



WHAT'S NEW

Tips & News

Ask Your Diabetes Providers Panel, November 6th,
1:15pm-2:15pm

National Influenza Vaccination Week Fairs, December
1st-7th

Eating Healthy Without Breaking the Budget,
December 12th, 12:30pm-1:30pm

Zoom Mindful Meditation, December 18th, 12:00pm-
1:00pm

Complete the 2019 Online Wellness Portal
Questionnaire by November 29th & Earn \$30!

Help Promote Wellness in Your Department by Signing
Up to be a Wellness Liaison

The New WW Experience, December 3rd, 1:00pm-
2:00pm

FREE Telephonic Health Coaching Appointments with a
RN Available on Montefiore's Wellness Portal

Healthy Pick: Roasted Squash with Red Onion & Pears
Recipe

NOVEMBER-DECEMBER NEWSLETTER

Winter is on the horizon! As the end of the year and colder months approach, To Your Health! is here for associates during the change in season, with resources for associates to reach their wellness goals.

Join the November Associate Wellness Program, '[Ask Your Diabetes Providers Panel](#)' and check out the December Associate Wellness Program, '[Eating Healthy Without Breaking the Budget](#)'. Also be sure to '[Zoom Mindful Meditation](#)' with Dr. Camacho on December 18th.

In this newsletter we spotlight a Montefiore To Your Health! Associate Wellness Registered Dietitian who offers associates free nutrition counseling at the Tarrytown and Wakefield campuses. Click [here](#) to read more about her expertise.

ASSOCIATE SPOTLIGHT – INTRODUCING MONTEFIORE’S MARY LOU POMPEII!

Mary Lou Pompeii, Registered Dietitian, To Your Health! Associate Wellness

Mary Lou Pompeii is a registered dietitian and certified dietitian nutritionist within Montefiore’s To Your Health Associate Wellness team. When not at Montefiore, Mary Lou also works as a research dietitian and interventionist for several research studies with NYU. Mary Lou also has experience working with in-patient, nursing home, and End-Stage Kidney Disease (ESKD) patients.

With her extensive expertise, Mary Lou currently provides individual nutrition counseling consultations at the Wakefield and Tarrytown campuses on Thursdays, including analysis of past and current weight and eating habits, and realistic recommendations to meet individualized nutrition goals. To schedule a nutrition counseling appointment with Mary Lou at these campuses, or any other campus, associates can email WellnessRD@montefiore.org.



2019 National Depression Screening Day Awareness

To Your Health! Associate Wellness and the Department of Psychiatry and Behavioral Sciences recently presented ‘*View from the Waiting Room – A Physician’s Journey Through Depression*’ on October 10th, where Susan J. Noonan, MD, MPH, physician, author and patient with depression shared her experience as a provider receiving care. Click [here](#) to view the full presentation.



(Pictured left to right: Shirley Symister, BA, Associate Wellness Project Manager; Stephanie Saklad, MA, ATR-BC, LCAT, Associate Wellness Program Manager; Brenda Boatswain, PhD, CGP, Associate Wellness Wellbeing Manager; Susan J. Noonan, MD, MPH; Timothy J. Petersen, PhD; Jonathan Alpert, MD, PhD, Dorothy and Marty Silverman University Chair, Department of Psychiatry and Behavioral Science; Paulette Giambalvo, MPH, CHES, Director, Associate Wellness; Jessica Shapiro MS, RD, CDN, CDE, Associate Wellness and Nutrition Manager; Robin Vieira, BA, LMT, Dietetic Intern.)

November is American Diabetes Month!

Montefiore participates in American Diabetes Month by providing information and education about diabetes to the larger community, including associates. Montefiore associates are invited to [‘Ask Your Diabetes Providers Panel’](#) on November 6th, and the Associate Wellness Diabetes Month food tastings at the campuses below. For more information about all of Montefiore’s American Diabetes Month events, visit <https://www.montefiore.org/diabetes-month>.

Celebrate American Diabetes Month with the To Your Health! Associate Wellness Program



‘Ask Your Diabetes Providers’ Panel Wednesday, November 6th, 2019

Montefiore's To Your Health! Associate Wellness and the Clinical Diabetes Center, Division of Endocrinology, Diabetes & Metabolism invites all associates to ask their questions to four diabetes specialists.

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

In-person	Webinar
Wednesday, November 6th, 2019 1:15pm – 2:15pm Moses Campus, 111 E. 210th St. TLC Room 3	Wednesday, November 6th, 2019 1:15pm – 2:15pm Zoom Video Conferencing
To learn more, click here	Pre-register here to Zoom

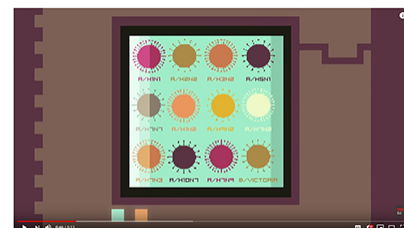
American Diabetes Month Tasting Tables November 1st - 14th, 2019

Visit the Associate Wellness Tasting Tables in November to try a healthy recipe with seasonal produce and chat with a Montefiore registered dietitian.

