



TO YOUR HEALTH!

NOVEMBER/DECEMBER NEWSLETTER

The holiday season is quickly approaching! It's the time of year when for some, wellness goals can take the back burner, so we're highlighting different ways to think about staying healthy and eating mindfully this season.

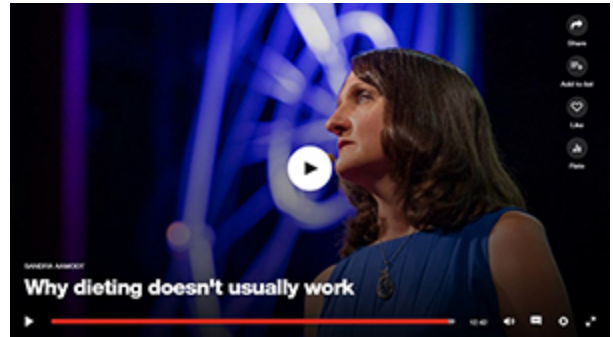
In this issue Associate Wellness is also profiling three associates who **won \$1000 in our Healthy Habits Raffle Campaign**. If you want to participate it's not too late for next quarter! Click [here](#) to learn more and make sure to earn raffles before the deadline for Q4, December 31.

November is **American Diabetes Month**! Find Associate Wellness's full listing of events on our [calendar](#), and make sure to visit the Associate Wellness food tastings at various campuses. Also, join for the workshop on November 3rd led by Dr. Vafa Tabatabaie titled [How Your Thyroid Affects Your Health](#).

TIPS & NEWS

What if there was a better way than dieting?

Many of us make resolutions to start some type of diet in the new year, or limit what we have during the holidays. However, many times we fall short of these goals. In 'Why Dieting Doesn't Work' neuroscientist and science writer Sandra Aamodt discusses why that may be the case, and how mindful eating could reshape our relationship with food.



Looking for a quiet space?

Between the honking, traffic, and phone notifications, it can be hard to have a few quiet minutes. Montefiore has multiple spaces associates can go to decompress, meditate or just relax during their breaks. View the [Quiet Spaces Flyer](#) created by Associate Wellness to learn more about each of these spaces. If you're interested in creating a quiet space in your department or site, contact Brenda Boatswain bboatswa@montefiore.org, Associate Wellness, Well-being Coordinator for more information.

ASSOCIATE SPOTLIGHT – RAFFLE WINNERS



Martha Fonseca, Nursing, Wakefield Campus

Martha says, "health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity. He who has health has hope; and he who has hope has everything. A healthy body is a guest chamber for the soul."

Patience Mukasfa, Orthopedic Surgery, Moses Campus

Patience says, "I am very thankful for winning the Associate Wellness June-September 2017 raffle. I get great encouragement and health incentives from the Associate Wellness programs and workshops provided by Montefiore Associate Wellness. It is a very useful tool for improving my health habits.

I especially enjoy participating in the 5Rhythms classes where I get to sing along as I dance to the music. It is a great workout tool; good for the body and soul, and this class is offered at a time that is very convenient for me after work. The monthly workshops are very informative also, like the strategies to manage sugar and salt workshop that helped me understand how to cut down on sugar and salt in-take."



Carmen Jorge, UBA, Yonkers Campus

Carmen says, "I have been trying to lower my A1c for almost a decade. After I started working at Montefiore I contacted the Care Guidance program and was assigned a personal case manager. This is where my healthy journey started to evolve. I took advantage of Weight Watchers at Work and was able to attend meetings once a week during my lunch hour. My Care Guidance case manager connected me to their pharmacist and the Associate Wellness Dietitian. I participated in nutrition workshops, meditation workshops and used tools on the To Your Health! Wellness Portal.

As a licensed social worker, it feels good to be taken care of for a change, and this program continues to be a major component in my lifestyle change. I would like to add through these efforts I've been able to reduce my A1c also!"

To see all of the raffle winners click [here](#).

It's not too late to join! We raffle off six \$1000 prizes every quarter!

Visit toyourhealth.montefiore.org to see eligible activities and log your points! View the flyer [here](#).

