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JANUARY-FEBRUARY NEWSLETTER

Welcome to 2020! The start of a new year gives people the opportunity to focus on new goals, and To Your Health! is here to support associates as they pursue their health and wellness goals.

Join the January Associate Wellness Program with Fidelity Investments, '[Demand More from Your Money & Health](#)', and the February Associate Wellness Fair in the Grand Hall, '[Heart & Mind: Healthier Together](#)'.

In this newsletter we spotlight the Montefiore To Your Health! Associate Wellness Wellbeing Manager, who offers associates free supportive wellness services, including departmental programming. Click [here](#) to read more.

ASSOCIATE SPOTLIGHT – MONTEFIORE'S WELLBEING MANAGER DR. BRENDA BOATSWAIN

Brenda Boatswain, Wellbeing Manager, To Your Health! Associate Wellness

Brenda Boatswain, Ph.D., CGP, is a licensed psychologist who leads Montefiore's To Your Health! Associate Wellness Supportive Wellness programming. Brenda supports Montefiore associates with wellness coaching, stress management, and provides wellness resources and referrals for individuals, units, and departments.



A key Supportive Wellness offering is the in-unit based program, a structured program that addresses stress, burnout, and compassion fatigue in a group environment. During this program, Brenda conducts three visits to a department or unit to discuss a specific topic, Montefiore resources, and to teach skills related to stress management and resiliency. She is also available following each visit to offer onsite consultations individually. For more information and to set up an in-unit program for your unit or department, managers can email bboatswa@montefiore.org.

Healthy You Rewards Achievers Display Level 1-3 Prizes!

Associates Vivian Nwaogbe (Moses), Diane Washburn (Tarrytown), and Patience Mukasa (Moses) proudly display their Healthy You Rewards T-shirts and sunrise alarm clock prizes!



Want to receive your own t-shirt or level 3 prize? Log activities on the To Your Health! Wellness Portal to earn! The more activities logged, the more points are earned towards prizes in the program. Click [here](#) to learn more.

TIPS & NEWS

Starting the New Year Right: Setting Mindful Goals for 2020

When setting goals for the year in January, it can be a challenge to stay motivated and committed to those goals. Read this [article](#) to learn the benefits of setting mindful goals to achieve long-term success.

Many people say they want to achieve happiness, yet what if there is more to life than happiness? In this [video](#), Harvard psychologist Dan Gilbert discusses the science behind happiness and the 'psychological immune system'.



February is American Heart Month!

Montefiore celebrates American Heart Month by hosting educational events for the broader community and associates. Montefiore associates are invited to 'Heart & Mind Fair: Healthier Together', a relaxation event on February 3rd, and the Associate Wellness Heart Month food tastings at the campuses below. For more information about Montefiore's American Heart Month events, visit <https://www.montefiore.org/heartmonth>.

Zoom Mindful Meditation with Dr. Fernando Camacho Wednesday, January 22nd, 2020

Start off the new year with mindful meditation, where Fernando Camacho, MD, will lead an hour-long deep breathing practice to help with focus in the present moment. This program will be held in Moses TLC Room 3 and on Zoom Video Conference.

See registration details below. Click [here](#) for the flyer.

In-person	Webinar
Wednesday, January 22 nd , 2020 12:00pm – 1:00pm Moses Campus, 111 E. 210 th St. TLC Room 3	Wednesday, January 22 nd , 2020 12:00pm – 1:00pm Zoom Video Conferencing
To learn more, click here	Pre-register here to Zoom

**January Associate Wellness Program:
Demand More from Your Money & Health
Tuesday, January 28th, 2020**

Fidelity Investments and To Your Health! Associate Wellness will host an informative lunch & learn on financial and physical wellness, including a Webcast and live Q&A panel with Montefiore Fidelity retirement planners, Andrea Gaetano and Cara Every, and To Your Health! Associate Wellness Nutrition Manager and Wellbeing Manager, Jessica Shapiro, RD and Dr. Brenda Boatswain. Lunch will be provided.

See registration details below. Click [here](#) for the flyer.

In-person	Webinar
Tuesday, January 28th, 2020 12:00pm – 1:00pm Moses Campus, 111 E. 210th St. TLC Rooms 4 & 5	Tuesday, January 28th, 2020 12:00pm – 1:00pm Zoom Video Conferencing
To learn more, click here	Pre-register here to Zoom

**Celebrate American Heart Month with
To Your Health! Associate Wellness**

**Heart & Mind Fair: Healthier Together
February 3rd, 2020**

Montefiore's Department of Cardiology and To Your Health! Associate Wellness invites all associates to a Heart Month relaxation event where associates can utilize all five senses through calming activities such as a tea creation station, food tasting, creative project, and chair massage. Walk through the heart healthy stations while participating in interactive tables for giveaways.

