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JULY/AUGUST NEWSLETTER

Summer is here! As warm weather allows for outdoor fun, To Your Health! is here to help associates get healthy and stay well.

Join the July Associate Wellness Program, **'It's Not Selfish, It's Self Care'** and check out the **Associate Wellness Tasting Tables** in August during Montefiore's Farmer's Markets at various locations during the month.

Also in this newsletter we spotlight a Wakefield manager who has made strides in improving his personal health. Click [here](#) to read his story.

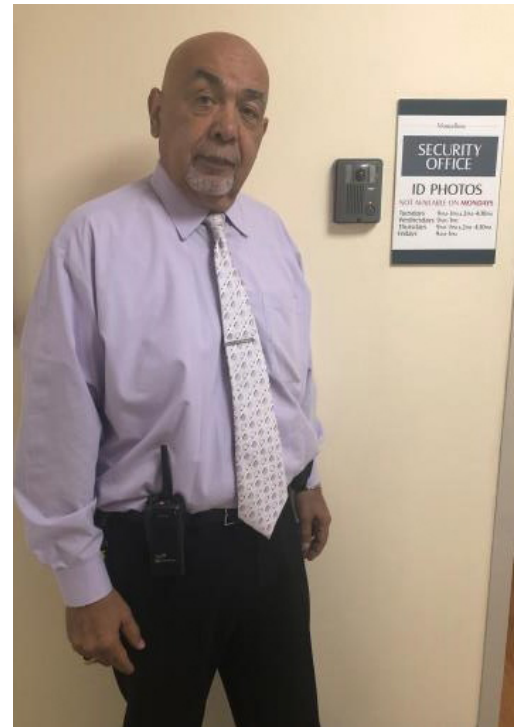
ASSOCIATE SPOTLIGHT – MONTEFIORE'S WENDELL AULET!

Wendell Aulet, Security, Wakefield Campus

Wendell says, "I've worked at Montefiore since 2003 and was a security officer for seven years before becoming a security manager.

It was my granddaughter who inspired me to make a change. When she told me 'I need you around', I knew it was time for me to lose the weight. I changed my diet and for the last two years now start every morning with a vegetable drink and eat a green chicken salad for lunch every day – the consistency helps me keep at it. I cut out fried foods, drink a lot of water, and no longer eat after 8:00pm.

Due to these changes I have lost more than 40 pounds since last July. I also keep well by watching my stress and taking things as they come. It's important to stay on top of my health so that I am able to be around for those who need me, and I express the importance of staying well to my team."



Associate Wellness at National Nurses Week 2019 and Patient Experience Week 2019!

Associate Wellness proudly celebrated National Nurses Week 2019 by hosting a table with wellness information during the week at the Wakefield, Einstein and Moses campuses appreciation breakfasts in May.

(Left to right: Maura Porricolo, DrNP, CPNP, MPH, Assistant Vice President, Hospital Operations, Wakefield Administration; Jessica Shapiro MS, RD, CDN, CDE, Associate Wellness and Nutrition Manager; Brenda Boatswain, Ph.D., CGP Associate Wellness Wellbeing Manager; Joan O'Brien, MSN, RN, NE-BC, Assistant Vice President, Nursing, Nursing Administration.)



Associate Wellness was also present during Patient Experience Week 2019 at the Einstein campus in May where various departments showcased their commitment to the patient experience.

(Left to right: Shirley Symister, BA, Associate Wellness Project Manager; Brenda Boatswain, Ph.D., CGP, Associate Wellness Wellbeing Manager; Brenda Pinder, MSN, RN, NEA-BC, Director of Nursing, Medicine and Obstetrics Administration.)



Associates Incorporate Wellness into the Workday!

Q: Who are these associates (pictured right) and what are they doing?

A: It's the MMG associate break-time 1-mile walking group at Yonkers! Want to know how your team can become involved with wellness? Considering becoming a [To Your Health! Wellness Liaison](#).



Healthy You Rewards Level 1 Winners Show Off Their Prizes!

Associates Lurline Anthony (Yonkers – on left) and Michelina Lord (Tarrytown – on right) show off the T-shirts they received for reaching Level 1 in the Healthy You Rewards program!



Want to receive a Montefiore To Your Health! shirt? Complete activities on the To Your Health! Wellness Portal to earn points in the [Healthy You Rewards](#) program. The more activities completed, the more points are earned towards prizes from To Your Health!

TIPS & NEWS

July is Social Wellness Month!

