



TO YOUR HEALTH!

HAPPY DECEMBER

It's December and To Your Health! has new and exciting events going on to help you focus on your wellness throughout the month! See below for more details or visit the [Wellness Portal](#) to stay up to date with all events.

WHAT'S NEW

Try Weight Watchers and Receive a FREE Gift



Prevent turning this time of year into the season of overeating by having a solid support system with Weight Watchers. During the month of December come try out one of our Weight Watcher's At Work meetings for FREE and receive a To Your Health! lunch bowl - while supplies last.

If you would like to participate, and qualify for your free gift, sign up by emailing WellnessRD@montefiore.org.

[Click Here to learn more about Weight Watcher's locations and meetings!](#)

Complete your Wellness Portal Health Assessment & Workshop for \$25!

Complete your online annual health assessment (\$15/15 points) and a portal program (\$10/10 points) on the Montefiore Wellness Portal. (You must complete **both** to be rewarded.)

Important: Starting January 2017, all associates will be receiving their \$25 reward through payroll via their paycheck instead of gift cards through the portal. All gift cards must be redeemed by December 30th 2016. All associates with \$25/25 points or more on the portal after that date will automatically receive their reward via paycheck.

*Monetary rewards (i.e. gift cards and reward inclusion in paycheck) are considered income subject to federal, state and employment tax withholding, and reporting on Form W-2, unless a specific exemption applies.

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

Wellness Wednesdays: We want to hear from you!

Associate Wellness cares about your wellbeing. This month for Wellness Wednesdays, we want to hear about what our associates do to improve or manage their wellness.

Stop by the Wellness Wednesday tables and share your answer to **ONE** of the questions below to receive a **FREE** prize.

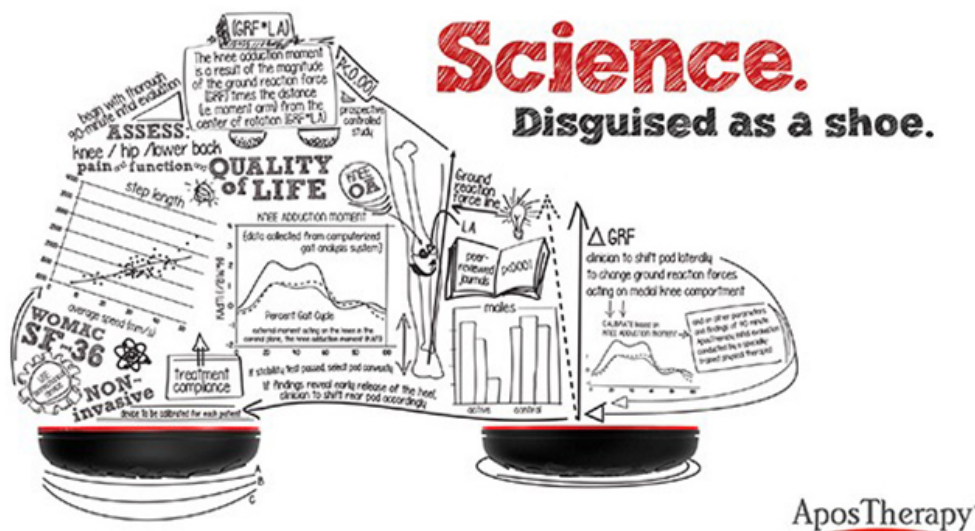
Questions

- Mental Health - *How do you cope with stress?*
- Physical Fitness - *How do you fit exercise into your day?*
- Nutrition - *Tell us your favorite healthy recipe*



Wellness Wednesday Locations	Dates	Time
Wakefield Cafeteria	Wednesday December 7, 2016	12:00pm – 2:00pm
Tarrytown Cafeteria	Wednesday December 14, 2016	12:00pm – 2:00pm

Are you suffering from knee and low back pain?



Montefiore associates who suffer from knee pain or lower back pain may now have a reason for a little extra spring in their step!

