



ELLIS MEDICINE
 Helping me be a
HEALTHY MEE

WELLNESS NEWSLETTER

A MONTHLY COMMUNICATION FOR ALL ELLIS MEDICINE EMPLOYEES

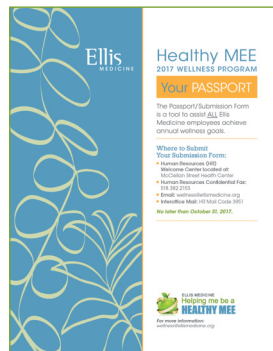
NEW YEAR, NEW PASSPORT

Get a head start this year!

The Passport is your guide to Ellis Medicine's Healthy MEE wellness program! Participants in the Ellis health insurance can save 15%. **Any** employee who completes the Passport has a chance to win big! Pick up a hard copy from Employee Health or the HR Welcome Center or visit ellishealthymee.org.

There are six metrics employees must achieve to complete the 2017 Passport:

1. Influenza Vaccine
2. Preventive Physical Exam
3. Personal Health Assessment
4. Tobacco Free Attestation
5. Healthy MEE Activity (1)
6. Healthy MEE Activity (2)



Email wellness@ellismedicine.org if you have any questions regarding qualifying Healthy MEE Activities, or your passport.

MVP WELL-BEING PROGRAMS

Yoga

Learn basic yoga poses and techniques in a positive and rejuvenating environment, led

by instructors from Heartspace Yoga. This series is offered FREE to all Ellis Medicine employees. Classes will take place on Mondays, January 23 and 30, and February 6 and 13 from 6pm-7pm at the MSHC Chapel. Mark your calendars! Visit www.ellishealthymee.org



for the most up-to-date information and email wellbeingprogram@mvphealthcare.com with questions.



BEST FITNESS MEMBERSHIP

Discounted Best Fitness Membership

All Ellis Employees and their families can now get the All Access Membership at Best Fitness at a reduced rate! **\$0 to enroll and only \$9.99 a month per person!**

This membership package gets you:

- Unlimited access to all Best Fitness locations
- Unlimited Group X Classes
- Unlimited Group Cycling Classes
- Complimentary customized fitness consultation
- Free health risk evaluation
- Access to Best Fitness Online



Convenient locations in Albany, Colonie, and Schenectady

Stop into Best Fitness and present your Ellis ID Badge to sign up with the discount!

ON SITE FITNESS CLASSES

Are you or someone you know a licensed exercise instructor? We are seeking out licensed instructors for Zumba, Tabata, or any other type of fitness class! Email us at wellness@ellismedicine.org if you or someone you know may be interested in hosting one of our on site fitness classes.

FOLLOW US RAFFLE

This year, you will have many different points of information regarding the Healthy MEE Wellness Program. We encourage you to read the newsletter and Insider updates, but we also strongly recommend you Follow Us at ellishealthymee.org. This year we will choose a new follower each month in a raffle drawing! It's as easy as two steps. Go to the [website](#), enter your email where it says "Follow Healthy MEE via Email", then confirm your email address with the email that is sent to you. Once you do this, you're entered to win!

GET TOBACCO FREE!

The Butt Stops Here at Ellis

Ellis will begin offering the Butt Stops Here program. The first program will be free of charge, then going forward the program will cost \$45 per person. The first program is:

Mondays, beginning January 23 | 6-7PM

MSHC | 4th Floor | Sleep Center Conference Room

It is a 6 week long program, with 4 weeks of nicotine replacement therapy included. This is a smoking cessation program designed to help you quit smoking.

Space is limited and registration is required.

Call 518.347.5864 for more information.

[Click here to register.](#)

There are several other resources available to you if you want to become tobacco-free.

- NYS Smoker's Quitline: www.NYsmokefree.com, 1-866-NY-QUITS (1-866-697-8487)
- www.smokefree.gov

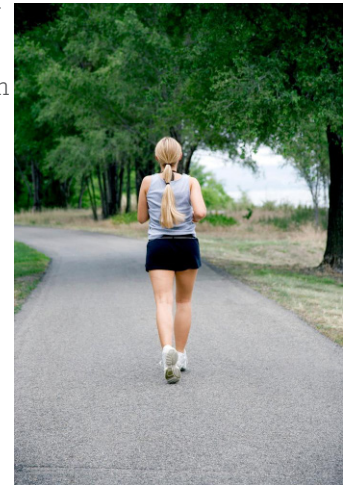
Other Butt Stops Here tobacco cessation classes are currently offered on:

- Tuesdays at St. Mary's Hospital, 1300 Massachusetts Ave., Troy, NY - (518) 268-5727
- Mondays at St. Peter's Cancer Center, 317 S. Manning Blvd., Suite 100, Albany, NY - (518) 525-1827

DIABETES PREVENTION PROGRAM

Register today

Diabetes Care is conducting another session of their Diabetes Prevention Program starting in February. This 16 week on going program is designed for people with pre-diabetes with the goal of helping them avoid a diabetes diagnosis. The program focuses on diet and activity and is led by a lifestyle coach.



The program is offered at:

McClellan Street Health Center

Bonavita Room

Tuesdays, beginning February 4 | 4-5PM

If you have any questions or would like to register, please call 347.5493

[Take a Risk Test here](#)

BECOME A WELLNESS CHAMPION!

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Wellness Champions are an integral part of the success of Healthy MEE. [Click here](#) to learn about what is expected of Wellness Champions, and get a glimpse of the fun we have as a group each year! If you are interested in becoming a Champion, email us at wellness@ellismedicine.org.

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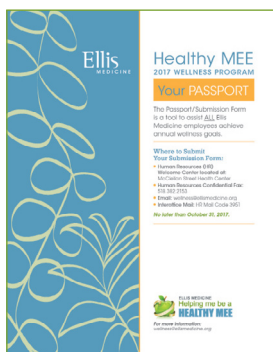
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- Are gaining an awareness and understanding of healthy lifestyles and activities.
- Appreciate the support and encouragement from coworkers, management, and Ellis Medicine.
- Like the insurance discount and other incentives!

You also let us know that improved on-site dietary options were important and that you wanted MORE – education opportunities, fitness classes, and communications. In 2016, Dining & Nutrition partnered with Healthy MEE to create healthier cafeteria recipes, and we established ellishealthymee.org to better communicate and promote Healthy MEE activities. **Please consider sharing your feedback** this year so that we can continue to improve Healthy MEE, your Ellis Medicine worksite wellness program! All participants in this year's Healthy MEE Survey will be entered to win an Amazon Echo!

