



MAY - JUNE 2023 NEWSLETTER

May Wellness be with YOU! Summer is in sight, and the To Your Health Newsletter is here to bring everyone out in FORCE. "For my ally is Wellness, and a powerful ally it is," Wellness Guru.



Have you been the best "YOU" can be in 2023 so far? If not, that's okay! There is sometimes a lot of pressure to reach certain wellness or fitness goals for Summertime, but we are here to tell you that the journey is much more important than the destination. Whether than pressure is to be "beach ready" or the thought to make every ounce of summer count before it goes, it's hard to find a healthy balance.

Tip #1: Making healthy food and beverage choices will provide a great return on the investment. You will feel it emotionally and physically.

Tip #2: Purpose: reminding ourselves that we are working for a reason. That reason or reasons may be a sense of purpose, more money, helping others, experiences, or growth. Focusing on the positives is a key to finding that summer healthy wellness balance we seek.

MAY: TO YOUR HEALTH! EVENTS

Carebridge EAP Program: Managing Emotions During Stressful Times

May 9, 2023

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

Fidelity: There's More Than One Way to Save for Retirement

May 10, 2023

2:00pm – 2:45pm

Flyer: [Click here](#)

Registration: [Click here](#)

Cerner Wellness Program: The Importance of Good Sleep

May 18, 2023

12:00pm – 1:00pm

Flyer: [Click here](#)

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

To Your Health! Preserving Mental Health with Dr. Boatswain

May 23, 2023

12:00pm – 12:30pm; Repeats 12:30pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

To Your Health! Mindfulness Meditation with Dr. Camacho

May 25, 2023

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

JUNE: TO YOUR HEALTH! EVENTS

To Your Health! Improving Men's Health through Nutrition with Mary Lou

Pompeii, Registered Dietitian Nutritionist

June 7, 2023

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

Cerner Wellness Program: Prioritizing Your Mental Health

June 8, 2023

1:00pm – 2:00pm

Flyer: [Click here](#)

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

Carebridge EAP Program: Being an Ally to LGBTQ+ People

June 13, 2023

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

To Your Health! Mindfulness Meditation with Dr. Camacho

June 15, 2023

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

To Your Health! Associate Wellness: The Way of Water with Dr. Boatswain & Mary Lou Pompeii, Registered Dietitian Nutritionist

June 28, 2023

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

WELLNESS SPOTLIGHT



Montefiore's Violet James Shares Her Nearly 50 Year Journey at Montefiore Medical Center

Violet James shared, "I will be 75 years old on June 14th, and I will make my 50 years at Montefiore on 8/13/2023. I am planning to retire this fall and I am hoping to return in some volunteer capacity. I started my wonderful journey working at Montefiore on August 13, 1973, as a 2-C file clerk and have worked in this department for 49+ years. One of the programs that has helped me tremendously for the past years is the Associate Wellness Program. I was able to use the resources they offer for my health and wellness.

I was able to attend the prediabetic workshop held at Wakefield and with the help of the Associate Wellness Team and with the advice given to me I was able to lower my A1c to normal and lost 15 pounds in the process and kept it off. I'm also a long time WW member. Additionally, I was able to get emotional support when my mom passed away that helped me to mourn the loss in a very healthy emotional way.

Click [here](#) to read Ms. Violet James' full journey and learn about how Montefiore has been a staple for her family's well-being.

Dive Into Summer

Health Questionnaire

First, visit the wellness portal [here](#) to take a Health Questionnaire for \$30. Then, schedule a **FREE health or fitness coaching session** to start this Summer 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.

One of the ways to learn your personal health values is by completing a Biometric screening and discovering your baseline values. Biometric screenings are preventive care that provide your body mass index, 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 baseline information, you can engage in additional health activities and be on the journey to reaching \$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!

Did You Know?

We are pleased to announce that you can now connect with Montefiore's Virtual Urgent Care for treatment of non-emergencies or minor illness. This service can connect you with an experienced team of board-certified emergency room physicians quickly. When you need to request a virtual Urgent Care visit, just go to your account on Montefiore MyChart, click on the Menu tab, and then on Virtual Urgent Care to get started.

Learn more about [Montefiore's Virtual Urgent Care](#) and click [here](#) to sign up for a Montefiore MyChart account or to request a Virtual Urgent Care visit if you need one.



