



**TO YOUR HEALTH!**

## MARCH – APRIL 2022 NEWSLETTER

Spring is upon us, and we are looking forward to warmer weather, longer days, and many opportunities to engage in wellness! **To Your Health!** has several workshops throughout March and April, and resources for associates to engage with their health in multiple dimensions of wellness, including physical, emotional, spiritual and financial.

We're excited to announce new programs being offered in March and April. See below to learn about the new programs, including a session called Caring Circles (which are supportive drop-in sessions led by the Associate Wellness Wellbeing Manager and Caregiver Support Centers Director, and offered at each main site). Also, see the [calendar](#) below for days **To Your Health!** will be visiting the Caregiver Support Centers with healthy snacks to celebrate National Nutrition Month® in March.

We hope you'll join us and take advantage of any or all of our programs and services!

<b>TO YOUR HEALTH! EVENTS MARCH:</b>	<b>TO YOUR HEALTH! EVENTS APRIL:</b>
<p><b>Carebridge EAP Program: Mindful Eating</b>  March 15, 2022  12:00pm – 1:00pm  Flyer: <a href="#">Click here</a>  Registration: <a href="#">Click here</a></p> <p><b>To Your Health! Fitness Program: Daily Stretching and Workplace Ergonomics with Cerner Wellness</b>  March 17, 2022  1:00pm – 2:00pm  Flyer: <a href="#">Click here</a>  To Join: <a href="#">Click here</a></p> <p><b>To Your Health! Mindfulness Meditation with Dr. Camacho</b>  March 18, 2022  12:00pm – 1:00pm  Flyer: <a href="#">Click here</a>  Registration: <a href="#">Click here</a></p> <p><b>Fidelity Program: Creating a Budget You'll Actually Use</b>  March 23, 2022  12:00pm – 1:00pm  Registration: <a href="#">Click here</a> and choose 'Attend a Learning Event'</p> <p><b>To Your Health! Nutrition Program: Test Your Nutrition Knowledge During National Nutrition Month®</b>  March 30, 2022  12:00pm – 1:00pm  Flyer: <a href="#">Click here</a>  Registration: <a href="#">Click here</a></p>	<p><b>To Your Health! Supportive Wellness Program: Healing Together – Spirit &amp; Mind</b>  April 5, 2022  12:00pm – 1:00pm  Flyer: <a href="#">Click here</a>  Registration: <a href="#">Click here</a></p> <p><b>Carebridge EAP Program: Alcohol: How Much is Too Much?</b>  April 7, 2022  12:00pm – 1:00pm  Flyer: <a href="#">Click here</a>  Registration: <a href="#">Click here</a></p> <p><b>To Your Health! Fitness Program: How to Create a Balanced Training Program with Cerner Wellness</b>  April 14, 2022  1:00pm – 2:00pm  Flyer: <a href="#">Click here</a>  To Join: <a href="#">Click here</a></p> <p><b>To Your Health! Mindfulness Meditation with Dr. Camacho</b>  April 15, 2022  12:00pm – 1:00pm  Flyer: <a href="#">Click here</a>  Registration: <a href="#">Click here</a></p> <p><b>To Your Health! Nutrition Program: Meal Prep and Planning with WW (formerly Weight Watchers)</b>  April 28, 2022  12:30pm – 1:30pm  Flyer: <a href="#">Click here</a>  Registration: <a href="#">Click here</a></p>

## WELLNESS SPOTLIGHT – National Nutrition Month®

National Nutrition Month® is an annual campaign in March created by the Academy of Nutrition and Dietetics that aims to celebrate and educate about healthy eating and behaviors. The theme for 2022, "Celebrate A World of Flavors," couldn't be more appropriate for our diverse associate population at Montefiore Medical Center. Join us as we celebrate cultural foods and worldly cuisines and introduce variety and excitement into your healthy eating routine.



Enrich your recipe collection with the **To Your Health!** Nutrition Manager and Registered Dietitians inspired recipe ideas which are published monthly on LoHud.com. See two recently published recipes below:

January 2022 – Traditional Mexican Fish Taco Recipe

Revisit March 2021 – Middle Eastern Shakshuka Recipe

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## TIPS & PROGRAM NEWS

### New Program led by the To Your Health! Associate Wellness Wellbeing Manager: Caring Circles

Circles in many cultures embody a safe, supportive atmosphere to connect and heal from trying circumstances. Here at Montefiore-Einstein the new Caring Circle is a drop-in supportive space for all associates to connect, find support, share their experiences, engage in meditation, and learn about available wellbeing resources. Co-facilitated by the Associate Wellness Wellbeing Manager and Caregiver Support Centers Directors, the circles will be taking place monthly in-person at Moses, Einstein, and Wakefield during the day, and via Zoom in the evenings. See the [calendar](#) below for dates and times starting in March, and view the general flyer [here](#).



### Caregiver Support Centers Partnership in March

Throughout Covid, the Caregiver Support Centers have been supportive spaces for associates to visit for a beverage, treat, a quiet space, and to connect with colleagues. In March, **To Your Health!** Associate Wellness will be partnering with the Caregiver Support Centers to further raise awareness of resources available to associates and bring additional healthy snacks to celebrate National Nutrition Month®. We'll also be previewing the new **To Your Health!** Montefiore Wellness Portal. Dates for the visits are included in the [calendar](#) below and we hope you'll join us!

## March is National Sleep Awareness Month

March is a perfect time to reflect on the many ways sleep is important in our lives including brain health, mood, weight management, energy levels, hormonal balance, and the ability for the body to repair itself. Test your sleep hygiene knowledge with this [test](#) from the National Institute of Safety and Health and the CDC. Also, if you are having trouble sleeping, you can learn more about Montefiore's Sleep-Wake Disorders Center within the Department of Neurology by clicking [here](#).

## March 30th is National Physician Appreciation Day

In honor of National Physician Appreciation Day on March 30th, please take the opportunity to show your support and appreciation for your own physician, or a fellow colleague. **To Your Health!** Associate Wellness would like to thank Montefiore's physicians for all they do daily for their fellow colleagues, and the community.

## April is Stress Awareness Month

April is a great time to check-in on our own stress levels and learn more about stress management. In this [article](#) you can learn tips for managing stress. While stress is a part of everyone's life, if help is needed managing the stress you're feeling, Montefiore has many resources available to you. Some of the resources available are detailed in the [chart](#) below, and include options such as meditation sessions monthly with Dr. Camacho, free consultations with the **To Your Health!** Associate Wellness Wellbeing Manager, the Caregiver Support Centers, Psychiatry Services, and the Employee Assistance Program and 1199 Member Assistance Program.

## Missed the To Your Health! January Program on Nutrition for Immune Health?



In January, **To Your Health!** Nutrition Manager, Jessica Shapiro, RD, discussed how nutrition impacts our immune system, and how to eat for optimal health. If you missed it, you can view the program [here](#) (Passcode: uLR#U@6)! If you have questions, or would like to schedule a free nutrition counseling session, email [WellnessRD@montefiore.org](mailto:WellnessRD@montefiore.org).