



MARCH/APRIL NEWSLETTER

Spring is near! In this newsletter we spotlight two associates who have benefitted from attending meditation sessions with Dr. Camacho via Associate Wellness Zoom video conferencing. Click [here](#) to read their stories and click [here](#) to attend our next session via Zoom on April 11.

March is **National Nutrition Month** and April is **Alcohol Awareness Month**! Join us at our [Nutrition Month events](#) on March 15th and 29th. Also, join us on April 17th for the discussion, '[Alcohol and Your Health: What You Need to Know](#)' with Montefiore's Associate Wellness Wellbeing Coordinator, Dr. Brenda Boatswain and Dr. Howard Forman, Physician and Assistant Professor, Psychiatry.

ASSOCIATE SPOTLIGHT – Associates Meditating Through Zoom!

Oncology physician Dr. Camacho offers mindfulness meditation sessions to associates to help alleviate stress and increase focus in the present. In 2017, Associate Wellness began zooming Dr. Camacho's sessions to encourage associates to participate across multiple campuses. Two of the associates who have participated in Dr. Camacho's meditation sessions through Zoom share its impact on their lives!



Tracey Olulenu, Montefiore IT, Yonkers Campus

Tracey says, "as a working mom with tons of extracurricular activities associated with my boys and a commuter who drives over 130 miles a day, a hectic and often challenging daily schedule leaves little room for me. Trying to find time to exercise and focus on my health is even more challenging. So when I received the invite about Dr. Camacho's meditation session, I decided to sign up for my first meditation class ever! I thought this would be the perfect opportunity to clear my thoughts and focus on nothing but tranquility and myself, even if for an hour during lunch at work. It was a different experience to try and meditate at work, but I was willing to jump in as I can never find the time to do this otherwise. After my initial nervousness went away from joining at my desk I was quickly intrigued. I was able focus on Dr. Camacho's words and the quiet, and I began to relax. I'm looking forward to another session!!!"

Linda Smith, Office of Development, Einstein Campus

Linda says, “as a participant in mindful meditation with Dr. Camacho, I have learned to be in the present and to be thankful for all things. I first did meditation last year because life was becoming stressful and I needed a way to not be stressed. I found it very helpful to just turn my thoughts off and be thankful for the breath I was taking. This year I decided to return via Zoom so I could do it in my office on my lunch hour. When I’m finished I feel more relaxed, able to focus, and can be more productive. It has also helped me to focus on being more mindful in other areas of my life as well. I try to meditate even for a few minutes several times a day – it helps my mind, body and soul all work together for good. Thank you to Associate Wellness for making this available to us, and thank you Dr. Camacho for being so passionate about mindful meditation!”



Want to join? View the flyer [here](#) for instructions on how to Zoom the April 11th session at 12:00pm.

WHAT'S NEW

- [March Associate Wellness Programs: Nutrition Month Events and Sugar Challenge](#)
- [April Associate Wellness Program: Alcohol and Your Health – A Discussion with Dr. Forman on April 17](#)
- [New 6-Week Nutrition Skills Workshop at the Moses Campus Beginning April 26th](#)
- [Calling All Managers: Promote Wellness Among Your Staff with the Manager's Checklist](#)
- [Do You Know How Much Sugar You're Sipping? Find Out with Rethink Your Drink Boards](#)
- [Healthy Pick: Cauliflower Scramble Recipe](#)

March Associate Wellness Programs: Nutrition Month Events and Sugar Challenge

March 15th – Screening of 'Fed Up': Grand Hall, 12:15pm – 2:00pm

Celebrate Nutrition Month by stopping by the Associate Wellness screening of the food industry documentary 'Fed Up' in the Grand Hall on March 15th any time from 12:15pm – 2:00pm! A Montefiore registered dietitian will be on hand to answer your questions and light refreshments will be available to associates.



March 16th - 30th – Associate Wellness Sugar Challenge

Sign up for the Associate Wellness 14-day sugar challenge where associates will replace foods and beverages that are high in added sugar with healthier alternatives. Register now at toyourhealth.montefiore.org.

March 29th – ‘Diets to Know in 2018’: TLC Room 1, 12:00pm – 1:00pm

Join us on March 29th for ‘Diets to Know in 2018’ where Montefiore's registered dietitians will discuss and share their perspectives on the most talked about diets of this year. Come learn more about the Ketogenic Diet, Paleo Diet and Intermittent Fasting, among others.

