



ELLIS MEDICINE
Helping me be a
HEALTHY ME

WELLNESS NEWSLETTER

A MONTHLY COMMUNICATION FOR ALL ELLIS MEDICINE EMPLOYEES

NEW YEAR, NEW PASSPORT!

January 2019

Join us at our Kick-Off Events!

The new 2019 Passports are here!

Stop by one of our kick-off events at **Nott St., MSHC or BWC cafeterias on January 23, 2019 | 12-1pm** to pick up yours!

Grab a passport and receive a raffle ticket for a chance to win a Yeti tumbler, indoor herb garden or an essential oil diffuser.

New this year!

- Prizes for spouse participation
- 3 of 4 wellness activities in our wellness categories: Physical, Nutritional, Social|Mind|Spirit and Financial wellness.



Watch for opportunities throughout the year to complete your wellness activities with HEALTHY ME or find your own wellness activities to report!

You can also find your passport at these locations: HR Office (MSHC), Ellis Works, Wellness Wednesdays Ellis intranet, and of course, our HEALTHY ME website; ellishealthyme.org.

WELLNESS CHAMPION CELEBRATION

Volunteering with the Schenectady City Mission

For the second year in a row, the HEALTHY ME Wellness Champions celebrated a successful year by giving back to the community! On December 18, they helped pack backpacks for the City Mission's Weekend Backpack Program. Bags were filled with food and food vouchers to ensure that local Schenectady children and their families had enough to eat over the weekend.

The goal of the City Mission is to provide not only HELP for today, but HOPE for tomorrow. They help people who are in need right now by meeting basic needs like food, shelter and clothing. If you would like to learn more about the City Mission or how you can help visit:

<http://citymission.com/>



Wellness Champions, Melissa Guiry (*left*) and Tammy Campagnano (*lower right*), help package breads and fruits for local families in need.

The team is (*lower left*) full of smiles after packing 400 backpacks!



BEGINNER YOGA MULTI-WEEK FITNESS CLASSES

Tuesdays | 5:15-6:15 PM | Nott St. Auditorium

Join us for another series of MVP Well-Being Programs, **Yoga Multi-Week Fitness Classes** on **Tuesdays**, January 15 through February 5 from **5:15 –6:15 pm** in the Nott St. Auditorium. These classes are open to all Ellis Medicine employees and MVP members **FREE** of charge!

Visit <https://www.surveymonkey.com/r/WBP> Registration to register!

THE BUTT STOPS HERE

January 9-February 13



Start 2019 off tobacco free! Another series of the Butt Stops Here tobacco cessation program is coming up this month! The program is **FREE** for Ellis Medicine employees, MVP members and CDPHP members | \$45 for the public | \$20 for Medicaid patients.

Wednesdays, starting January 9, 6 - 7 PM

MSHC | 4th Floor | Sleep Center Conference Room .

This is a 6 week long program, with 2 weeks of nicotine replacement therapy included. This is a tobacco cessation program designed to help you quit smoking and/or using other tobacco products.

Space is limited and registration is required. Register and learn more about the program at this link:

www.ellismedicine.org/smoking/

or by calling 518.831.6957.

Follow Healthy ME and win!

This month's winner:

Anu Enugu

It's as easy as two steps: go to ellishealthyme.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!

OPT OUTSIDE THIS WINTER!

Get some fresh air and exercise!

Does cabin fever get you down? Then head outdoors this winter to embrace the wonders of nature and engage in physical exercise. Don't worry, there is more to winter sports than ice skating and downhill skiing! Snowshoeing, for instance, offers aerobic conditioning while improving muscular strength and endurance. Best of all, it's easy to learn; if you can walk, you can snowshoe! Locally, you can find free guided snowshoeing walks at 5 Rivers Environmental Education Center (\$5 snowshoe rentals) and the Albany Pine Bush.

Snowshoeing in nature preserves and many public golf courses is also free, providing you have your own snowshoes. No snowshoes? No worries! They can be rented or purchased at various sporting goods stores. Snowshoes are also quite durable and a great item to pick up second hand!

Always remember to dress in layers and bring water on your outdoor activities!



<https://www.albanypinebush.org/events/detail.cfm?id=2477>

<http://www.dec.ny.gov/education/1980.html>

LET'S TALK ABOUT LEGUMES!

Low in fat, cholesterol free and high in protein!

Legumes are a class of vegetables that includes beans, peas and lentils. They are among the most versatile and nutritious foods available.

