



TO YOUR HEALTH!

WINTER 2020 NEWSLETTER

WHAT'S NEW

Tips & News

[Get Your Flu Shot During National Influenza Vaccination Week for a Giveaway](#)

[Bouncing Back: Financial Wellness, November 17th, 12:30pm-1:30pm](#)

[Zoom Mindful Meditation, December 11th, 12:00pm-1:00pm and December 14th, 6:00pm-7:00pm](#)

[Learn More About the Montefiore Crane Project, Honoring the Lives Lost at Montefiore During COVID-19](#)

[Last Chance This Year – Complete the 2020 Health Questionnaire by November 30th to Earn \\$30](#)

[Sign Up to be a Wellness Liaison For Your Department to Promote Wellness](#)

[Join 5 Rhythms Moving Meditation Classes via Zoom Every Other Monday](#)

[Sign Up for Montefiore Bronx Health Collective's Fresh Food Box Service](#)

As the days get shorter and we approach the holidays and winter during a pandemic, personal wellness, both physical and emotional, may be harder to maintain. To Your Health! has many ways to help associates in their wellness, and to provide support in their wellbeing this winter.

Also, November is also annual enrollment for Montefiore benefits! Keep a look out for emails from HRBenefits@mymontebenefits.com for important information on benefits enrollment and the Montefiore benefits plan.

Join Associate Wellness at [Bouncing Back: Financial Wellness](#) on November 17th with guests from Fidelity Investments and Bank of America. Also, [Zoom Mindful Meditation](#) on December 11th and December 14th with Dr. Camacho!

In November, Associate Wellness is launching FREE telephonic fitness coaching available to all associates! In this newsletter we spotlight the Montefiore To Your Health! Associate Wellness personal trainer, available to schedule these sessions with interested associates! Click [here](#) to read more about this service and sign-up for a session today!

ASSOCIATE SPOTLIGHT – INTRODUCING MONTEFIORE WELLNESS PORTAL’S PERSONAL TRAINER DAVID BROMBERG!



David Bromberg, Health Coach and ACSM-Certified Exercise Physiologist, Montefiore To Your Health! Wellness Portal

David Bromberg is a certified health coach and exercise physiologist available on Montefiore’s To Your Health! Wellness Portal for free fitness coaching! David has over a decade of fitness experience leading personal training and corporate fitness programming.

David is now available to provide free, confidential individual fitness coaching appointments to Montefiore associates on Wednesday and Friday mornings in November and December between 8:30am and 12:30pm. To sign-up for an appointment, log into the Wellness Portal at toyourhealth.montefiore.org and select an appointment time on the event calendar.

TIPS & NEWS

November is American Diabetes Month!

Montefiore celebrates American Diabetes Month by hosting educational events for the associates and the community.

Montefiore associates are invited to two American Diabetes Month panels:

- [Diabetes and COVID-19: Maintaining Psychological PPE while Living With Diabetes During a Pandemic, November 13th, 12:00pm-1:00pm](#)
- [Diabetes and COVID-19: Health Care Disparities, November 20th, 12:00pm-1:00pm](#)

For more information on Montefiore’s American Diabetes Month events, visit <https://www.montefiore.org/diabetes-month>.

Did you know that WW WeightWatchers Reimagined has a program for Montefiore associates with diabetes that includes unlimited guidance from a Certified Diabetes Educator? Click [here](#) for more information and check out the [WW November Virtual Open House](#) on November 16th at 12:30pm for more information about WW for Diabetes, the Montefiore WW discount program and how to receive a jumpstarter kit.

Recognizing and Approaching Stress Eating

Watch this [video](#) for a presentation about stress eating by To Your Health! Associate Wellness Nutrition Manager Jessica Shapiro.

Addressing Hardships During the “New Normal”

As we work toward building a more compassionate workforce and world, this article from [Mindful Magazine](#) provides guidance in finding the courage to face inequalities.

December 6th – 12th is National Influenza Vaccination Week – Get Your Flu Shot in December & Receive A Giveaway!

While events across Montefiore would normally occur to raise awareness of flu vaccinations, this year we will be doing things a little differently!



