



NOVEMBER – DECEMBER 2022 NEWSLETTER

As we approach the holiday season, and 2022 comes to a close, we once again reflect on our experiences throughout this past year, and look forward to a hopefully healthy and happy future. **To Your Health!** remains unwavering in its commitment to help ensure the wellbeing of all associates through services and programs for you and your teams.

In November, we highlight National Diabetes Month, with visits to the Caregiver Support Centers and participation in a Diabetes Month Q&A Panel with Montefiore's Registered Dietitians on November 30th. Details about both programs can be found below.

Also, November is the last chance in 2022 to earn \$30 for taking the Health Questionnaire through Montefiore's Wellness Portal. Visit <https://bit.ly/WellnessPortal2022> to log-in using your Montefiore credentials (username and password) to learn more!

See the events below, and the full calendar for all of our activities. We hope you'll join us and take advantage of our many programs and services!

TO YOUR HEALTH! EVENTS NOVEMBER:

Diabetes Month Caregiver Support Center Visit – Moses Campus

November 2, 2022
9:30am – 1:00pm
Flyer: [Click here](#)

Carebridge EAP Program: Talking to Your Aging Parents About the Future

November 9, 2022
12:00pm – 1:00pm
Flyer: [Click here](#)
Registration: [Click here](#)

Cerner Fitness Program: How to Build Lasting Habits

November 14, 2022
1:00pm – 2:00pm
Flyer: [Click here](#)
To Join: [Teams Live Event Link](#)

Diabetes Month Caregiver Support Center Visit – Einstein Campus

November 16, 2022
9:30am – 1:00pm
Flyer: [Click here](#)

Fidelity Program: Setting Goals and Habits That Stick

November 16, 2022
12:00pm – 12:30pm
Registration: [Click here and choose 'Attend a Learning Event'](#)

To Your Health! Mindfulness Meditation with Dr. Camacho

November 17, 2022
12:00pm – 1:00pm
Flyer: [Click here](#)
Registration: [Click here](#)

Montefiore Weight Watchers Program: Shifting Your Mindset

TO YOUR HEALTH! EVENTS DECEMBER:

Montefiore Weight Watchers Open House

December 1, 2022
12:15pm – 1:00pm
Flyer: [Click here](#)
Registration: [Click here](#)

Bank of America and Merrill Quarterly Financial Education Webinar Series

December 6 – 9, 2022
Flyer: [Click here](#)
Registration: [Click here](#)

Carebridge EAP Program: Holiday Wellness Tips

December 6, 2022
12:00pm – 1:00pm
Flyer: [Click here](#)
Registration: [Click here](#)

Fidelity Program: Understanding Your Debt So You Can Take Control

December 7, 2022
12:00pm – 12:30pm
Registration: [Click here and choose 'Attend a Learning Event'](#)

To Your Health! Supportive Wellness Program: Happy Healthy Holidays

December 13, 2022
12:00pm – 1:00pm
Flyer: [Click here](#)
Registration: [Click here](#)

To Your Health! Mindfulness Meditation with Dr. Camacho

December 15, 2022
12:00pm – 1:00pm
Flyer: [Click here](#)
Registration: [Click here](#)

Cerner Fitness Program: Muscle and Joint Health

November 21, 2022
12:00pm – 1:00pm
Flyer: [Click here](#)
Registration: [Click here](#)

**Diabetes Month: Nutrition FAQs About
Diabetes for Prevention and Management**

November 30, 2022
12:30pm – 1:30pm
Flyer: [Click here](#)
Registration: [Click here](#)

December 20, 2022
1:00pm – 2:00pm
Flyer: [Click here](#)
To Join: [Teams Live Event Link](#)

WELLNESS SPOTLIGHT

Does Your Department Have a Wellbeing or Engagement Committee?

If so, we'd love to hear from you! Montefiore's **To Your Health!** is working to identify all departments that have a wellbeing or engagement committee to create a wellbeing committee network! If your department has one, please email us at toyourhealth@montefiore.org and let us know.

In 2023, we plan to bring together representatives from departments with committees to create a network where participants can share recent successes, learn about new research and best practices in the field of employee wellbeing, and receive support from **To Your Health! Associate Wellness**.

If your team doesn't yet have a wellbeing and engagement committee and you're interested, we're also here to help! Reach out to **To Your Health!** at toyourhealth@montefiore.org to learn more about the *Roadmap to Wellbeing* and easy steps that can be taken to create a departmental committee that fosters a culture of engagement and wellbeing.

HEALTH TIPS & PROGRAM NEWS

NOVEMBER IS . . .

National Diabetes Month

Many Americans are, or know someone who is, diabetic. This month, we are focused on bringing attention to diabetes, sharing the stories of those who experience the condition, and providing resources to detect early signs.

Montefiore has a full range of activities in observance of National Diabetes Month! For the full list of events, visit www.montefiore.org/diabetes-month. We hope you'll join us at the [Virtual Diabetes Symposium: Integral Diabetes Management](#) on November 10th, the [Caregiver Support Center](#) visit on November 16th, and the [Diabetes Nutrition Panel](#) with Montefiore Registered Dietitians on November 30th.

National Family Caregivers Month

Caregivers, those whom we welcome into our families and those who are a part of them, are recognized in the month of November, as many don't consider the physical and mental toll of caregiving. It's important that caregivers themselves feel supported as they are working to support others, and Montefiore shows its support for caregivers in many ways, including three Caregiver Support Centers. Join us in November to celebrate caregivers and all they do!

The Great American Smokeout

Smoking remains the single largest preventable cause of death and illness in the world, and though quitting isn't easy, those looking to start a smoke-free lifestyle can begin on the Great American Smokeout. The event, which takes place on the third Thursday in November, aims to collectively encourage smokers to ditch their cigarettes and other smoking devices to live a healthier life, while reducing their cancer risk. To learn more about this event, and the variety of resources available, [click here](#).

DECEMBER IS . . .

National Influenza Vaccination Week

This winter, **To Your Health!** would like to emphasize the importance of getting a flu vaccine for all those who are eligible. The flu can be serious, especially for those with underlying chronic health conditions, including asthma, diabetes, and heart disease. To learn more about this week, as well as access to a variety of different resources in support of the week, [click here](#). Also visit Montefiore's internet for information on the associate influenza vaccination process.

Fitness Programs from To Your Health!

With the new year, many associates may make resolutions related to their physical health. To assist, **To Your Health!** is highlighting the fitness and nutrition programs available to associates.

Visit [Montefiore's To Your Health! page](#) to learn about membership discounts for fitness facilities around the tri-state area, and access a variety of virtual exercise resources. You will also find the Montefiore Mile maps for Moses, Einstein, and Wakefield, perfect for adding steps inside during the cold weather.

Lastly, visit the pages related to Montefiore's wellness portal and nutritional wellness for additional information on how to schedule a free session with a registered dietitian, or personal trainer.