WHAT'S NEW

- [November Wellness Workshop & Food Tastings for American Diabetes Month](#)
- [December Wellness Workshop Food Demo with Food Services, Wakefield & Zoom](#)
- [A-HIP: Thinking of making a health change? Then it's the right time to sign-up for a biometric screening & enroll](#)
- [Sign-up for FREE Health Coaching with Supportive Wellness \(multiple locations\)](#)
- [What could you buy with an extra \\$25?](#)
- [Sign-up for a FREE visit with the Associate Wellness Dietitian \(multiple locations\)](#)
- [Healthy Recipe Pick: Roasted Delicata Squash](#)

November Wellness Workshop: How Your Thyroid Affects Your Health **Friday, November 3, 2017**

As part of American Diabetes Month, Associate Wellness is hosting a workshop with endocrinologist Dr. Tabatabaie titled: *How Your Thyroid Affects your Health!* This informative session is on how your body's hormones affects are far reaching, from your brains to bowels, and everything in between.

See location and registration details below.

In-person	Webinar
Friday, November 3, 12:00pm Moses Campus, 111 E. 210 th Street, Bronx, NY TLC Room 2	Friday, November 3, 12:00pm Zoom Video Conferencing
To learn more and register in person, click here	Pre-register here to Zoom T: 408-638-0968; Meeting ID: 686 164 739

In November we're also hosting multiple food tastings at different campuses. Click on the [calendar](#) to view dates and locations. [Food Tastings Flyer](#).

December Wellness Workshop: Food Demo with Chef Janet **Friday, December 8, 2017**

Join Montefiore's Chef Janet as she demonstrates how to cook a healthy holiday dish. Free tastings to all who attend in person.





In-person	Webinar
Friday, December 8, 12:00pm Wakefield Campus, 600 E 233rd St. Bronx, NY (back of cafeteria)	Wednesday, December 6, 12:00pm Zoom Video Conferencing
To learn more and register in person, click here	Pre-register here to Zoom T: 408-638-0968; Meeting ID: 999-924-640

All participants, via in-person or Zoom will earn 3 raffle entries for each workshop in the Healthy Habits Raffle Campaign, where six \$1000 prizes are raffled off each quarter.

Thinking of making a lifestyle or health change? Why not be rewarded through A-HIP!

The Associate Health Improvement Program (A-HIP) **assists and rewards associates for making positive lifestyle changes!** If you've been thinking about making changes to your health or are in the process, schedule an [on-site screening](#) to determine your baseline value! Upcoming screenings dates are November 16, December 1, December 4, December 7, December 11, and December 19.

After that, you'll be provided resources both internally and externally, including individualized health coaching to make improvements. **When you think you've made positive changes, get re-screened or have your provider fill out the [provider form](#) and see the rewards in your paycheck - \$100 for each improvement in each category!**

GO FOR THE GREEN				
BIOMETRIC MEASURES				
BMI Body Mass Index Height/Weight Ratio	LDL Blood Cholesterol (BAD)	SBP Systolic Blood Pressure	A1c Diabetes Risk	RISK ZONE
		160 and up	8.0 and up	
30 and up	160 mg/dL and up	140-159	6.5-7.9	
25-29.9	130-159 mg/dL and up	120-139	5.7-6.4	
18.5-24.9	129 mg/dL and under	119 and under	Under 5.7	
17.5-18.4				
 Low Risk  Moderate Risk  High Risk  Very High Risk				

Learn more in the [Program Guide](#), or visit [A-HIP on MyMonteBenefits](#). If you have any questions, write toyourhealth@montefiore.org.

Sign-up for FREE Health Coaching with Supportive Wellness Services – at Multiple Campuses & Telephonically!

Looking to work on health and wellness goals? Get the support you need by creating a plan and working towards positive changes! Click [here](#) to learn how Supportive Wellness Services can help, with in-person and telephonic health coaching.

Appointments are available at Moses, Wakefield, Einstein, Tarrytown, Yonkers and telephonically.

For in-person health coaching write bboatswa@montefiore.org to set-up an appointment. For telephonic health coaching, write toyourhealth@montefiore.org.



What could you buy with an extra \$25? Complete the Health Assessment & Workshop!



Complete the Wellness Portal Health Assessment **and** Workshop to earn \$25 in your paycheck! (You must complete **both** items to receive the incentive.) For more information click [here](#). To get started, visit toyourhealth@montefiore.org.

