



TO YOUR HEALTH!

WHAT'S NEW

[Tips & News](#)

[Flu Season is Coming!](#)

[Bouncing Back: Recovery and Resilience](#),
September 15th, 12:30pm – 1:30pm

[Bouncing Back: Getting & Staying Motivated for
Physical Health](#), October 21st, 12:30pm – 1:30pm

[Check In With Yourself & Complete the 2020
Portal Health Questionnaire for \\$30](#)

[Enthusiastic About Wellness? Become a Wellness
Liaison](#)

FALL 2020 NEWSLETTER

Fall is around the corner! As the weather changes, we know possible changes to daily routines and activities may also occur. To Your Health! is here to support associates through these changes and in their wellness journey.

To assist, To Your Health! Associate Wellness is hosting a monthly panel series called 'Bouncing Back!' Join us for [Bouncing Back: Recovery and Resilience](#) on September 15th with Dr. Howard Forman, Department of Psychiatry and Behavioral Sciences and [Bouncing Back: Getting & Staying Motivated for Physical Health](#) on October 21st.

In the last newsletter, we asked Montefiore associates how they are making space for joy and they responded! All responders had the chance to win a self-care basket. Click [here](#) to see the winners and for details on how you can win your own basket. Also, check out the [Tips & News](#) section to learn about upcoming health awareness days and the Montefiore 2020-2021 flu season, and the [calendar](#) for information on Bank of America online webinars open to all associates!

ASSOCIATE SPOTLIGHT – SUMMER 2020 SELF CARE RAFFLE WINNERS

Associates H. Dilchand (Moses, left), Violet James (Moses, center) and Cynthia Straker (Fordham, right) show off the self care gift baskets they received for sharing what is bringing them joy even in challenging times.



Want your own basket? Email ToYourHealth@montefiore.org a photo of what you are currently doing to stay healthy and take care of yourself by September 30th.

TIPS & NEWS

September is Healthy Aging Month and National Preparedness Month. October is Breast Cancer Awareness Month!

As we enter the fall months, use this time to take care of yourself and practice self care by scheduling your annual health checkup appointments! For more information about upcoming health awareness days, weeks and months, click [here](#).

Identifying and Naming Tough Feelings, Including Grief

Check out this [Harvard Business Review article](#) with grief expert David Kessler about the importance of acknowledging and managing grief, including how to find meaning.

Montefiore 2020-2021 Flu Season is Approaching!

Flu season is coming and Montefiore's MY SHOT COUNTS carts will soon be visiting an area near you. CDC, the Advisory Committee on Immunization Practices (ACIP), and the Healthcare Infection Control Practices Advisory Committee (HICPAC) recommend that all health care workers get vaccinated annually against influenza. Flu vaccines protect against most common viruses expected to circulate this season. Montefiore offers the standard Quadrivalent vaccine, high-dose shots recommended for adults 65 and over, as well as a vaccine where eggs are not involved in the production, for associates with severe egg allergies.



By getting vaccinated, you help protect yourself, your family, and your patients.

Vaccination carts will visit each unit during all shifts, with full schedules to be posted on the intranet Flu HQ page. Once vaccinated, you receive a MY SHOT COUNTS tag for your Montefiore ID badge.

September Associate Wellness Program Bouncing Back: Recovery and Resilience Panel with Associate Wellness and Dr. Howard Forman Tuesday, September 15th, 2020

Access this webinar of Montefiore experts and gain science-based guidance on the impact of COVID on your wellbeing, and strategies for recovery and resilience. This panel will feature Montefiore's Howard Forman, MD, Department of Psychiatry and Behavioral Sciences, and the To Your Health! Associate Wellness Team's Dr. Brenda Boatswain, Licensed Psychologist, Jessica Shapiro, Registered Dietitian, and Stephanie Saklad, Licensed Art Therapist.

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

Bouncing Back
Tuesday, September 15th, 2020
12:30pm – 1:30pm
Zoom Video Conferencing
Register and join here

October Associate Wellness Program
Bouncing Back: Getting & Staying Motivated for Physical Health Panel
with Associate Wellness and Cerner Wellness
Wednesday, October 21st, 2020

Join an informative panel with Associate Wellness and Cerner Wellness experts to gain guidance on how to get motivated and excited about healthy eating and physical movement. This panel will feature Montefiore's Wellness Portal Health Coach, Sharon Kirkendoll, RN, David Bromberg, Cerner's Personal Trainer, and Montefiore's To Your Health! Associate Wellness Team's Dr. Brenda Boatswain, Licensed Psychologist, Jessica Shapiro, Registered Dietitian, and Stephanie Saklad, Licensed Art Therapist.

