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MAY/JUNE NEWSLETTER

Summer is approaching! As the temperature rises and the months pass along, many people's resolutions may have fallen to the wayside. However, To Your Health! is here to assist with different ways to get back on the healthy lifestyle track. Highlighted in this newsletter is the May Associate Wellness program, '[Updates in the Area of Sleep Medicine](#)' on May 29th, an educational session on sleep and wellness led by Montefiore's Dr. Shelby Harris, Psy.D., C.BSM, Director of the Behavioral Sleep Medicine Program at the Sleep-Wake Disorders Center.

Also, join us on June 7th for '[Snacking Smartly](#)' with Associate Wellness registered dietitian Lea Loveland, MS, RD, CDN, CLC, to learn about healthy snacks and portion sizes.

In this newsletter we spotlight two associates who have won prizes from Associate Wellness raffles, including a \$1000 prize from the Healthy Habits Raffle Campaign. Click [here](#) to learn more about the program and be sure to log your qualifying healthy habits before this quarter's deadline on June 30th.

ASSOCIATE SPOTLIGHT – RAFFLE WINNERS!



Physician Appreciation Day Raffle winner!

Ainie Soetanto, Internal Medicine, Moses and Wakefield Campuses

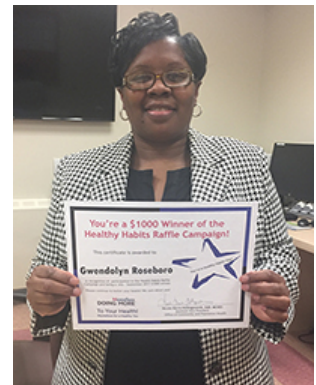
Associate Wellness asked physicians to share what they do for their own wellness to be entered to win Dr. Danielle Ofri's book, 'What Doctors Feel' and other To Your Health! items. Ainie Soetanto won at the Wakefield Campus and shares what wellness means to her.

Ainie says, "I go to the gym and socialize for my own wellness."

One of the Four Healthy Habits Raffle Campaign's \$1000 winners!

Gwendolyn Roseboro, Dialysis, Wakefield Campus

Gwendolyn says, "for me wellness is all encompassing, it means being healthy mentally and physically. Wellness includes five dimensions that create and define our health. It is not only physical, but it is mental, intellectual, spiritual, and social. Wellness includes three things: balance in body, mind, and soul. I think of them as separate points of an equilateral triangle – no one area is more important than the other, but when one area is out of balance, so will the others. I stay healthy by changing the way I eat. I bake my food, use very little olive oil and eat more vegetables, and aim to drink more water. Eating small portions is very important to me along with not skipping meals."



This year Associate Wellness has expanded the list of activities included in the Healthy Habits Raffle Campaign, including both online and in-person activities, such as having a gym membership or meeting with the Associate Wellness dietitian.

Want to get involved? Visit the incentive page on the wellness portal to log your activities! For more information click [here](#). Need instructions on how to log your points? Click [here](#).

Do You Know the Answer to the May Wellness Portal's Question of the Month?

Here's a preview of the To Your Health! Wellness Portal's May Question of the Month – do you know the answer? [Log in](#) to answer the question and automatically receive one raffle ticket into the Healthy Habits Raffle Campaign to win \$1000!

According to the National Institutes of Health what are the 4 basic categories of exercise?

- a. Strength, cardio, endurance, balance
- b. Endurance, strength, balance, flexibility
- c. Endurance, strength, toning, balance
- d. Strength, endurance, cardio, flexibility

TIPS & NEWS

May is Global Employee Health & Fitness Month and June is Men's Health Month!

May is Global Employee Health and Fitness Month! Did you know that the [To Your Health! Wellness Portal](#) has an 'Exercise' section that includes exercise examples, plans, activity logs and the option to talk to a personal trainer? Log on today to explore different types of exercises and ways to start a routine! Montefiore also offers fitness facilities discounts – for more information click [here](#) and check out the gym discount flyer [here](#).

