



## MARCH - APRIL 2023 NEWSLETTER

Goodbye winter! SPRING is in sight, and the To Your Health Newsletter is here to bring everyone out of hibernation, to MARCH into wellness!

Have you decided to make a healthy change this Spring? If so, we'd love to hear from you! We're still collecting comments for the '2023 Healthy Choices Word Cloud,' so please email your comments to us at [toyourhealth@montefiore.org](mailto:toyourhealth@montefiore.org), and with a few more additions, we'll profile these comments in an upcoming newsletter!

Have you completed your annual wellness check-ins on your journey to the best "YOU" can be in 2023? If not, it's easy! First, visit the wellness portal [here](#) to take a Health Questionnaire for \$30.00, then, schedule a **FREE health or fitness coaching session** to start this Spring off with support from either a registered nurse health coach, or personal trainer, with unlimited visits throughout the year. And lastly, learn your **personal health values** through the To Your Health program.

## Jump into Spring by Learning Your Health Values for the Chance to Earn \$100

One of the ways to learn your personal health values is by completing a Biometric Health Assessment and discovering your baseline. Biometric screenings are preventive care that can provide your height, weight, blood pressure, cholesterol, and diabetes risk values. Biometric screenings through the Associate Health Improvement Program are conducted FREE on-site at scheduled screenings, or via a voucher at Labcorp or CVS MinuteClinic.

Then, using that information, associates can engage in additional health activities and be on the journey to earning \$100. Additional details about the program can be found [here](#).

Want to learn more and get started? Visit our partner Website at [US Wellness](#).

See the events below! We hope you'll join us and take advantage of our many programs and services!

### **MARCH: TO YOUR HEALTH! EVENTS**

#### **Fuel for the Future with To Your Health Dietitian Mary Lou Pompeii, RD**

March 8, 2023

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

#### **Cerner Wellness Program: The Importance of Good Sleep**

March 9, 2023

1:00pm – 2:00pm

Flyer: [Click here](#)

To Join: [Teams Live Event Link](#)

#### **Carebridge EAP Program: Financial Wellness – Creating a Savings Strategy**

March 16, 2023

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

### **APRIL: TO YOUR HEALTH! EVENTS**

#### **Carebridge EAP Program: Using the Breath and Body as Anchors in Recovery**

April 13, 2023

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

#### **Cerner Wellness Program: Strategies for Diabetes Prevention & Management**

April 20, 2023

1:00pm – 2:00pm

Flyer: [Click here](#)

To Join: [Teams Live Event Link](#)

#### **Ready, Set, Rest with Dr. Boatswain, Dr. Camacho & Dr. Selwyn**

April 26, 2023

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

**To Your Health! Mindfulness Meditation with Dr. Camacho**

March 23, 2023

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

**Weight Watchers Webinar: Don't Feed Your Feelings, presented by Dr. Alison Grupski, PhD Behavior Change and Strategies Coaching**

March 28, 2023

1:00pm – 2:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

**To Your Health! Mindfulness Meditation with Dr. Camacho**

April 27, 2023

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

## WELLNESS SPOTLIGHT

Get to Know the Employee Assistance Programs Available to Montefiore Employees

Montefiore's EAP is completely free, confidential, and available 24/7 to assist all non-1199 associates and employees of Einstein College, and anyone in their household, with referrals to short-term counseling sessions with a licensed clinician, as well as unlimited access to Work-Life Specialists in the following fields:

- Child Care/Parenting
- Eldercare
- Money Management
- Education Planning
- Convenience Services

To learn more about Montefiore's EAP through Carebridge, please click [here](#), and visit their [website](#).

## Are You an 1199 Member? 1199 Provides EAP Services to All Members

1199 provides EAP services to all members through the Member Assistance Program. The Member Assistance Program is available to members of the 1199SEIU Benefit Funds and their eligible dependents. Through the program, many different services are available, including:

- Counseling/Therapy
- Mental Health Services
- Social Support Services
- Behavioral Health and Substance Abuse
- Health, Mind and Body Workshops

Want to learn more? See their services and upcoming events by clicking [here](#).

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## HEALTH TIPS & PROGRAM NEWS

### MARCH IS . . .

#### March 3 is Employee Appreciation Day

To Your Health is appreciative of our associates all year, and in March we'll be celebrating not just one day, but all month long! During this month, To Your Health is helping associates share their appreciation of each other through both in-person and virtual activities.

Visit To Your Health at the Caregiver Support Centers on the dates below to fill out a card of appreciation for a colleague, and we'll help deliver them.

