



## SEPTEMBER – OCTOBER 2022 NEWSLETTER

Fall brings changing foliage and cooler weather, but also a whole new lineup of Montefiore **To Your Health!** Workshops. In September and October, we have planned a variety of different programs that collectively seek to boost your physical and mental well-being.

**To Your Health!** is hosting sessions on mindfulness meditation, how to manage pain as a healthcare professional, information on how to build a fitness training program, and a session on Covid-19 and nutrition. The full list of events can be found below!

Also, it isn't too late to complete the Health Questionnaire for \$30 in your paycheck! [Click here](#) to complete the 10-minute assessment, after which you'll receive immediate personalized recommendations, as well as the opportunity to sign up for free health coaching and personal training. We hope you'll join us and take advantage of any or all of our programs and services.

## TO YOUR HEALTH! EVENTS SEPTEMBER:

### **Fidelity Program: How to Make the Most Out of Retirement Savings**

September 8, 2022

12:00pm – 12:30pm

Registration: [Click here and choose 'Attend a Learning Event'](#)

### **Weight Watchers Led Nutrition Program: Building Your Plate**

September 12, 2022

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

### **Fitness Program: Daily Stretching and Workplace Ergonomics**

September 15, 2022

1:00pm – 2:00pm

Flyer: [Click here](#)

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

### **Carebridge EAP Program: Suicide Awareness**

September 20, 2022

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

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

September 22, 2022

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

### **To Your Health! Supportive Wellness Program: Managing Pain in the Healthcare Professional**

September 28, 2022

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

## TO YOUR HEALTH! EVENTS OCTOBER:

### **Fidelity Program: Get to Know Your Employer's Retirement Plan**

October 6, 2022

12:00pm – 12:30pm

Registration: [Click here and choose 'Attend a Learning Event'](#)

### **Carebridge EAP Program: Strategies to Improve Your Mental Health**

October 13, 2022

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

### **Fitness Program: How to Create a Balanced Training Program**

October 13, 2022

1:00pm – 2:00pm

Flyer: [Click here](#)

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

### **To Your Health! Nutrition Program: Myths and Misconceptions Regarding Nutrition & Covid-19**

October 19, 2022

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

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

October 20, 2022

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

### **To Your Health! Supportive Wellness Program: Men's Health**

October 26, 2022

12:00pm – 1:00pm

Flyer: [Click here](#)

Registration: [Click here](#)

## WELLNESS SPOTLIGHT – Montefiore's To Your Health! Highlights a Wellness Liaison!

Tonia Shakespeare, Communications and Marketing, Montefiore IT  
To Your Health! Wellness Liaison



Tonia says, "Food is thy medicine is a powerful statement. It isn't anecdotal. Food can help cut down on inflammation in your body, and greatly improve your health. It's something that I learned as a child from my grandmother, who was a big proponent of the healing properties of food. But it wasn't my diet that made me sign up for the free [To Your Health! Associate Wellness Nutrition Consultations](#). It was my contribution to food waste.

I could no longer pretend that the colorful display of organic vegetables and fruit in my fridge meant that I was eating healthy. The truth – most of the healthy food was rotting. Instead, I was being sustained by seafood, popcorn, fudge bars, a little fruit, and occasional rice-based microwave meals. As a result, I was missing out on vital nutrients. Thinking about a recent program I promoted as a [To Your Health! Wellness Liaison](#), I was again reminded of the nutrition consultations. As I pondered my food waste impact, I became motivated and signed up for a virtual session.

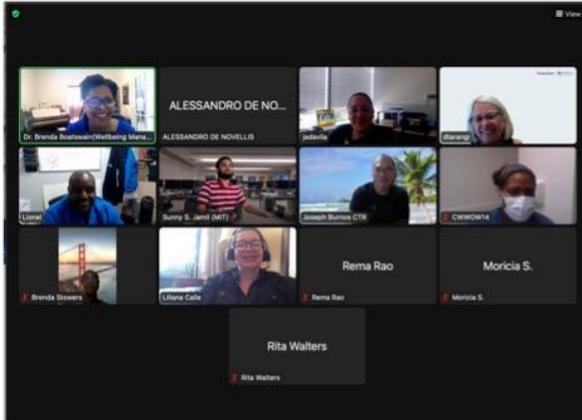
The positive benefit that I received was immediate! The nutritionist clued right into my eating habits and offered simple and convenient food tips I could easily incorporate into my busy lifestyle – like buying colorful sweet mini peppers for finger food, adding in dairy snacks to increase calcium, and drinking vegetable juice as an easy way to bring in nutrients, while also avoiding food waste.

