

Montefiore Einstein



To Your Health! January and February Associate Wellness Newsletter

Upcoming wellness workshops and well-being resources available to
you through the To Your Health! Associate Wellness Network

*Welcome to the January/February edition of the To Your Health!
Associate Wellness Newsletter. Explore the many ways Montefiore actively
places employee well-being at the forefront, fostering a workplace culture that
deeply values and supports the holistic health of our diverse and dedicated workforce.*

January Events:

Carebridge Caregiver Support Check-In

Learn steps to preserve your own emotional health and wellbeing as a caregiver

Thursday, January 4

3:00 – 3:30pm

[MORE INFO & REGISTRATION HERE](#)

Associate Wellness: Mindful Mondays

15-minute mindfulness practices to focus on a compassionate connection with our bodies.

Mondays, Jan 8, 22 & 29

10:00 – 10:15am

[MORE INFO & REGISTRATION HERE](#)

Associate Wellness: Nutrition Sampler – Fact or Myth?

Uncover some of the common nutrition myths.

Wednesday, January 10

12:00 – 12:30pm

[MORE INFO & REGISTRATION HERE](#)

Associate Wellness: New Year Blessing

Come together and set your values, intentions, and vision for 2024.

Wednesday, January 10

3:00 – 4:00pm

[MORE INFO & REGISTRATION HERE](#)

Carebridge: Grief & Loss Check-In

Strategies to help you cope and continue to heal from the grief of loss.

Thursday, January 11

2:30 – 3:00pm

[MORE INFO & REGISTRATION HERE](#)

Associate Wellness: Meditation with Dr. Camacho – New Year, New Attitude

Learn meditation and self-care skills to set yourself up for success in the new year.

Thursday, January 11

12:00 – 1:00pm

[MORE INFO & REGISTRATION HERE](#)

Carebridge: Coping with Stress Check-In

Learn coping strategies you can start using today to manage stress more effectively.

Tuesday, January 16

2:00 – 2:30pm

[MORE INFO & REGISTRATION HERE](#)

Carebridge: Set New Goals with the Wellness Wheel

Live webinar to self-evaluate your wellbeing in all areas of health.

Thursday, January 18

12:00 – 12:30pm

[MORE INFO & REGISTRATION HERE](#)

Associate Wellness: Bringing Creative Play into the New Year

Explore the importance of play and novelty for our emotional wellness with online art-making techniques.

Monday, January 22

12:00 – 1:00pm

[MORE INFO & REGISTRATION HERE](#)

Carebridge: Preventing Burnout Check-In

Learn the signs and symptoms of burnout.

Thursday, January 25

3:00 – 3:30pm

[MORE INFO & REGISTRATION HERE](#)

February Events:

Associate Wellness: Mindful Mondays

15-minute mindfulness practices to focus on a compassionate connection with our bodies.

Mondays, February 5, 12 & 26

10:00 – 10:15am

[MORE INFO & REGISTRATION HERE](#)

Associate Wellness: It's in the Blood

Understanding blood cancer risk, prevention and healing.

Monday, February 5

12:00 – 1:00pm

[MORE INFO & REGISTRATION HERE](#)

Associate Wellness: Get the Most "Bang for Your Buck" (literally)

Learn how to cut food costs AND keep sodium and saturated fat to a minimum for heart health.

Wednesday, February 7

12:00 – 1:00pm

[MORE INFO & REGISTRATION HERE](#)

Associate Wellness: Meditation with Dr. Camacho – New Year, New Attitude

Learn meditation and self-care skills to set yourself up for success in the new year.

Thursday, February 15

12:00 – 1:00pm

[MORE INFO & REGISTRATION HERE](#)

Carebridge: The Impact of Stress on Your Heart

Live webinar to learn how to take care of your heart by reducing stress.

Thursday, February 15

12:00 – 12:30pm

[MORE INFO & REGISTRATION HERE](#)

Associate Wellness: Healing Hearts for Health and Wellbeing

Learn about the links between heart health and physical health, lifestyle, and mental health.

Wednesday, February 21

12:00 – 1:00pm

[MORE INFO & REGISTRATION HERE](#)

Associate Wellness: Creating Heart Maps for Insight & Intention Setting

A creative workshop where you'll create heart maps to process experiences.

Monday, February 26

12:00 – 1:00pm

[MORE INFO & REGISTRATION HERE](#)



Associate Wellness helped make Diabetes Awareness Month a success!

Associates came out in large numbers to the Tarrytown and Yonkers campuses for the To Your Health! Associate Wellness Diabetes Month tabling event in early November. Associate Wellness Dietician, Mary Lou Pompeii and Supportive Wellness Manager, Dr. Brenda Boatswain shared information, giveaways, and resources and associates welcomed the opportunity to get away from their desks and engage in a program for their health. Many associates shared how they are affected by diabetes – either themselves or a family member.



Looking to prioritize more physical fitness this year?

Check out our updated Gym Discount flyer from Associate Wellness to learn more about what facility discounts you can receive as a Montefiore Einstein Associate.

**VIEW ASSOCIATE WELLNESS
GYM DISCOUNTS**



Belonging Contributes to Wellbeing

Associate Wellness encourages you to become involved in creating positive change around belonging and community by joining a Business Resource Group that connects with you.

In Honor of Black History Month:

Connect with the

Black Associates **Business Resource Group**

The Black Associates Business Resource Group aims to provide a supportive, uplifting, equitable, and inclusive space for Black associates and allies within our organization.