Survey link: surveymonkey.com/r/HealthyMEE2016

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TURBOKICK

Turbo Kick combines traditional



kickboxing moves with high-intensity interval training for an unbelievable calorie burn! You'll have a blast getting into shape – learning hard hitting combos and edgy dance moves while torching fat and carving lean muscle in an empowering class! Join us from 5pm-6pm in the Ellis Hospital Auditorium on February 7, 14, 23, & 28!

MISSION SLIMPOSSIBLE



Last year, Healthy MEE introduced its first weight loss challenge, the 6-week Mission SLIMpossible! On average, participants lost 3 pounds throughout the challenge, a healthy reduction in weight. Participants are given educational and supportive information throughout the challenge, and resources are provided along the way to encourage healthy weight loss and positive lifestyle improvements. Want to join in this year? Stay tuned here and at ellishealthymee.org for more details coming in March!

FOLLOW US WINNER OF THE MONTH

New for 2017

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January's winner: Cindy Slack

February's winner: Joanne Hayes

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There are several other resources available to you if you want to become tobacco-free.

- NYS Smoker's Quitline: www.NYsmokefree.com, 1-866-NY-QUITS (1-866-697-8487)
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QUALIFYING
HEALTHY MEE
 ACTIVITY

Mission SLIMpossible, Healthy MEE's 6-week weight loss challenge, is making a return in March! Like last year, Mission SLIMpossible will host onsite weigh ins, provide participants with weekly educational material and connect you with Ellis resources to support a healthy lifestyle. We will also hold an optional 12-week follow up period to encourage participants to sustain healthy improvements made during the 6-week challenge.

New this year – participate without attending a weigh in (**but receive double raffle entries and other goodies if you attend!**), and have your spouse or significant other participate with you! Managers, by participating you're entered into a raffle to win a healthy snack for your team! Visit <https://ellishealthymee.org/challenges/mission-slimpossible/> for more information, weigh in schedules, and to register. **Register between March 16-27!**

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Turbo Kick combines traditional kickboxing moves with high-intensity interval training for an unbelievable calorie burn! You'll have a blast getting into shape – learning hard hitting combos and edgy dance moves while torching fat and carving lean muscle in an empowering class! Join us from 5pm-6pm in the Ellis Hospital Auditorium on March 10, 14, 21, and 31!



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RAFFLE WINNERS

Just a few of our recent raffle winners!

This photo is of MaryPat Ambrosino, Manager, Diabetic Education. She won the Tier 2 Healthy MEE Food Choices raffle, and won the Nutri Bullet!

Did you know that we have two different food choice incentive programs? MaryPat participated in Program #2, saved up her points, and won big! [Click here](#) for more information about our healthy options and the two Incentive Nutrition Programs!



The photo is of Cathy Jo Deamer, Perioperative Clinical Manager. She won the \$200 Build Your Own Fitness Package for completing the 2016 Passport!



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ELLIS RECEIVES AMERICAN HEART ASSOCIATION FIT FRIENDLY AWARDS

Gold Achievement & Innovation – 2016

For the **second year in a row**, Ellis Medicine and the Healthy MEE Program won the American Heart Association Gold Achievement for the Fit Friendly Workplace Award! Thank you to all of our wellness champions for helping to make Healthy MEE so successful!



Ellis Medicine was also awarded the Worksite Innovation Award for the Healthy MEE Mind, Body & Spirit Award – one of only 19 recipients nationwide this year!

Congratulations!



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

MISSION SLIMPOSSIBLE

The weight loss challenge has begun!

This year's Mission SLIMpossible weight loss challenge is underway! Here are some ways that Ellis supports you during Mission SLIMpossible. Find full details at ellishealthymee.org.

[Feeding Families Nutritious Meals EAP Workshop](#) – 4/11

[Heart Smart Nutrition Class](#) – 4/19

These opportunities are open to all Ellis employees, not just Mission SLIMpossible participants.



2017 WALKING CHALLENGE

Save the Date! | June 2017

Mark your calendars for this year's walking challenge. Last year, over 80 teams joined in for Road to Rio and this year we want to aim for even larger participation as we get ready to travel the **Road to the World Series!** Get moving and have fun with a baseball themed challenge. Planning is underway so stay tuned here and at ellishealthymee.org for more information and details coming in May!



2016 HEALTHY MEE SURVEY

Thank you for your feedback!

Thank you to everyone who took the time to fill out the 2016 Healthy MEE survey and share your feedback with us. Survey participation was AMAZING with **1,031 employee responses** – surpassing last year’s numbers by about 300! The Healthy MEE team will use your input to continue to improve your worksite wellness program and provide opportunities that interest you, engage you, and benefit you in 2017!

Congratulations **Shareeza Baksh!** Shareeza won the raffle for completing the Healthy MEE Survey!

MIND, BODY & SPIRIT AWARD

Recognizing wellness accomplishments among employees

Congratulations to our most recent MBS Award winner, **Alicia Dimmick!** Alicia has quit smoking, lost 45 pounds, and it began with an informal department walking challenge!

Know a coworker who deserves recognition for a positive lifestyle improvement? Find MBS Award information and the nomination at ellishealthymee.org/mind-body-spirit-award/.

FOLLOW US WINNER OF THE MONTH

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April’s Winner:

Dr. Joanne McDonough,
Chair, Emergency Services



YOGA: BEGINNER LEVEL 2

Onsite led by Heartspace Yoga

A 4-week beginner-level yoga series will be starting on **Mondays, April 3, 10, 17, and 24** from **6 – 7 PM** in the **MSHC Chapel**. The level is appropriate for anyone – whether old or new to the practice of yoga. Classes are open to ALL Ellis Medicine employees FREE of charge! Registration is required and will be capped at 20 participants, so follow this link to sign up and reserve your spot now!

<https://www.surveymonkey.com/r/2017WBPO2Yoga>.



APRIL IS HEALTH CARE PROXY MONTH

Be prepared!

This year, **National Healthcare Decision Day** will be a week-long from **April 16 – 22**. Take advantage of this time to understand the value of advance healthcare planning for you or your loved ones.

It is never too early to appoint a trusted family member or friend to make health care decisions for you should you lose the ability to make important decisions yourself. Find the Health Care Proxy Form from the New York State Department of Health at ellishealthymee.org under Resources, or [click here!](#)



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PASSPORT PORTALS

Updates coming this summer!

This summer, employee portals will be updated with Passport information that has been submitted to date. Stay tuned!

