

2016

Happy September

Fall is approaching and To Your Health! has some new and exciting programs and events happening to kick off the season. Stop by the Wellness Wednesdays table to take a spin of the Wheel of Wellness for a prize, 'Eat the Rainbow' during the new Wellness Challenge and take a bite out of our featured 'Healthy Pick of the Month' – Cauliflower Pizza! See below for more details or visit the [Wellness Portal](#) to stay up to date with all events.

What's New

September Wellness Challenge



Eat the Rainbow for Wellness

Which Campus will be crowned the Master of Wellness?

Challenge Sign-up: Beginning on **September 1, 2016** and ending **September 11, 2016**.

Challenge Dates: **September 6, 2016 – October 4, 2016**

Challenge Goal: Eat at least **two** servings of fruit and **three** servings of vegetables on the SAME DAY at least five days a week. Each campus will be a team in the challenge. Encourage your colleagues to be the best and have your campus be the "Master of Wellness"!

Challenge Bonuses: Each week will feature the individual benefits of each color of fruit and vegetables, provide videos focused on the link between mental health and food, as well as provide **FREE** Montefiore resources that can support your overall wellness.

To sign-up, register at our [Wellness Portal](#). Successful completion awards you **FIVE** raffle tickets in our [Healthy Habits Raffle Campaign](#), where we're raffling off six \$1,000 prizes each quarter!

September Nutrition Workshop

Topic: [The Food-Mood Connection](#)

Your mood is often affected by the types of foods you eat. Come learn about how to best stabilize your mood with the food that you choose and how you choose to eat it.



Moses Campus 3514 DeKalb Ave., Large Conference Room	Tuesday, September 20 12:00pm & 1:00pm
Yonkers Campus 3 Executive Blvd., 2 nd Floor, Care Guidance Suite, Conference Room	Wednesday, September 21 12:00pm & 1:00pm
Einstein Campus 1180 Morris Park Ave, 1 st floor, Associate Wellness Dietitian Office	Friday, September 23 12:00pm

Workshops are open to all Associates. Registration requested on the [Wellness Portal](#) in advance, or just drop in! Attending this Nutrition Workshop earns you **THREE** raffle entries in the Health Habits Raffle Campaign!

Wellness Wednesdays: Take a Spin of the Wheel of Wellness!

This month, stop by our Wellness Wednesday table to take a spin of the **Wheel of Wellness!** to win To Your Health! prizes and learn some helpful wellness tips.

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!)



WELLNESS WEDNESDAYS
CARE FOR YOURSELF WHILE CARING FOR OTHERS

Look out for the Wheel of Wellness this month!

Location	Dates	Time
Einstein Cafeteria (w/1199)	Wednesday September 7, 2016	12:00pm – 2:00pm
Moses Cafeteria	Wednesday September 14, 2016	12:00pm – 2:00pm
Wakefield Cafeteria (w/1199)	Wednesday September 21, 2016	12:00pm – 2:00pm
Hutchinson Lobby	Wednesday September 28, 2016	12:00pm – 2:00pm

Do you want to become a Wellness Champion?

The To Your Health! Associate Wellness team is looking to recruit volunteer Wellness Champions within each department/unit across Montefiore campuses. A Wellness Champion serves as a resource to their colleagues for all To Your Health! programs and events but also works to engage and encourage other associates to work towards wellness!

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

Interested in becoming a Wellness Champion? Sign up on the [Wellness Portal](#).

To Your Health! Services

YMCA Diabetes Prevention Program (YDPP) Session Begins this Month

The first YDPP session at the Einstein Campus will be on **Thursday September 29 at 6pm!** YDPP sessions will continue every Thursday at 6pm for 16 weeks.

Interested in YDPP at Einstein? Fill out the [YDPP Referral Form](#) and return it to the To Your Health! team.

Questions? Email WellnessRD@Montefiore.org.

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

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.)

Visit 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

To set up an appointment with Dr. Boatswain, log on to the [Wellness Portal](#) and look for the Supportive Wellness Widget.

Join Weight Watchers and get a FREE Starter Kit

Did you know ...

Since the launch of the new and improved Weight Watchers Beyond the Scale Program, reports have shown that members are losing 15% more weight in their first 2 months than those who followed the previous plan.

Starting **September 4 through September 19** all new members will be eligible to receive a free starter kit (approximately \$40 value).*



* Redeem your FREE starter kit [here](#) once you have signed up!

Interested in joining Weight Watchers? Click [here](#).

Don't Forget Check out all the Resources To Your Health! has to offer

Fitness Opportunities	Nutrition	Supportive/Emotional Well-Being
5Rhythms	FREE Nutrition Counseling	Healing Arts
Gym Discounts	Wellness Portal	Employee Assistance Program
Montefiore Mile	Care Guidance	Members Assistance Program (1199SEIU members)

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

Tips



September is National Recovery Month

Let's work together to recognize, re-educate and reduce stigma around mental health, substance abuse and recovery.