Legumes are high in folate, potassium, iron and magnesium. They also contain beneficial fats and soluble and insoluble fiber. A good source of protein, legumes can be a healthy substitute for meat, which is higher

in fat and cholesterol.

To learn more about preparing legumes and adding them to your favorite recipes, visit Mayo Clinic's legume guide at:

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/legumes/art-20044278>



Two lucky Clifton Park employees, Christina Weihe (pictured left) and Luella Sheffer (right), were excited to collect their Get to Know Your Coworker Challenge raffle prizes!



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February 2019

2019 HEALTHY ME PASSPORT



272 DAYS LEFT UNTIL 10/31!

The Passport is your guide to Ellis Medicine's HEALTHY ME wellness program! Participants in the Ellis health insurance plan can save 15% in 2020 by completing and submitting a 2019 Passport. Any employee who completes the 2019 Passport has a chance to win prizes! Review the 2019 Passport <https://ellishealthyme.org/passport/> to learn about the 4 wellness categories, including our new categories: Social|Mind|Spirit and Financial Wellness.

There are seven metrics employees must achieve to complete the 2019 Passport:

1. Preventive Physical Exam
2. MVP Personal Health Assessment
3. Tobacco Free Attestation
4. Influenza Vaccine
5. Wellness Activity #1
6. Wellness Activity #2
7. **Wellness Activity #3-New**

Note completion of these metrics on the back page of your 2019 Passport, and submit it to **HR** by **October 31, 2019**.

PLEASE TAKE THE HEALTHY ME SURVEY!

Your feedback is important to us!

The annual HEALTHY ME survey will be **open through March 31**. Everyone who submits a survey will be eligible for a chance to win 1 of 2 Amazon Echos! You can find our link on the HEALTHY ME website or click the following link:

https://www.surveymonkey.com/r/2018_Ellis_AnnualSurvey

2018 WELLNESS PASSPORT RAFFLE WINNERS!

Congratulations to all of our winners!

720 Ellis Medicine employees completed a 2018 Wellness Passport! Any employee who completes the 2019 Passport has a chance to win prizes! Pick up a hard copy from the HR Office (MSHC), Wellness Wednesday, or visit ellishealthyme.org/passport/ to download a copy.

Ninja Foodie

Janis Wilson,
Lab Nott

Instant Pots

Carolyn Lansing,
School of Nursing

Donna Ferguson,
ICU

Toni Stopera,
Physician Billing

Brenda Bascue,
Finance MSHC

Fitbit Versas

Mallory Rapp, BWC

Minerva Cruz, Radiology
Nott

Barbara McDonald, Gastro

Danielle Manicelli, BWC

Robin Rappazzo,
Bariatric Center

Cherie Lane-Smith, BWC

Mike Brownell, Finance
MSHC



HEALTHY ME Survey QR code

1. Open your mobile device camera app
2. Zoom in on the square
3. Click the survey link and take the survey

2019 MVP PERSONAL HEALTH ASSESSEMENT (PHA)

It's never too early to take your 2019 MVP PHA!

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 we encourage all** Ellis employees to take MVP's Personal Health Assessment (PHA).

The MVP PHA is accessed online through www.mvphealthcare.com:

- **MVP Members:**
 1. Visit mvphealthcare.com
 2. Sign in to your existing account
 3. Click the "Your Wellness Starts Here" icon
 4. Take the MVP PHA!
- **Non-MVP Members:**
 1. Visit mvphealthcare.com: Under Sign In Register select **Register Now**
 2. Non-MVP Member, select Create Account.
Group ID#: 211010
 3. Create a username and password-2 confirmation emails will be sent by MVP
 4. It will take **up to 72 hours to access your account/PHA**. See full details on the 2019 Passport or on the [HEALTHY ME](#) website!

If you have issues with your username and/or password, contact MVP support at 888.656.5695 between 8:30 AM –5:00 PM

Through 2019, everyone who completes (or has already completed) the MVP Personal Health Assessment will be entered into a raffle drawing for a spiralizer and a cook book. Three winners will be drawn quarterly. The earlier you complete your MVP PHA, the more chances you have to win!



Follow the [HEALTHY ME](#) website for updates on MVP PHA assistance dates/times and locations throughout 2019!

Follow HEALTHY ME and win!
This month's winner: Sherry Foster
You could win, too!

It's as easy as two steps: Go to ellishealthyme.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! And, it's mobile friendly!

