

2016

Happy July!

Summer is finally here! To Your Health! has some tips and tricks to help you make the best of the summer months. In July, kick off your summer by walking the Montefiore Mile, grabbing some fresh fruit at the Montefiore Farmer's Markets or focusing on your weight loss goals by joining a new session of Weight Loss Alliance-Intensive! See below for more details.

Tips & News

Healthy Habits Raffle Campaign Winners

Each quarter we raffle off six prizes of \$1,000 dollars! In order to win, associates complete To Your Health! wellness activities for raffle tickets. The more activities you participate in the higher your chances of winning.

Here are the smiling faces of our Q4 and Q1 [Healthy Habits Raffle Campaign](#) \$1,000 winners! We'll be picking our Q3 2016 winners in September so there is still plenty of time to join in to win big! Log-on to the [Wellness Portal](#) to sign up!



Moses Campus: Adriane Pratt (Education Coordinator), Heather Huang (Field Manager BCM), Derrick Jackson (Security Officer), Lillian Cruz (Fellowship Program Administrator)

Einstein Campus: Hong Jin (Clinical Laboratory Technologist)

Yonkers Campus: Annika Eccleston (Sr. Accounting Clerk – 1199), Margaret Reiniger (Chronic Care Manager), Shereen Ritchie (Business Service Specialist)

Tarrytown Campus: Jennifer Sedgley (Healthcare Performance Engineer), Joshua Valentine (Food Services – Second Cook), Denissa Forbin (Health Information Management)

How does To Your Health! support your wellness goals?



"Joining Weight Loss Alliance-Intensive was the best decision because I achieved my desired weight loss, and have put my health and wellness as a top priority. Since the beginning of the program, I have changed my eating habits, identified when cravings kick in and how to respond in a health conscious/mindful way, joined a gym and recruited a personal fitness trainer! Thanks to Jessica for your support and education on healthy living and mindful eating."

Rochelle Cain
Manager, Behavioral Health BCM
Yonkers Campus

"Since I started working at Montefiore in 2014, I have been actively involved in the To Your Health! associate wellness programs including the nutrition workshops, weight loss support groups, nutrition counseling, as well as completed quizzes and health challenges on the portal. I feel encouraged, supported, listened to, understood, and never alone, which makes it easier to take another step forward towards my goals, and reduce setbacks in all aspects of my health and life. I am so thankful Montefiore provides all of these amazing programs. #mindbodyspirit"

Anisha Choudhary
Administrative Supervisor, Department of Surgery
Moses Campus





"I have been active in Weight Watchers At Work since March 15, 2016 and have lost 24 pounds to date. In the past, I have struggled to find balance between eating healthy and reaching my desired weight. The Smart Points program is simple to do and fits in with my crazy schedule. I can even eat at my favorite restaurants! I recommend this program because it is a healthy alternative to dieting. I plan to keep on losing weight and know that I will be successful."

Donna Fedele
Manager, Training & Development
Tarrytown Campus

Do you have a wellness story you want to share with your colleagues? If so, email it to ToYourHealth@montefiore.org and you may be featured in the next newsletter!

Make it a Wellness Summer

Montefiore supports you staying well over the summer! Here are some activities to do to make the best of the summer months while focusing on your wellness:

Break a sweat at a local gym!

Start working out at one of the many fitness facilities where Montefiore associates receive a discount for membership. Check out which fitness facilities have discounts for Montefiore employees [here](#).



Stop by Montefiore Farmer's Markets and Nutrition Tastings

Montefiore hold Farmer's Markets on the Moses, Wakefield, Tarrytown and Einstein Campuses every Thursday from 11am-2pm. Stop by, grab some farm fresh fruits and veggies! To Your Health! will be hosting a [Nutrition Tasting Table](#) once a month at each Farmer's Market site.

Scenic Views around Montefiore Campus

On a sunny day, take time out to explore the scenic sites around the different Montefiore Campuses. Learn more [here](#).

Walk the Montefiore Mile

Raining outside? You and your colleagues can walk the Montefiore Mile this summer during your lunch or break times. Take a look at the [Montefiore Mile](#) site map.

Boogie on the Boulevard

Get ready to [Boogie on the Boulevard](#)! On the last Sundays of each month, the center lanes of the Grand Concourse, starting at 162nd Street, will be closed to cars and open to a world of fun with free music, art and fitness programs hosted by organizations from the Bronx and beyond. Stop by with friends and family at the next Boogie on the Boulevard on July 31, 2016 from 12:00pm – 4:00pm.

Community Farm Fresh Foods

Shop for affordable, farm-fresh produce in your community at your local [farmer's markets](#) and [youth markets](#)!

Stay Active!

[New York City Recreation Centers](#) offer facilities such as indoor pools, weight rooms, basketball courts, and dance studios. NYC Recreation Center memberships for children under 18 are FREE!