In-person
Monday, February 3rd, 2020 10:30am – 2:30pm Moses Campus, 111 E. 210th St. Grand Hall
To learn more, click here

American Heart Month Tasting Tables February 6th – 25th, 2020

Visit the Associate Wellness Tasting Tables in February to try a heart-healthy recipe and chat with a Montefiore registered dietitian.

Campus	Location	Date	Time
Tarrytown	Cafeteria	Thursday, February 6 th	11:30am – 1:30pm
Hutch	Lobby	Monday, February 10 th	11:30am – 1:30pm
Wakefield	Cafeteria	Thursday, February 13 th	11:30am – 1:30pm
Moses	Grand Hall	Friday, February 14 th	11:30am – 1:30pm
Einstein	Cafeteria	Tuesday, February 25 th	11:30am – 1:30pm

The 2020 Wellness Portal Questionnaire is Now Available – Complete for \$30!



Associates – Want \$30?
2020 is Another Opportunity to Earn Your Reward!

Each year, Montefiore associates can complete the Wellness Portal [Health Questionnaire](#) to earn \$30! Associates who complete the online health questionnaire help inform Montefiore's associate programming, and are also provided with a personalized health report! Individual responses remain private. Click [here](#) to learn more and visit toyourhealth.montefiore.org to get started.

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

Help To Your Health! Reach its Goal – A Montefiore Wellness Liaison in Every Department!

Is there a Wellness Liaison in your department? If not, you or a colleague who is interested in personal wellness can sign up to be a Wellness Liaison and help Montefiore attain its goal to have a Wellness Liaison in every department!

In this role, associates serve as volunteer ambassadors for Montefiore's To Your Health! Associate Wellness programs and work to help build a culture of wellbeing in their department. Please note that this position does not interfere with any associates' job duties.



Click [here](#) for more information about the To Your Health! Wellness Liaison role and email ToYourHealth@montefiore.org to sign up or nominate a colleague.

Healing Loss Workshops Available to Associates in March, June, and October 2020



Many associates serve as caregivers, which can bring love and gratification, but also stress and other emotional burdens. Montefiore Healing Arts and Human Resources offer “Healing Loss”, a 3-day residential workshop at a nearby retreat center. This powerful experiential and educational program provides participants with the opportunity to identify and work through some of the losses, grief, trauma, and other changes that often occur in caregivers personal and professional lives.

Healing Loss workshops are led by experienced facilitators in a safe, supportive and confidential setting. Up to 24 Continuing Education (CEU) credits are available. This workshop is limited to 24 participants and registration is required. For more information, click [here](#) to view the flyer and email HealingArts@montefiore.org for more information.

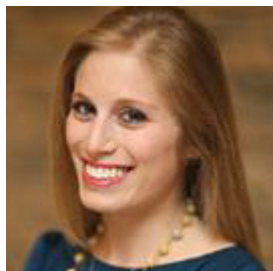
New from WW, Weight Watchers Reimagined: Join WW and enter to win an all-expenses paid trip to Los Angeles to see Oprah!

Associates who purchase a WW (Weight Watchers® Reimagined) membership plan between now and January 31st will be entered to win an all-expenses paid trip to Los Angeles and two tickets to Oprah's 2020 Vision: Your Life In Focus tour, with special guest, Jennifer Lopez! New members will also receive a FREE Jumpstarter Kit. Click [here](#) to learn more about how to enter the sweepstakes.



Join Over 400 Associates Enrolled in Montefiore's WW Program! Any associate is able to attend one 'WW at Work' Workshop for free before joining! Click [here](#) for more information about the Montefiore WW discount and current workshops.

Sign-up for FREE Nutrition Counseling with a Registered Dietitian!



Montefiore offers FREE nutrition counseling to associates both in-person and telephonically. Click [here](#) for nutrition counseling information and email WellnessRD@montefiore.org to make an appointment.

Sign-up for FREE Creative Wellness Services with a Licensed Art Therapist!



Montefiore offers FREE Creative Wellness individual consultations and group workshops to associates. Click [here](#) to learn more about available programs and to make an appointment or schedule a workshop.

Montefiore Associates – Schedule a FREE Telephonic Health Coaching Appointment with a Registered Nurse!

Need help setting achievable goals? Associates can get professional advice and guidance from a registered nurse through To Your Health! Associate Wellness. Associates are offered an unlimited number of telephonic health coaching appointments. To sign-up for an appointment, log into the Wellness Portal at toyourhealth.montefiore.org and select an appointment time on the event calendar.

To learn more about Telephonic Health Coaching, click [here](#).





Healthy Pick: Roasted Butternut Squash Ris-OAT-to with Parmesan & Sage

For a savory meal in the colder months, try this recipe at the [American Heart Month tasting tables](#) or at home!