SOCIAL | MIND | SPIRIT

Starting your own gratitude journal



If you have reviewed the new 2019 Passport, you most likely noticed one of HEALTHY ME's new wellness categories; **Social|Mind|Spirit**. There are many wonderful ways to engage in the Social|Mind|Spirit category, including yoga, book club, massage and meditation. Each can relax your body, clear your mind and credit you with a necessary category completion! If you are looking for an activity that can easily be done anywhere, anytime (while boosting your mood) give gratitude journaling a try! A gratitude journal is simply a place where you record all

that you are thankful for. You can journal in a notebook, tablet, computer, or diary. Some also consider this experience a gratitude journal *challenge*; it truly challenges you to acknowledge something good each day, even on your worst days. In doing so, it helps you to experience positivity and lifts your mood. Gratitude journaling can also make you more mindful, grounded and thankful, especially for the little things in life. To learn more about the benefits of gratitude journaling visit: <https://positivepsychologyprogram.com/gratitude-journal/#gratitude-journal>

FEBRUARY IS NATIONAL HEART MONTH!

Keep your heart healthy with HEALTHY ME!

Heart disease is the leading cause of death for both men and women. There are several healthy lifestyle habits you can adopt to lower your risk:

- **Watch your weight**—Look for HEALTHY ME options in the cafeterias and vending machines.
- **Quit smoking and stay away from secondhand smoke** — Join The Butt Stops Here tobacco cessation program through the Ellis Medicine Asthma Care Center <http://healthprograms.org/about/the-butt-stops-here/>.
- **Control your cholesterol and blood pressure** — Participate in our HEALTHY ME Know Your Numbers screenings, fall 2019.
- **Get active** — Look for our HEALTHY ME Walking Challenge in summer 2019

Visit the American Heart Association's website for more information on heart healthy recipes, the latest research, upcoming events, volunteer opportunities and more at: <https://www.heart.org/>

HEALTHY ME's TWO THUMBS UP!



Diabetes Foodhub!

Diabetes is extremely prevalent in the US. According to the Centers for Disease Control, about 1 in 4 US adults has **prediabetes**, and 90% of them are unaware! Over 30 million US adults have been diagnosed with **diabetes**.

For nearly 80 years, the American Diabetes Association (ADA) has been a tremendous resource, not only for diabetes and prediabetes information, but for healthy living in general. They have outdone themselves with the foodhub, <https://www.diabetesfoodhub.org/>.

Foodhub is full of easy to follow, healthy recipes for the oven, stove, Instantpot and crockpot. Each recipe contains a nutritional breakdown of fat, protein, cholesterol, carbohydrate, sugars, calories and more! The website also contains your own virtual recipe box and shopping list (and a short video tutorial on how to use them). If you are looking for quick, nutritious meals for yourself and your loved ones, foodhub is for you!



SAVE THE DATE!

Capital Region New York Heart Walk and Run

Location: University at Albany

Date: SUN June 02 | 07:00 AM

2019 WELLNESS PASSPORT KICKOFF RAFFLE WINNERS

Thank you for stopping by!

Indoor Herb Gardens

Alissa Denofio, MSHC

Amy Bombardier, Nott St.

Bev Evans, Nott St.

Karen Murrel, BWC
(pictured right)



Essential Oil Diffusers

Maria "Charlie" Felicitas, Nott

Carol Lenartz, MSHC

Elena Setchenkov, BWC
(pictured below)

Teri Decrescenzo-Abu, CP



Yeti Tumblers

Steven Chotkowski, Nott St

Suzanne Chludzinski, State St.

Tracy Deluke, MSHC

Mary Sutton, BWC

Christa Weihe, CP



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March 2019

2019 HEALTHY ME PASSPORT

244 DAYS LEFT UNTIL 10/31!

HEALTHY ME
2019 WELLNESS PROGRAM



Your **PASSPORT** The Healthy Me Passport is a tool to assist ALL Ellis Medicine employees achieve annual wellness goals.

THE PENNY COUNTER CHALLENGE

Do you really know your spending habits?

HEALTHY ME wants to help you create financial awareness and build valuable saving and spending skills along the way! Spouses can also participate!

This 6 week challenge, March 18th-April 30th, will help you become more aware of how you are spending your money!

