



## WHAT'S NEW

### Tips & News

Nutrition for Men, March 5<sup>th</sup>, 12:00pm – 1:00pm

Zoom Mindful Meditation with Dr. Camacho,  
April 8<sup>th</sup>, 12:00pm – 1:00pm

Complete the 2020 Portal Health Questionnaire &  
Earn \$30

Sign Up to Be Your Department's Wellness  
Liaison

New for WW: Join in March for a FREE Cookbook  
Bundle

Montefiore Associates – Consider Participating in  
a Healing Loss Workshop in March, June or  
October 2020

FREE Telephonic Health Coaching with a RN  
Available Through the Wellness Portal

Healthy Picks: Overnight Oats and Dark  
Chocolate Coconut Popcorn

## MARCH-APRIL NEWSLETTER

Spring is on the horizon! As daylight expands and provides longer days, To Your Health! is here with resources to help associates spring towards their personal goals.

Join the March Associate Wellness Program, **'Nutrition for Men'**, and the April Associate Wellness program, **'Mindful Meditation'**.

In this newsletter we spotlight Montefiore associate Maria Morales, who works for the Montefiore Healthy Store Initiative. Click [here](#) to read more about this work.

## ASSOCIATE SPOTLIGHT – MONTEFIORE'S MARIA MORALES

**Maria Morales**, Community and Population Health, Moses Campus

Maria says, “I have been at Montefiore for a year and a half as the Project Supervisor for the Montefiore Healthy Store Initiative, which partners with local bodegas to change the landscape of food in the Bronx community. We work to have healthy options, such a low-calorie beverages and whole wheat foods like brown rice and whole wheat pasta, more readily available for purchase. Data shows that when customers look for something to drink, they are more likely to grab water over sugary drinks if it's the first option seen. We also work to reduce, and ultimately eliminate, unhealthy marketing of tobacco and junk food and drinks. Recently we've promoted the new “Don't Stress, Eat Fresh” campaign to counter the unhealthy advertising that is so prevalent, especially in the Bronx.” For more information about Montefiore's Healthy Store Initiative, where your closest partner bodega is located, or to coordinate a bodega walk for your colleagues or patients, email [MHSI@montefiore.org](mailto:MHSI@montefiore.org).



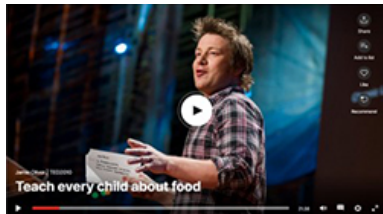
### Associates Experienced a Mindful Moment During the 2020 Heart Month Relaxation Fair

In celebration of Heart Month, Montefiore's Department of Cardiology and To Your Health! Associate Wellness recently hosted a relaxation event where over 215 associates utilized all five senses through calming activities, chair yoga and chair massage. Missed it? Look for events in the [calendar](#) to join in on Associate Wellness activities.



### *March is National Nutrition Month! The Importance of a Balanced Diet*

When it comes to living a healthful lifestyle with food, it can be difficult to navigate. Check out the Academy of Nutrition and Dietetics' [infographic](#) with simple steps on how to achieve good nutrition. Also, join the Associate Wellness March Program 'Nutrition for Men' this month!



Diet is a key factor in overall health, yet is often overlooked. In this TED [video](#), chef Jamie Oliver discusses the standard American diet's negative impact on individuals and families and the work he's done to combat it.

Did you know that Montefiore offers FREE nutrition counseling to associates? Schedule a free [nutrition counseling appointment](#) with the Associate Wellness dietitian available at five Montefiore locations or telephonically.



**March Associate Wellness Program:  
Nutrition for Men  
Thursday, March 5<sup>th</sup>, 2020**

Julian Franklin, dietetic intern, will lead a discussion about nutrition behaviors, health impact and lifestyle tips to help you, and the men in your life, thrive.

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

In-person	Webinar
Thursday, March 5 <sup>th</sup> , 2020 12:00pm – 1:00pm Einstein Campus, 1825 Eastchester Rd. Einstein Auditorium	Thursday, March 5 <sup>th</sup> , 2020 12:00pm – 1:00pm Zoom Video Conferencing
To learn more, click <a href="#">here</a>	Pre-register <a href="#">here</a> to Zoom

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**April Associate Wellness Program:  
Zoom Mindful Meditation with Dr. Fernando Camacho  
Wednesday, April 8<sup>th</sup>, 2020**

Fernando Camacho, MD, will lead an hour-long session with deep breathing and discussion to help associates 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, April 8 <sup>th</sup> , 2020 12:00pm – 1:00pm Moses Campus, 111 E. 210 <sup>th</sup> St. TLC Room 3	Wednesday, April 8 <sup>th</sup> , 2020 12:00pm – 1:00pm Zoom Video Conferencing
To learn more, click <a href="#">here</a>	Pre-register <a href="#">here</a> to Zoom

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Earn A \$30 Reward by Taking the 2020 Wellness Portal Questionnaire!