There are possibilities to engage in the following focus areas:

- **Career Development:** We understand the importance of professional growth and advancement.
- **Cultural Awareness & Education:** Recognizing the value of diverse perspectives, we will promote cultural awareness through informative sessions, discussions and events. Our goal is to foster an environment where our collective heritage and experiences are acknowledged, celebrated and understood.
- **Advocacy & Community:** We aim to enhance Montefiore's brand to the community as an equitable organization offering opportunities and fair representation.

**In Honor of
Caregivers Day on February 16:**

Connect with the

**Working Parents & Caregivers
Business Resource Group**

***The Working Parents & Caregivers BRG
focuses on the following areas:***

- Providing recommendations to Montefiore Einstein on initiatives and activities that may better support the retention and attraction of working parents and caregivers.
- Exploring the cultural understanding as it relates to being a working parent or caregiver and the particular demands this creates for the individual.

Click [HERE](#) to learn more about the Business Resource Groups
at Montefiore Einstein.

Wellness Spotlight Q&A

Fernanda Gonzales
Patient Care Associate – Moses, Bariatric Surgery Department



Tell us about the well-being activities you are involved in?

I try to be active. I do the Monte-Mile every morning before starting work. In the summer I walk the park near my campus, and I walk to the Botanical garage to pick up my car from the Moses Campus. I have joined the YMCA and Weight Watchers and meditate.

What motivated you to get started?

What motivated me is my health. I am a diabetic and asthmatic. I was a ticking time bomb. I met a wellness nurse that I see periodically, and she will push me every time to get the right specialist to get my health checked. Whenever I see her, she will motivate me and tell me all the wellness resources Monte has to offer to associates. In order to take care of my family and be a good employee I need to take care of my physical, mental, and emotional health. When I forgot about myself, all these health issues started rising up.

How has the Associate Wellness team at MMC supported you?

It's been wonderful, and these have opened me up to take better care of myself even more: Dietician Mary Lou Pompei, meditation, and learning how to keep hydrated. They have counseling and a lot of other resources that we are able to use.

Montefiore is Proud to Partner with WeightWatchers!

The Montefiore Moses location has the unique opportunity to have a weekly WeightWatchers coach-led workshop experience! Three weeks each month are available on-line exclusively for this group. For the other week of the month, you will be able to meet in-person for a workshop at the Montefiore Moses location!

Led by an expert WeightWatchers coach, this workshop will teach you brand-new nutrition and behavioral techniques each week. This 30-minute long weekly workshop will provide WW Premium members an unparalleled community to access. You'll learn, laugh, and make real connections that fuel weight-loss success.

Moses employees, if you are interested in attending this WeightWatchers workshop, please fill out this [survey](#). When the workshop launches, you will be notified, and we will have our first session with our WeightWatchers Coach! Learn more about WeightWatchers or sign up today at WW.com/Montefiore.

Caring for the Caregiver...



Many of us serve as caregivers, both in our work with patients and in our own families. Caregiving has profound effects on our lives and can bring stress and other emotional burdens when we lose people we care for. The burden of loss can become even heavier when we do not have the opportunity to take care of ourselves.

Healing Loss: A 3-Day Residential Workshop

This workshop provides a safe, supportive, and nurturing space for Montefiore associates to relieve stress, begin to grieve and heal our losses, and learn ways to better care for ourselves.

2024 dates: March 6-8, June 5-7, Oct 16-18

Location: Stony Point Conference Center, Stony Point, NY

Meals and overnight accommodations provided. Workshop is FREE for all participants.

CLICK HERE TO REGISTER

The workshop is limited to 20 participants and registration is required. Continuing Education (CEU) and Continuing Medical Education (CME) credits are available to physicians, nurses, psychologists, and social workers.

To learn more, please contact Dr. Peter Selwyn: pselwyn@montefiore.org | 718.920.8434



Connecting with Carebridge EAP Just Got Easier

We are thrilled to announce an update and redesign of the member website to enhance the online experience for all associates.

Here are some of the updates you'll find:

- **NEW URL:** We've listened to your feedback and have updated the URL to CarebridgeNow.com so that it's easier to remember in the moment. (www.myliferesource.com will continue to work too!)
- **Improved Layout and User Experience:** Including simpler navigation and easier access to discounts, events, and other resources.
- **Inclusive Accessibility with ADA & WCAG compliant website, featuring multiple language translations:** easily change display and navigation features based on individual needs and preferences including adaptations for vision or motor.

Navigate to
CarebridgeNow.com

Existing Account? Login with your same username and password.

New User? Click Register. Follow the prompts to create a user account.

Your access code is **C4NKN**

[Sign in or create your account](#)

TO YOUR HEALTH! ASSOCIATE WELLNESS

Montefiore Einstein's To Your Health! Associate Wellness initiative aims to promote a worksite culture that supports the physical and mental well-being of our associates and encourages them to make healthy lifestyle choices.

The offerings available to Montefiore associates include:

- **Nutrition Programming**, including confidential 1:1 nutrition-focused counseling, biometric wellness check-ins, nutrition workshops, discounted WeightWatchers memberships, and diabetes prevention/management programs.
- **Supportive Wellness**, including confidential appointments with a licensed psychologist for stress management consultations, coaching for health behavior goals, and experiential group programming.
- **Creative Wellness**, including free confidential individual consultations and workshops with a licensed art therapist to foster expressive outlets, coping skills and strength building.

[LEARN MORE](#) ABOUT TO YOUR HEALTH! ASSOCIATE WELLNESS