



ELLIS MEDICINE
Helping me be a
HEALTHY ME

WELLNESS NEWSLETTER

A MONTHLY COMMUNICATION FOR ALL ELLIS MEDICINE EMPLOYEES

DECEMBER 2018

HEALTHY ME FOCUSES ON SOCIAL WELLNESS AT BENEFITS FAIRS

Over 300 employees visited us!

Thank you to all who visited the HEALTHY ME Zone at the Employee Benefits Fairs! Social Wellness refers to one's ability to interact with people around them. It involves using good communications skills, having meaningful relationships, respecting yourself and others, and creating a support system that includes family members and friends. If you are searching for ways to connect with people, you can try these suggestions:

- Join groups on meetup.com
- Find a cause you are passionate about and volunteer
- Join a gym, dance or art class,
- Organize a game night
- Take up a hobby and find others who share your interest



Joe Giansanti, VP Chief HR Officer; Dr. Bachwani, VP Chief Medical Information Officer; Paul Milton, President & CEO



Get to Know Your Coworker Social Wellness Challenge Raffle Winners

Blue Apron gift card

- Marlena Brown
- Stephanie Sellick
- Katherine Staalesen

Proctors and puzzle

- Roseanne Neuhaus
- Juanita Aikens English
- Paul Kilinski

Fitbit Alta

- Beth Sagnelli
- Luella Sheffer



Fitbit Alta and card games

- Janice Plumer
- Dhanita Ramdihall
- Barbara Bassi-Smith

Ninja Blender

- Christina Weihe

Ellis employees enjoying some fun at the Benefits Fairs' HEALTHY ME Wellness Zones. Recognize any of your coworkers?

Photos courtesy of Overtime Photo-Booth

Bowtie Cinema gift card and Catch Phrase

- Arthur Falk
- Katy Ortiz
- Kathleen Carr

Boulevard Bowl gift card and Telestrations

- Victoria Morris
- Ellena Young
- Ashley Fernandes

HELPFUL HINTS FOR HOLIDAY WEIGHT MAINTENANCE

Easy tips to keep in mind!

Over the holidays, the healthiest of habits can fall by the wayside, making it easy for holiday pounds to creep up. Here are some helpful hints to help you stay on track this year!

- Sneak physical activity in wherever you can, especially if your regular exercise routine is compromised by the holiday hustle and bustle. Park further away from stores, walk an extra lap or two in the shopping mall, take the stairs more often at work.
- Stay hydrated. Keep a water bottle close by at all times. Thirst can often be confused for hunger by our bodies, causing us to eat when a tall glass of water would suffice.
- Never attend a party hungry. Eating a high protein nutritious snack such as yogurt and fruit or veggies and hummus can help you avoid binge eating at the buffet.
- Check out all the offerings on a holiday buffet table before placing food on your plate. Then, go back and choose 3 or so items that are a true treat; maybe foods you seldom eat. Find a seat away from the table, and enjoy!
- Keep high calorie beverages to a minimum. Limit cocktails to two and opt for sparkling or plain water. *Source: CDC*



Be on the look out for the new 2019 Passport in January!

MVP PERSONAL HEALTH ASSESSMENT (PHA) HEALTHY ME RAFFLE

More chances to win in 2019

HEALTHY ME is committed to helping ALL Ellis employees achieve their best health through education, prevention, and easy access to health and wellness resources! **That's why throughout the year, we encouraged all Ellis employees to take MVP's Personal Health Assessment (PHA).** Through **October 31**, everyone who completed the MVP Personal Health Assessment was entered into a raffle drawing for one of **9 Ninja blenders!**

October's lucky winners were:

- Patricia Dericó
- Roseann Burch (*pictured right, left side*)
- Jennifer Mills (*pictured on right*)

Look for more PHA raffles throughout 2019!



GOOD NEWS FOR FROZEN FOOD

Packed at the peak of freshness, frozen veggies and fruits are full of nutrients!

After a multi-year slump, new reports show the sales of frozen foods, including vegetables, is on the rise. Currently, two-thirds of Americans say they want to eat more vegetables, yet 85% fail to meet the minimum recommended amount. Innovations in the frozen food aisle, like pasta

made from vegetables and other healthy alternatives, could be the answer. Often prided for their affordability and longer shelf life, frozen foods are shunned by some consumers for their lack of freshness. However, a recent study shows that frozen fruits and vegetables may maintain the same

nutrient levels as their fresh counterparts.

HEALTHY ME tip: Buy up frozen fruits and veggies when they are on sale at your favorite grocery store! Add them to soups, stews or smoothies for an affordable vitamin and mineral boost!

Source: WebMd

This month's HEALTHY ME Follow Us Winner is ...

Robert Gibbins!