2017 WALKING CHALLENGE: THE ROAD TO THE WORLD SERIES

June 19 – July 30

The **2017 Road to the World Series Walking Challenge** will officially begin on Monday, June 19 and run through Sunday, July 30. Get ready for some new and exciting changes this year such as smaller team sizes for increased competition and weekly standings posted in "runs" to get coworkers in the baseball spirit! Visit <https://ellishealthymee.org/challenges/walking-challenge-2/> for updates as we continue to plan.



MISSION SLIMPOSSIBLE

Final weights are due May 10!

Work in a satellite location? Work overnight? Can't make it to weigh in? Not a problem this year! Just report your weight!



Submit your final weight by May 10! Follow this link: <https://www.surveymonkey.com/r/slim2017>.

WELLNESS WEDNESDAY UPDATE

New schedule starting May 10!

Beginning this month, Wellness Wednesdays on each Ellis campus will move to the **second Wednesday of every month**. Stop by a table and talk to a Wellness Champion for the most up-to-date information about the Healthy MEE wellness program.



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wellness@ellismedicine.org | ellishealthymee.org

UPCOMING EVENTS

Feeding Families Nutritious Meals – May 11

Join us from **12 – 1 PM** in the MSHC Auditorium to learn basic tips on how to eat healthy, grocery shopping tips, staple foods to keep in your pantry, and quick and easy recipes for times when you're on the go! To register, contact **Melissa Guiry** at **ext. 28625** or click here: <http://conta.cc/2oZ9q2Q>.

Retirement Awareness Program – May 12

Join us in the MSHC Robb Auditorium to learn about Ellis retirement plans, social security, and Medicare from the experts. Please RSVP to **Carol** at **VALIC** by calling **783-6644** or by going online to www.valic.com/ellisohospital. Click **Sign In**, scroll to **Seminar Registration**, and enter the following code: **ELHSCH11AQ**

CDPHP Workforce Team Challenge – May 18

The CDPHP Workforce Team Challenge is coming up soon on May 18 at Empire State Plaza in Albany. The largest annual road race in the Capital Region begins at 6:25pm. Contact Ellis Team Captain, **Ray Scaringe** to join the team.

Freihofer's Run for Women – June 3

The 39th Freihofer's Run for Women is on June 3 in a brand new location – downtown Albany near the NYS Capitol and City Hall. To join, contact Ellis Team Captain, **Lisa Scaringe**.

American Heart Association's Capital Region Heart Walk – June 3

The AHA's annual Heart Walk will be held on June 3 at the University at Albany. Registration begins at 8:30am, the heart run begins at 10am, and the heart walk starts at 10:10am.

For race websites and more details on how to register for these events, visit <https://ellishealthymee.org/events-programs/local-events-activities/>.



HEALTHY MEE & PHA ASSISTANCE WORKSHOPS

We are here to help!

Beginning in June, workshops will be held on a consistent schedule each month through October to assist coworkers in completing their online PHA, a required Healthy MEE metric, and navigate the Passport program. Drop by to have your questions answered or to schedule a one-on-one appointment. Schedule details to come!

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May's Winner: Rhonda Grier

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DENTAL HEALTH

Tips from Delta Dental

Find yourself eating too many Easter candies lately? [Refresh your memory](#) on oral health essentials. Learn about foods that help clear plaque, how often you should brush and floss, healthy dental habits to pick up, and more! There's even a quiz to test your new knowledge! Find this at ellishealthymee.org under Resources.

MAY IS MENTAL HEALTH AWARENESS MONTH

Stand up to the Stigma

Each year millions of Americans face the reality of living with stress, anxiety, insomnia, and, in many cases, a mental health condition. It's much more common than we realize. In fact, one in five American adults experiences some form of mental illness in a given year. Take some extra initiative this month to learn the facts, recognize the symptoms, and find support. Read more about mental health awareness at <https://www.nami.org/mentalhealthmonth>.



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June 19 – July 30

Get your step tracking devices ready to hit some home runs! The start of the 2017 walking challenge is coming up this month on **Monday, June 19**. Stop by our tabling events or June's Wellness Wednesday for more information:

June 6 – MSHC Cafeteria from 12 to 1 PM

June 13 – Nott Street Cafeteria from 8 to 9 AM

June 14 – Wellness Wednesday at MSHC, Nott, Bellevue, Clifton Park from 12 to 1 PM

To officially register your team of 4 – 6 individuals, click here:

<https://www.surveymonkey.com/r/WorldSeriesRegistration>.

For more information on this year's challenge, visit ellishealthymee.org!



Registration will be open until Friday, June 16.

MISSION SLIMPOSSIBLE

The final results are in!

This year we saw some amazing results. A total of **84 participants** lost a combined **351 pounds!**

Congratulations to this year's winners and to everyone who participated! Keep up the great work on your personal weight loss journey.

Share your success story with us by emailing wellness@ellismedicine.org!

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MAKE A HEALTHY MEE FOOD CHOICE

Making healthier choices the easier choice!

Dining & Nutrition Services together with our Healthy MEE wellness program established new initiatives which support Ellis



Medicine's commitment to the health and well-being of our employees: **Make a Healthy MEE Food Choice.** These initiatives aim to provide healthier dietary options, marked by a green Healthy MEE apple, in cafeterias and vending machines at all Ellis locations.

Some other Healthy MEE Food initiatives include:

Rewards Cards: Buy 10 Healthy MEE items in the cafeteria and get a free yogurt or piece of whole fresh fruit, such as apple, orange and banana!

Loyalty Cards: Earn one stamp per Healthy MEE food item purchased in the cafeteria, and enter quarterly raffles once your Loyalty Card is full! Monday are bonus point days and for other special events to earn additional points!!

Vending: All Ellis Medicine vending machines are now stocked to provide a minimum of 35% healthier snack options. Snack healthier next time you visit a vending machine!

Thank you to Joe Salvione and Melissa Stopera from Dining & Nutrition Services and the Healthy MEE team for their continued effort and determination to make the healthy choice the easy choice at Ellis!

LOCAL HEALTH & WELLNESS ACTIVITIES

Stay healthy during the weekends

Can't seem to find the time to fit any of the Healthy MEE onsite fitness classes into your schedule during the work week? No problem! Here are some awesome local places to get fit on the weekends:

HeartSpace Yoga – check out the schedule of classes for both Albany and Troy studio locations here: <http://www.heartpacealbany.com/>

Best Fitness – remember that all Ellis employees and their families are eligible for an all access membership at a discounted rate!

UPCOMING EAP WORKSHOPS

Fitness 101 – June 8

Join us from **12 – 1 PM** in the MSHC Auditorium to learn how to safely and effectively begin a health-improving fitness routine that they can stick with. To register, click here: <http://conta.cc/2pye8V2>.

