

Montefiore

To Your **HEALTH!**
Montefiore for a Healthy You

TIPS & NEWS

WHAT'S NEW

MONTHLY EVENTS

2016

Happy June!

To Your Health! has an array of resources to help you manage your stress, support you as you quit smoking and encourage you to stay hydrated during the summer months. To Your Health! will also be hosting Farmers Markets tasting tables! See below for more details.

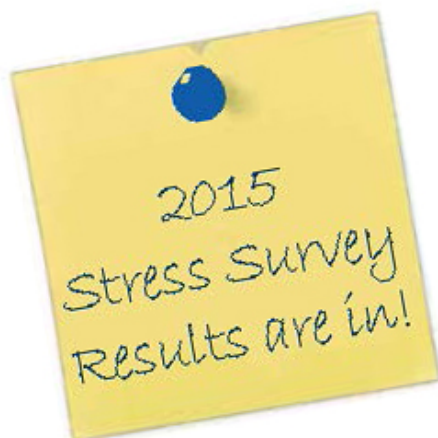
Tips & News

Stressed Out?

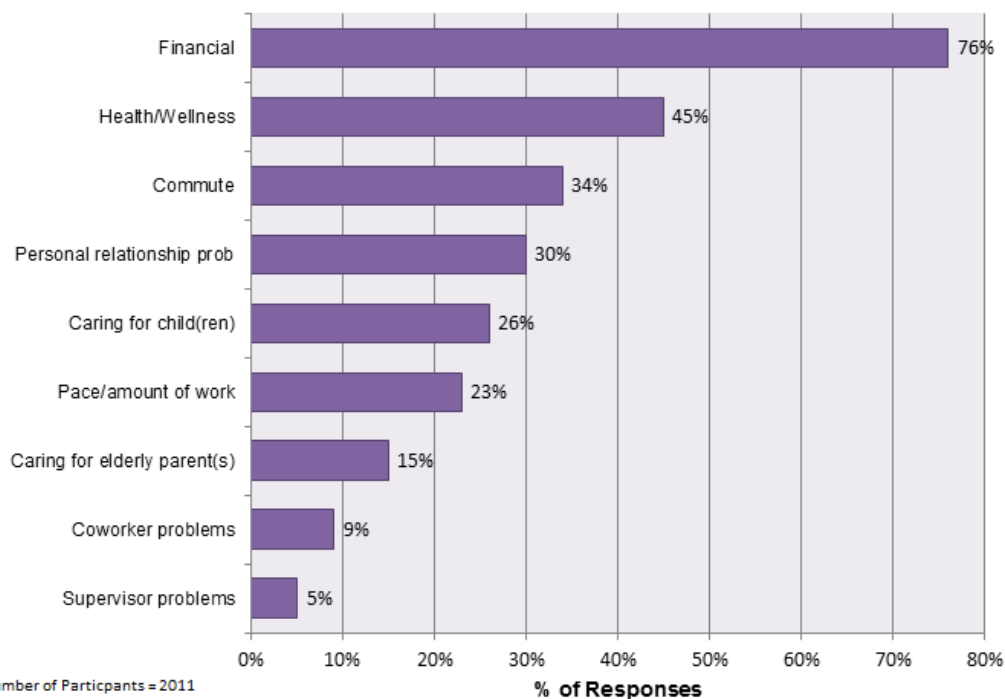
To Your Health! has Resources to Help

Last year we asked you to answer some questions on the [Wellness Portal](#) about the stress you are dealing with in your life. To Your Health! offers resources to help you manage some of these stressors, which include financial and health/wellness concerns.

Check out these [resources](#) geared toward helping all Montefiore associates manage stress.



Causes of Stress Indicated by Montefiore Associates



Total Number of Participants = 2011

*Participants were able to choose multiple stressors in this survey.

2016 Wellness Portal Assessment is Open – Earn a \$25 Gift Card!

All associates can earn a \$25/point gift card for completing the online annual health assessment (\$15/15 points) and a portal program (\$10/10 points) on the Montefiore [Wellness Portal](#) – even if you completed it last year. This year, the portal program is a short workshop that provides a snapshot of our wellness offerings! (You must complete **both** items to receive a gift card.)

The portal has many exciting tools to explore, such as exercise plans and a food journal! Visit our [Wellness Portal](#) to complete your [health assessment/workshop](#) and explore!

What's New

New Nutrition Challenge Alert!

Sign-up for June's [Hydration Challenge](#) beginning on **June 23, 2016** and ending on **July 14, 2016**.

Challenge Goal: Consume **six** cups (8 ounces = 1 cup) of water a day for at least 5 days a week during the challenge period.

To sign-up, register on our [Wellness Portal](#). Successful completion awards you **three** raffle tickets in our [Healthy Habits Raffle Campaign](#), where we're raffling off six \$1000 prizes each quarter!

