

Montefiore

To Your **HEALTH!**

Montefiore for a Healthy You

TIPS & NEWS

WHAT'S NEW

MONTHLY EVENTS

2016

Happy May!

Spring is upon us and To Your Health! has engaging events planned this month! May is National Physical Fitness and Sports Month and to celebrate we will be hosting fitness classes at the Williamsbridge Oval in the Bronx, and you can still earn your \$25 gift card for completing the online health assessment and workshop on our [Wellness Portal](#). See below for more details.

Tips & News

2016 Wellness Portal Assessment Open!

All associates can earn a \$25/point gift card for completing the online annual health assessment (\$15/15 points) and a portal program (\$10/10 points) on the Montefiore Wellness Portal – even if you completed it last year. This year, the portal program is a short workshop that provides a snapshot of our wellness offerings! (You must complete **both** items to receive a gift card.)

The portal has many exciting tools to explore, such as an array of exercise plans and a food log! Visit our [Wellness Portal](#) to complete your [health assessment/workshop](#) and explore!

Earn \$25/points
when you complete
the annual health
assessment &
workshop!

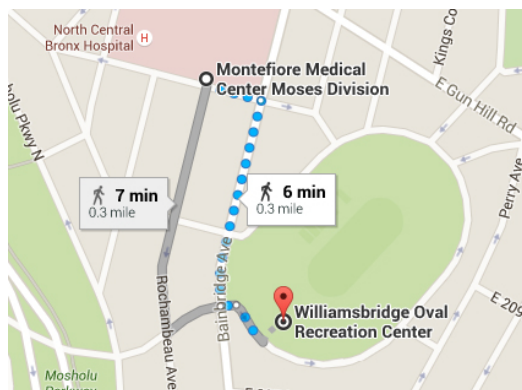
Montefiore Teams up with the Williamsbridge Oval to Offer FREE Fitness Classes!

In celebration of National Physical Fitness and Sports Month, the Williamsbridge Oval Recreation Center will be hosting [free classes](#) for all Montefiore employees throughout May! Let's use this month to stay active or to try out a new activity!

Williamsbridge Oval Recreation Center

3225 Reservoir Oval East
Bronx, NY 10467

- Wednesday, May 11, 2016:
Shape Up Abs & Arms w/ Ingrid,
6:30pm – 7:30pm
- Friday, May 20, 2016:
Cycling w/ Ingrid,
6:30pm – 7:30pm
- Saturday, May 28, 2016:
Yoga w/ Ani,
9:00am – 10:00am



In addition, May's To Your Health! Newsletter acts as a **free three time pass** to try out the Oval.* Check out all the different resources at the [Williamsbridge Oval Recreation Center](#).

***Note:** The 'Montefiore Classes' are in addition to the three time pass that can be used at the Oval. Please show your ID upon arrival to the Montefiore Classes.

What's New

New Nutrition Challenge Alert!

Sign-up for May's [5-A-Day](#) Challenge beginning on **May 19, 2016** and ending on **June 23, 2016**.

Challenge Goal: Eat 5 servings of fruits and veggies for at least 5 days of the week for the entire month of May **and** track them in the Wellness Portal.

To sign-up, register at our [Wellness Portal](#). Successful completion awards you **three** raffle tickets in our [Healthy Habits Raffle Campaign](#), where we're raffling off six \$1000 prizes each quarter!

Monthly Nutrition Workshop

Topic: [Eating Healthy at the Workplace](#): Learn some tricks and tips to get through the workday while eating healthy!

Moses Campus

3514 DeKalb Ave., Large Conference Room

Tuesday, May 17

12:00pm

Yonkers Campus

3 Executive Blvd., 2nd Floor,
Care Guidance Suite, Conference Room

Wednesday, May 18

12:00pm & 1:00pm

All workshops are open to all associates! Registration requested on the [Wellness Portal](#) in advance, or just drop in! Earn three raffle tickets in our [Healthy Habits Raffle Campaign](#) for attending.