Eating for Better Mental Health – June 13

Join us from **12 – 1 PM** in Nott Street Dining Rooms 1 & 2 to learn how a person's food intake affects mood, behavior, and brain function! To register, click here: <http://conta.cc/2q6URvC>.



FOLLOW US WINNER

Follow Healthy MEE and win!

June's Winner: Karen Duboveck

It's as easy as two steps: go to ellishealthymee.org, enter your email where it says "Follow" then confirm your email address with the email that is sent to you. Once you do this, you're entered to win!

ellishealthymee.org is your primary source for all Healthy MEE information, events, and activities. And, it's mobile friendly!

DID YOU KNOW?

2017 is the Year of the Healthy Nurse!

The American Nurses Association (ANA) has declared 2017 to be the Year of the Healthy Nurse. Visit <http://nursingworld.org/> each month to learn about a specific health and wellness issue that anyone can strive to improve! June's topics are **Men's Health, Cancer Awareness, and Skin Health.** Make sure you check out this valuable educational information so YOU can help advocate for health, wellness, and safety just as nurses do every day!



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wellness@ellismedicine.org |
ellishealthymee.org |



WELLNESS NEWSLETTER

A MONTHLY COMMUNICATION FOR ALL ELLIS MEDICINE EMPLOYEES

HEALTHY MEE PASSPORT

Have you completed yours?

122 DAYS LEFT UNTIL 10/31!

The Passport is your guide to Ellis Medicine’s Healthy MEE wellness program! Participants in the Ellis health insurance can save 15% in 2018 by completing and submitting a Passport. **Any** employee who completes the Passport has a chance to win big! Pick up a hard copy from the HR Welcome Center, Wellness Wednesday, or visit ellishealthymee.org.

There are six metrics employees must achieve to complete the 2017 Passport:

1. Influenza Vaccine
2. Preventive Physical Exam
3. MVP’s Online Personal Health Assessment
4. Tobacco Free Attestation
5. Healthy MEE Activity (1)
6. Healthy MEE Activity (2)



Note completion of these metrics on the back page of your 2017 Passport, and submit it to **HR** by **October 31, 2017**.

Email wellness@ellismedicine.org if you have any questions regarding qualifying Healthy MEE Activities, or your Passport.

HEALTHY MEE & PHA ASSISTANCE

Drop by or make an appointment starting this month

Visit us for help completing your Passport, getting online to take your MVP personal health assessment (PHA), or to ask questions!

See the schedule below for dates and times on your campus:

Nott	MSHC	Bellevue	Clifton Park
Aug. 2	Jul. 13		
Sep. 6	Aug. 10	Aug. 8	Aug. 15
Oct. 4	Sep. 14	Sep. 7	Sep. 19
Oct. 25	Oct. 12	Oct. 3	Oct. 18
	Oct. 19		
Cafeteria 12pm-1pm	Cafeteria 12pm-1pm	Cafeteria 12pm-1pm	Conference Room 12pm-1pm

Visit ellishealthymee.org for more information on Healthy MEE, or to download a Passport!

2017 WALKING CHALLENGE: THE ROAD TO THE WORLD SERIES

June 19 – July 30

We have a total of **132 teams** and over **720 individual participants** walking to the World Series for this year’s challenge! Good luck to all teams – get those steps in and score some runs. For all walking challenge information and updates please visit:

<https://ellishealthymee.org/challenges/walking-challenge-2017/>.



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WE HEARD YOU!

Healthy MEE satisfaction survey results

We collected some great feedback from last year's satisfaction survey!

Some highlights would like to share include:

Positive increases in participation in Healthy MEE activities since 2014: 17% increase in Passport submissions, 20% increase in PHA completions, and a 36% increase in survey responses.

A huge 13-point increase (in only 1 year) in employee satisfaction with the food environment/healthy dietary options at Ellis!

We will continue to listen to your feedback and strive to make even more improvements to Healthy MEE moving forward!

As an important reminder, please remember that the Healthy MEE program is for ALL Ellis employees and families – not just those on the Ellis insurance plan!

MIND, BODY & SPIRIT AWARD

Recognizing wellness accomplishments among employees

Know a coworker who deserves recognition for a positive lifestyle improvement? Find MBS Award information and the nomination at ellishealthymee.org/mind-body-spirit-award/.

Are you a past MBS Award recipient? Let us know how you're doing! Contact wellness@ellismedicine.org with a follow up to your story.

FOLLOW US WINNER

Follow Healthy MEE and win!

July's Winner: Kathleen Diamond

It's as easy as two steps: go to ellishealthymee.org, enter your email where it says "Follow" then confirm your email address with the email that is sent to you. Once you do this, you're entered to win!

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MISSION SLIMPOSSIBLE

Follow Up Period Updates

The optional follow-up period for this year's Mission SLIMpossible ended on June 20. Of the 27 participants who submitted data, 59% lost more weight through June – that's 3 months of continued success!

Congratulations to all and to our top percent weight loss winner: **Velvet Conrad!**

Mission accomplished – until next year's challenge!

JULY IS UV SAFETY MONTH

Protect yourself!

We all know that we should protect our skin from the sun and its dangers – especially in the hot summer months. Harmful UV rays can cause cancer, eye problems, age spots, wrinkles, and even weaken the immune system. To limit your exposure to radiation as much as possible remember to use sunscreen with a sun protection factor (SPF) of at least 15, wear proper clothing and hats, seek the shade during the peak burning hours of 10 am to 4 pm, and wear sunglasses that block 100% of both UV-A and UV-B rays.

Visit <https://foh.psc.gov/calendar/july.html> to learn more and to take a fun sun safety quiz!



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WELLNESS NEWSLETTER

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HEALTHY MEE PASSPORT

Have you completed yours?

91 DAYS LEFT UNTIL 10/31!

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There are six metrics employees must achieve to complete the 2017 Passport:

1. Influenza Vaccine
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3. MVP's Online Personal Health Assessment
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5. Healthy MEE Activity (1)
6. Healthy MEE Activity (2)



Note completion of these metrics on the back page of your 2017 Passport, and submit it to **HR** by **October 31, 2017**.

Email wellness@ellismedicine.org if you have any questions regarding qualifying Healthy MEE Activities, or your Passport.

***There are only a few months left to submit your 2017 Passport so be sure you are on track to meet all 6 metrics in time! Check out our upcoming programs for some last minute chances to fulfill your Healthy MEE Activity requirements!**

ELLIS NIGHT OUT WITH THE VALLEYCATS

August 16 – Joseph L. Bruno Stadium

The Ellis Night Out with the Tri-City ValleyCats game will be **Wednesday, August 16 at 7:00 PM**. Bring your family members, come wrap-up the 2017 Road to the World Series Walking Challenge, and celebrate a night of fun! Ellis is selling tickets at a discounted rate of \$2.00/ticket this year (limit of 5/person)!

