



WHAT'S NEW

Tips & News

Mindfulness Meditation with Dr. Camacho,
September 25th, 12:00pm – 1:00pm

View From the Waiting Room – A Physician's
Journey Through Depression, October 10th,
10:30am – 12:00pm

Take the Online Wellness Portal Questionnaire
by November 15th for \$30

Interested in Health and Wellness? Consider
Being a Wellness Liaison!

New at WW: Join by October 18th to Receive a
FREE Starter Kit and Upcoming Webinar

Make an Appointment for FREE Telephonic
Health Coaching with an RN on Montefiore's
Wellness Portal

Healthy Pick: Try the Ultimate Vegetable
Gazpacho Recipe!

FALL NEWSLETTER

Fall is approaching! As the change of seasons brings crisp weather and new beginnings, To Your Health! is here to help associates set and achieve new wellness goals.

Join the September Associate Wellness Program, **'Mindfulness Meditation with Dr. Camacho'** and check out the October Associate Wellness Program, **'View From the Waiting Room - A Physician's Journey Through Depression'**.

Also, in this newsletter we spotlight Montefiore's new To Your Health! Program Manager who will lead associate Creative Wellness programming. Click [here](#) to read more.

ASSOCIATE SPOTLIGHT – MEET MONTEFIORE’S STEPHANIE SAKLAD!

Stephanie Saklad, Program Manager, To Your Health! Associate Wellness

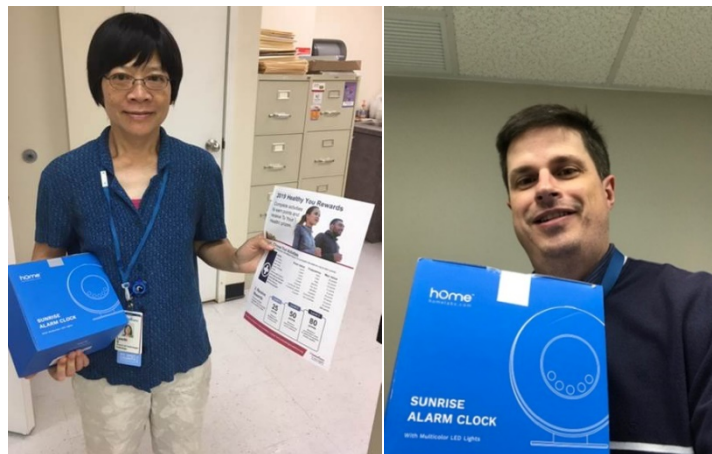
Stephanie Saklad, M.A., ATR-BC, LCAT is a state licensed and board certified art therapist who will be leading Montefiore’s To Your Health Associate Wellness creative programming. Stephanie comes from a background working with community members and is excited to work with Montefiore’s associates. Stephanie’s services will include individual consultations and art focused workshops, including open studio times, mindfulness art making, and introduction to new and innovative arts experiences that associates can use for their wellness. Stephanie enjoys painting and creating art out of found and recycled objects, and looks forward to sharing her passion for the creative arts with the Montefiore associate community.



For more information on available art programming, email ssaklad@montefiore.org.

Healthy You Rewards Participants Show Off Level 3 Prizes!

Associates Lanchi U (Einstein) and Kevin White (Yonkers) pose with the Healthy You Reward Level 3 sunrise alarm clock prize!



Want to receive your own sunrise alarm clock? Log activities on the To Your Health! Wellness Portal to earn points. The more activities logged, the more points earned towards prizes from To Your Health in the [Healthy You Rewards Program](#)!

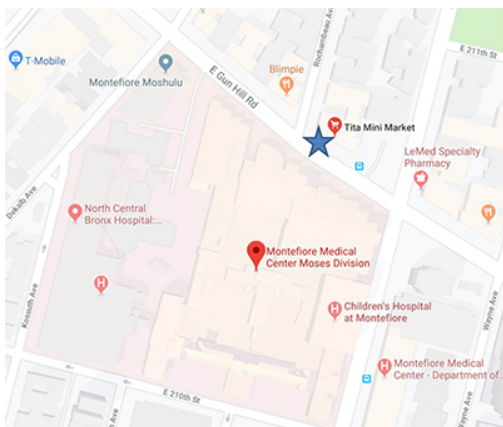
TIPS & NEWS

September is Healthy Aging Month!