Leading the way in weight loss (and great food) since 1963.

For 60 years, WeightWatchers® has shown millions how to enjoy the foods they love in a way that helps them reach their goals. Nothing's off-limits! Plus, you'll get 12,000+ healthy, flavorful recipes when you sign up.

Summer Salad Recipe



Try this summer salad and send pictures of your rendition to ToYourHealth@montefiore.org for a chance to be featured in our next newsletter. [Rainbow Noodle Salad with Lime Dressing](#)

Join WeightWatchers® to discover 12,000-plus delicious recipes. To learn more or sign up, visit WW.com/Montefiore.



Factor makes it incredibly easy to enjoy chef-prepared, dietitian-approved meals without having to do any of the hard work. They offer fresh (never frozen) nutritious meals that are ready to heat and eat in just 2 minutes. No prep, no mess, and perfect for eating healthy on traveling cases. Enter code **MONTEFIORE2023** at checkout for a discount over the course of your first five boxes (60% off on the first box, 20% off the second, 3rd, 4th and 5th box). Click [here](#) for a "Better You".



HelloFresh meal kits come with easy-to-follow recipes and pre-measured ingredients, so you can prepare top-rated meals without having to think about going to the grocery store. Choose from 40 delicious recipes each week, including Quick & Easy meals that can be ready in 20 minutes or less. Enter code **MONTEFIORE2023** at checkout for a discount over the course of your first five boxes (65% off + free shipping on the first box, 20% off the second, 3rd, 4th and 5th box). Click [here](#) for HelloFresh.

Wellness Liaison Program Spotlight

The Wellness Liaison program is where associates serve as volunteer ambassadors for To Your Health! Associate Wellness programs and work to build a culture of wellbeing in their department. Together we are doing this and across Montefiore. See [flyer](#) for more information. Please note that this voluntary position does not interfere with any associates' job duties. If you are interested or would like to nominate someone, please email ToYourHealth@montefiore.org.

HEALTH TIPS & PROGRAM NEWS

MAY IS . . .

National Mental Health Month

According to research by Mental Health America, men are less likely than women to seek help for depression, substance misuse, and stressful life events due to social norms, reluctance to talk, and downplaying symptoms. Click here for a fresh perspective on mental health. [Ted Talk: This could be why you're depressed or anxious.](#)

Preserving Mental Health Amidst Pandemics, Work Stress, and Other Life Events

Join Wellbeing Manager, Dr. Brenda Boatswain, for a science-based program on how we can preserve our mental health and think, feel, act, make choices, and relate to others in an optimal way. Half hour-long program held on May 23rd at 12 noon and repeats at 12:30pm. Register [here](#).

JUNE IS . . .

Men's Health Awareness Month

What's a Man to Do? Are you under the assumption that diets:

- are too expensive
- are too confusing
- take too much of your time
- or JUST don't work?

Did you know that in 2020, "keto" was the most Googled food-related topic in the world with 25.4 million searches. Keto has overtaken previously popular diets, such as the Atkins diet and intermittent fasting. And the ketogenic diet market is predicted to reach a global value of \$15.6 billion USD by 2027. In addition to the Keto Diet, Intermittent Fasting (IF) and the Mediterranean Diet are among the 10 most popular diets. But are they healthy?

Join Associate Wellness for our June Nutrition Program with Mary Lou Pompeii, Registered Dietitian Nutritionist and make a commitment to YOUR health. She will decipher some of the most popular diets and send you in a direction to eat healthy.

Improving Men's Health Through Nutrition

Join Mary Lou Pompeii RDN CDN CDCES, as she investigates two popular men's diets and compares the benefits vs. the dangers – the Keto Diet and Intermittent Fasting. Register [here](#).

HEALING LOSS WORKSHOPS AVAILABLE TO ASSOCIATES JUNE 7th - JUNE 9th



An important factor in living a healthy life is ensuring that one maintains their emotional health, including dealing with grief and loss. Montefiore Healing Arts and Human Resources offer "Healing Loss", a three-day residential workshop at a nearby retreat center. This powerful experiential and educational program is led by experienced facilitators in a safe, supportive, and confidential setting. Up to 24 Continuing Education (CEU) credits are available. This workshop is limited to 24 participants and registration is required. For more information, click [here](#) to view the flyer.

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

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

www.mymontebenefits.com/to-your-health.