REGISTER: All participants (including spouses) must register between March 13th and 22nd using this link:

https://www.surveymonkey.com/r/Ellis_PennyCounter_2019

Or, register by scanning the **QR code** with your mobile device:



**Penny Counter
Registration
QR code**

1. Open your mobile device camera app
2. Zoom in on the square
3. Click the survey link and take the survey

PARTICIPATE:

- Each week, a Penny Counter tip and challenge will arrive in your email.
- Follow the tips and track your spending as directed.
- Check-in by Friday each week to qualify for random, weekly raffles! (**we will not ask you for any personal financial information**).
- Spouses are welcome to participate. This can count as a qualifying HEALTHY ME activity for the 2019 Passport **NEW optional Spousal Wellness category**.
- You can find this information at any time by visiting www.ellishealthyme.org

PRIZES:

Improving your financial wellness is always a win, but prizes sweeten the deal!

- Register online or at Wellness Wednesday, then come to Wellness Wednesday (Nott St., MSHC, BWC cafeterias) on March 13th from 12-1PM to pick up a monthly budget planner (supplies are limited: first come, first serve).
- Participants who check-in each week will automatically qualify to win 1 of 2 weekly random raffle prizes- a YETI® tumbler or David Ramsey workbook and savings envelopes.



FINANCIAL

PLEASE TAKE THE HEALTHY ME SURVEY!

Your feedback is important to us!

The annual HEALTHY ME survey will be **open through March 31st**. Everyone who submits a survey will be eligible for a chance to win 1 of 2 Amazon Echos®! You can find our link on the HEALTHY ME website, use the QR code, or click the following link: https://www.surveymonkey.com/r/2018_Ellis_AnnualSurvey



**HEALTHY
ME Survey
QR code**

1. Open your mobile device camera app
2. Zoom in on the square
3. Click the survey link and take the survey

2019 HEALTHY ME PASSPORT ASSISTANCE

MVP PHA SUPPORT

Looking for help completing your Passport, including taking the MVP Personal Health Assessment (PHA), or need a question answered? Visit us!

Drop in for help during any of the times displayed below, or make an appointment for a later date.

Follow the [HEALTHY ME](#) website for updates on MVP PHA assistance dates/times and locations throughout 2019!

Throughout 2019, everyone who completes (or has already completed) the MVP Personal Health Assessment will be entered into a raffle drawing for a spiralizer and a cook book. Three winners will be drawn quarterly. The earlier you complete your MVP PHA, the more chances you have to win!



Nott St: Cafeteria	MSHC: Cafeteria	Bellevue: Cafeteria	Clifton Park Conf. Rm	State Street Conf. Rm
Monday March 18 12-1pm	Tuesday March 19 12-1pm	Thursday March 21 12-1pm	Friday March 22 12-1pm	Monday March 25 12-1pm

MARCH EAP WORKSHOPS

Lunch and Learn. Please bring your own bagged lunch!

***Mindful Eating:** Learn about the relationship between food and stress, mindful eating, meal planning and more!

Tuesday, March 12th | 12:00 - 1:00 PM | MSHC | Conference Room

Register for March 12 session here:

<https://conta.cc/2SOSZX2>

Wednesday, March 27th | 12:00 - 1:00 PM | Nott. St. | B1 North Conference Room

Register for March 27 session here:

<https://conta.cc/2DZVj3s>



NUTRITIONAL or
SOCIAL | MIND | SPIRIT

1 activity can only count for credit in 1 category!

DIABETES PREVENTION PROGRAM

Free to the community!

Did you know that more than 1 in 3 Americans currently have prediabetes, and 90% of them don't even know they have it? Prediabetes means someone has high blood sugar levels, but not high enough to be considered diabetes. This is a serious condition that could potentially lead to diabetes, stroke, and heart attack.

The DPP is a no cost, 16-week long program that is designed to help people with pre-diabetes learn about lifestyle changes, healthy eating habits, exercise and more. **Call 518.347.5493 to register for a class, or register online:**

<https://compass.qtaeny.org/workshop-registration/11629>

Starting Tuesday, March 26th at 6:00 PM
Every Tuesday at 6:00 PM for 16 weeks
MSHC | Bonavita Room



NUTRITIONAL or
PHYSICAL

MARCH IS COLORECTAL CANCER AWARENESS MONTH!

Prevention is key!

Colorectal cancer is cancer of the colon or rectum- each is a section of the large intestine. It is the second-leading cause of cancer death nationwide, affecting both men and women. The exact cause is still unknown, but these factors can increase your risk: smoking, excess weight, having 3 or more alcoholic drinks per day and age. Your risk also doubles if you have a close relative who had colorectal cancer.

Scientists recommend that colorectal cancer screenings begin at age **50**, or even earlier if you are at high risk. The 3 recommended tests for colorectal cancer are colonoscopy, flexible sigmoidoscopy, or home stool tests. Each test has different benefits and drawbacks; however colonoscopy is the most accurate. Clinical studies have proven screenings to be effective in detecting colon cancer and reducing deaths, yet many people still do not get screened.