Social wellness, or developing a sense of belonging and a well-developed support system, is important for a happy life. Read this [article](#) to learn more about social wellness, its importance and how to nurture and grow one's network.

In this [video](#), psychologist Robert Waldinger shares information on a decades-long study about adult development and how all different types of relationships play into a happy and fulfilling life.

Want to strengthen your social wellness? Learn more about Montefiore's Yammer network on the Montefiore intranet, [reach out](#) to Montefiore volunteer services, or consider being a [To Your Health! Wellness Liaison](#) for your department.



August is National Breastfeeding Awareness Month

Montefiore proudly celebrates National Breastfeeding Awareness Month! Did you know that Montefiore has lactation suites available to associates at multiple campuses, including the Hutch, Tarrytown and Westchester Square? Click [here](#) to learn more about the associate lactation suites.

July Associate Wellness Program: It's Not Selfish, It's Self Care Tuesday, July 16th, 2019

A Carebridge Employee Assistance Program specialist will lead an hour-long webinar on strategies to build up one's self-care reserve and how to say "no" without guilt. This program will be held exclusively through video conference.

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

Webinar
Tuesday, July 16th 2019
1:00pm – 2:00pm
GoToWebinar Video Conferencing
Register for the webinar here

Associate Wellness August Program: Tasting Tables During Montefiore's Summer Farmer's Markets August 1st – 20th, 2019

Visit the Associate Wellness Tasting Tables at Montefiore Farmer's Markets in August to try a seasonal recipe with fresh ingredients, learn more about new programs and chat with a Montefiore registered dietitian.

Campus	Location	Date	Time
Tarrytown	Back Patio	Thursday, August 1 st	11:30am – 1:30pm
Wakefield	Atrium	Wednesday, August 7 th	11:30am – 1:30pm
Moses	East Garden	Thursday, August 15 th	11:30am – 1:30pm
Einstein	Front Patio	Tuesday, August 20 th	11:30am – 1:30pm

Visit the Montefiore Produce Markets Located Within the Moses, Einstein and Wakefield Campus Cafeterias

Montefiore's Department of Food and Nutrition Services began hosting weekly outdoor Farmer's Markets in 2012 with the intention of providing local healthy fruits and vegetables to the community at an affordable cost during the summer months. Montefiore's Department of Food and Nutrition Services expanded these markets in 2017 and now has fresh produce available for purchase daily in Montefiore campus cafeterias.

Food Service is committed to promoting a healthy lifestyle to the community by providing easier access to healthy foods. Visit the Montefiore Farmer's Market on the dates below, or in the cafeterias to find something delicious to add to your next meal!

Montefiore Summer Farmer's Markets: 11:30am – 2:00pm

- Einstein/Weiler – Tuesdays
- Wakefield – Wednesdays
- Moses – Thursdays



Take the 2019 Wellness Portal Health Questionnaire and Earn \$30!



Every year associates have the opportunity to complete the [Wellness Portal Health Questionnaire](https://www.montefiore.org/yourhealth) for \$30! Visit [toyourhealth.montefiore.org](https://www.montefiore.org/yourhealth) to complete the questionnaire.

*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.

Have an Interest in Health and Wellness? Sign-up to be a Montefiore Wellness Liaison!

Are you or someone you know at Montefiore excited about personal health and wellness? Then sign-up or nominate someone to be a Wellness Liaison. In this voluntary role, associates serve as ambassadors for Montefiore's To Your Health! Associate Wellness programs and work to help build a culture of wellbeing in their department, and across Montefiore. Please note that this position does not interfere with any associates' job duties.