Campus	Location	Date	Time
Hutch	Lobby	Friday, November 1 st	11:30am – 1:30pm
Moses	Grand Hall	Wednesday, November 6 th	Begins at 2:00pm
Tarrytown	Cafeteria	Thursday, November 7 th	11:30am – 1:30pm
Einstein	Cafeteria	Monday, November 11 th	11:30am – 1:30pm
Wakefield	Cafeteria	Thursday, November 14 th	11:30am – 1:30pm

National Influenza Vaccination Week – Join us at a Fair! December 1st - 7th, 2019

In 2005 the U.S. Centers for Disease Control established National Influenza Vaccination Week to highlight the importance of the flu vaccination during the holiday season and colder months. Check out this [TED-Ed video](#) that explains why it is important to get a flu shot every year.



In acknowledgement of National Influenza Vaccination Week, Montefiore's flu initiative and To Your Health! Associate Wellness will host three events at the [Wakefield](#), [Einstein](#) and [Moses](#) campuses where associates will have the opportunity to get this year's flu shot, sample an immune boosting food tasting, and earn a To Your Health! giveaway for completing a questionnaire. For more information about the Montefiore flu initiative, and where to receive your flu shot visit the Montefiore intranet homepage.

December Associate Wellness Program: Eating Healthy Without Breaking the Budget Thursday, December 12th, 2019

Robin Vieira, BA, LMT, will lead a discussion about how associates can stick to a budget while making healthful choices with useful tips and tricks.

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

In-person Thursday, December 12th, 2019 12:30pm – 1:30pm Hutchinson Campus 1250 Waters Place Tower II 12th Floor Conference Room	Webinar Thursday, December 12th, 2019 12:30pm – 1:30pm Zoom Video Conferencing
To learn more, click here	Pre-register here to Zoom

Zoom Mindful Meditation with Dr. Fernando Camacho Wednesday, December 18th, 2019

Fernando Camacho, MD, will lead an hour-long session with deep breathing and discussion to help with focus on the present moment. This program will be held in Moses TLC Room 1 and on Zoom Video Conference. This program is geared for beginners but open to everyone.

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

In-person Wednesday, December 18th, 2019 12:00pm – 1:00pm Moses Campus, 111 E. 210th St. TLC Room 1	Webinar Wednesday, December 18th, 2019 12:00pm – 1:00pm Zoom Video Conferencing
To learn more, click here	Pre-register here to Zoom

Associates Can Earn \$30 in 2019 by Completing the Wellness Portal Health Questionnaire. Deadline – November 29th!



Associates – Want \$30?
2019 is Another Opportunity to Earn Your Reward!

Associates who complete the [Wellness Portal Health Questionnaire](#) for the first time by November 29th earn \$30! Take the questionnaire where your private answers will help inform Montefiore's associate programming, and provide you with a personalized health report! Click on the above flyer 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.

Become a Montefiore Wellness Liaison For Your Department!

Does your department have a Wellness Liaison? If not, are you or someone in your department interested in personal health and wellness? Then sign up to be a Wellness Liaison and help Montefiore reach its goal to have a Wellness Liaison in every department!

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 role and email ToYourHealth@montefiore.org to sign up or nominate a colleague.

Something new is coming from WW, Weight Watchers Reimagined!

The seasons are changing, and so is WW, Weight Watchers Reimagined! Check out the NEW WW Experience webinar coming up in December, open to all, and learn about the WW enhancements! This webinar will cover WW's SmartPoints system, the Digital and Mobile Tools, and how you can eat what you love, do what moves you, and shift your mindset:



Webinar Topic	Date	Time
The New WW Experience	Tuesday, December 3 rd	1:00pm ET

Join the Over 400 Associates Enrolled in Montefiore's WW Program! Associates are 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 Supportive Wellness Services with a Licensed Psychologist!

Montefiore offers FREE stress management coaching both in-person and telephonically! Click [here](#) to learn more about supportive wellness services and 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 Have Access to FREE Telephonic Health Coaching!

Did you know you can seek professional advice and guidance to achieve health and wellness goals from a Registered Nurse through To Your Health! Associate Wellness? Associates are offered an unlimited number of telephonic health coaching appointments through the Wellness Portal. 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 Squash with Red Onion and Pears

Try the following roasted squash with red onion and pears recipe to get the most out of in-season produce!