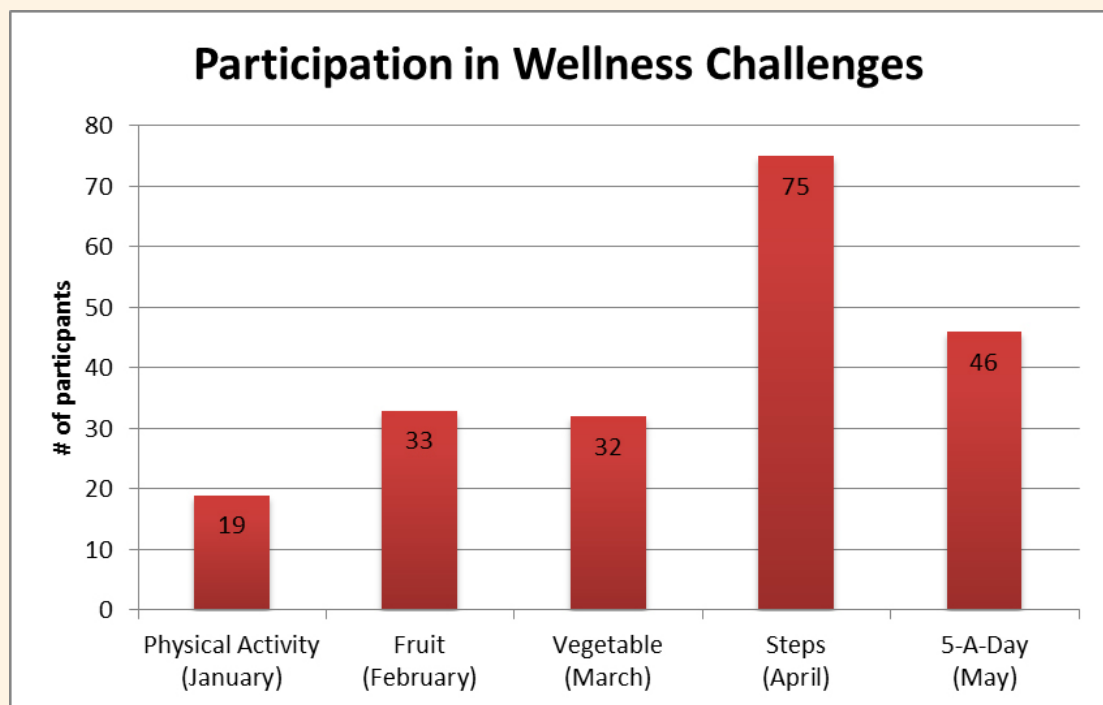
New York City also offers FREE "Shape Up" classes in all five boroughs. Learn more about these fitness classes [here](#).

What's New

Challenge Yourself!

From January to May, a little over 200 associates participated in To Your Health! Wellness challenges for raffle tickets. Don't miss out on a chance to win \$1,000 in the [Healthy Habits Raffle Campaign](#) and challenge yourself to focus on wellness! This challenge series has come to an end but you can still track your physical fitness, fruit, vegetable and water intake on the [Wellness Portal](#)!

Next month we will be announcing a brand new and exciting challenge!



Monthly Nutrition Workshop

Topic: [Reduce Your Risk for Chronic Diseases with Food!](#)

Join us for a discussion about which foods can keep you away from frequent visits to the doctor in the future.

Moses Campus 3514 DeKalb Ave., Large Conference Room	Tuesday, July 19 12:00pm
Yonkers Campus 3 Executive Blvd., 2 nd Floor, Care Guidance Suite, Conference Room	Wednesday, July 20 12:00pm & 1:00pm

Workshops are open to all associates! Attending this Workshop can earn you 3 raffle tickets in the [Healthy Habits Raffle Campaign](#). Registration requested on the [Wellness Portal](#) in advance, or just drop in!

Healthy Pick of the Month: Roasted Eggplant & Cherry Tomatoes

Come by the [Farmer's Market Tasting Table](#) during the month of July to taste this recipe.

ACTUAL WORK TIME: 10 minutes | **TOTAL TIME:** 1 hour 10 minutes | **MAKES:** 4 sides or 2 main dishes

Ingredients

- 1 large eggplant (about 1 1/2 lbs.)*
- 4 cloves garlic
- 1 pint cherry or grape tomatoes
- 6 sprigs thyme
- 1/2 c. extra virgin olive oil
- 3/4 tsp. kosher salt
- 1/4 tsp. crushed red pepper
- 1/4 tsp. freshly ground black pepper



Tools needed: 2½ – to 3-qt. baking dish, cutting board, chef’s knife, measuring cups and spoons, large spoon, kitchen timer.

Don’t Panic: Cutting the eggplant into cubes is a cinch, I promise.

1. Heat the oven (with the oven rack in the middle) to 400°F. Wash the eggplant. Cut off and discard the stem. Next, cut the eggplant into 1-inch-thick rounds. Stack 2 rounds at a time, then cut into 1-inch cubes. Smash the garlic and peel.
2. Place the eggplant and garlic in a 2 1/2- to 3-qt. baking dish. Wash the tomatoes and thyme and add to the dish. Drizzle with the oil and sprinkle with the salt, red pepper, and black pepper (about 12 turns on a pepper mill). Toss together with your hands until the eggplant is coated with oil (a little overcrowding in the dish is okay).
3. Roast until the eggplant is really soft and tender, 50 to 60 minutes. (Set your timer, and at 40 minutes, give the vegetables a quick stir.)

Store in the refrigerator for up to 4 days.

*Buy eggplant that is smooth-skinned, evenly firm, and without soft spots.

Recipe by: Jessica Seinfeld



YMCA Diabetes Prevention Program (YDPP) at Einstein Campus

We are starting a new YDPP session at the Einstein Campus in September! This evidence based program helps associates eat healthier, increase physical activity and lose weight. By aiming to reduce body weight by 5-7% 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%!

Applications for the Einstein YDPP sessions are currently being accepted.

Please let us know if you are interested in joining [YDPP](#) at Einstein. 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!



Yonkers Weight Loss Alliance-Intensive (WLA-I)

Develop a solid weight loss support system and build motivation towards your summer weight loss goals. This six week long dietitian-led group meeting will focus on learning new strategies and tools to help you jump start your weight loss journey but also cultivate lifelong healthy habits.

[Yonkers WLA-I](#) meetings are held on **every Wednesday** from **12:00pm – 1:00pm**. Enrollment will close after July 13, 2016.

Sign-up on the [Wellness Portal](#) or e-mail WellnessRD@montefiore.org for more information.

Monthly Events

See our Calendar for more information.

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