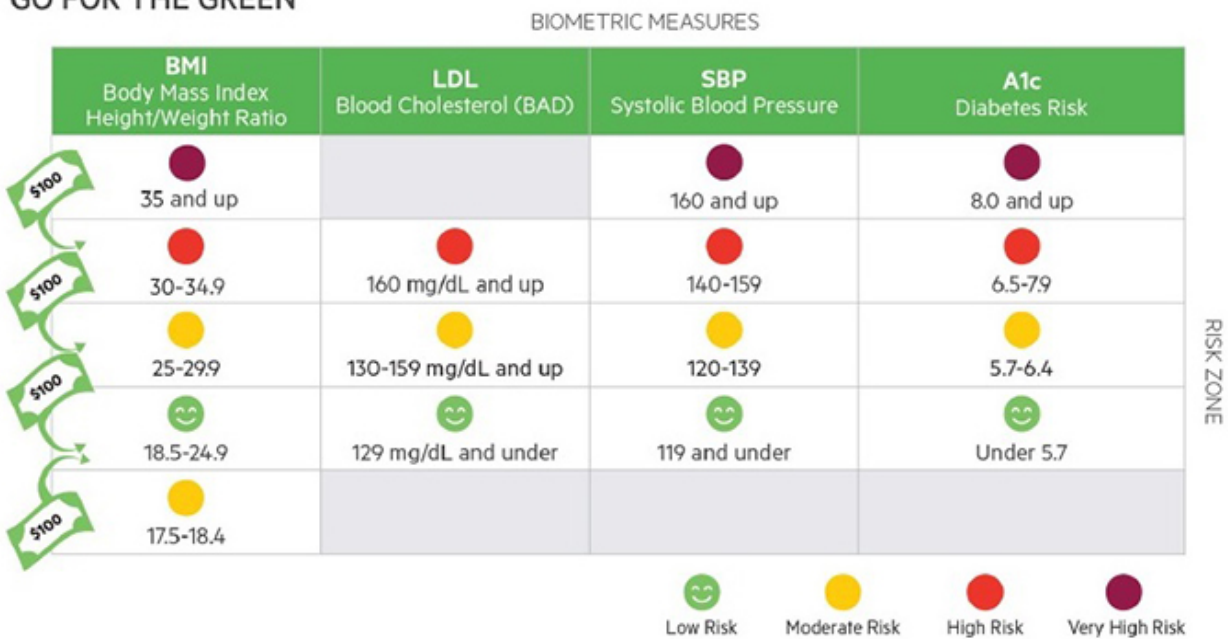
Click [here](#) for more information about the To Your Health! Wellness Liaison program and email ToYourHealth@montefiore.org to sign up.

Engage in A-HIP and Make Healthy Changes to Earn a \$100 Reward per Improvement!

Join Montefiore’s Associate Health Improvement Program (A-HIP) by submitting your verified baseline values! Then, if eligible, make changes towards the green zone (low risk) in BMI, LDL cholesterol, blood pressure or A1c and earn \$100 for each move.

There are a few ways to join or submit your improvements: (1) [sign up](#) for an upcoming Wellness Check-In for BMI and blood pressure (2) have your provider complete and then submit the [provider form](#) or (3) contact Associate Wellness at WellnessRD@montefiore.org if you have visited a Montefiore provider within six months and would like to use these values in the program.

GO FOR THE GREEN



Click [here](#) for more information about A-HIP.

New for WW, Weight Watchers Reimagined!

Join WW by July 26th and Receive a **FREE Insider's Box** – includes over 80 WW recipes, samples, coupons and more! Click [here](#) for more information.



WW Webinars on July 16th and August 6th!

Check out upcoming WW webinars that are open to both members and nonmembers:

Webinar Topic	Date	Time
All About the App	Tuesday, July 16 th	2:30pm ET
The New WW Experience	Tuesday, August 6 th	2:30pm ET

Join the Nearly 400 Associates That Are Part of Montefiore's WW Program! Associates can attend one WW at Work Workshop for free before joining using this [coupon](#). Also click [here](#) for more information about the Montefiore WW discount.

Sign-up for FREE Nutrition Counseling and Supportive Wellness Coaching – Available at Multiple Campuses & Telephonically!

Montefiore offers FREE nutrition counseling and supportive wellness stress management coaching both in-person and telephonically! Click [here](#) for nutrition counseling information and [here](#) to learn more about supportive wellness services.



Montefiore Associates Have Access to FREE Telephonic Health Coaching!



Would you like to discuss your health goals with a registered nurse and create a plan towards healthy changes? Montefiore's To Your Health! Associate Wellness offers **FREE** telephonic health coaching to associates! Associates are provided an unlimited number of telephonic visits with a Registered Nurse who can assist in creating a plan for any lifestyle or health changes. To sign-up for an appointment, log into the Wellness Portal at toyourhealth.montefiore.org and select your appointment time on the event calendar.

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

Healing Loss Workshops Available to Associates in September 2019 and March 2020

An important factor in living a healthy life is ensuring that one maintains their emotional health, including dealing with grief and loss. Montefiore Healing Arts and Human Resources offer "Healing Loss", a three-day residential workshop at a nearby retreat center. This powerful experiential and educational program is 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.



Healthy Pick: Try the Peach, Basil and Tomato Salad with Balsamic Vinaigrette

Try WW's peach, tomato and basil salad with balsamic vinegar for a sweet and tangy spin on summer produce!