Tickets will be for sale through payroll deduction at the following locations:

Friday, 8/4 – Nott St. Administrative Hallway from 8:00 – 11:30 AM

Wednesday, 8/9 – Bellevue Cafeteria from 2:30 – 4:30 PM

Thursday, 8/10 – Clifton Park Conference Room 9:00 – 11:30 AM

Friday, 8/11 – Nott St. Cafeteria from 8:00 – 11:30 AM

Monday, 8/14 – Bellevue Cafeteria from 7:30 – 9:30 AM

Tickets are also available for purchase any day through 8/16 during regular business hours (8:00 AM – 4:30 PM) at the MSHC Payroll Office (4th floor)

WALKING CHALLENGE: ROAD TO THE WORLD SERIES

June 19 – July 30 Updates

With 6 weeks of stepping in the books, the 2017 walking challenge has come to a close! Thank you to all of our participating teams who together have scored over **12,000** runs – great job!

Stay tuned for the announcement of our grand prize winning team coming soon!



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wellness@ellismedicine.org | ellishealthymee.org

THE BUTT STOPS HERE

August 9 – September 13

The Butt Stops Here is a six-week program that can help you quit smoking. The program includes a workbook, relaxation CD, and two weeks of nicotine patches or gum. It is an award-winning program that has helped thousands to quit, and is also geared toward other tobacco products.

This session is open to Ellis Medicine employees and the community.

Cost: Free for employees (\$45 for public and \$20 for Medicaid)

Where: McClellan Street Health Center, Sleep Center Conference Room, 4th Floor

When: Wednesdays, 6 to 7 PM from August 9 through September 13

Register: Go to www.ellismedicine.org/smoking

For more information, check out the website above, call (518) 831-6957, or contact Facilitator **Kathryn Kromrey** at kromreyk@ellismedicine.org, or Co-Facilitator **Mary-Lynn Hemberger** at hembergerm@ellismedicine.org.

Reminder! Completing the Butt Stops Here tobacco cessation program satisfies your Healthy MEE tobacco-free metric in your Passport.

DRINK 8 TO HYDRATE

Coming soon!

Look for the Drink 8 to Hydrate challenge coming up next month in mid-September! This will be the last Healthy MEE challenge opportunity before the Passport is due on October 31st!



FOLLOW US WINNER

Follow Healthy MEE and win!

August's Winner: Catherine Teneyck

It's as easy as two steps: go to ellishealthymee.org, enter your email where it says "Follow" then confirm your email address with the email that is sent to you. Once you do this, you're entered to win!

ellishealthymee.org is your primary source for all Healthy MEE information, events, and activities. And, it's mobile friendly!

KNOW YOUR NUMBERS

Save the date – September 20 & 21

Our 2017 Know Your Numbers on-site biometric screenings are coming next month so mark your calendars now!

Details:

Wednesday, September 20 – MSHC Auditorium from 8:30 AM to 2:00 PM

Thursday, September 21 – Nott Street Dining Rooms 1 & 2 from 7:00 AM to 2:00 PM

The biometric screenings will be open to **ALL** employees so take advantage of this opportunity and learn your important health numbers.

Sign-up or stop by to get screened and enjoy a FREE healthy snack courtesy of Healthy MEE!

All participants will also be entered into a raffle drawing for a larger prize (one winner per campus location)! Register in advance and receive 2 raffle entries!



MBS WINNERS

Re-cap of our past winners

We would like to recall our past MBS Award winners for their dedication to a lasting healthy lifestyle change! The following employees exemplify well-being each and every day and inspire others around them to make healthier choices – amazing job to all!

2016 winners: **Eric Bergin** (May 2016), **Mike Brownell** (June 2016), **Julianne Reynolds** (July 2016)

2017 winners: **Alicea Dimmick** (January 2017), **Keith Olmer** (May 2017)

A special shout-out goes to our most recent winner, **Keith Olmer!** Keith made his health a priority by working hard to lose over 60 pounds in the midst of working shifts until 3 AM, pursuing his Master's Degree in Nursing, and taking care of his family. Great job, Keith!

Know a coworker who deserves recognition for a positive lifestyle improvement? Find MBS Award information and the nomination at ellishealthymee.org/mind-body-spirit-award/.



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WELLNESS NEWSLETTER

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HEALTHY MEE PASSPORT

Have you completed yours?

60 DAYS LEFT UNTIL 10/31!

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5. Healthy MEE Activity (1)
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Note completion of these metrics on the back page of your 2017 Passport, and submit it to **HR** by **October 31, 2017**. Email wellness@ellismedicine.org if you have any questions regarding qualifying Healthy MEE Activities, or your Passport.

DUE NEXT MONTH! STAY TUNED FOR PRIZE INFORMATION!

KNOW YOUR NUMBERS

September 20 & 21

Wednesday, September 20 – MSHC Auditorium from 8:30 AM to 2:00 PM



Thursday, September 21 – Nott Street Dining Rooms 1 & 2 from 7:00 AM to 2:00 PM

The biometric screenings will be open to **ALL** employees so take advantage of this opportunity and learn your important health numbers. **REGISTER NOW** at <http://ellismedicine.wpvinc.com>! All employees who get screened are welcome to enjoy a **FREE healthy snack** courtesy of Healthy MEE!

All participants will also be entered into a raffle drawing for a **Fitbit** (one winner per campus location)! Register in advance and receive 2 raffle entries!

DRINK 8 TO HYDRATE

September 18 – October 15

Join this 4-week challenge to learn the importance of hydration in the diet and see the many positive effects that drinking more water has on the body!



Register beginning **September 6** by clicking this link: <https://www.surveymonkey.com/r/HealthyMEEhydrate>.

Once you've registered, mark your calendars to pick up your free **Healthy MEE water bottle** at our **Know Your Numbers** events on September 20 and 21! Additionally, 8 lucky winners among those that report data each week of the challenge will receive prizes!

NEW THIS YEAR! For challenge participants, flavored water (or water bottles at offsite locations) will be provided on Wednesdays during all 4 weeks!

MSHC: Wednesdays at 10 AM & 2 PM

Nott Street: Wednesdays at 9 AM & 2 PM



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wellness@ellismedicine.org | ellishealthymee.org

BEGINNER LEVEL 2 YOGA MULTI-WEEK FITNESS CLASSES

Mondays from 6 – 7 PM at MSHC

Join us for the Yoga Multi-Week Fitness Classes on Mondays, September 11, 18 & 25 and October 2 from 6:00 – 7:00 pm in the Chapel at McClellan Street Health Center. This workshop is open to all Ellis Medicine employees and family members free of charge! Visit https://www.surveymonkey.com/r/Q3WBP_Yoga to register!