For National Influenza Vaccination Week, December 6th – 12th, anyone who receives their flu shot in December will also receive a giveaway – a headband to provide the ears some much needed relief from holding masks.

If you already received your flu shot, have no worries! You can pick one up at the main campuses by showing your badge (while supplies last).

November Associate Wellness Program
Bouncing Back: Financial Wellness Panel with Associate Wellness,
Fidelity Investments, and Bank of America
Tuesday, November 17th, 2020

Join this webinar with Montefiore, Fidelity Investments and Bank of America experts to gain insights about financial wellness, including the impact of finances on wellbeing, retirement, personal banking, and the connections between money and emotions, and money and food. This panel will feature Montefiore Fidelity retirement planner Andrea Gaetano, a Bank of America representative, and the To Your Health! Associate Wellness Team's Dr. Brenda Boatswain, Licensed Psychologist, and Jessica Shapiro, Registered Dietitian.

See registration details below. Click [here](#) for the flyer.

<p>Bouncing Back: Financial Wellbeing Tuesday, November 17th, 2020 12:30pm-1:30pm Zoom Video Conferencing</p>
<p>Register and join here</p>

December Associate Wellness Program
Mindful Meditation with Dr. Fernando Camacho
Two Sessions – Daytime: Friday, December 11th and Evening: Monday, December 14th

Fernando Camacho, MD, will lead two hour-long sessions via Zoom with deep breathing and discussions to help associates focus in the present moment.

See registration details below. Click [here](#) for the flyer.

<p>Mindful Meditation Session I: Friday, December 11th, 12:00pm-1:00pm Session II: Monday, December 14th, 6:00pm-7:00pm Zoom Video Conferencing</p>
<p>Register and join here for Session I Register and join here for Session II</p>

Participate in The Crane Project, Honoring the Lives Lost at Montefiore During COVID-19, a Tribute of Hope and Healing



The Montefiore Crane Project is a living art installation where Montefiore associates and the community come together to explore the impact of COVID-19 with over 2,000 paper cranes, embedded with 6-word poems in honor of the 2,000+ lives lost. The cranes will soar over the Children’s Hospital at Montefiore (CHAM) in 2021 to provide an avenue for community healing.

To send a poem and learn about departmental workshops available for this program, click [here](#) to view the flyer or email TheCraneProject@montefiore.org to schedule a workshop or to request a crane kit.

Last Chance This Year – Take the 2020 Wellness Portal Questionnaire for \$30!



**Associates – Want \$30?
2020 is Another Opportunity to Earn Your Reward!**

Montefiore associates who take the [Wellness Portal Health Questionnaire](#) for the first time by December 5th will earn \$30! Associates who complete the online health questionnaire receive a personalized health report which can be used during follow-up discussions with a healthcare provider, or to create a wellness plan with a Montefiore Wellness Portal Health Coach (RN) or Fitness Coach. Individual responses remain private. Click on the above flyer to learn more and visit Montefiore’s Wellness Portal at toyourhealth.montefiore.org to get started.

*Monetary rewards (i.e. gift cards and reward inclusion in paycheck) are provided once per calendar year, and are considered income subject to federal, state and employment tax withholding, and reporting on Form W-2, unless a specific exemption applies.

Help To Your Health! Promote Wellness and Sign Up to Be a Montefiore Wellness Liaison!

Does your department have a Wellness Liaison? If not, you and/or any of your colleagues interested in wellness can sign up for this role. Wellness Liaisons are associates that serve as departmental volunteer ambassadors for Montefiore's To Your Health! Associate Wellness programs, and work to help build a culture of wellbeing in their department. Liaisons are the first to know about Associate Wellness programs and help Montefiore reach its goal to have a Wellness Liaison in every department! Please note that this position does not interfere with any associates' job duties.



Click [here](#) for more information about the To Your Health! Wellness Liaison role and email ToYourHealth@montefiore.org to sign up or nominate a colleague!

Join 5 Rhythms Moving Meditation Classes via Zoom: Every Other Monday at 6:00pm

Montefiore associates – want to give your body and spirit a treat, breathe deeply, have a fun time, and move with a light and open heart? Then give yourself the gift of self-care and join via Zoom 5 Rhythms Moving Meditation class. No experience is necessary!