Click [here](#) to view the recipe and visit Associate Wellness during Montefiore Summer BBQs in July to give it a try! Email us at ToYourHealth@montefiore.org with your thoughts if you test out the recipe at home.



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	Unwind with Guided Relaxation Tracks Call: 718-920-CALM	Carebridge Employee Assistance Program / Members Assistance Program (1199SEIU)
Montefiore Mile	Diabetes Prevention Program	Supporting Healthy Relationships Workshops	Montefiore Smoking Cessation Program
Zumba – Moses and Einstein Campus	Dietitian Debrief	Supporting Healthy Parents and Babies Workshop	
		Parenting Group Program	

JULY EVENTS

Mon	Tues	Wed	Thur	Fri
1	2	3	4	5
8 WW CHCC	9 A-HIP Wellness Check-In Yonkers Campus 8:30am – 12:30pm Zumba Einstein Campus 4 th Floor Cafeteria 5:15pm – 6:05pm	10 WW Moses, Einstein, Tarrytown	11 Zumba Moses Campus Grand Hall 5:15pm – 6:15pm WW Yonkers, Fordham	12 WW Yonkers (Suite 175)
15 WW CHCC	16 July Associate Wellness Program: It's Not Selfish, It's Self Care Go To Webinar 1:00pm – 2:00pm Zumba Einstein Campus 4 th Floor Cafeteria 5:15pm – 6:05pm 5Rhythms Moses Campus Grand Hall 5:15pm – 6:15pm	17 WW Moses, Einstein, Tarrytown	18 Zumba Moses Campus Grand Hall 5:15pm – 6:15pm WW Yonkers, Fordham	19 WW Yonkers (Suite 175)
22 WW CHCC	23	24 WW Moses, Einstein, Tarrytown	25 WW Yonkers, Fordham	26 WW Yonkers (Suite 175)
29 WW CHCC	30 Zumba Einstein Campus 4 th Floor Cafeteria 5:15pm – 6:05pm	31 WW Moses, Einstein, Tarrytown		

AUGUST EVENTS

Mon	Tues	Wed	Thur	Fri
			<p>1</p> <p>Associate Wellness Tasting Tables Tarrytown Back Patio 11:30am – 1:30pm</p> <p>Zumba Moses Campus TLC Room 4 & 5 5:15pm – 6:15pm</p> <p>WW Yonkers, Fordham</p>	<p>2</p> <p>WW Yonkers (Suite 175)</p>
<p>5</p> <p>WW CHCC</p>	<p>6</p>	<p>7</p> <p>Associate Wellness Tasting Tables Wakefield Atrium 11:30am – 1:30pm</p> <p>WW Moses, Einstein, Tarrytown</p>	<p>8</p> <p>WW Yonkers, Fordham</p>	<p>9</p> <p>WW Yonkers (Suite 175)</p>
<p>12</p> <p>WW CHCC</p>	<p>13</p>	<p>14</p> <p>WW Moses, Einstein, Tarrytown</p>	<p>15</p> <p>Associate Wellness Tasting Tables Moses East Garden 11:30am – 1:30pm</p> <p>Zumba Moses Campus Grand Hall 5:15pm – 6:15pm</p> <p>WW Yonkers, Fordham</p>	<p>16</p> <p>WW Yonkers (Suite 175)</p>
<p>19</p> <p>WW CHCC</p>	<p>20</p> <p>Associate Wellness Tasting Tables Einstein Front Patio 11:30am – 1:30pm</p> <p>Zumba Einstein Campus 4th Floor Cafeteria 5:15pm – 6:05pm</p> <p>5Rhythms Moses Campus Grand Hall 5:15pm - 6:15pm</p>	<p>21</p> <p>WW Moses, Einstein, Tarrytown</p>	<p>22</p> <p>Zumba Moses Campus Grand Hall 5:15pm – 6:15pm</p> <p>WW Yonkers, Fordham</p>	<p>23</p> <p>WW Yonkers (Suite 175)</p>
<p>26</p> <p>WW CHCC</p>	<p>27</p> <p>Zumba Einstein Campus 4th Floor Cafeteria 5:15pm – 6:05pm</p>	<p>28</p> <p>WW Moses, Einstein, Tarrytown</p>	<p>29</p> <p>Zumba Moses Campus TLC Room 4 & 5 5:15pm – 6:15pm</p> <p>WW Yonkers, Fordham</p>	<p>30</p> <p>WW Yonkers (Suite 175)</p>