In our fast paced world, it can be difficult to take the time out to be present and 'do nothing'. In this [video](#), mindfulness expert Andy Puddicombe discusses the significant impact of being mindful for 10 minutes a day.

Another key factor in maintaining mental health is practicing resilience, especially when facing life's challenges. To learn more about the benefits of resilience and tips on how to be more resilient, read this [article](#).



Men's Health Month: The Impact of Obesity on Men

Obesity affects men and women about equally, yet in men obesity takes a special toll on male hormones, sexuality, and prostate health. Click [here](#) to learn how obesity affects the male body.

May Associate Wellness Program: 'Updates in the Area of Sleep Medicine' with Dr. Shelby Harris Tuesday, May 29th, 2018

Sleep plays a key part in one's overall health. Montefiore's Dr. Shelby Harris, Psy.D., C.BSM, Director of the Behavioral Sleep Medicine Program at the Sleep-Wake Disorders Center and Assistant Professor of Neurology and Psychiatry at the Albert Einstein College of Medicine will lead an informative session about new and cutting-edge research in the area of behavioral sleep medicine and ways to maximize sleep for optimal function and productivity.

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

In-person	Webinar
Tuesday, May 29th, 2018, 12:00pm – 1:00pm Moses Campus, 3415 Bainbridge Ave, Bronx, NY CHAM2 Large Conference Room	Tuesday, May 29th, 2018, 12:00pm – 1:00pm Zoom Video Conferencing
To learn more click here . Register on Talent Management.	Pre-register here to Zoom T: 408-638-0968; Meeting ID: 592 888 628

The first 10 to register on Talent Management and attend the in-person program will receive a FREE gift! All participants, via in-person or Zoom, will earn 3 raffle entries for each program in the Healthy Habits Raffle Campaign, where \$1000 prizes are raffled off each quarter.

June Associate Wellness Program: 'Snacking Smartly' with Lea Loveland, MS, RD, CDN, CLC Thursday, June 7th, 2018

To emphasize the importance of healthy eating during the warmer months, Associate Wellness Dietitian Lea Loveland, MS, RD, CDN, CLC will lead a discussion for associates about healthy snacking and portion sizes.

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

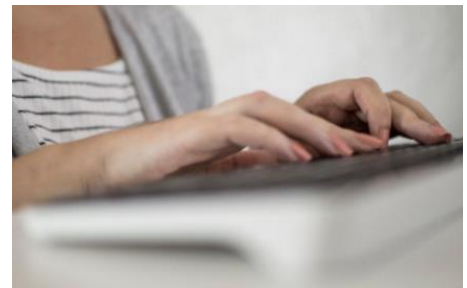
<p>In-person</p> <p>Thursday, June 7th, 2018, 1:00pm – 2:00pm Tarrytown Campus, 555 S Broadway, Tarrytown, NY Financial Accounting Conference Room (A1 Room 9)</p> <p>To learn more click here. Register on Talent Management.</p>	<p>Webinar</p> <p>Thursday, June 7th, 2018, 1:00pm – 2:00pm Zoom Video Conferencing</p> <p>Pre-register here to Zoom</p>
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The first 10 to register on Talent Management and attend the in-person program will receive a FREE gift! All participants, via in-person or Zoom, will earn 3 raffle entries for each program in the Healthy Habits Raffle Campaign, where \$1000 prizes are raffled off each quarter.

Join the To Your Health! Updates & Focus Group Webinar on May 15th at 1:00pm (30 minutes)

Associate Wellness is holding a webinar on Tuesday, May 15th to provide updates from the To Your Health! Associate Wellness team, receive feedback from associates on activities, and walk any interested attendees through the portal sign-in process to complete the Wellness Portal online health questionnaire and workshop for \$30. All attendees will also have the chance to complete a raffle activity for entry into the Healthy Habits Raffle Campaign of \$1000 each quarter. Technical troubleshooting will also be available for portal issues.

If you are interested in signing up, register [here](#).