## Associates – Want \$30?

2020 is Another Opportunity to Earn Your Reward!

Montefiore associates have the opportunity to complete the [Wellness Portal Health Questionnaire](https://toyourhealth.montefiore.org) every year 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 on the above flyer to learn more and visit [toyourhealth.montefiore.org](https://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.

Participate in Healthy You Rewards & Earn Points Towards Prizes!

## 2020 Healthy You Rewards

Complete activities  
to earn points and  
receive prizes from  
To Your Health!



Want to receive prizes for healthy activities? 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, with a Bluetooth speaker as the highest prize. Click [here](#) to learn more.

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### Sign Up to Be Your Department's Montefiore Wellness Liaison!

Does your department have a Wellness Liaison? If not, you or a colleague who is interested in personal wellness can sign up to be a Wellness Liaison and help Montefiore reach 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](mailto:ToYourHealth@montefiore.org) to sign up or nominate a colleague.

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## New from WW, Weight Watchers Reimagined: Join Montefiore's WW at Work Program in March and Receive a FREE Cookbook Bundle!

Associates who purchase a WW (Weight Watchers® Reimagined) membership plan between March 6<sup>th</sup> and March 27<sup>th</sup> can redeem a FREE Cookbook Bundle! This Cookbook Bundle includes:



- myWW Program Cookbook
- Best of WW Mini Cookbooks (3)
  - Best of Pasta
  - Best of Easy Eats
  - Best of Nachos, Tacos & More
- A Stainless Steel Water Bottle

**Montefiore offers seven WW at Work workshops at six locations, including Einstein and Fordham!**

Your first workshop is free, so stop by to check out a workshop at work! This month we'll be highlighting the Einstein and Fordham locations.

- **Einstein Workshop** is held in the **Auditorium every Wednesday at 12:15pm**
- **Fordham Plaza Workshop** is held in the **Large Conference Room on the 6<sup>th</sup> floor every Tuesday at 1:30pm**

**Join Over 400 Associates Enrolled in Montefiore's WW Program!** Click [here](#) for more information about the Montefiore WW discount and current workshops.

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



Many associates serve as caregivers, which can have a profound effect on our personal and professional lives, and can also bring 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 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](mailto:HealingArts@montefiore.org) for more information.

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## 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](mailto:WellnessRD@montefiore.org) to make an appointment.

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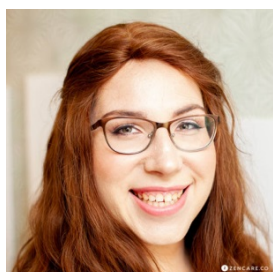
## Sign-up for FREE Supportive Wellness Services with a Licensed Psychologist!



Montefiore offers FREE stress management coaching and resource referrals to associates both in-person and telephonically! Click [here](#) to learn more about supportive wellness services and to make an appointment.

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## 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.

See the [calendar](#) for the monthly Creative Wellness workshops at Einstein on March 27<sup>th</sup> and Wakefield on April 1<sup>st</sup>.

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## Schedule a FREE Telephonic Health Coaching Appointment with a Registered Nurse!

Do you need help setting achievable goals? Associates can receive 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](http://toyourhealth.montefiore.org) and select an appointment time on the event calendar.

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

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## Healthy Picks: Overnight Oats and Dark Chocolate and Coconut Popcorn



Check out two recipes for overnight oats and dark chocolate coconut popcorn, written by the Associate Wellness Nutrition Manager and recently featured in LoHud!

Click [here](#) to view these recipes.