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

<p>Bouncing Back</p> <p>Wednesday, October 21st, 2020</p> <p>12:30pm-1:30pm</p> <p>Zoom Video Conferencing</p>
<p>Register and join here</p>

Prioritize Your Health and Check in with Yourself by Taking the 2020 Wellness Portal Questionnaire for \$30!



Associates – Want \$30?
2020 is Another Opportunity to Earn Your Reward!

Montefiore associates can check in with their health and wellbeing by completing the [Wellness Portal Health Questionnaire](#). Associates who complete the online health questionnaire will earn \$30 and receive a personalized health report which can be used to create a wellness plan with Montefiore's Wellness Portal Health Coach (RN), or as a tool for follow-up discussions with your healthcare provider. Individual responses remain private. Click on the above flyer to learn more and visit toyourhealth.montefiore.org, Montefiore's Wellness Portal, 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.

Explore Your Interest in Wellness and Sign Up to Be A Montefiore Wellness Liaison!

Does your department have a Wellness Liaison? If not, you and/or any of your colleagues that are interested in wellness can sign up to be a Wellness Liaison. Wellness Liaisons are associates that 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. Liaisons stay informed about Associate Wellness programs and help Montefiore reach its goal to have a Wellness Liaison in every 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 to sign up or nominate a colleague!

To Your Health! Continues to Provide Services to Associates.
For more information about all Associate Wellness programs,
visit www.mymontebenefits.com/to-your-health.

To Your Health! offers individual and departmental sessions related to nutrition wellness, emotional wellness, and Creative wellness!

FREE Telephonic Nutrition Counseling with a Registered Dietitian!



Montefiore offers associates FREE nutrition counseling virtually. Click [here](#) for nutrition counseling information and to make an appointment or to schedule a program for your department.

Be sure to join the [Stress Eating Nutrition Workshop](#) on Wednesday, September 16th via Zoom.



FREE Virtual Supportive Wellness Services with a Licensed Psychologist!

Montefiore offers FREE virtual stress management coaching and resource referrals to associates! Click [here](#) to learn more about supportive wellness services and to make an individual appointment or schedule an in-unit resiliency program for your department.



FREE Virtual 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 virtual workshop.

Join one of the [Finding Resilience Through Art Making sessions](#) on September 18th or September 25th via Zoom.

Also check out this [video](#) for a brief art therapy blackout poetry exercise with the To Your Health! Creative Wellness Program Manager, Stephanie Saklad, Licensed Art Therapist.

Healthy Pick: Try One of Six Healthy Recipes Featured in LoHud!

Check out these recipes written by the To Your Health! Associate Wellness Nutrition Manager and Registered Dietitian Jessica Shapiro and recently featured in LoHud:

- [Easy Shredded Chicken and Banana Oatmeal Cookies](#)
- [Thai Soup](#)
- [Watermelon, Feta, Mint Salad, Corn Tomato and Avocado Salad, and Summer Sips](#)

lohud.

Keep an eye out on LoHud for upcoming recipes in the fall!

SEPTEMBER EVENTS

Mon	Tues	Wed	Thur	Fri
	1	2	3	4
7	8	9	10	11 Plan For The Retirement You Want Bank of America 12:00pm – 1:00pm
14 Montefiore WW Open House WW WeightWatchers Reimagined 12:30pm – 1:30pm	15 Bouncing Back: Recovery and Resilience Zoom 12:30pm – 1:30pm	16 Nutrition Workshop: Stress Eating Zoom 12:30pm – 1:15pm	17	18 Finding Resilience Through Art Making Zoom 12:00pm – 1:30pm
21	22 Financial Wellness for Changing Times Bank of America 12:00pm – 1:00pm	23 Social Security Bank of America 6:00pm – 7:00pm	24	25 Finding Resilience Through Art Making Zoom 12:00pm – 1:30pm
28	29 Health Care Costs in Retirement: A Closer Look at Medicare Bank of America 3:00pm – 4:00pm	30		

OCTOBER EVENTS

Mon	Tues	Wed	Thur	Fri
			1 Education Planning Bank of America 12:00pm – 1:00pm	2
5	6	7	8	9
12	13	14	15	16
19	20	21 Bouncing Back: Getting & Staying Motivated for Physical Health Zoom 12:30pm – 1:30pm	22	23
26	27	28 Planning for the Unexpected Bank of America 1:00pm – 2:00pm	29 Cyber Security Awareness Bank of America 12:00pm – 1:00pm	30