As exercise helps people age healthfully, it is important for adults to receive the U.S. Centers for Disease Control and Prevention's recommended 150 minutes of moderate intensity physical activity every week. In this [video](#), neuroscientist Wendy Suzuki discusses the impact of physical activity on brain health.



Montefiore supports associates' physical fitness goals by offering discounts to multiple fitness facilities in the tri-state area, including new relationships with **Dolphin Fitness (Einstein campus)**, **iLoveKickboxing – Bronx**, and **The MAX Challenge!** Click [here](#) for more information about these discounts, and be sure to complete the [2019 Health Questionnaire](#) where the aggregate questionnaire responses help inform Associate Wellness programming, such as fitness facility discounts.



[Image courtesy of Google Maps]

Moses Associates – Take Advantage of the Tita Mini Market's Healthy Lunch Combo and the Weekly GrowNYC Youthmarket!

Visit Tita Mini Market at 137 E. Gun Hill Road, only a block away from the Moses campus, and take advantage of the healthy lunch combo where Montefiore associates can get a low sodium turkey sandwich with an apple and can of seltzer or bottled water for only \$5.00 plus tax! This healthy lunch combo is available now through November 6th to all Montefiore associates who show I.D. at purchase. Click [here](#) for more information.

Also, visit the Norwood Youthmarket on the corner of E. Gun Hill Road and Dekalb Avenue on Thursdays from 11:00am to 5:00pm to check out local farm fresh produce! Click [here](#) for more information.

October 10th is World Mental Health Day – Know the Facts

Approximately 1 in 5 Americans live with a mental illness, yet there is still stigma associated with mental health. Click [here](#) to read about common mental health myths and to get the facts.

Flu Season is Approaching – Be Prepared

The 2019-2020 flu season begins in the fall months. Keep an eye out for more information about Montefiore's efforts against the flu across the institution and in the next To Your Health! newsletter issue.

**September Associate Wellness Program:
Mindfulness Meditation with Dr. Fernando Camacho
Wednesday, September 25th, 2019**

Fernando Camacho, MD, will lead an hour-long deep breathing practice to help with focus and relaxation. 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, September 25th, 2019 12:00pm – 1:00pm Moses Campus, 111 E. 210th St. TLC Room 3	Wednesday, September 25th, 2019 12:00pm – 1:00pm Zoom Video Conferencing
To learn more, click here	Pre-register here to Zoom

**Associate Wellness October Program:
View From the Waiting Room - A Physician's Journey Through Depression
with Dr. Susan J. Noonan, MD, MPH
Thursday, October 10th, 2019**

Dr. Susan J. Noonan, MD, MPH, will be featured in a special talk about her personal journey with depression, getting help and how to help loved ones who may be depressed.

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

In-person	Webinar
Thursday, October 10th, 2019 10:30am – 12:00pm Moses Campus, 111 E. 210th St. Cherkasky Auditorium	Thursday, October 10th, 2019 10:30am – 12:00pm Zoom Video Conferencing
To learn more, click here	Pre-register here to Zoom

Complete the 2019 Wellness Portal Health Questionnaire by November 15th and Earn \$30!



Associates – Want \$30?

2019 is Another Opportunity to Earn Your Reward!

Associates who complete the Wellness Portal Health Questionnaire earn \$30! If you want to have an impact and voice on Montefiore's associate programming, as well as receive a personalized health report, then don't forget to complete the questionnaire! Visit toyourhealth.montefiore.org or click [here](#) to learn more.

**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.*

To Your Health! has a Goal: A Montefiore Wellness Liaison in every department!

Does your department have a Wellness Liaison? If not, do you or someone in your department have an active interest in personal health and wellness? 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 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.

Go For the Green and Earn \$100 for Verified Health Improvements!





It's not too late to join Montefiore's To Your Health! Associate Health Improvement Program (A-HIP)! First, submit verified baseline values. Then, if eligible, make changes towards the green zone (low risk) and earn for each move.

Join or submit your improvements by either having your provider complete and submit the [provider form](#) or by contacting Associate Wellness at WellnessRD@montefiore.org if you have visited a Montefiore provider within six months and would like to use the lab values from that visit in the program.

GO FOR THE GREEN

BIOMETRIC MEASURES				
	BMI Body Mass Index Height/Weight Ratio	LDL Blood Cholesterol (BAD)	SBP Systolic Blood Pressure	A1c Diabetes Risk
	 35 and up		 160 and up	 8.0 and up
	 30-34.9	 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			

RISK ZONE

 Low Risk
  Moderate Risk
  High Risk
  Very High Risk

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

New for WW, Weight Watchers Reimagined!