Meet the Winners of the Savor the Flavor: Guess that Spice Contest

In March, To Your Health! held a Guess that Spice contest for National Nutrition Month at Yonkers, Moses, Einstein and Wakefield Campuses. Associates set out to test their taste buds by blindly sampling different spices – cumin, garlic, ginger, paprika and cinnamon. Associates who guessed the spices correctly were then entered into a raffle to win healthy prizes, such as a home herb garden. Try roasting chickpeas at home and experimenting with the spice blends in the recipe below. The Nutrition Month events were also supported by Montefiore's inpatient dietitians and 1199SEIU Benefit and Pension Fund's Wellness/Member Assistance Program.

Join us in congratulating our winners!

Moses Winners: Evelyn Jackson, Darlene Lefrancois, Safiya Smith and Nuntiya Kakanantadilok

Einstein Winners: Daniele Massera, Dana Kaye Edwards, and Jason Cohen

Wakefield Winners: Bernitha Lopez and Angel Betances

Yonkers Winners: Warren Jefferson and Elisa Martinez

Healthy Recipe of the Month: Roasted Chickpeas

Ingredients

Yield: ~3 servings

- 1 can of chickpeas (garbanzo beans), drained and rinsed
- 1-2 tablespoons of olive oil
- Spices of your choosing (some suggestions below):
 - Original: pinch of salt and ground black pepper
 - Smoky: ½ teaspoon paprika (or chili powder), ½ teaspoon ground cumin, pinch of salt
 - Zesty: ½ teaspoon onion powder, ¼ teaspoon garlic powder, pinch of cayenne, pinch of salt
 - Curry: 1 teaspoon curry powder, ¼ teaspoon garlic powder, pinch of salt



Directions

1. Preheat oven to 450 degrees.
2. Blot chickpeas with a paper towel to dry them. In a bowl, toss chickpeas with olive oil.
3. Season to taste with your choice of seasoning and spread onto baking sheet.
4. Bake for 25-30 minutes, until browned and crunchy. Watch carefully the last few minutes to avoid burning.

*Recipe provided by Nutrition Chef Manager, Janet Amely, Wakefield Campus.



YMCA Diabetes Prevention Program (YDPP) at Einstein Campus

The next YMCA Diabetes Prevention Program will take place at the Einstein Campus! This evidence based program helps associates eat healthier, increase physical activity and lose weight. The best part – it's been shown that doing this can prevent or delay the onset of type 2 diabetes up to 58% in a person with pre-diabetes.

Are you interested in joining [YDPP](#) at Einstein? Email WellnessRD@Montefiore.org.



Interested in Weight Watchers?

Weight Watchers is the only program that our Registered Dietitian recommends for weight loss or maintenance. The success is attributed to the extra ordinary guidance and support that comes from both your peers and the health coaches. We have meetings running at multiple locations and we are looking to increase engagement, especially at the Wakefield Campus.

Find out more on pricing [here](#). Do you have questions or want to join? Email WellnessRD@montefiore.org.



Healthy Habits Raffle Campaign

Each quarter we raffle off six prizes of \$1,000 dollars! In order to win, associates complete To Your Health! wellness activities for raffle tickets. The more activities you participate in the higher your chances of winning!

Did you see our \$1,000 winners last month? Want to have your chance to win big? See how to enter the Healthy Habits Campaign [here](#).

Monthly Events

See our Calendar for more information.

Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11 Oval Fitness Class Shape Up Abs & Arms w/Ingrid 6:30-7:30pm Weight Watchers Moses/Einstein/Tarrytown	12 Weight Watchers Wakefield/ Yonkers/Fordham	13 Nutrition Challenge Registration Opens	14
15	16	17 Nutrition Workshop – Moses 12:00-1:00pm 5Rhythms 5:16-6:5pm	18 Nutrition Workshop – Yonkers 12:00-1:00pm 1:00-2:00pm Weight Watchers Moses/Einstein/Tarrytown	19 Weight Watchers Wakefield/ Yonkers/Fordham Nutrition Challenge Starts	20 Oval Fitness Class Cycling w/Ingrid 6:30-7:30pm	21
22	23	24	25 Weight Watchers Moses/Einstein/Tarrytown Nutrition Challenge Registration Deadline	26 Weight Watchers Wakefield/ Yonkers/Fordham	27	28 Oval Fitness Class Yoga w/Ani 9:00-10:00am
29	30	31				