Roasted Squash With Red Onion & Pears Adapted from The Silver Platter by Daniella Silver and Norene Gilletz

Yields 6 servings (serving size 7 ounces)

Ingredients:

- 2 large delicata squash (about 1 pound/500 grams each.) *If you can't find delicata, substitute with acorn squash*
- 1 large red onion, halved and sliced
- 3 firm ripe pears (e.g., Bosc), cored, cut into wedges (do not peel)
- 2 tablespoons olive oil
- 1 tablespoons brown sugar or honey
- 1 teaspoon sweet paprika
- Kosher salt
- Freshly ground black pepper

Directions:

- Preheat oven to 425°F. Line a rimmed baking sheet with parchment paper.
- Cut squash in half lengthwise and scoop out the seeds. Cut squash crosswise into 1/4-inch slices to form half-moons.
- In a large bowl, combine squash with onion and pears. Drizzle with olive oil; sprinkle with brown sugar, paprika, salt and pepper. Stir gently.
- Spread mixture in a single layer on prepared baking sheet.
- Roast, uncovered, for about 30-35 minutes, just until tender, turning squash, onion and pears once or twice during cooking.
- Transfer to a serving platter. Serve hot or at room temperature.

Nutrition Facts | Per serving: 140 calories, 2 g protein, 24 g carbohydrates, 4.5 g fat, 0.5 g saturated fat, 0 mg cholesterol, 200 mg sodium, 4 g dietary fiber, 14 g sugars

Try the recipe at the [American Diabetes Month Tasting Tables](#) or 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
	Dietitian Debrief	Supporting Healthy Parents and Babies Workshop	
		Parenting Group Program	

NOVEMBER EVENTS

Mon	Tues	Wed	Thur	Fri
<p>*Click here for the full Montefiore American Diabetes Month Event Calendar</p>				<p>1</p> <p>Associate Wellness Tasting Tables Hutch Lobby 11:30am – 1:30pm</p> <p>WW Yonkers (Suite 175)</p>
<p>4</p> <p>WW CHCC</p>	5	<p>6</p> <p>November Associate Wellness Program: Ask Your Diabetes Providers Panel, Moses TLC Room 3 and Zoom 1:15pm – 2:15pm</p> <p>Associate Wellness Tasting Tables Moses Grand Hall 2:00pm</p> <p>WW Moses, Einstein, Tarrytown</p>	<p>7</p> <p>Associate Wellness Tasting Tables Tarrytown Cafeteria 11:30am – 1:30pm</p> <p>WW Yonkers, Fordham</p>	<p>8</p> <p>WW Yonkers (Suite 175)</p>
<p>11</p> <p>Associate Wellness Tasting Tables Einstein 4th Floor Cafeteria 11:30am – 1:30pm</p> <p>WW CHCC</p>	12	<p>13</p> <p>WW Moses, Einstein, Tarrytown</p>	<p>14</p> <p>Associate Wellness Tasting Tables Wakefield Cafeteria 11:30am – 1:30pm</p> <p>WW Yonkers, Fordham</p>	<p>15</p> <p>WW Yonkers (Suite 175)</p>
<p>18</p> <p>WW CHCC</p>	<p>19</p> <p>5Rhythms Moses Campus CHAM2 5:15pm – 6:15pm</p>	<p>20</p> <p>WW Moses, Einstein, Tarrytown</p>	<p>21</p> <p>WW Yonkers, Fordham</p>	<p>22</p> <p>WW Yonkers (Suite 175)</p>
<p>25</p> <p>WW CHCC</p>	26	<p>27</p> <p>WW Moses, Einstein, Tarrytown</p>	28	29

DECEMBER EVENTS

Mon	Tues	Wed	Thur	Fri
<p>2</p> <p>Montefiore Flu Fair Wakefield Campus 11:30am – 2:30pm</p>	<p>3</p>	<p>4</p> <p>Montefiore Flu Fair Einstein 4th Floor Cafeteria 7:00am – 10:00am</p> <p>WW Moses, Einstein, Tarrytown</p>	<p>5</p> <p>Montefiore Flu Fair Moses Grand Hall 7:00am – 10:00am</p> <p>WW Yonkers, Fordham</p>	<p>6</p> <p>WW Yonkers (Suite 175)</p>
<p>9</p> <p>WW CHCC</p>	<p>10</p>	<p>11</p> <p>WW Moses, Einstein, Tarrytown</p>	<p>12</p> <p>Associate Wellness Program: Eating Healthy Without Breaking the Budget Hutch 12th Floor Conference Room and Zoom 12:30pm – 1:30pm</p> <p>WW Yonkers, Fordham</p>	<p>13</p> <p>WW Yonkers (Suite 175)</p>
<p>16</p> <p>WW CHCC</p>	<p>17</p> <p>5Rhythms Moses Campus CHAM2 5:15pm – 6:15pm</p>	<p>18</p> <p>Zoom Mindful Meditation with Dr. Camacho Moses Campus TLC1 and Zoom 12:30pm – 1:30pm</p> <p>WW Moses, Einstein, Tarrytown</p>	<p>19</p> <p>WW Yonkers, Fordham</p>	<p>20</p> <p>WW Yonkers (Suite 175)</p>
<p>23</p> <p>WW CHCC</p>	<p>24</p>	<p>25</p>	<p>26</p> <p>WW Yonkers, Fordham</p>	<p>27</p> <p>WW Yonkers (Suite 175)</p>
<p>30</p> <p>WW CHCC</p>	<p>31</p>			