DIABETES PREVENTION PROGRAM

Register today

Diabetes Care is conducting another session of their Diabetes Prevention Program starting in September. This 16-week ongoing program is designed for people with pre-diabetes with the goal of helping them avoid a diabetes diagnosis. The program focuses on diet and activity and is led by a lifestyle coach.

The program will be offered at:

**McClellan Street Health Center | Bonavita Room
Tuesdays, beginning September 26 | 5 – 6 PM**

If you have any questions or would like to register, please call 347.5493! Visit

<http://www.ellismedicine.org/quiz/diabetes-risk-assessment.aspx> to take a risk test now!

THE BUTT STOPS HERE

September 27 – October 1

The second series of the Butt Stops Here Program is coming up this month! The program fee is \$45, Medicaid fee \$20, and is FREE for Ellis Medicine employees.

**Wednesdays, beginning September 27 | 6 – 7 PM
MSHC | 4th Floor | Sleep Center Conference Room**

This is a 6 week long program, with 4 weeks of nicotine replacement therapy included. This is a smoking cessation program designed to help you quit smoking.

Space is limited and registration is required:

<https://www.ellismedicine.org/smoking/register.aspx>. Call 518.347.5864 for more information.

WEIGHT WATCHERS

Interested in joining the program?

Weight Watchers® is an easy to follow weight loss program that focuses on overall health, not just weight. It works by counting SmartPoints® on the foods you eat, earning FitPoints® for moving, and giving you the confidence to sustain an important lifestyle change. Visit <https://www.weightwatchers.com/us/> to learn more about the program.

If you are interested in joining, please contact **Tammy Campagnano** at campagnanot@ellismedicine.org. To begin running an onsite group at Ellis, a minimum of 15 people is required. There will be more details to follow if there is enough interest from employees!

FOLLOW US WINNER

Follow Healthy MEE and win!

September's Winner: Barbara Crammond

It's as easy as two steps: go to ellishealthymee.org, enter your email where it says "Follow" then confirm your email address with the email that is sent to you. Once you do this, you're entered to win!

ellishealthymee.org is your primary source for all Healthy MEE information, events, and activities. And, it's mobile friendly!

DID YOU KNOW?

September is Healthy Aging Month!

September is Healthy Aging Month – a perfect time to lose your negative stereotype of aging and focus on the positive aspects of growing older. No matter how old you are, it's never too late to take control of your health and enact changes to improve physical, mental, social, and financial well-being.

How are you going to embrace the natural aging process and re-invent yourself this fall? Visit

<https://healthyaging.net/healthy-lifestyle/september-is-healthy-aging-month-10-tips-to-celebrate/> for some inspirational tips!





WELLNESS NEWSLETTER

A MONTHLY COMMUNICATION FOR ALL ELLIS MEDICINE EMPLOYEES

HEALTHY MEE PASSPORT

Have you completed yours?

30 DAYS LEFT UNTIL 10/31!

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Note completion of these metrics on the back page of your 2017 Passport, and submit it to **HR** by **October 31, 2017**.

Email wellness@ellismedicine.org if you have any questions regarding qualifying Healthy MEE Activities, or your Passport.

REMINDER: How to Submit Your 2017 Passport!

- Hand in your completed Passport to the Human Resources (HR) Welcome Center at MSHC
- Fax to Human Resources Confidential Fax: 518-382-2153
- Email your scanned Passport to: wellness@ellismedicine.org
- Interoffice Mail: HR Mail Code 3951

FINAL HEALTHY MEE & PHA ASSISTANCE WORKSHOPS

Final chances to seek help

Time is winding down! Take advantage of these last few opportunities to visit us for help completing your Passport, getting online to take your MVP personal health assessment (PHA), or to ask questions!

See the remaining schedule below for dates and times on your campus:

Nott	MSHC	Bellevue
Oct. 4	Oct. 12	Oct. 3
Oct. 25	Oct. 19	
Cafeteria	Cafeteria	Cafeteria
12pm-1pm	12pm-1pm	12pm-1pm

Visit ellishealthymee.org for more information on Healthy MEE, or to download a Passport!

LEUKEMIA & LYMPHOMA SOCIETY LIGHT THE NIGHT WALK

October 14

Join Ellis in supporting the Leukemia & Lymphoma Society's annual Light The Night Walk on Saturday, October 14 at Siena College at 5:30 PM. Light The Night is an inspirational community event that raises awareness and funding for groundbreaking research and treatment options to eliminate cancer. Visit <http://www.lightthenight.org/events/albany> to learn more, donate to the cause, and to register for the event!



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wellness@ellismedicine.org | ellishealthymee.org

DRINK 8 TO HYDRATE

September 18 – October 15

The 2017 Drink 8 to Hydrate challenge wraps up later this month. We hope this program is encouraging you to stay hydrated and that you are seeing positive changes in your health with more water in your daily diet! All data will be due on **October 20** to be eligible for prizes! Submit your information here:

<https://www.surveymonkey.com/r/healthymeehydrate>.



2017 BENEFITS FAIRS

Save the dates: November 14 & 16

This year's Healthy MEE presence at the Open Enrollment Benefits Fairs will *Focus on Food!* Join us for vendors and educational information all about food and nutrition! Details below:

- Nott Street: Tuesday, November 14, Dining Rooms 1 & 2
- MSHC: Thursday, November 16, Robb Auditorium

The Benefits Fairs are all day events; *Focus on Food* activities will take place between 10am-2pm.

BEGINNER LEVEL 2 YOGA MULTI-WEEK FITNESS CLASSES

Mondays from 4:30 – 5:30 PM at Nott Street Auditorium

Join us for a new session of Yoga Multi-Week Fitness Classes on Mondays, October 16, 23 & 30 and November 6 from 4:30 – 5:30 pm in the Nott Street Auditorium. This workshop is open to all Ellis Medicine employees and family members free of charge! Visit

https://www.surveymonkey.com/r/2017Q3WBP_Registrations to register!

UPCOMING EAP WORKSHOPS

Basic CPR Class – October 10

Join us from **4 – 5:30 PM** in the Nott Street Auditorium for a class teaching the lifesaving skills of adult CPR, child CPR with breaths, adult and child AED use, infant CPR and relief of choking in an adult, child or infant. *Please note that this class does not include a CPR certification.* To register, click here: <http://conta.cc/2fpArB> (space is limited to 20 participants).