In-person	Webinar
Thursday: March 29, 2018 – 12:00pm-1:00pm Moses Campus, 111 E. 210 th Street, Bronx, NY TLC Room 1	Thursday: March 29, 2018 – 12:00pm-1:00pm Zoom Video Conferencing
To learn more and register in person, click here	Pre-register here to Zoom T: 646-558-8656; Meeting ID: 757 364 660

Participants in each event will earn 3 raffle entries for each program in the Healthy Habits Raffle Campaign, where \$1000 prizes are raffled off each quarter. View the flyer [here](#).

April Associate Wellness Program: ‘Alcohol and Your Health: What You Need to Know’ with Dr. Brenda Boatswain, PhD and Dr. Howard Forman, Physician and Assistant Professor, Psychiatry Tuesday, April 17th, 2018

April is Alcohol Awareness Month! To promote education about alcohol and its impact on the body Associate Wellness Wellbeing Coordinator Dr. Brenda Boatswain and Dr. Howard Forman, Physician and Assistant Professor, Psychiatry, will lead a discussion for associates.

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

In-person	Webinar
Tuesday: April 17 th , 2018 – 1:00pm-2:00pm Moses Campus, 111 E. 210 th Street, Bronx, NY TLC Room 4	Tuesday: April 17 th , 2018 – 1:00pm-2:00pm Zoom Video Conferencing
To learn more and register in person, click here	Pre-register here to Zoom T: 408-638-0968; Meeting ID: 166 501 980

The first 10 to register on the portal plus 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 Nutrition Skills Workshop at the Moses Campus – Starting on April 26th!

The first Nutrition Skills Workshop of 2018 will be held on the Moses campus! Led by the Associate Wellness registered dietitian, this 6-week program will provide associates hands-on experience and teach them how to eat wisely and face healthy eating challenges head on!

To learn more about the workshop and register, click [here](#) to view the flyer!



Montefiore Managers – Request the Associate Wellness Manager's Checklist!

To Your HEALTH!
Montefiore for a Healthy You

Associate Wellness Contact Information

- Phone: 347.418.4740
- Email: toyourhealth@montefiore.org
- toyourhealth.montefiore.org (Wellness Portal)
- Mymontebenefits (newsletter sign-up)



Are you a manager looking for information on how to encourage a healthy lifestyle among your staff and promote a worksite of wellness? We have a manager's checklist just for you, inclusive of all the different Associate Wellness programs and resources available to associates! Reach out to toyourhealth@montefiore.org for a copy of the checklist and more information.

Also, if you or one of your associates is excited and passionate about wellness, nominate them to be a wellness champion with Associate Wellness by emailing toyourhealth@montefiore.org

Montefiore's 'Rethink Your Drink' Boards – Unveiling Sugar in Disguise!

The 2015-2020 dietary guidelines for Americans recommend limiting calories from added sugar to no more than 12 teaspoons for a 2000 calorie diet (1 teaspoon = 4 grams of sugar). The Office of Community & Population Health has 'Rethink Your Drink' boards to help raise awareness of hidden sugars.

Interested in having a 'Rethink Your Drink' sugar board in your office, clinic, or unit? Contact MHSl@montefiore.org



TIPS & NEWS

March is National Nutrition Month!

Did you know Associate Wellness offers free nutrition counseling to associates each year with a registered dietitian? When pursuing a healthy lifestyle through food, a registered dietitian can be a key tool in your journey! In this [video](#), the Academy of Nutrition and Dietetics defines what a registered dietitian is and what they can do for you! Click [here](#) to learn more about Associate Wellness nutrition counseling services and schedule your appointment today as part of National Nutrition Month!

Processed food has a bad reputation, but did you know that not all processed food is bad? Take a look at this [article](#) to learn which processed food you should avoid and which are not as bad.



Celebrate International Women's Day on March 8th and #PressforProgress!

March 8th is International Women's Day, a global day celebrating the social, economic, cultural and political achievements of women. Click [here](#) to learn about this year's theme #PressforProgress and ways to get involved.

Healthy Pick: Cauliflower Scramble

If you missed the opportunity to taste the cauliflower scramble during the Heart Month tasting tables in February, here's your chance to try the recipe at home! This cauliflower scramble is a delicious plant-based option to eat either as part of a complete breakfast (replace for your hash browns) or as a side dish to another hearty meal. Check out the recipe below!

