



## JANUARY – FEBRUARY 2021 NEWSLETTER

### WHAT'S NEW

#### [Tips & News](#)

[New Hope for the New Year with Dr. Camacho and Father Madaki, January 28<sup>th</sup>, 12:00pm – 1:00pm](#)

[American Heart Month Winter Wellness Yammer Challenge, February 1<sup>st</sup> – 28<sup>th</sup>](#)

[Coming Soon – A New Montefiore Wellness Portal!](#)

[Interested in Wellness? Become A Wellness Liaison & Share Information with Colleagues](#)

[New from WW WeightWatchers Reimagined – Check Out the myWW+ Program](#)

2021 is here! The beginning of a new year is often associated with a fresh start and healthy changes, and To Your Health! is here to support associates in their wellbeing journey.

Join Associate Wellness for **New Hope for the New Year** on January 28<sup>th</sup> with Montefiore's Dr. Fernando Camacho and Father Madaki, Chaplain from Spiritual Care Services. Also, join Associate Wellness for the **American Heart Month Winter Wellness Yammer Challenge**! In addition, if you're thinking about quitting smoking in the new year, see the **Be BOLD Quit Smoking 8-week program** starting this February.

In this newsletter, we spotlight the Montefiore Caregiver Support Centers, a resource for all associates in the Montefiore community. Click [here](#) to read more about these centers.

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## ASSOCIATE SPOTLIGHT – MONTEFIORE’S CAREGIVER SUPPORT CENTERS AT MOSES, EINSTEIN AND WAKEFIELD!



At all times, but especially during COVID-19, Montefiore’s Caregiver Support Centers at each main hospital campus are open to associates. In this newsletter we spotlight Randi Kaplan, LMSW, Director, Caregiver Support Center.

She says, "In the past months, we continue to be a support for associates at Montefiore, and all should know we are available to them. At the Moses Center we often see close to 100 associates daily, and we look forward to providing a friendly moment in their day where we can connect, offer the space, a snack to go, and respite. People feel safe and comfortable at the center, knowing it is a non-judgmental environment and their voices are heard but never criticized.

Associates remark on how soothing the center is, and the friendly and warm atmosphere they have come to count on in these past months. Recently, an associate said 'we can't thank you enough for being here for us. The center is a place we look forward to every day.'

Some folks come to the center for the massage cushions, and others for peaceful relaxation from their area to decompress, and have some much-needed privacy. While we never imagined having to re-purpose the center, we never imagined a Pandemic; we are 100% sure that supporting Montefiore staff during this difficult time is what makes us all MONTEPROUD!"

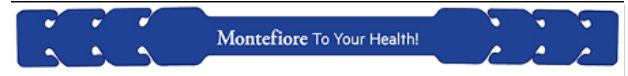
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## TIPS & NEWS

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### **Did You Receive the To Your Health! Vaccine Giveaway Supported by To Your Health? Show Yours Off for a Chance to Win a Raffle Basket!**

In support of Montefiore's vaccine initiative, To Your Health! mask extenders have been delivered to multiple sites distributing the COVID-19 vaccine.



Did you receive a mask extender while getting the vaccine? If so, email [ToYourHealth@montefiore.org](mailto:ToYourHealth@montefiore.org) with a photo of you wearing it by February 14<sup>th</sup> for your chance to win a raffle basket.

### **February is American Heart Month!**

Montefiore celebrates American Heart Month by hosting educational events for associates and the community. Associate Wellness will participate in this year's American Heart Month by hosting a [Winter Wellness Yammer Challenge](#)! To participate, associates will visit the To Your Health! Associate Wellness Yammer group each week in February for educational tips and to participate in interactive wellness activities. Those that participate will have the opportunity to create community and earn prizes!

For more information on Montefiore's American Heart Month events, visit <https://www.montefiore.org/heartmonth>.

### **New Dietary Guidelines for Americans, 2020 – 2025**

The U.S. Departments of Agriculture and Health and Human Services have recently released the Dietary Guidelines for Americans, 2020 – 2025. Click [here](#) for a short video about these new guidelines.

## Gut Microbiome and Mental Health



Did you know that the food you eat could have a direct impact on your mood? New research has come out recently with more proof that what one eats can affect the gut environment, also known as the human microbiome, which can also impact mental health. Click [here](#) to read a Harvard Health article about how different types of food affect one's gut and how food also impacts mood.