Apos Therapy is a revolutionary new approach that involves wearing a specially calibrated shoe for a short amount of time daily. The treatment lasts 12 months, although patients have noticed dramatic improvements in as little as a few months.

This treatment is covered for ALL associates with Montefiore Empire Blue Cross Blue Shield and Healthfirst.

For interested associates with alternate insurance, Physical Medicine and Rehabilitation is collecting names in anticipation of additional future coverage.

[Click here to participate or learn more about Apos Therapy](#)

Monthly Nutrition Workshop

Topic: Let's Play a Game: [Healthy Eating During the Holidays](#)



Drop in to this month's Nutrition Workshop to participate in an interactive game, led by your Associate Wellness Dietitian, which will teach you valuable strategies guaranteed to keep you healthier during the holiday season.

Moses Campus 3514 DeKalb Ave., Large Conference Room	Tuesday, December 20 12:00pm
Yonkers Campus 3 Executive Blvd., 2 nd Floor, Care Guidance Suite, Conference Room	Wednesday, December 21 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!

[Click here to register for the Nutrition Workshop](#)

TO YOUR HEALTH! SERVICES

YMCA Diabetes Prevention Program: New Session

Starting at the Moses Campus!



A new session of the YMCA Diabetes Prevention Program (YDPP) at the Moses Campus will start on **Monday January 9, 2017 at 5:30 pm** in the Tishman Learning Center! This evidence based program helps associates eat healthier, increase physical activity and lose weight. By aiming to reduce body weight by 7% and increasing physical activity to 150 min/wk, it has been proven that a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by 58%!

Questions? Email WellnessRD@Montefiore.org.

[Click here to fill out the YDPP Referral form to participate in YDPP!](#)

Supportive Wellness Services

Supportive Wellness services are now available to ALL associates. Our Wellness Coordinator Dr. Brenda Boatswain, Licensed Psychologist is available for:

- Stress assessment and management
- Wellness coaching and education for units and departments
- Personalized coaching to assist in creating healthy behaviors

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

[Contact Dr. Boatswain for an appointment](#)



Become a Wellness Champion/Liaison & Be a Health Activist for To 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?

Joining with To Your Health! may be perfect for you!

In this position you'll serve as a resource to your colleagues for all To Your Health! programs and events but also work to engage and encourage other associates to work towards wellness!

Thank you for those who already expressed interest. Stay tuned as you should be hearing back from us very soon about next steps.

[Click here to sign up to be a Wellness Champion/Liaison](#)

Check out all the Resources To Your Health! has to offer

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

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

TIPS & NEWS

December is National Stress-Free Holidays Month

The holiday season can be the most stress-filled time of the year. Many people become overwhelmed with tension and anxiety. December has been named National Stress-Free Holidays Month in order to increase awareness of the stress and anxiety that may occur during the holiday season and how you can cope with it.

Read the [Health Care EAP Newsletter](#) on surviving holiday family dynamics

Don't let Holiday stress takeover. Happy Holidays to All!



[Click here for signs of stress and free Montefiore resources to manage it](#)



Gratitude Corner

The Associate Wellness Team would like to thank Dr. Joel Friedman (Department of Physiology and Biophysics), Dr. Fernando Camacho (Department of Oncology), and Liz Spurrell-Huss, LCSW (Office of Community and Population Health) for teaching our associates how to manage stress and achieve better health through meditative practices of Tai Chi, meditation, and chair yoga, respectively during our Wellness Wednesdays in November. Look for more offerings from To Your Health! Associate Wellness in the future.

[Click here for Montefiore's online meditation and relaxation resources](#)

Healthy Pick of the Month:

Wild Rice Stuffing with Roasted Chestnuts and Dried Cranberries

Just in time for the holidays! This month's 'Healthy Pick of the Month' is Wild Rice Stuffing with Roasted Chestnuts and Dried Cranberries. Get cooking this holiday season with this delicious stuffing perfect for a baked turkey or oven roasted whole chicken.

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



December Events

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