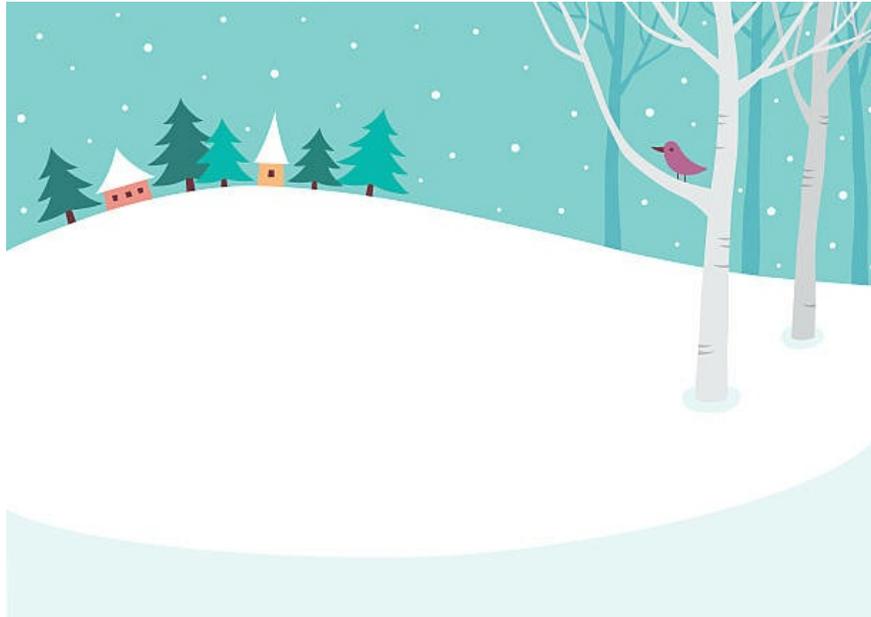




# Wellness Newsletter

## Winter 2019



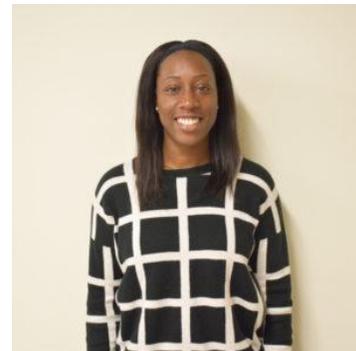
## Employee Spotlight

### Mona Odiakosa

Mona relocated from Sunny Southern California to cold Central Ohio to join Franklin County Public Health as a community health planner with the Community Cessation Initiative. She received her Master's degree in Public Health with a specialization in Mental Health from Nation University in San Diego, California.

She worked as Health Education Assistant II in the Nutrition Education Obesity Program and Women Infant and Children clinics promoting healthy eating habits and active living. She was also an intern at the Office on Aging in Orange County where she coordinated the Volunteer Outreach Ambassador program.

Aside from working, Mona enjoys Afrobeat fitness classes, sewing/crafts and exploring new foods. The things she misses most about California is her family, walks on the beach and In-n-Out Burger. The things she misses least is the LA traffic. As far as being new to Columbus, her biggest adjustments were (are) the cold weather and the 3 hour time difference. Mona looks forward to being a part of a great team at FCPH!



## Slow Cooker Taco Lentil Soup

**Lentils are great to cook with and an awesome protein alternative. Lentils are low in calories and cholesterol, high in fiber and good for digestion and great for heart health and maintaining weight. And many of the ingredients you probably already have on hand!**



**PREP TIME:** 10 minutes

**COOK TIME:** 4 hours

**INGREDIENTS:**

- 1 tsp olive oil
- 4 cloves garlic, minced
- 1 red bell pepper, thinly sliced
- 1 white onion, diced
- 1 jalapeno, seeded and diced
- 1 cup green or brown lentils, rinsed
- 1 (28 oz) can crushed tomatoes
- 4 cups vegetarian broth
- 1 (15 oz) can black beans, rinsed and drained
- 2 tbsp chili powder
- 1 tbsp cumin
- 1 tsp dried oregano
- 1/2 tsp paprika
- 1/4 tsp onion powder
- 1/2 tsp cayenne pepper
- 1 tsp salt
- freshly ground black pepper, to taste
- 1 cup frozen corn
- Topping: 1/2 cup Go Veggie Cheddar Shreds or Shredded Cheese
- Garnish: diced cilantro, sliced jalapeno, tortilla strips/chips

**DIRECTIONS:**

1. Place a medium skillet over medium high heat. Add in olive oil, garlic, bell pepper, onion and jalapeño; sauté for 5 minutes or until onions begin to brown and soften. Transfer to the slow cooker.

2. Add in the remaining ingredients (except for the corn) to the slow cooker: lentils, crushed tomatoes, vegetarian broth, black beans and spices. Stir ingredients together to combine, then cover and cook for 3-4 hours on high or 7-8 hours on low. 20 minutes before serving, stir in frozen corn.

3. Once soup is done, distribute into bowls (or do a meal prep) and top each with two tablespoons of Go Veggie cheese. Garnish with extra fixin's such as cilantro and jalapeno. Makes 4 servings. Double the recipe for a crowd!

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## **New Years Resolutions: Tips for Goal Setting**



We have reached the time of year when everyone is thinking about starting fresh and setting goals, intentions and resolutions aimed at self improvement in the New Year.

Try incorporating these approaches as you think through your resolutions.

### **Set Goals with Intention**

Goals motivate us, provide structure, and lend meaning and purpose. However, goals when paired with intention help get the best of both worlds. Focusing on the process and small daily intentions helps avoid getting overwhelmed by ambitious long-term goals.

### **Pick a theme for the year**

Identify a word or mantra that maps back to a theme you'd like to focus on in the New Year and weave that into your daily life. Incorporating a word or mantra can help you invite new people, habits, and behaviors into your life that align with your values and the goals you seek to achieve.

### **Aim for small wins within a big goal**

Rather than making a huge resolution—say, to start a business in 2019—try breaking it down into smaller pieces.

### **Compartmentalize**

Similar to setting numerous smaller goals throughout the year, consider setting an individual resolution in each area of your life you'd like to improve upon—health, career, finances, and relationships. Setting individual attainable goals, can lead to huge differences in multiple areas of your life.

### **And don't forget to set goals that are SMART...**

Specific, Measurable, Achievable, Relevant, and Time-bound

<https://www.forbes.com/sites/nazbeheshti/2018/12/11/new-years-resolutions-dont-last-try-this-instead/#4c644e0959da>

<https://medium.com/swlh/your-new-years-resolutions-suck-and-how-to-actually-create-goals-that-stick-957a49e4b406>

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## Upcoming Activities

### Winter Walking Challenge

Thank you to all the staff that participated in the Winter Walking Challenge!

And congratulations to Trevor Risner, Olivia Burton, Mary Ann Janning and Jennie McAdams who made it the full trek to the North Pole!!



Stay tuned for the next challenge!



### Franklin County Dog Shelter Event

**January 14 - February 15**

FCPH will be collecting donated items for the Franklin County Dog Shelter - items can be dropped off in the box near the office entrance. Many items are simple and can be found around your home, such as unwanted old blankets or towels. Check out the Wellness Bulletin Board for a complete list.

Let Jessica know if you have any questions!

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## #APHABillionSteps



January 1 - April 8



APHA's Billion Steps Challenge makes it easy and fun to promote good health and physical activity. They provide tools to help you organize a walking challenge wherever you are with a collective goal of reaching a billion collective steps.

The challenge started January 1 and concludes at the end of National Public Health Week!

Will you take the challenge and be apart of 1 Billion Steps?