



HAPPY OCTOBER

It's finally Fall and To Your Health! has new and exciting events going on! See below for more details or visit the [Wellness Portal](#) to stay up to date with all events and programming.

WHAT'S NEW

Health Fair at the Einstein Campus



Health Fair at Einstein Campus
Nov. 1: 11am -5pm
Lubin Dining Hall

Nov. 3: 9:30pm-1:00am
Einstein 4th floor Cafeteria

All Associates are Welcome to Attend

The Health Fair is back again at the Einstein Campus! All associates are invited to attend the Health Fair to be screened for different health conditions (i.e. Hypertension, Diabetes etc.), learn more about different wellness benefits/resources for associates and get FREE gifts and prizes. Join us for a day of wellness and fun!

[Learn More Here](#)

October Nutrition Workshop



Topic: Batch Cooking: Get Going with Meal Prep

Preparing your meals ahead of time helps you stay on track with healthy eating and takes the guess work out of choosing your next meal. Stop by to learn about how to prepare most of your meals and snacks for the week, as well as the benefits of batch cooking and meal prep.

Moses Campus 3514 DeKalb Ave., Large Conference Room	Tuesday, October 18 12:00pm & 1:00pm
Yonkers Campus 3 Executive Blvd., 2 nd Floor, Care Guidance Suite, Conference Room	Wednesday, October 19 12:00pm & 1:00pm

Workshops are open to all Associates. Attending this Nutrition Workshop earns you THREE raffle entries in the Health Habits Raffle Campaign!

[Register for the Nutrition Workshop](#)

Wellness Wednesdays: An Apple a Day keeps the Doctor Away!

National Food Day inspires all Americans to focus on eating foods that are healthy and beneficial for our bodies. Every October 24, events all around the country come together to celebrate and enjoy real food.

Stop by our Wellness Wednesday table to join the To Your Health! team in celebrating National Food Day for the **entire** month of October! Grab a healthy treat when you stop by.

Wellness Wednesdays also provides associates the opportunity to:

- Ask questions about all of the To Your Health! programs and services
- Meet the To Your Health! Associate Wellness team
- Voice your opinion on how To Your Health! can better assist Montefiore associates (we want to know!)



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

FOOD DAY

WELLNESS WEDNESDAYS
CARE FOR YOURSELF WHILE CARING FOR OTHERS

Location	Dates	Time
Moses Cafeteria	Wednesday October 4, 2016	12:00pm – 2:00pm
Yonkers Campus Conference Room (1st Hr) 3 Executive Blvd. Lobby (2 nd Hr)	Wednesday October 12, 2016	12:00pm – 2:00pm
Wakefield Cafeteria (w/1199)	Wednesday October 19, 2016	12:00pm – 2:00pm
Einstein Cafeteria	Wednesday October 26, 2016	12:00pm – 2:00pm

Wellness Challenges

Check back this winter for a new seasonal challenge focusing on the mind, body and spirit!

Remember to log your water, fruit and vegetable intake on the portal to keep track of your healthy eating.

[Click Here to log your water, fruit and/or vegetable intake](#)

Attention Tarrytown Associates!



Starting mid-October, the Tarrytown Gym will be open to all Tarrytown associates. The new gym includes up-to-date equipment, towel service, and houses showers and a locker room. The membership fee is \$10.00 per month and will be collected via payroll deduction. (Membership fees include weekly fitness classes). The fitness center is located between Bldg B and Bldg D. The interior entrance is accessible through tunnel and exterior entrance is located on the southeast corner of Bldg B North Lot. Look out for more information about the Tarrytown gym opening.

TO YOUR HEALTH! SERVICES

Did you earn your \$25 Gift Card on the Wellness Portal?

Montefiore

Health

Wellness

Nutrition

Exercise

Community

Raffle Program Log

Reference

Calendar

Step 1:
Start Here



Health Assessment

Step 2:
Workshop



Toyourhealth! Workshop

Step 3:
Raffle Program



Healthy Habits
Raffle Campaign

Six prizes of \$1,000 will be raffled off each quarter

Raffle Program

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.)

[View our Wellness Portal to complete your health assessment/workshop and explore!](#)

Supportive Wellness Services

Supportive Wellness services are now available to all associates. Associates can meet one-on-one with Dr. Brenda Boatswain, Licensed Psychologist for:

- Stress assessment and management
- Wellness coaching and education for units and departments
- Personalized wellness information and referral services

[Set up an appointment with Dr. Boatswain on the Wellness Portal](#)



Sign up to become a Wellness Champion

Be an Activist for Your Health

1. Are you passionate about personal health and wellness?
2. Are you enthusiastic and inspirational?
3. Can you engage other members of your department or unit in activities or events?



Becoming a Wellness Champion may be perfect for you!

A Wellness Champion serves as a resource to their colleagues for all To Your Health! programs and events but also as a health activist engaging and encouraging other associates to work towards wellness!

[Click Here to Sign up to be a Wellness Champion](#)

Upcoming Financial Wellness Opportunities

Learn more about retirement planning and investing in a workshop or 1:1.

[1199 Members Click Here](#) [All Other Associates Click Here](#)



More To Your Health! Resources

Fitness Opportunities	Nutrition	Supportive/Emotional Well-Being	Wellness Programs	
5Rhythms	FREE Nutrition Counseling	Healing Arts	Care Guidance Program	1199SEIU Montefiore Coordinated Care Program
Gym Discounts	Wellness Portal	Supportive Wellness Services	Employee Assistance Program	
Montefiore Mile	Weight Watchers	Montefiore Relaxation Hotline: Call 718.920.CALM	Members Assistance Program (1199SEIU members)	

[Learn more about these programs on our To Your Health! website](#)

TIPS AND NEWS



October is Domestic Violence Awareness Month

Every minute **20** people are victims of intimate partner violence.

[Click Here for resources available to Montefiore associates](#)



Healthy Pick of the Month: Autumn Spiced Apple Chips

This month's healthy pick of the month is Autumn Spiced Apple Chips. Fall provides an abundance of local apples, which is the perfect healthy snack alternative. Go plain and simple with just cinnamon or kick the flavor up a notch by adding spices.

[Click Here for the Healthy Pick of the Month recipe and directions](#)

October Events

Sun	Mon	Tues	Wed	Thur	Fri	Sat
						1
2	3	4	5 Weight Watchers Moses/Einstein/Tarrytown Wellness Wednesday's – Moses Cafeteria 12:00-2:00pm	6 Weight Watchers Yonkers/Fordham	7	8
9	10	11	12 Weight Watchers Moses/Einstein/Tarrytown Wellness Wednesday's – Yonkers (w/1199) Cafeteria 12:00-2:00pm	13 Weight Watchers Yonkers/Fordham	14	15
16	17	18 Nutrition Workshop – Moses 12:00-1:00pm 5Rhythms 5:15-6:15pm	19 Nutrition Workshop – Yonkers 12:00-1:00pm 1:00-2:00pm Weight Watchers Moses/Einstein/Tarrytown Wellness Wednesday's – Wakefield (w/1199) Cafeteria 12:00-2:00pm	20 Weight Watchers Yonkers/Fordham	21	22
23	24	25	26 Weight Watchers Moses/Einstein/Tarrytown Wellness Wednesday's – Einstein Cafeteria 12:00-1:00pm	27 Weight Watchers Yonkers/Fordham	28	29
30	31					