Screenings are imperative since there are often no symptoms in the disease's early stages. Once signs and symptoms do appear, they may include:

- A change in your bowel habits, including diarrhea, or constipation, or a change in the consistency of your stool, that lasts longer

than four weeks

- Rectal bleeding or blood in your stool
- Persistent abdominal discomfort such as cramps, gas or pain
- A feeling that your bowel doesn't empty completely
- Weakness or fatigue
- Unexplained weight loss

It is important not to wait for symptoms to appear. Talk with your health care provider about when you should begin screening for colorectal cancer and, if so, which test(s) is appropriate for you!

For more information on colorectal cancer and screenings visit:

<https://newsinhealth.nih.gov/2015/03/better-check-your-bowels> or

<https://www.mayoclinic.org/diseases-conditions/colon-cancer/symptoms-causes/syc-20353669>

Follow HEALTHY ME and win!
This month's winner: Nikki Moule
You could win, too!

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SOCIAL | MIND | SPIRIT

Social ties and your health

Scientists are finding that strong social ties can have powerful effects on our health, even linking them to living longer. In contrast, loneliness and social isolation are linked to poorer health, depression, and increased risk of early death. Studies have also discovered that having a variety of social relationships and social support may help reduce stress and heart-related risks. A strong social network proves to be especially protective during difficult times.

Some suggestions to improve your social support (and earn credit for the Social|Mind|Spirit category on your 2019 HEALTHY ME Passport):

- Join a group focused on a favorite hobby such as reading, hiking, painting, or wood carving.
- Learn something new. Take a cooking, writing, art, music, or computer class.
- Take a class in yoga, tai chi, or other physical activity.
- Join a community group.
- Volunteer at a school, library, or place of worship.
- Participate in a park clean-up.

To learn more about the importance of positive social ties visit:
<https://www.nih.gov/health-information/social-wellness-toolkit>

COMING SOON: CHANGES TO THE HEALTHY ME CAFETERIA REWARD AND LOYALTY PROGRAM

Our HEALTHY ME Reward and Loyalty Program will be changing on **April 1, 2019**.

- We will be retiring the 100 stamp card. Employees with at least 10 stamps on their existing card can submit it for one final raffle.
- We will continue with a new ten stamp card (purchase 10 HEALTHY ME items and receive 1 stamp for each). Each full card can be exchanged for 1 piece of fruit or Light & Fit yogurt
- Each full card will also be entered into a quarterly raffle for a larger prize, so don't forget to put your name on the back!

NATIONAL NUTRITION MONTH

Add more vegetables to your plate!

The Academy of Nutrition and Dietetics created National Nutrition Month® (March) to help educate people on the importance of making informed, healthy food choices and developing good physical activity habits.

A great way to incorporate healthy food choices into your daily nutrition is by eating more vegetables. According to choosemyplate.gov, 1/2 of our plates should contain vegetables and fruits. Here are some great tips on how you can increase your vegetable consumption:

- Cut up your vegetables for easy snacking and packing.
- Stock up on frozen veggies, especially when they are on sale. They pack all the vitamins and minerals of fresh picked, with a longer freshness life!
- When dining out, ask for an extra side of steamed or grilled veggies instead of rice or pasta.
- Buy vegetables that are in season to save money and enjoy the best flavors.
- Keep canned vegetables such as tomatoes, kidney beans, or beets, on hand as a great addition to any meal. Make sure to choose "reduced sodium," "low sodium," or "no salt added."

For more information on this topic visit: <https://www.choosemyplate.gov>

HEALTHY ME PASSPORT RAFFLE WINNER



How did Minera Cruz win a FitBit Versa? She completed her 2018 Passport and submitted it by October 31, 2018 to be entered in the raffle drawings! For a complete list of winners, see our February issue on the HEALTHY ME website: <https://ellishealthyme.org/>

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6. Wellness Activity #2
7. **Wellness Activity #3-New**

Note completion of these metrics on the back page of your 2019 Passport, and submit it to **HR** by **October 31, 2019**.

The Butt Stops Here Tobacco Cessation Program

The Butt Stops Here is a tobacco cessation support program offered by Ellis Medicine and locally in the community. Ellis Medicine hosts several sessions throughout the year, free for Ellis employees! For more details or to register call 518.831.6957 or [click here](#). The next session will take place March 6th through April 26th.