Want to learn more and tips to improve your own human microbiome? Read this [article](#) with tips on helpful changes anyone can make, and set up a FREE appointment with the Associate Wellness Registered Dietitian to create a plan towards a healthy mind and body in 2021! Email [WellnessRD@montefiore.org](mailto:WellnessRD@montefiore.org) to schedule an individual confidential appointment or departmental workshop! More information can be found [here](#).

## Be BOLD Quit Smoking Program 2021

Is 2021 your year to quit smoking? The Montefiore Bold Living Program is launching a new 8-week series in February to help associates and community members quit smoking! This virtual program (over Zoom), on Tuesdays from 4:00pm – 5:30pm, will help participants kick the habit through education and tools, in a warm and supportive group atmosphere. To learn more and sign up click [here](#) or call 718.430.2697.

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**January Associate Wellness Program**  
**New Hope for the New Year**  
**with Associate Wellness Providers, Dr. Camacho and Father Madaki**  
**Thursday, January 28<sup>th</sup>, 2021**

Join this webinar for a discussion on 2021 wellness, and hope for the new year. This panel will feature Fernando Camacho, MD, Father Madaki, Chaplain from Montefiore Spiritual Care Services, and the To Your Health! Associate Wellness Team's Dr. Brenda Boatswain, Licensed Psychologist, and Jessica Shapiro, Registered Dietitian.

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

<b>New Hope for the New Year</b> <b>Thursday, January 28<sup>th</sup>, 2021</b> <b>12:00pm – 1:00pm</b> <b>Zoom Video Conferencing</b>
<a href="#">Register and join here</a>

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**February Associate Wellness Program**  
**Heart Month's Winter Wellness Yammer Challenge!**  
**February 1<sup>st</sup> – 28<sup>th</sup>, 2021**

Montefiore's Department of Cardiology and To Your Health! Associate Wellness invites all associates to the Winter Wellness Yammer Challenge. Associates can participate by checking the Montefiore 'To Your Health! Associate Wellness' Yammer group each week in February and completing interactive wellness activities!

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

<b>American Heart Month</b> <b>Winter Wellness Yammer Challenge</b> <b>February 1<sup>st</sup> – 28<sup>th</sup>, 2021</b>
<a href="#">Learn more here</a>
<a href="#">Visit the To Your Health! Yammer Page</a>

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## Coming Soon – Montefiore’s New Wellness Portal!



Get ready to experience your  
**NEW Montefiore Wellness Portal**

**Coming February 2021!** Be on the lookout for additional updates soon.

**NEW FEATURES**

- New Portal Layout**  
The new layout features a more functional homepage, allowing you to focus on what really matters – supporting your health and wellbeing.
- Health Questionnaire**  
The health questionnaire evaluates lifestyle behaviors to determine how they contribute to or detract from your optimal health.
- Direct Messaging with Health Coaches**  
Directly contact and receive messages from your Telephonic Health Coach using a new secure messaging system.
- Wellness Advisor**  
Discover areas of risk based on your health questionnaire responses. Use the Wellness Advisor to recommend programs and activities to improve your wellbeing.
- Incentive Tracker**  
Easily view To Your Health! incentive programs and points earned.
- Health Trackers**  
Seamlessly sync your favorite device(s) with the Montefiore Wellness Portal, including Apple and Fitbit health trackers.
- To-Do Activities**  
Check out your new, personalized one-stop shop for learning modules, activities, and programs that can help you achieve your goals.

Questions?  
Please email [ToYourHealth@montefiore.org](mailto:ToYourHealth@montefiore.org).

**Montefiore**  
To Your Health!  
Montefiore for a Healthy You

A new wellness portal is coming soon to all Montefiore associates! The new portal will include single sign on capabilities (no need for a separate password), a new portal layout, and a new version of the annual Wellness Portal Health Questionnaire! Associates who take the questionnaire for the first time in 2021 will earn \$30\*, and a ‘Wellness Advisor’ summary which will provide activities and suggestions personalized for you! Individual responses remain private.

Click [here](#) to learn more and keep an eye out for future emails about the new portal!