Join WW by October 18th and Receive a FREE Starter Kit

Join WW by October 18th to receive a WW Starter Kit with a cookbook, cutting board, WW coupons and more! Click [here](#) for more information.



WW Webinar on September 12th!

Check out the upcoming WW webinar open to both members and nonmembers:

Webinar Topic	Date	Time
Cooking with Julie: ZeroPoint Cooking	Thursday, September 12 th	2:30pm ET

Join the Almost 400 Associates Enrolled in Montefiore's WW Program! Any associate can attend one 'WW at Work' Workshop for free before joining! Click [here](#) for more information about the Montefiore WW discount and current workshops, and [here](#) for the WW at Work Workshop coupon.

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.

Montefiore Associates Have Access to FREE Telephonic Health Coaching!

Did you know Montefiore associates can discuss health and wellness goals with a Registered Nurse and create a plan for FREE? Montefiore's To Your Health! Associate Wellness offers an unlimited number of telephonic health coaching 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: Try the Ultimate Vegetable Gazpacho

Salute the end of the summer with this chilled soup recipe featured at the August Tasting Tables that includes ripe tomatoes, onion, cucumber, peppers, basil and garlic!

Click [here](#) to view the recipe and email us at ToYourHealth@montefiore.org if you try it 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	
Zumba – Moses and Einstein Campus	Dietitian Debrief	Supporting Healthy Parents and Babies Workshop	
		Parenting Group Program	

SEPTEMBER EVENTS

Mon	Tues	Wed	Thur	Fri
2	3	4 WW Moses, Einstein, Tarrytown	5 WW Yonkers, Fordham	6 WW Yonkers (Suite 175)
9 WW CHCC	10 Zumba Einstein Campus Friedman Lounge 5:15pm – 6:05pm	11 WW Moses, Einstein, Tarrytown	12 Zumba Moses Campus TLC 1 5:30pm – 6:15pm WW Yonkers, Fordham	13 WW Yonkers (Suite 175)
16 WW CHCC	17 Zumba Einstein Campus Friedman Lounge 5:15pm – 6:05pm 5Rhythms Moses Campus Grand Hall 5:15pm – 6:15pm	18 WW Moses, Einstein, Tarrytown	19 Zumba Moses Campus TLC 1 5:30pm – 6:15pm WW Yonkers, Fordham	20 WW Yonkers (Suite 175)
23 WW CHCC	24 Zumba Einstein Campus Lubin Dining Hall 5:15pm – 6:05pm	25 September Associate Wellness Program: Mindfulness Meditation with Dr. Camacho Moses Campus TLC 3 and Zoom 12:00pm – 1:00pm WW Moses, Einstein, Tarrytown	26 Letters to Yourself – Collage Postcards Moses Campus TLC 5 12:00pm – 1:00pm Zumba Moses Campus Grand Hall 5:30pm – 6:15pm WW Yonkers, Fordham	27 WW Yonkers (Suite 175)
30 WW CHCC				

OCTOBER EVENTS

Mon	Tues	Wed	Thur	Fri
	1 Zumba Einstein Campus Lubin Dining Hall 5:15pm – 6:05pm	2 WW Moses, Einstein, Tarrytown	3 Zumba Moses Campus Grand Hall 5:30pm – 6:15pm WW Yonkers, Fordham	4 WW Yonkers (Suite 175)
7 WW CHCC	8	9 WW Moses, Einstein, Tarrytown	10 October Associate Wellness Program: View from the Waiting Room – A Physicians Journey Through Depressions with Susan J. Noonan, MD, MPH Moses Campus Cherkasky Auditorium and Zoom 10:30am – 12:00pm WW Yonkers, Fordham	11 WW Yonkers (Suite 175)
14 WW CHCC	15 Zumba Einstein Campus Lubin Dining Hall 5:15pm – 6:05pm SRhythms Moses Campus Grand Hall 5:15pm - 6:15pm	16 WW Moses, Einstein, Tarrytown	17 Create Your Own Coloring Book Moses Campus TLC 3 12:00pm – 1:00pm WW Yonkers, Fordham	18 WW Yonkers (Suite 175)
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28 WW CHCC	29	30 WW Moses, Einstein, Tarrytown	31 WW Yonkers, Fordham	