Click [here](#) to register for an upcoming session.

To Your Health! offers individual and departmental workshops related to nutrition wellness and emotional wellness!



FREE Nutrition Counseling with a Registered Dietitian and Certified Diabetes Education and Care Specialist!

Are you at-risk for diabetes or have a family history of diabetes? Do you have a history of diabetes, gestational diabetes, or recently have been diagnosed with diabetes with a hemoglobin A1c above 6.4?

November is American Diabetes Month and To Your Health! Associate Wellness wants to remind associates to be aware of their risk for diabetes and to stay on top of diabetes management and blood sugar control. Set up a nutrition counseling session today (virtual available) and once a year for nutrition wellness. Click [here](#) for additional nutrition counseling information.

Dietitian Debriefs for Team Building

Support your team's self-care by setting up a virtual nutrition presentation. To Your Health! Associate Wellness offers an array of Nutrition-related topics including "The Truth About Sugar and the New Nutrition Facts Label," "Mindful Eating," "Nutrition for Burnout," and more! Click [here](#) to check out the *newly updated* Dietitian Debrief virtual menu of offerings.

Check Out the Bronx Health Collective's Fresh Food Box Service – Open to Montefiore Associates and the Community!



Montefiore's Bronx Health Collective is proud to announce the Fresh Food Box, the only year-round fresh food box service in the Bronx. Sign up to join a local food share and receive a pre-paid box with seasonal farm products starting at only \$14! Available every Friday, stop by the stand to reserve a box for the following week and to shop local grocery items. The Fresh Food Box stand is located in the Longwood area of the South Bronx where participants may either walk up or drive by to pick up their box. The stand accepts cash, SNAP/EBT, credit, debit, Fresh Connect coupons and Health Bucks.

Click [here](#) for more information and to order your box today!

FREE Virtual Supportive Wellness Services with a Licensed Psychologist!

Montefiore offers FREE stress management coaching (virtual available) and resource referrals to associates! Click [here](#) to learn more about supportive wellness services and to make an individual appointment or schedule an in-unit resiliency program for your department.



Healthy Pick: Try the Kale and Quinoa Hearty Power Bowl!

Check out this original plant-based power bowl recipe created by the To Your Health! Associate Wellness Nutrition Manager and Registered Dietitian Jessica Shapiro and recently featured in LoHud.



Click [here](#) for the recipe and email ToYourHealth@montefiore.org with a photo of your take on it.

NOVEMBER EVENTS

Mon	Tues	Wed	Thur	Fri
2 Equinox Offer for Montefiore Associates, Available all November!	3	4	5	6
9	10	11	12 WW Weekly Meeting WW App 12:15pm – 1:00pm	13 Diabetes and Covid-19: Maintaining Psychological PPE while Living with Diabetes during a Pandemic Zoom 12:00pm – 1:00pm
16 WW Virtual Open House Zoom 12:30pm – 1:30pm 5 Rhythms Moving Meditation Zoom 6:00pm – 7:00pm	17 Bouncing Back: Financial Wellness Panel Zoom 12:30pm – 1:30pm	18	19 WW Weekly Meeting WW App 12:15pm – 1:00pm	20 Diabetes and Covid-19: Health Care Disparities Zoom 12:00pm – 1:00pm
23	24	25	26	27
30 5 Rhythms Moving Meditation Zoom 6:00pm – 7:00pm				

DECEMBER EVENTS

Mon	Tues	Wed	Thur	Fri
	1	2	3 WW Weekly Meeting WW App 12:15pm – 1:00pm	4
7	8	9	10 WW Weekly Meeting WW App 12:15pm – 1:00pm	11 Mindful Meditation with Dr. Camacho Zoom 12:00pm – 1:00pm
14 Mindful Meditation with Dr. Camacho Zoom 6:00pm – 7:00pm 5 Rhythms Moving Meditation Zoom 6:00pm – 7:00pm	15	16	17 WW Weekly Meeting WW App 12:15pm – 1:00pm	18
21	22	23	24	25
28	29	30	31	