Pilates 101 – October 24

Join us from **12 – 1 PM** in the MSHC Auditorium for a presentation covering the general history and benefits of Pilates. You will learn about the Powerhouse muscles and how they are used for strength and balance along with multiple beginner/basic Pilates exercises to get you started with a practice! To register, click here: <http://conta.cc/2xeK9pP>.

Please contact **Melissa Guiry** at ext. **28625** with any questions.

FOLLOW US WINNER

Follow Healthy MEE and win!

October's Winner: Cindy Armstrong

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ellishealthymeet.org is your primary source for all Healthy MEE information, events, and activities. And, it's mobile friendly!

FINANCIAL WELLNESS SERIES

Get Smart: Financial Wellness Program

Interested in improving your personal financial knowledge this fall? Check out **Get Smart** – a four-week, individual financial well-being program in the form of short online video modules. Participants set their own pace and learn

RETIREMENT AWARENESS PROGRAM

October 20: Nott St Auditorium from 2 – 5 PM

Attend an informative workshop designed specifically for employees who may be approaching retirement age. Learn about retirement-related benefits and other financial matters from the experts! Some specific topics covered will include: Social Security, Ellis Retirement Plans & Medicare.



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about budgeting, emergency funds, credit and debt, and retirement. Visit www.ellishealthymee.org, under *Resources*.

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

Get smart, get tested, and wear pink!

Educating yourself about breast cancer, and getting regular mammograms, might just save your life. This month, make strides to learn about risk factors, when to get screened, and how to perform a self-exam. And don't forget to wear pink to show your support in the fight to find the cure. Visit <https://www.cancer.org/cancer/breast-cancer.html> for some helpful resources and to read more on the topic!



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WELLNESS NEWSLETTER

A MONTHLY COMMUNICATION FOR ALL ELLIS MEDICINE EMPLOYEES

HEALTHY MEE PASSPORT

All 2017 Passports were due to HR on 10/31

DEADLINE HAS PASSED!

Email wellness@ellismedicine.org if you have any questions regarding qualifying Healthy MEE Activities, or your Passport. **Be on the lookout for the new 2018 Passport coming soon!**



SELF-DEFENSE WORKSHOP

November 29: 6 to 9 PM in MSHC Auditorium

Join us for an exciting self-defense workshop with John Borter and staff from the Modern Self Defense Academy on **Wednesday, November 29** from **6 – 9 PM** in the MSHC Auditorium! Learn important techniques to defend yourself in real-life scenarios. This class is being offered as an MVP Well-Being Program and all Ellis employees and their family members (age 14+) are welcome to attend at no cost. Registration is required and space is limited so visit <https://www.surveymonkey.com/r/YSJLMF5> to save your spot today!

Note: while this class is open to all, it is specifically tailored to women.

CPR CERTIFICATION CLASS

Wednesday, November 1 from 5:30 – 8:30 PM

Make the time to learn how to respond to first aid, choking or cardiac arrest emergencies in a hands-on, 3-hour training on **Wednesday, November 1** from **5:30 - 8:30 PM** at the Rensselaer Public Library! There will also be discussions on how to identify a stroke, heart attack or

FOCUS ON FOOD AT THE BENEFITS FAIRS WELLNESS ZONE

November 14 & 16 from 10 AM – 2 PM

This year's Healthy MEE presence at the Open Enrollment Benefits Fairs will *Focus on Food!* Join us for vendors and educational information all about food and nutrition!

Details below:

- Nott Street: Tuesday, November 14, Dining Rooms 1 & 2
- MSHC: Thursday, November 16, Robb Auditorium

Look forward to some exciting vendors and presentations from Field Goods (local farm-fresh food CSA), Diviniteas (local tea shop), Ellis RD staff, and more. See you there!

DRINK 8 TO HYDRATE

Results are in!

This year we had **195** individuals complete our Drink 8 to Hydrate water challenge! Our 8 lucky raffle winners that will receive a brand new infuser water bottle are **Michael McGinn, Debbie Purcell, Banita Ramsaran, Laurie Tompkins, Cathy-Jo Deamer, Kathryn Kromrey, Jennifer Wademan, and Jacqueline Williams.**

Congratulations to all on completing the 4-week program! We hope it motivated you to stay fully hydrated during the day.

FOLLOW US WINNER

Follow Healthy MEE and win!

November's Winner: Kelvin VanBramer

It's as easy as two steps: go to ellishealthymee.org, enter your email where it says "Follow" then confirm your email address with the email that is sent to you. Once you do



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other common risk factors. This class is being offered as an MVP Well-Being Program and is open to all MVP members FREE of charge. Space is limited and registration is required so click here to sign-up now: <https://www.surveymonkey.com/r/YJCY3SJ>.

this, you're entered to win!

ellishealthymee.org is your primary source for all Healthy MEE information, events, and activities. And, it's mobile friendly!

CARDIAC CLASSIC 5K

Thursday, November 23 from 8 to 10 AM

Before enjoying Thanksgiving dinner with your family, enjoy some exercise with them at The Foundation for Ellis Medicine's Cardiac Classic! This 5K Road Race, Wellness Walk, and Fun Run draws more than 1,600 runners and walkers to Schenectady's Central Park each year. Join the tradition and the fun, while supporting the Visiting Nurse Service of Northeastern NY, an affiliate of Ellis Medicine. For more information and to register, visit: <http://www.ellismedicine.org/cardiac-classic/default.aspx>.

VETERANS DAY DASH

Friday, November 10 at 10 AM

Looking for a way to keep up your exercise routine as the weather gets cooler? Join us at the Shenendehowa High School Track in Clifton Park for the 10th annual Veterans Day Dash 5k. For more details and to register for the race, visit: https://www.zippyreg.com/online_reg/reg2017.php?e=992.

ANNUAL GAZETTE HOLIDAY PARADE

Saturday, November 18 at 5 PM

Show your Ellis spirit and get more involved with our community (while fitting in some exercise) by walking in the annual Gazette Holiday Parade on State Street in downtown Schenectady. The theme this year is "The Parade of Lights, 125 Years in Schenectady!" If you are interested in joining, please contact **Lynne Guarneri** at **34192/guarneril@ellismedicine.org**. Each walker will also receive an Ellis poncho!

THE BUTT STOPS HERE

November 15 – December 20

The third series of the Butt Stops Here Program is coming up this month! The program fee is \$45, Medicaid fee \$20, and is FREE for Ellis Medicine employees, MVP members, and CDPHP members.