To learn more about the 4 keys to recovery read more [here](#).



Zika Virus: What You Need to Know

Over the past few months the Zika Virus public health concern has become a high alert issue.

[Read more](#) about what you need to know about Zika virus transmission, symptoms and prevention as reported by the CDC.



Flu Shot Season is Coming!

Get ready! Flu shots will soon be available to all Montefiore Associates.

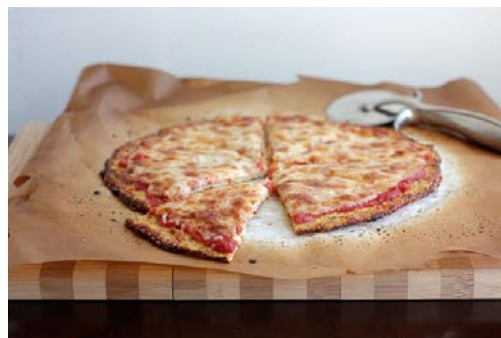
Be on the lookout for information on how to get your flu shot this month.

Healthy Pick of the Month: Grain-Free Cauliflower Pizza

Makes one approx. 10-12 inch pizza

Ingredients

- 1 small to medium sized head of cauliflower (should yield 2 to 3 cups once processed)
- 1/4 teaspoon kosher salt
- 1/2 teaspoon dried basil (crush it even more between your fingers)
- 1/2 teaspoon dried oregano (crush it even more between your fingers)
- 1/2 teaspoon garlic powder
- Crushed red pepper (optional)
- 1/4 cup shredded parmesan cheese
- 1/4 cup mozzarella cheese
- 1 egg
- Desired amount of sauce, cheese for topping, and other toppings



Instructions

1. Place a pizza stone or baking sheet in the oven. Preheat to 450 degrees.
2. On a cutting board, place a large piece of parchment paper and spray it with nonstick cooking oil.
3. Wash and thoroughly dry a small head of cauliflower. Cut off the florets, you don't need much stem. Pulse cauliflower in your food processor for about 30 seconds, until you get powdery snow like cauliflower. You should end up with 2 to 3 cups cauliflower "snow".
4. Place the cauliflower in a microwave safe bowl and cover. Microwave for 4 minutes. Dump cooked cauliflower onto a clean tea towel and allow cooling before attempting the next step.
5. Once cauliflower is cool enough to handle, wrap it up in the dish towel and wring it out as much as possible.
6. Dump cauliflower into a bowl. Add 1/4 cup parmesan cheese, 1/4 cup mozzarella cheese, 1/4 teaspoon kosher salt, 1/2 teaspoon dried basil, 1/2 teaspoon dried oregano, 1/2 teaspoon garlic powder, and a dash of red pepper (if desired). Lastly, add your egg then mix it all up. Hands tend to work best.
7. Once mixed together, use your hands to form the dough into a crust on your oiled parchment paper. Pat it down thoroughly; you want it nice and tightly formed together. Don't make it too thick or thin either.
8. Using a cutting board slide the parchment paper onto your hot pizza stone or baking sheet in the oven. Bake for 8 to 11 minutes, until it starts to turn golden brown. Remove from oven.
9. Add your sauce, cheese, and whatever toppings you want. The cauliflower pizza is more delicate than traditional pizza crust so don't load the crust up too much.
10. Slide parchment with topped pizza back in the hot oven and cook for another 5 to 7 minutes until the cheese is melted, bubbly, and slightly golden. Allow to cool for a couple of minutes before cutting and serving.

Recipe from www.theluckypennyblog.com.

September Monthly Events

Sun	Mon	Tues	Wed	Thur	Fri	Sat
				1 Eat the Rainbow for Wellness Challenge Sign-up Begins	2	3
4	5	6 Eat the Rainbow for Wellness Challenge Start	7 Wellness Wednesday's – Einstein Cafeteria 12:00-2:00pm Weight Watchers Moses/Einstein/Tarrytown	8 Weight Watchers Yonkers/Fordham	9	10
11 Eat the Rainbow for Wellness Last Day to sign-up for Challenge	12	13	14 Wellness Wednesday's – Moses Cafeteria 12:00-2:00pm Weight Watchers Moses/Einstein/Tarrytown	15 Weight Watchers Yonkers/Fordham	16	17
18	19	20 Nutrition Workshop – Moses 12:00-1:00pm 5Rhythms 5:15-6:15pm	21 Nutrition Workshop – Yonkers 12:00-1:00pm 1:00-2:00pm Wellness Wednesday's – Wakefield Cafeteria 12:00-2:00pm Weight Watchers Moses/Einstein/Tarrytown	22 Weight Watchers Yonkers/Fordham	23 Nutrition Workshop – Einstein 12:00-1:00pm	24
25	26	27	28 Wellness Wednesday's – Hutchinson 12:00-2:00pm Weight Watchers Moses/Einstein/Tarrytown	29 Weight Watchers Yonkers/Fordham	30	