- Friday, March 3, 2023, 12pm – 4pm  
Einstein Campus, Caregiver Support Center
- Tuesday, March 7, 2023, 10am – 2:30pm  
Moses Campus, Caregiver Support Center

- Monday, March 13, 2023, 9:30am – 1:30pm  
Wakefield Campus, Caregiver Support Center

Or, if you're working at a remote site and not at a main hospital, and would like to share your appreciation to a colleague, 1) click on one of the three pictures below, 2) click share in the top left on Teams, 3) type the name of any colleague at Montefiore, and 4) type a message and hit send.



We hope you'll join us as we celebrate Employee Appreciation Day all throughout March! To view the program flyer, please click [here](#).

### National Nutrition Month – "Let thy food be thy medicine" Hippocrates.

National Nutrition month stresses the importance of a balanced diet and exercise. We encourage you to use your resource here at **To Your Health** by connecting and working with our registered dietitian to develop and stick to a healthy eating plan catered by YOU! [Schedule a Free Appointment Today!](#)

## Weight Watchers Partnership

Montefiore also partners with Weight Watchers to provide a discount to associates for as low as \$8.48 per month on select plans, and offers educational programming and tips for healthy living.



Join us at the March Weight Watchers Program titled, "Don't Feed Your Feelings," details below:

**Don't feed your feelings**  
A GUIDE TO EMOTIONAL EATING

**PRESENTERS** Allison Grupski, PhD  
VP, Behavior Change Strategies & Coaching  
Sophie Webb, WW Coach

**DATE & TIME** Tuesday, March 28  
1pm EST / 10am PST

WeightWatchers

And follow the tips below to learn how to incorporate easy movement into your daily activities:

- **Expand your definition.** Gardening, dancing, strolling around your fave store – it all counts toward your goals.
- **Pair it with something you love.** Meh about the treadmill, but love true-crime podcasts? Save new episodes for when you can fit in a walk.
- **Turn it into a social event.** Catch up with your BFF on a bike ride or after yoga class. Or stream the same at-home workout, then dish about how it went.

**Are you an 1199 Member?** 1199 has launched a new partnership with WeightWathcers, offering the diabetes and pre-diabetes program to members for FREE, and the additional program for a reduced rate!

To learn more about the 1199 program, [click here](#).

To learn more about Montefiore's program available to all associates visit: [www.com/Montefiore](http://www.com/Montefiore).

## APRIL IS . . .

### Stress Awareness Month

Blue light exposure can disrupt the sleep/wake cycle (circadian rhythm), and affect hormone secretion, nerve signaling (neurotransmission) and the brain's ability to adapt (plasticity) to changing situations. Excessive blue light can cause sleep and mood disorders, leading to depression. Read [this article](#) compiled by Dr. Brenda Boatswain, Associate Wellness Wellbeing Manager, for more information on how blue light affects "You" and your wellness.

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## HEALING LOSS WORKSHOP – HOSTED BY DEPARTMENT OF FAMILY AND SOCIAL MEDICINE

Montefiore recognizes the passion that many of our associates bring to their work in taking care of others, but it's important to remember that to properly do that, one must ensure that they are taken care of as well. The Healing Loss workshop, hosted in partnership with Human Resources, is a 3-day residential workshop at a nearby retreat center. It provides a safe, supportive, and nurturing space for Montefiore providers and staff to relieve stress, begin to grieve and heal losses, and better care for themselves. All Montefiore associates are welcome!

To learn more and to apply, visit [www.montefiore.org/healingloss](http://www.montefiore.org/healingloss).

<b>Fitness Opportunities</b>	<b>Nutrition Wellness</b>	<b>Emotional Wellbeing</b>	<b>Programs</b>
<b>Gym Discounts and Virtual Fitness Offerings</b>	<b>Nutrition Counseling</b>	<b>Supportive Wellness Services</b>	<b>Wellness Liaison Program</b>
<b>Montefiore Telephonic Fitness Coaching</b>	<b>WW (Weight Watchers Reimagined)</b>	<b>COVID-19 Stress Resources</b>	<b>Care Guidance Program</b>
	<b>Norwood Farm Stand – Thursdays Gun Hill Rd. and DeKalb Ave.</b>	<b>Quiet Spaces Flyer</b>	<b>Carebridge Employee Assistance Program</b>  <b>Members Assistance Program (1199 SEIU)</b>
		<b>Departmental Team Wellbeing Workshops</b>	<b>Introducing Tess from Carebridge EAP</b>  <b>eM Meditation App</b>
			<b>Einstein Cancer Center BOLD Support Program</b>

For more information about all To Your Health Programs and Services, visit:

[www.mymontebenefits.com/to-your-health](http://www.mymontebenefits.com/to-your-health).