\*Monetary rewards (i.e. gift cards and reward inclusion in paycheck) are provided once per calendar year, and considered income subject to federal, state and employment tax withholding, and reporting on Form W-2, unless a specific exemption applies.

## Help Your Departmental Colleagues – Sign Up to Be a Montefiore Wellness Liaison!

Is there a Wellness Liaison in your department? If not, you could have the role of volunteer wellness ambassadors for your department! In this role, you would work with Montefiore’s To Your Health! Associate Wellness programs to help build a culture of wellbeing. Liaisons are the first to know about new Associate Wellness offerings, and help spread the ongoing word about wellness! 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](mailto:ToYourHealth@montefiore.org) to sign up or to nominate a colleague.



## New From Montefiore WW (WeightWatchers Reimagined)!

WW recently launched a new program, myWW+, which is their most holistic program ever. Get more of what you need to succeed – all within the award-winning WW app.

MyWW+ includes:

- A customized weight-loss plan that fits your lifestyle
- New app tools like a sleep tracker and 5-Minute Coaching
- A complete look at your wellness with weekly progress reports



Join WW today – sign up between now and February 28<sup>th</sup> to get a [FREE Unstoppable Kit](#).

Also, check out **the Montefiore-exclusive WW Virtual Workshop!** Montefiore associates gain access to a weekly private virtual workshop when they join WW with a “Workshops + Digital” membership. Get weekly guidance and group support from a WW Coach in a virtual group setting that will help members move closer to weight-loss and wellness goals. The workshops are fun, supportive, and private! Visit [www.com/us/Montefiore](http://www.com/us/Montefiore) to learn more about the weekly Montefiore Private Virtual Workshop and the Montefiore WW discount.

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## New in 2021 – TrainWithMe App Added to Montefiore Fitness Facility Discount List

TrainWithMe is an app that connects members with a personal trainer for regular individual sessions. In 2021, they are offering Montefiore associates a discount of 25% off all of their plans. Associates who sign up for the program receive a virtual assessment with a personal trainer and training plans personalized to their own goals.



Click [here](#) for more information.

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## To Your Health! Emotional Wellbeing Services!

### FREE Supportive Wellness Services with a Licensed Psychologist!

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

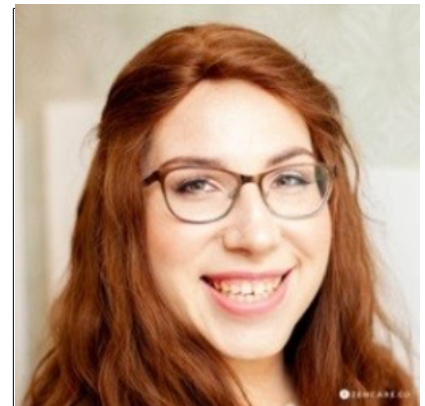


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### FREE Creative Wellness Services with a Licensed Art Therapist!

Montefiore offers FREE Creative Wellness individual consultations and group workshops (virtual available) to associates. Click [here](#) to learn more about available programs and to make an appointment or schedule a virtual workshop.

Join the [Creative Wellness February workshop](#) on February 24<sup>th</sup> via Zoom.



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## To Your Health! Partner Programs

### Care Guidance, a Personal Health Nurse Associate Program (Empire Insured)

The Care Guidance Program provides Montefiore associates a FREE personal health nurse who works one-on-one for as long, and as often as needed. An associate's physician and nurse can set health goals, create an action plan, and identify ways to help enrolled associates maintain healthy habits through telephonic care management and coordination.





For more information or to sign up for the Care Guidance program, view the back of your health insurance card, or visit <https://www.mymontebenefits.com/careguidance>.

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**For more information about all To Your Health!  
Programs and Services, including COVID-19 Wellbeing  
Services,  
visit [www.mymontebenefits.com/to-your-health](https://www.mymontebenefits.com/to-your-health).**

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### **Healthy Pick: Try This Winter Butternut Squash Soup!**

Check out this delicious and healthy butternut squash soup recipe, which can be a snack, appetizer, or meal, created by the To Your Health! Associate Wellness Nutrition Manager and Registered Dietitian Jessica Shapiro, and featured in [LoHud](#)! Email [ToYourHealth@montefiore.org](mailto:ToYourHealth@montefiore.org) with your take on it!