Yield: 5 servings

Ingredients:

- 2 pounds frozen cauliflower florets, thawed and drained
- ¼ cup red bell pepper, diced
- ¼ cup green bell pepper, diced
- ¼ cup white onions, diced
- ¾ Tbsp. garlic powder
- 2 Tbsp. fresh chives, chopped
- 3 Tbsp. olive oil
- ¾ Tbsp. paprika
- ¾ Tbsp. dry thyme

Directions:

1. Preheat oven to 400°F.
2. Add 2 Tbsp. olive oil to skillet and sauté onions & peppers until they are caramelized & golden.
3. Pat dry the cauliflower to remove any excess water.
4. Toss cauliflower with 1 Tbsp. oil; season cauliflower with paprika, thyme and garlic powder.
5. Place cauliflower on parchment paper & roast until caramelized, about 25-30 minutes.
6. Gently toss together cauliflower with vegetables.
7. Add fresh chopped chives just before serving. Enjoy!



Nutrition Facts | Per serving: 80 calories, 4 g protein, 12 g carbohydrates, 3.5 g fat, 0 g saturated fat, 0 mg cholesterol, 45 mg sodium, 5 g dietary fiber, 5 g sugar

Be sure to write us at toyourhealth@montefiore.org with your review if you give it a try!

Earn \$30 for completing the Portal Health Assessment & Workshop in 2018



Did you know associates can earn a \$30 reward in their paycheck each year when they complete the Wellness Portal Health Assessment *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.

Healthy Habits Raffle Campaign: More ways to earn tickets in 2018 for Montefiore's \$1000 Prizes!

This year we've expanded the list of activities available for raffles, with new items in bold! To be entered, log on to the Wellness Portal at ToYourHealth.Montefiore.org and visit the Incentives page to record your activities.

 Physical Wellness	Tickets	Frequency
5 Rhythms	2	Monthly
Talk to a Trainer on the Wellness Portal	1	Monthly
Wellness Portal - Exercise Workshop (6 weeks)	2	Once Annually
Gym Membership/Class Program (such as ClassPass) - must verify	5	Once Annually
Wellness Portal - Sleep Health Workshop (3 weeks)	2	Once Annually

 Holistic Wellness	Tickets	Frequency
'Wellness Coaching' Appointment (with Associate Wellness)	5	Twice Annually
Register with Care Guidance	5	Once
Telephonic Health Coaching Appointment	3	Quarterly
Live Associate Wellness Monthly Program	3	Monthly
Wellness Portal - Life Balance Workshop (3 weeks)	2	Once Annually

 Financial Wellness	Tickets	Frequency
MyMonteBenefits Website Visit	2	Quarterly
Wellness Portal - Financial Wellness Workshop (4 weeks)	2	Once Annually
Meet with a Montefiore 403(b) Fidelity Representative	5	Once Annually
Attend Montefiore Fidelity Financial Webinar	1	Monthly

 Nutritional Wellness	Tickets	Frequency
'Nutrition Counseling' Appointment (with Associate Wellness)	5	Twice Annually
Weight Watchers Registration	3	Once
Weight Watchers for Diabetes Registration	3	Once
Associate Wellness Food Tastings	1	Monthly
Dietitian/Nutrition Series (6 weeks)	5	Once Annually
Wellness Portal - Nutrition Workshop (4 weeks)	2	Once Annually

 Other Wellness Portal Activities	Tickets	Frequency
A-HIP Screening: Low Risk Biometric Value in Any Category	1 (4 max.)	Once
Answer Portal Question of the Month	1	Monthly
Upload a Healthy Recipe to the Portal	1	Monthly
Writing a Blog Post on the Portal	1	Monthly
Login to the HealthyNow App	1	Monthly

If you have questions or need assistance, please contact ToYourHealth@montefiore.org.

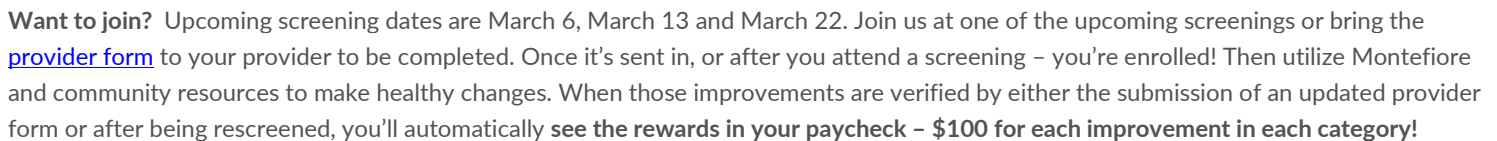
Activities must be verified

Montefiore
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Visit the incentive page on the wellness portal to log your activities! For more information click [here](#).