*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.

Sign-up for a FREE Visit with the Associate Wellness Dietitian – at Multiple Campuses!

Montefiore's To Your Health! Associate Wellness Program offers **FREE** nutrition counseling to all associates. **Appointments are available at Moses, Wakefield, Einstein, Tarrytown, Yonkers and telephonically.** If interested, please write WellnessRD@montefiore.org to set-up an appointment.

Our Associate Wellness Dietitian can address all of your nutritional concerns including, but not limited to: weight control, blood pressure, blood lipid levels, blood sugar management, digestive disorders, and food allergies/sensitivities. The Associate Wellness dietitian can also **assist associates in enrolling in our [diabetes prevention programs](#)** for those eligible.



To view the flyer and learn more click [here](#).



Healthy Recipe Pick: Roasted Delicata Squash

Delicata squash (sometimes called sweet potato or Bohemian squash) is a winter squash with an edible skin. Just like other winter squashes this squash is very high in vitamin A. The flavor is sweet and creamy yet mild. Some would argue the taste is better than butternut squash!

If you are unfamiliar with the delicata squash, start experimenting with a simple roasting [recipe](#) such as this one (video included) and write us at toyourhealth@montefiore.org with a review if you give it a try!

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	Healing Arts	Care Guidance Program
Gym Discounts	Weight Watchers	Supportive Wellness Services/Health Coaching	Diabetes Prevention Programs
Montefiore Mile		Unwind with Guided Relaxation Tracks Call: 718-920-CALM	Employee Assistance Program / Members Assistance Program (1199SEIU)
		Supporting Healthy Relationships Workshops	

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

NOVEMBER EVENTS

Sun	Mon	Tues	Wed	Thur	Fri	Sat
			1 Weight Watchers Moses/Einstein/Tarrytown/Hutch	2 Weight Watchers Yonkers/Fordham	3 Wellness Workshop Thyroid & Health Moses Campus & Zoom 12:00-1:00pm	4
5	6 Weight Watchers Open House Wakefield 12:15-1:30pm	7 Wellness Tasting Tables Moses, Einstein & Wakefield Cafeterias 12:00-1:30pm	8 Weight Watchers Moses/Einstein/Tarrytown/Hutch	9 Weight Watchers Yonkers/Fordham	10	11
12	13 Weight Watchers Wakefield	14	15 Weight Watchers Moses/Einstein/Tarrytown/Hutch	16 A-HIP Biometric Screening Hutch Campus Weight Watchers Yonkers/Fordham	17	18
19	20 Weight Watchers Wakefield	21 5Rhythms TLC Grand Hall 5:15pm-6:15pm Wellness Tasting Tables Moses, Einstein & Wakefield Cafeterias 12:00-1:30pm	22 Weight Watchers Moses/Einstein/Tarrytown/Hutch	23 Weight Watchers Yonkers/Fordham	24	25
26	27 Weight Watchers Wakefield	28 Wellness Tasting Tables Moses, Einstein & Wakefield Cafeterias 12:00-1:30pm	29 Weight Watchers Moses/Einstein/Tarrytown/Hutch	30 Weight Watchers Yonkers/Fordham		

DECEMBER EVENTS

Sun	Mon	Tues	Wed	Thur	Fri	Sat
					1 A-HIP Biometric Screening Yonkers 8:30-1:30pm	2
3	4 A-HIP Biometric Screening Moses 8:30-1:30pm Weight Watchers Wakefield	5	6 Weight Watchers Moses/Einstein/Tarrytown/Hutch	7 A-HIP Biometric Screening Tarrytown 8:30-1:30pm < Weight Watchers Yonkers/Fordham	8 Wellness Workshop Food Demo Wakefield 12:00-1:00pm	9
10	11 A-HIP Biometric Screening Einstein 8:30-1:30pm Weight Watchers Wakefield	12	13 Wellness Workshop: Meditation Moses, TLC 3 & Zoom 12:00-1:00pm Weight Watchers Moses/Einstein/Tarrytown/Hutch	14 Weight Watchers Yonkers/Fordham	15	16
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24	25 Weight Watchers Wakefield	26	27 Weight Watchers Moses/Einstein/Tarrytown/Hutch	28 Weight Watchers Yonkers/Fordham	29	30
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