Have a Passion for Wellness? Sign-up to be a Montefiore Wellness Liaison!



Are you or someone you know in your department excited about personal health and has the ability to inspire and encourage others? Then sign-up or nominate someone to be a Wellness Liaison! In this voluntary role, associates serve as a volunteer ambassador for Montefiore's Associate Wellness programs and serve to help us build a culture of wellbeing across Montefiore. This voluntary position does not interfere with any associate's job duties.

Learn more about the To Your Health! Wellness Liaison program and sign-up by emailing ToYourHealth@montefiore.org.

Stay in the Loop and Join Us on Yammer!

To Your HEALTH!
Montefiore for a Healthy You

We're on Yammer! Join the To Your Health! Associate Wellness group to stay in the know about the latest Associate Wellness programs and new activities across Montefiore. Anyone who joins the To Your Health! Associate Wellness group in May will receive a giveaway through interoffice mail! Reach out to ToYourHealth@montefiore.org if you have any questions.

Have You Earned Your \$30? Complete the 2018 Wellness Portal Health Assessment & Workshop!







Montefiore associates are eligible to earn a \$30 reward in their paycheck each year when they complete the Wellness Portal Health Assessment (questionnaire) and Workshop! (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.

Looking to make a positive health change, and want to be rewarded?

The Associate Health Improvement Program (A-HIP) rewards associates with \$100 for each improvement towards low risk categories in four biometric areas – BMI, blood pressure, cholesterol and A1c. [Sign-up](#) for an upcoming screening on June 5 and June 22 to have your baseline value recorded, or reach out to Associate Wellness to learn other ways to be enrolled at ToYourHealth@montefiore.org.

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](#).

Sign-up for FREE Wellness Coaching & Nutrition Counseling – at Multiple Campuses & Telephonically!

Looking to make healthy changes? Montefiore offers FREE in-person and telephonic wellness coaching and nutrition counseling to associates each year! Get the support you need by creating a plan and working towards positive changes with the Associate Wellness registered dietitian and licensed psychologist. Click [here](#) to learn more about Supportive Wellness Services and [here](#) for nutrition counseling information.



Sign-up for Telephonic Health Coaching on Montefiore's Wellness Portal!



Need support reaching your wellness goals? Montefiore's To Your Health! Associate Wellness Program offers free telephonic health coaching to all associates! Associates are provided an unlimited number of visits with a Registered Nurse who can assist in any lifestyle or health changes.

To sign-up for an appointment, log into the wellness portal at toyourhealth.montefiore.org and then pick your appointment time on the calendar. It's that easy!

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

Healthy Pick: Quinoa Spinach and Mango Bowl

In a crunch to make a healthy recipe in a short amount of time? This mango, spinach, and black bean quinoa bowl is a quick and nutritious recipe that can be made as a side dish or as a meal of its own! Check out the recipe [here](#) and email us at ToYourHealth@montefiore.org with your take 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	
		Parenting Group Program	

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

In each 2018 newsletter, we'll profile a To Your Health! partner, in this issue we profile Montefiore's Environmental Health and Safety Department:

Montefiore Environmental Health and Safety

Department of Environmental Health and Safety

The Department Environmental Health and Safety (EHS) develops, maintains, and promotes policies, procedures, training and educational programs necessary to maintain a safe and healthy environment for our patients, visitors and associates.

We are committed to providing high quality services that facilitate the mission of the Montefiore Health System and developing a culture where safety and health are core values.

Our department is a consolidation of safety, fire safety, radiation safety, hazardous materials and waste management professionals merged into one multidisciplinary department. Our responsibilities include, but are not limited to the following:

- **Compliance and Audit:** Maintain environment of care regulatory compliance, proactive risk assessments and hazardous surveillance.
- **Environmental Safety:** Workplace safety assessments, asbestos management, air quality assessments and chemical monitoring.
- **Fire Safety:** Fire response, fire drills and fire safety education.
- **Hazardous Materials & Waste:** Hazardous waste, hazardous material rooms, centralized manifest repository, hazardous materials management, maintenance shipping and emergency spill response.
- **Chemical and Laboratory Safety:** SDS and chemical inventory maintenance and chemical hygiene plans.
- **Workplace Safety:** Proactive risk assessments, ergonomic assessments, injury prevention.
- **Emergency Management:** Comprehensive emergency management plans, drills and exercises, incident command and emergency response training.