Need instructions? Click [here](#)!

Are you hip to A-HIP? The Associate Health Improvement Program **rewards associates with \$100 for each improvement** towards low risk categories in four biometric areas, BMI, blood pressure, cholesterol and A1c.



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





Access Telephonic Health Coaching on Montefiore's Wellness Portal!

Need a hand to reach 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](#).

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 newsletter in 2018, we'll profile a To Your Health! service. In this issue we profile the Employee Assistance Program and the 1199 SEIU Members Assistance Program:



The HealthCare (ESI/Longview) Employee Assistance Program (EAP) provides **FREE** confidential assistance and support to Montefiore associates **and their family members** who are covered by Montefiore's Empire BlueCross BlueShield medical plans to address issues both on and off of the job.*

The Healthcare EAP is available by phone 24 hours a day, 7 days a week for associates to speak to a professional about a variety of topics including personal wellness, family/relationships wellness, and financial/legal wellness. Call 800.225.2527 or 800.252.4555 for more information.



The 1199 SEIU Member Assistance Program has trained social workers, counselors and other professionals on staff who can provide the help needed for the problems that can put your health and your job in jeopardy. The staff can help 1199 SEIU associates find treatment for drug, alcohol or mental health issues, and refer to community or social service resources for problems with housing, domestic violence or legal issues. The Member Assistance Program is provided through the 1199 Benefit Fund. Call 646.473.6900 for more information.

Click [here](#) for more information on the EAP and the 1199 SEIU Member Assistance Program.

*MonteCare EPO, MonteCare PPO, MontePrime EPO and Registered Nurses (NYSNA) Health Plan

MARCH EVENTS

Mon	Tues	Wed	Thur	Fri
			1 Weight Watchers Yonkers, Fordham	2
5 Weight Watchers Wakefield Campus	6 A-HIP Biometric Screening Moses Campus 10:30am-5:00pm	7 Weight Watchers Moses, Einstein, Tarrytown, Hutch	8 Weight Watchers Yonkers, Fordham	9
12 Weight Watchers Wakefield Campus	13 A-HIP Biometric Screening Wakefield 1:30pm-5:00pm	14 Weight Watchers Moses, Einstein, Tarrytown, Hutch	15 Associate Wellness Program: 'Fed Up' Screening Moses Campus Grand Hall 12:15pm-2:00pm Weight Watchers Yonkers, Fordham	16 Associate Wellness Sugar Challenge All Campuses
19 Weight Watchers Wakefield Campus	20 5Rhythms TLC Grand Hall 5:15pm-6:15pm	21 Weight Watchers Moses, Einstein, Tarrytown, Hutch	22 Weight Watchers Yonkers, Fordham A-HIP Biometric Screening Moses Campus 9:00pm-1:00am	23
26 Weight Watchers Wakefield Campus	27	28 Weight Watchers Moses, Einstein, Tarrytown, Hutch	29 Associate Wellness Program: 'Diets to Know in 2018' Moses Campus TLC 1 12:00pm-2:00pm Weight Watchers Yonkers, Fordham	30

APRIL EVENTS

Mon	Tues	Wed	Thur	Fri
2 Weight Watchers Wakefield	3	4 Weight Watchers Moses, Einstein, Tarrytown, Hutch	5 Weight Watchers Yonkers, Fordham	6 A-HIP Biometric Screening Einstein 12:30pm-6:00pm
9 Weight Watchers Wakefield	10	11 Meditation Session with Dr. Camacho Moses Campus TLC3 & Zoom 12:00pm-1:00pm Weight Watchers Moses, Einstein, Tarrytown, Hutch	12 Weight Watchers Yonkers, Fordham	13
16 Weight Watchers Wakefield	17 Associate Wellness Program: Alcohol and its Impact on the Body with Dr. Boatswain and Dr. Forman Moses Campus & Zoom 1:00pm-2:00pm 5Rhythms TLC Grand Hall 5:15pm-6:15pm	18 Weight Watchers Moses, Einstein, Tarrytown, Hutch	19 Weight Watchers Yonkers, Fordham	20
23 Weight Watchers Wakefield	24	25 Weight Watchers Moses, Einstein, Tarrytown, Hutch	26 Weight Watchers Yonkers, Fordham	27
30 Weight Watchers Wakefield				