Shortly after my dietary session, I heard a report on the radio about how most food waste in America comes from food discarded from homes. Hearing this was no coincidence. It validated the decision I made to take advantage of a great associate benefit; and as a result, I now contribute much less food waste. Additionally, I've made substantial improvements to my diet – and health!"

Associates, including all 1199 associates, have access to Montefiore's **To Your Health!** programs, and can have a nutrition consultation or become a departmental Wellness Liaison! [Click here](#) to learn more about the full program.

## HEALTH TIPS & PROGRAM NEWS

### The Wellness Liaison Summer Event was a Success!



In over 90+ departments across Montefiore, associates have signed up to be their department's Wellness Liaison! In this role, associates volunteer to join a community of colleagues who care about their own wellness, and the wellness of their colleagues! Working to bring information and activities back to their teams, liaisons assist in creating positive associate experiences with the support of **To Your Health!** Associate Wellness.

Recently, the Wellness Liaisons came together for a Summer 2022 event! At this program, Liaisons shared feedback on what they think would be most helpful for their departments, learned about new programs, and enjoyed some games and fun together as a community!

If you're interested in learning more about the Wellness Liaison program, and joining this vibrant and active community at Montefiore, email [toyourhealth@montefiore.org](mailto:toyourhealth@montefiore.org), or [click here](#) to learn more.

### Did You Miss the Covid and Long Covid Program in July?

**To Your Health!** hosted a program with Montefiore's Dr. Priya Nori, Dr. Marjan Islam, and Dr. Seth Congdon, who lead the Covid-19 treatment and Long Covid Clinics, respectively, to discuss the latest developments. This program answered questions, such as:

- Do I understand all there is to know about Covid-19?
- What exactly is "Long Covid?"
- What should I do if someone I know has Long Covid?

If you're looking for an answer to any of these questions, but were unable to make the program, feel free to watch the recorded session by clicking [here](#). The password is DDx8^GKL.



## SEPTEMBER IS . . .

### Healthy Aging Month

As we get older, it's important to remember there are a number of different factors that can contribute to living a long and healthy life, both physically and mentally. Some steps you can take to ensure aging healthfully include staying physically active, maintaining a healthy diet, and surrounding yourself with positivity. To learn more about what Healthy Aging Month means, as well as tips to make the most out of it, [click here](#).

### Prostate Cancer Awareness Month

Aside from skin cancer, prostate cancer is the most common cancer among men, with roughly [268,490 estimated to be diagnosed in the U.S. this year](#). Early screenings are the most vital part in addressing and treating the cancer before it spreads, but other measures have also been shown to have an impact. To learn more about ways you or a loved one could help prevent prostate cancer, [click here](#).

## OCTOBER is . . .

### National Dental Hygiene Month

October can mean spooky costumes and mouthfuls of candy for many, but it also brings awareness to ensuring a clean smile and healthy teeth. This month serves as a reminder that while you're enjoying the sweet treats that may cross our desks in October, we should also think about our dental hygiene, including avoiding cavities and gum loss. To learn more about oral health, visit the [CDC Website here](#).

### Breast Cancer Awareness Month

Breast cancer is one of the most common forms of cancer, and is one of the leading causes of cancer deaths within the United States. In fact, an estimated [43,600 women died from breast cancer in 2021 alone](#). While some are asymptomatic, there are a number of symptoms that could indicate it could be time to speak with your doctor. To learn more about breast cancer and preventive measures one can take to protect themselves, [click here](#).

## Montefiore WW Offerings

As part of their fall offering to Montefiore associates, WW (Weight Watchers) is offering associates who join between September 1st and October 31st the chance to receive a FREE WW Mystery Box! Each box will include a PersonalPoints Cookbook, plus two to three mystery WW products to add an element of surprise and delight.

New members can sign up at [WW](#) and then submit an online form at [WW.com/mysterybox](http://WW.com/mysterybox) by 11/12/22 to redeem this offer.

Also, if you've been curious about Weight Watchers, but want to learn more before signing up, join the free WW session on September 12th called [Building Your Plate](#). In this session a WW coach will discuss how to unlock an individualized weight-loss plan for you that is backed by science, expert coaches, and a community to lean on.

## Are You a Parent Looking for Support?

If so, Montefiore's new research study through the Psychiatry Research Institute at Einstein may be for you! Through this program, Montefiore healthcare workers and caregivers of a child under 18 are provided a 12-week parenting support program. To learn more about the program, [click here](#).

Also, through Montefiore's Wellness Portal partner, there are a number of workshops for new parents. [Click here](#) to view the flyer and participate. Also, view Montefiore's Parental and Lactation Room Resources page [here](#) for more information.