Have questions? Call 718.920.7600, fax us at 718.920.7609, email us or visit our office at 176 East 210th Street (Moses Campus).

Navigation Menu:

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- Radiation Safety
- Laboratory Safety
- Environment of Care
- Emergency Management
- Environmental Stewardship
- Construction Safety

[Material Safety Data Sheets \(MSDS\)](#)
[INTERNET ACCESS REQUIRED](#)
[E.O.C. - Environment of Care Policies](#)

Montefiore's Department of Environmental Health and Safety (EHS) works to develop, maintain and promote policies, procedures, training and educational programs to maintain a safe and healthy environment for patients, visitors and associates. EHS oversees a multitude of responsibilities including compliance and audit, environmental safety, fire safety, hazardous materials and waste, chemical and laboratory safety, workplace safety and emergency management. Call 718.920.7600 or email EHS@montefiore.org for more information.

Requests for an ergonomic evaluation should be made to Environmental Health and Safety at ehs@montefiore.org from an associate's Manager. The request should include a physician's note with detailed information regarding the Ergonomic Assessment request along with the self-evaluation

which can be found on the intranet under 'Environmental Health and Safety'.

MAY EVENTS

Mon	Tues	Wed	Thur	Fri
	1	2	3 Weight Watchers Yonkers, Fordham	4
7 Weight Watchers Wakefield Campus	8	9 Weight Watchers Moses, Einstein, Tarrytown, Hutch	10 Weight Watchers Yonkers, Fordham	11
14 Weight Watchers Wakefield Campus	15 Associate Wellness Focus Group: Online Health Assessment & Workshop. Webinar 1:00pm – 1:30pm 5Rhythms TLC Room 4 & 5 5:15pm – 6:15pm	16 Weight Watchers Moses, Einstein, Tarrytown, Hutch	17 Weight Watchers Yonkers, Fordham	18
21 Weight Watchers Wakefield Campus	22	23 Weight Watchers Moses, Einstein, Tarrytown, Hutch	24 Weight Watchers Yonkers, Fordham	25
28 Weight Watchers Wakefield Campus	29 May Associate Wellness Program; Updates in the Area of Sleep Medicine. Moses Campus & Zoom 12:00pm – 1:00pm	30 Weight Watchers Moses, Einstein, Tarrytown, Hutch	31 Weight Watchers Yonkers, Fordham	

JUNE EVENTS

Mon	Tues	Wed	Thur	Fri
				1
4 Weight Watchers Wakefield Campus	5 A-HIP Biometric Screening Moses Campus 9:30am – 2:30pm	6 Weight Watchers Moses, Einstein, Tarrytown, Hutch	7 June Associate Wellness Program; Snacking Smartly with Montefiore RD Lea Loveland , Tarrytown Campus & Zoom 1:00pm – 2:00pm Weight Watchers Yonkers, Fordham	8
11 Weight Watchers Wakefield Campus	12	13 Weight Watchers Moses, Einstein, Tarrytown, Hutch	14 Weight Watchers Yonkers, Fordham	15
18 Weight Watchers Wakefield Campus	19 5Rhythms TLC Grand Hall 5:15pm – 6:15pm	20 Weight Watchers Moses, Einstein, Tarrytown, Hutch	21 Weight Watchers Yonkers, Fordham	22 A-HIP Biometric Screening Einstein Campus 8:30am – 1:30pm
25 Weight Watchers Wakefield Campus	26	27 Weight Watchers Moses, Einstein, Tarrytown, Hutch	28 Weight Watchers Yonkers, Fordham	29