Roasted Butternut Squash Ris-OAT-to with Parmesan & Sage *Adapted from Sam Stephens, OatMeals*

Yields 5 servings

Ingredients:

- 3 cups butternut squash peeled and cut into 1-inch chunks
- ½ cup fresh sage, stems removed, half roughly chopped, half left whole leaves
- 2 tbsp. olive oil
- ½ tsp. kosher salt
- 1 tbsp. butter
- 1 large shallot diced
- 1 cup Quaker steel cut oats
- 4 cups low sodium vegetable stock
- 4 tbsp. parmesan cheese shredded

Directions:

- Preheat oven to 400°F. Place the squash and chopped sage on a sheet pan and drizzle with 2 tbsp. of olive oil, kosher salt, and pepper and toss well. Arrange pieces in one layer and roast for 25 to 30 minutes, turning once.
- In a large skillet heat butter on medium heat and add the shallot. Cook for 3-4 minutes until soft. Add the steel cut oats and toast for 5 minutes until fragrant and nutty. Add vegetable broth and bring to boil. Reduce heat to low and simmer, stirring occasionally until oats have thickened about 20 minutes.
- While oats are cooking, fry whole sage leaves in on tablespoon olive oil until crisp. Place on a paper towel. When the squash has finished roasting, mash half of the pieces into a rough puree, and leave the other pieces whole. When the oats have finished cooking add the squash puree and stir to combine. Top with the whole squash pieces.
- Divide the Ris-OAT-to among bowls and serve topped with parmesan and crispy sage leaves, along with cracked black pepper.

Nutrition Facts | Per serving: 330 calories, 9 g protein, 44 g carbohydrates, 15 g fat, 4 g saturated fat, 15 mg cholesterol, 575 mg sodium, 8 g dietary fiber, 5 g sugars

TO YOUR HEALTH! SERVICES

Check out all the resources To Your Health! has to offer:

Fitness Opportunities	Nutrition	Supportive/ Emotional Well-Being	Programs
5Rhythms	Wellness Portal	Supportive Wellness Services	Care Guidance Program
Gym Discounts	WW	Creative Wellness Services	Carebridge Employee Assistance Program / Members Assistance Program (1199SEIU)
Montefiore Mile	Diabetes Prevention Program	Unwind with Guided Relaxation Tracks Call: 718-920-CALM	Montefiore Smoking Cessation Program
	Dietitian Debrief	Supporting Healthy Relationships Workshops	
		Parenting Group Program	

JANUARY EVENTS

Mon	Tues	Wed	Thur	Fri
		1	2	3 WW Yonkers (Suite 175)
6 WW CHCC	7	8 WW Moses, Einstein, Tarrytown	9 WW Yonkers	10 WW Yonkers (Suite 175)
13 WW CHCC	14	15 WW Moses, Einstein, Tarrytown	16 WW Yonkers	17 WW Yonkers (Suite 175)
20 WW CHCC	21 5Rhythms Moses Campus TLC Grand Hall 5:15pm – 6:15pm	22 Mindful Meditation Zoom & Moses Campus TLC 3 12:00pm – 1:00pm WW Moses, Einstein, Tarrytown	23 WW Yonkers	24 WW Yonkers (Suite 175)
27 WW CHCC	28 January Associate Wellness Program: Demand More from Your Money & Health Moses Campus TLC Rooms 4 & 5 12:00pm – 1:00pm	29 WW Moses, Einstein, Tarrytown	30	31

FEBRUARY EVENTS

Mon	Tues	Wed	Thur	Fri
3 February Associate Wellness Program: Heart & Mind Fair: Healthier Together Moses Campus Grand Hall 10:30am – 2:30pm WW CHCC	4	5 WW Moses, Einstein, Tarrytown	6 Associate Wellness Tasting Table Tarrytown Cafeteria 11:30am – 1:30pm WW Yonkers, Fordham	7 WW Yonkers (Suite 175)
10 Associate Wellness Tasting Table Hutch Lobby 11:30am – 1:30pm WW CHCC	11	12 WW Moses, Einstein, Tarrytown	13 Associate Wellness Tasting Table Wakefield Cafeteria 11:30am – 1:30pm WW Yonkers, Fordham	14 Associate Wellness Tasting Table Moses Campus Grand Hall 11:30am – 1:30pm WW Yonkers (Suite 175)
17 WW CHCC	18 5Rhythms Moses Campus TLC Grand Hall 5:15pm – 6:15pm	19 WW Moses, Einstein, Tarrytown	20 WW Yonkers, Fordham	21 WW Yonkers (Suite 175)
24 WW CHCC	25 Associate Wellness Tasting Table Einstein Cafeteria 11:30am – 1:30pm	26	27 WW Yonkers, Fordham	28 WW Yonkers (Suite 175)