Wednesdays, beginning November 15 | 6 – 7 PM

MSHC | 4th Floor | Sleep Center Conference Room

This is a 6 week long program, with 4 weeks of nicotine replacement therapy included. This is a smoking cessation program designed to help you quit smoking.

Space is limited and registration is required. Register at this link: www.ellismedicine.org/smoking/ or by calling 518.831.6957.

THE GREAT AMERICAN SMOKEOUT

Thursday, November 16

Ellis Tobacco Treatment will be hosting tables on **November 16** to promote the **Great American Smokeout!**

- MSHC: Lobby, 7:30 – 11:30 AM
- Nott Street: Cafeteria, 12 – 4 PM

Stop by for information on how to quit and for free giveaways! For more information on the GASO, visit: <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>.

RECAP: KNOW YOUR NUMBERS EVENT

Recognizing our winners!

Congratulations to the raffle winners from our Know Your Numbers event in September, **Alexis Blair** (pictured on right) and **Sandra Hallenbeck!** They each received a Fitbit HR for their participation in the biometric screenings!



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wellness@ellismedicine.org |
ellishealthymee.org |



ELLIS MEDICINE
Helping me be a
HEALTHY MEE

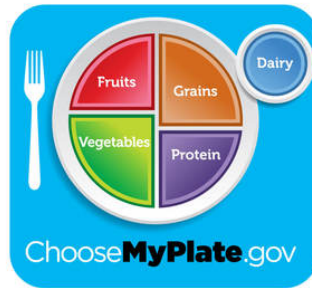
WELLNESS NEWSLETTER

A MONTHLY COMMUNICATION FOR ALL ELLIS MEDICINE EMPLOYEES

FOCUS ON FOOD ZONES AT THE BENEFITS FAIRS

Thank you for joining us!

We hope you enjoyed learning about all of the awesome nutrition, portion control, and general well-being resources available to you to at this year's fairs! See you again next year!



2017 PASSPORT WINNERS

Congratulations!

Congratulations to our 2017 Passport raffle winners: **Sandra Cobian** (Bellevue), **Danielle Katz** (Clifton Park), **Marissa Crossman** (Nott), **John Rizzo** (MSHC), **Dennis Diorio** (Nott), and **Carolyn Lansing** (MSHC)! These **6** individuals were randomly drawn from the pool of **626** employees who completed and submitted their Healthy MEE Passport this year. They will receive either a crockpot prize pack, a grilling prize pack, or a blender prize pack!

Be on the lookout for the new 2018 Passport coming next month!

STRESS MANAGEMENT WORKSHOPS

Nott: Tues, December 12, 11:30 AM – 12:30 PM

MSHC: Thurs, December 14, 12:00 – 1:00 PM

Feeling more stressed out than usual with the holidays approaching? Join this one-hour stress management session on **Tuesday, December 12 in Nott Street Dining Rooms 1 & 2 OR on Thursday, December 14 in the MSHC Auditorium** to learn strategies for controlling harmful stress, including: the effect of stress on physical well-being, how to identify stressors, strategies for managing stress reactions, and preventative self-care. Space is limited so register now!

Register for Nott Street here: <http://conta.cc/2zNekpW>

Register for MSHC here: <http://conta.cc/2yoiAYL>

UPCOMING EVENTS

Integrative Therapies Fair: December 6 10:00AM – 4:00 PM

Integrative Therapies open the doors to mindfulness, intuition, compassion, and gratitude, creating health, joy and harmony. Join the Integrative Therapy volunteers on **Wednesday, December 6 in the Meditation Room at MSHC** for a day of re-creation for self! Spend a few minutes in meditation, walk the labyrinth, receive a relaxing energy session with one of the Energy Therapy practitioners.

MVP Well-Being Programs – Holiday De-Stress Yoga: December 11

Join us for a one-time **MVP Well-Being Program Holiday De-Stress Yoga Class** next week on **Monday, December 11th from 5:30 - 6:45 PM** at the McClellan Street Health Center campus! This class is **FREE** for all Ellis employees. Register now at https://www.surveymonkey.com/r/WBP_CD_78 to make sure you set aside the time to relax and unwind on the mat!



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LOOKING FOR A NEW & FUN OPPORTUNITY? BECOME A WELLNESS CHAMPION!

Join your coworkers in helping to foster healthy lifestyles

Our vision: The Healthy MEE Wellness Teams work to promote organizational and individual wellness among employees of Ellis Medicine and their families through education, prevention, and easy access to health and wellness resources.

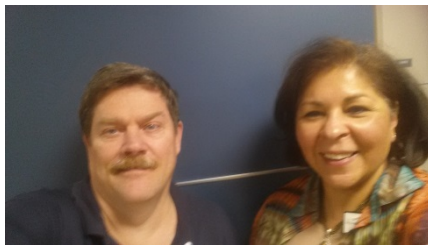
Wellness Champions are an integral part of the success of Healthy MEE. If you are interested in becoming a Champion, email us at wellness@ellismedicine.org!

COMING SOON: Be on the lookout for a special edition of our wellness newsletter to look back on our 2017 Healthy MEE year and to meet the wellness champions that made everything possible!

RECOGNIZING OUR WINNERS

Smile for the camera!

November's Follow Us winner, **Kelvin VanBramer** with wellness champion, **Eliza Kelish**.



Make a Healthy MEE Food Choice Loyalty Card Winners: **Marissa Crossman** and **Ann Luzon** each received a kitchen utensil set!

WELLNESS CHAMPION CHALLENGE

Congratulations to our 2017 winner!

Congratulations to our 2017 Champion Challenge winner, **Jenn Marek**! The Champion Challenge is an incentive program designed to reward Wellness Champions for actively participating in meetings/activities throughout the year and referring/assisting co-workers to complete various Healthy MEE activities. Finishing with the most total points this year, we recognize and reward Jenn for her dedication to Healthy MEE – great job!

MIND, BODY & SPIRIT AWARD

Remember to nominate your coworkers!

Tis the season of giving so don't forget about our ongoing MBS Award! **The Healthy MEE MBS Award** is presented to an Ellis employee who chooses to make lifestyle changes and exemplifies well-being! If you know a colleague who has recently made a positive lifestyle change lasting 3 or more months, make sure to recognize them for all of their hard work and dedication by nominating them today. For access to the nomination form and directions on how to submit it, visit <https://ellishealthymee.org/mind-body-spirit-award/nomination-form/>.

FOLLOW US WINNER

Follow Healthy MEE and win!

December's Winner: Abigail Schienberg

It's as easy as two steps: go to ellishealthymee.org, enter your email where it says "Follow" then confirm your email address with the email that is sent to you. Once you do this, you're entered to win!

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