Monthly Nutrition Workshop

Topic: [Myths about Nutrition that Refuse to Die: Hydration and Beyond](#)

Here are some core nutrition myths that seem to stay alive no matter what science tells us. Let's get to the bottom of the most pervasive nutrition myths and debunk them once and for all!

Moses Campus 3514 DeKalb Ave., Large Conference Room	Tuesday, June 21 12:00pm
Yonkers Campus 3 Executive Blvd., 2 nd Floor, Care Guidance Suite, Conference Room	Wednesday, June 22 12:00pm & 1:00pm

Workshops are open to all associates! Registration requested on the [Wellness Portal](#) in advance, or just drop in!

Healthy Pick of the Month: Tender Green Salad with Strawberries, Cucumber, Pistachio and Basil



Ingredients

Yield: ~4 servings

- 2 tablespoons walnut oil or extra-virgin olive oil
- 2 teaspoons white wine vinegar
- 1 teaspoon honey
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/2 head butter, Boston or Bibb lettuce, leaves torn (about 5 cups, lightly packed)
- 6 large or 12 small hulled strawberries, quartered if large, halved if small
- 1/4 English (seedless) cucumber, cut into thin half-moons
- 2 tablespoons shelled, unsalted pistachios, toasted and coarsely chopped (see NOTE)
- 4 large or 8 medium fresh basil leaves, torn

Directions

1. Whisk together the oil, vinegar, honey, salt and pepper in a medium bowl to form a dressing.
2. Place the lettuce in a large bowl. Drizzle in about half of the dressing, and toss to coat.
3. Divide the dressed lettuce among individual salad plates. Arrange the strawberries and cucumber slices on top, then drizzle with the remaining dressing.
4. Top each portion with 1/2 tablespoon of pistachios and some basil.

NOTE: Toast the pistachios in a small, dry skillet over medium-low heat for a few minutes, until fragrant and lightly browned. Cool completely before using.

Nutrition Facts Per serving (using walnut oil): 110 calories, 2 g protein, 7 g carbohydrates, 9 g fat, 1 g saturated fat, 0 mg cholesterol, 150 mg sodium, 2 g dietary fiber, 4 g sugar

This recipe is adapted from nutritionist and cookbook author Ellie Krieger.



Mindfulness Meditation – Summer Series

Using a nondenominational approach based on his training in the Vietnamese Zen tradition, Dr. Camacho will go over various meditative techniques with the purpose of alleviating your stress and making you a happier person!

Every Wednesday starting **June 1, 2016 – July 6, 2016, 5:00pm** at the Tishman Learning Center

Learn more about the Mindfulness Meditation Series [here](#).

Register by emailing healingarts@montefiore.org.



Farmers Markets at Montefiore – Nutrition Tasting Table

The Farmers Markets at Montefiore are back again! The To Your Health! team will be providing free tastings of our featured ‘Healthy Pick of the Month’ recipe.

Join us at our Nutrition Tasting table at all Farmers Market sites. Check out June Tabling dates [here](#).

***Note:** Farmers Markets happen on Moses, Einstein, Tarrytown and Wakefield Campuses every Thursday.



Weight Watchers Open House at Fordham Plaza

We’ll be holding a Weight Watchers Open House at the Fordham Plaza Campus for Associates on **June 16th at 12:00 pm**. If you’ve ever been curious about Weight Watchers, or would like to meet our new Fordham Plaza meeting leader, we hope you’ll join us!

Click [here](#) for the Fordham Open House location information or visit www.mymontebenefits.com for program details.

Monthly Events

See our Calendar for more information.

Sun	Mon	Tues	Wed	Thur	Fri	Sat
			1	2	3	4
5	6	7	8	9 Weight Watchers Yonkers/Fordham	10 Nutrition Challenge Registration Begins	11
12	13	14	15 Mindfulness Meditation – 5pm Weight Watchers Moses/Einstein/Tarrytown	16 Farmers Market – Nutrition Tasting Table – Wakefield 11:30-1:30pm Weight Watchers Open House – Fordham 12:00pm Weight Watchers Yonkers	17	18
19	20	21 Nutrition Workshop – Moses 12:00-1:00pm 5Rhythms 5:15-6:15pm	22 Nutrition Workshop – Yonkers 12:00-1:00pm 1:00-2:00pm Mindfulness Meditation – 5pm Weight Watchers Moses/Einstein/Tarrytown	23 Farmers Market – Nutrition Tasting Table – Tarrytown 11:30-1:30pm Weight Watchers Yonkers/Fordham Nutrition Challenge Starts	24	25
26	27	28	29 Nutrition Challenge Registration Deadline Mindfulness Meditation – 5:30pm Weight Watchers Moses/Einstein/Tarrytown	30 Farmers Market – Nutrition Tasting Table – Einstein 11:30-1:30pm Weight Watchers Yonkers/Fordham		