d8&elqaid=23575&elqat=1&elqCampaignId=8850>

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.

EyeMed Vision Care

Mental health is getting the attention it deserves in workplace wellness programs, especially since the pandemic has exacerbated many existing health conditions.

But in addition to the stress of daily life, lack of vision care can just as easily contribute to depression and anxiety.

Attached is an article linking vision health and mental health.

Gallagher Wellbeing Newsletters

Healthy workspaces encourage healthy behaviors. Because you spend so much time in your workspace each day, make sure it supports your wellbeing in a positive way.

Attached are articles on Ergonomics, Workspace Makeover, Managing Low Back Pain, and a recipe for Carrot Apple Soup.

TIAA April Webinars

Upcoming Financial Essentials Live Webinars

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

Recordings are available for replay on demand for 90 days following the live webinar date.

Topic	Date	Time
Money at Work 2: Sharpening investment skills	Apr 12	10 a.m. MT
Looking to Turn Your Retirement Savings into a Paycheck for Life?	Apr 12	1 p.m. MT
Quarterly Economic and Market Update with TIAA's Chief Investment Strategist	Apr 13	10 a.m. MT
Inside Money: Managing income and debt	Apr 14	10 a.m. MT
An Introduction to Alternative Investment: Real Estate	Apr 20	10 a.m. MT