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## TO YOUR HEALTH! SERVICES

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

Fitness Opportunities	Nutrition	Supportive/ Emotional Well-Being	Programs
<a href="#">5Rhythms</a>	<a href="#">Wellness Portal</a>	<a href="#">Supportive Wellness Services</a>	<a href="#">Care Guidance Program</a>
<a href="#">Gym Discounts</a>	<a href="#">WW (Weight Watchers Reimagined)</a>	<a href="#">Creative Wellness Services</a>	<a href="#">Carebridge Employee Assistance Program / Members Assistance Program (1199SEIU)</a>
<a href="#">Montefiore Mile</a>	<a href="#">Diabetes Prevention Program</a>	<a href="#">Unwind with Guided Relaxation Tracks</a> Call: 718-920-CALM	
<a href="#">Equinox 3-Day Pass - March 2020</a>	<a href="#">Dietitian Debrief Workshops</a>	<a href="#">Supporting Healthy Relationships Workshops</a>	
<a href="#">Equalize 7-Day Pass</a>		<a href="#">Parenting Group Program</a>	

# MARCH EVENTS

Mon	Tues	Wed	Thur	Fri
<p>2</p> <p>WW CHCC</p>	<p>3</p> <p>WW Fordham</p>	<p>4</p> <p>WW Moses, Einstein, Tarrytown</p>	<p>5</p> <p>March Associate Wellness Program: Nutrition for Men Einstein Auditorium and Zoom 12:00pm – 1:00pm</p> <p>WW Yonkers</p>	<p>6</p> <p>WW Yonkers (Suite 175)</p>
<p>9</p> <p>WW CHCC</p>	<p>10</p> <p>WW Fordham</p>	<p>11</p> <p>WW Moses, Einstein, Tarrytown</p>	<p>12</p> <p>WW Yonkers</p>	<p>13</p> <p>WW Yonkers (Suite 175)</p>
<p>16</p> <p>WW CHCC</p>	<p>17</p> <p>5Rhythms Moses Campus TLC Grand Hall 5:15pm – 6:15pm</p> <p>WW Fordham</p>	<p>18</p> <p>WW Moses, Einstein, Tarrytown</p>	<p>19</p> <p>WW Yonkers</p>	<p>20</p> <p>WW Yonkers (Suite 175)</p>
<p>23</p> <p>WW CHCC</p>	<p>24</p> <p>WW Fordham</p>	<p>25</p> <p>WW Moses, Einstein, Tarrytown</p>	<p>26</p> <p>WW Yonkers</p>	<p>27</p> <p>Create Your Own Coloring Book Einstein Campus Lubin Conference Room 12:00pm – 1:00pm</p> <p>WW Yonkers (Suite 175)</p>
<p>30</p> <p>WW CHCC</p>	<p>31</p> <p>WW Fordham</p>			

# APRIL EVENTS

Mon	Tues	Wed	Thur	Fri
		<p>1</p> <p>Letters to Yourself: Collage Postcard</p> <p>Wakefield Campus CAMP Conference Room 12:00pm – 1:00pm</p> <p>WW</p> <p>Moses, Einstein, Tarrytown</p>	<p>2</p> <p>WW</p> <p>Yonkers</p>	<p>3</p> <p>WW</p> <p>Yonkers (Suite 175)</p>
<p>6</p> <p>WW</p> <p>CHCC</p>	<p>7</p> <p>WW</p> <p>Fordham</p>	<p>8</p> <p>April Associate Wellness Program: Zoom Mindful Meditation</p> <p>Moses TLC 3 and Zoom 12:00pm – 1:00pm</p> <p>WW</p> <p>Moses, Einstein, Tarrytown</p>	<p>9</p> <p>WW</p> <p>Yonkers</p>	<p>10</p> <p>WW</p> <p>Yonkers (Suite 175)</p>
<p>13</p> <p>WW</p> <p>CHCC</p>	<p>14</p> <p>WW</p> <p>Fordham</p>	<p>15</p> <p>WW</p> <p>Moses, Einstein, Tarrytown</p>	<p>16</p> <p>WW</p> <p>Yonkers</p>	<p>17</p> <p>WW</p> <p>Yonkers (Suite 175)</p>
<p>20</p> <p>WW</p> <p>CHCC</p>	<p>21</p> <p>5Rhythms</p> <p>Moses Campus TLC Grand Hall 5:15pm – 6:15pm</p> <p>WW</p> <p>Fordham</p>	<p>22</p> <p>WW</p> <p>Moses, Einstein, Tarrytown</p>	<p>23</p> <p>WW</p> <p>Yonkers</p>	<p>24</p> <p>WW</p> <p>Yonkers (Suite 175)</p>
<p>27</p> <p>WW</p> <p>CHCC</p>	<p>28</p> <p>WW</p> <p>Fordham</p>	<p>29</p> <p>WW</p> <p>Moses, Einstein, Tarrytown</p>	<p>30</p> <p>WW</p> <p>Yonkers</p>	