



ELLIS MEDICINE
Helping me be a
HEALTHY ME

WELLNESS NEWSLETTER

A MONTHLY COMMUNICATION FOR ALL ELLIS MEDICINE EMPLOYEES

March 2021

PASSPORT FOR GOOD (P4G) IS HERE!

Introducing P4G!

The 2021 Healthy ME Passport is now available with Passport For Good (P4G)! P4G provides employees the ability to easily enter and manage their 2021 Healthy ME Passport. They are a mobile friendly web-based platform focused on providing participants with visibility into real-time wellness milestones.

With P4G Employees Are Able To:

- Access your Healthy ME Passport anywhere, any time, on any device!
- Quickly enter and monitor your activities with streamlined approval and feedback
- Track your progress towards meeting the 2021 Passport goals
- Easily sign up for Ellis sponsored activities to take your wellness further!

How to Access your 2021 Healthy ME Passport!!

1. Go to www.p4g.app/Ellis or by scanning the **QR Code** with your mobile device:
2. User Name is [Ellis](#) email address
3. Password is your **Birth Month, Birth Day & Last Name**
(no capitals or spaces) **le.0131smith**



PASSPORT FOR GOOD®

Problems getting in? Email wellness@ellismedicine.org for help.

THE 2021 PENNY COUNTER CHALLENGE

DO YOU REALLY KNOW YOUR SPENDING HABITS?

March 22 – April 18 (Registrations till March 21st)

HEALTHY ME wants to help you create Financial Awareness and build valuable saving and spending skills along the way!

- 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 of the following week** to qualify for random raffle prizes!
- **We will not ask you for any personal financial information!**

THREE WAYS TO REGISTER BY [March 21st](#) :

1. Click [Here](#): Logging in to P4G registers you
2. Scan QR Code and add your login
3. Log into www.p4g.app/Ellis and
 - Scroll down to **Your Active Groups**
 - Select **Join More Group**
 - Click **Join A Group**



Penny Counter QR

Raffle prizes weekly & for those who complete all 4 weekly check-ins!



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KNOW YOUR NUMBERS: ONSITE BIOMETRIC SCREENINGS

March 30, 31 and April 1

Mark your calendars and **sign-up for an appointment at:** <http://www.wpvinc.com/ellis-medicine>

Do you KNOW YOUR NUMBERS?

Blood Pressure, HbA1c (blood glucose level), Total Cholesterol, "Good" Cholesterol (HDL), and your choice of a simple or a comprehensive body composition screening

WHAT CAN I EXPECT AT THE ONSITE HEALTH SCREENING?

- A nurse from WPV will conduct confidential Health Screening (takes approximately 15 minutes)
- YOUR NUMBERS & your body composition results, is provided before you leave
- The nurse will provide health education & counseling if needed.
- Your health information remains completely confidential!

WHERE & WHEN & REGISTER HERE: <https://www.wpvinc.com/ellis-medicine>

- **Bellevue MVP Rooms:** Tuesday, March 30 | 7:00 AM - 11:00 AM
- **Medical Center of Clifton Park Suite 2700:** Tuesday, March 30 | 1:00 PM - 4:00 PM **NEW Room!**
- **Ellis Hospital Auditorium:** Wednesday, March 31 | 7:00AM- 3:30 PM
- **McClellan Street Health Center Auditorium:** Thursday, April 1 | 8:30 AM- 3:00 PM

To limit crowding, there will be **NO walk-in appointments this year.** However, you may stop by to sign-up for a later timeslot.



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or PHYSICAL



FINANCIAL WELLNESS: AIG Webinar

March 11th | 12-1 PM

Financial Wellness Webinar:

Financial Wellness Focuses on our ability to manage all aspects of our Financial Life. At times it can feel difficult and complicated to get your finances under control. By attending this workshop, you can learn how to gain control over your financial life and become more productive in other areas of your life, including your ability to focus on family, friends and work.

Register at: my.valic.com/seminar

Enter registration code: ELHPWA11AC



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SOCIAL | MIND | SPIRIT WELLNESS: EAP Webinars

Webinar format workshops for employees and families.

Understanding and Coping with Burnout

March 23 | 12-1 PM

This workshop will help participants understand what burnout is and how to identify it in their own lives. Participants will learn various techniques to prevent burnout from happening and will gain strategies they can use to cope with it.

Register at:

https://us02web.zoom.us/webinar/register/WN_ZKO1p6g-Sz226_v5VA5dQA

Successful Communication in the Workplace

March 24 | 12-1 PM

This training will heighten awareness of the ways we communicate with our co-workers. Participants will identify communication strategies to overcome resistance and conflict. Also included will be an overview of common communication pitfalls, the use of nonverbal skills for greater impact, assertiveness skills, and specific techniques for managing difficult interactions.

Register at:

https://us02web.zoom.us/webinar/register/WN_VBnI7MU8RzCBgP2KH1rZgq



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THE ANNUAL HEALTHY ME SURVEY IS HERE!

Your feedback is important to us!

The annual HEALTHY ME survey will be **open February 15th-March 31st**. Everyone who submits a survey will be eligible for a chance to win 1 of several **Wireless Bluetooth Earbuds!**



To take the survey click the link below or the QR Code : <https://www.surveymonkey.com/r/2019EllisHEALTHYMESURVEY>



Plus, the survey is mobile friendly!
 1. Open mobile device camera app
 2. Click the link and take the survey

MVP LIVING WELL PROGRAMS FOR **ALL** EMPLOYEES

MVP LWP may count for Wellness Activities on your 2021 Passport!

We are excited to offer **free and/or discounted** programs open to all employees! With this one link, <https://www.surveymonkey.com/r/LivingWellProgramsEventRegistrationPage> employees can register for the following virtual programs and online classes:

- The Butt Stops Here Tobacco Cessation **FREE**
- MHANY Cultivating Resiliency **FREE**
- Inward Office Yoga **FREE**
- Max Effort Training (virtual exercise classes) **FREE**
- Rochester Brainery (virtual collection of classes) **\$15 discount**



It will take 72 hours to receive a confirmation email of registration for all programs except the Butt Stops Here and MHANY.

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



Join your coworkers in helping to foster healthy lifestyles

Our vision: The Healthy ME 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 ME. If you are interested in becoming a Champion, email us at wellness@ellismedicine.org!

KELSEY'S RECIPE CORNER

Herbed Mushrooms (SERVES 4)

Ingredients

- 1 lb. button mushrooms, sliced
- 1 lb. baby bella mushrooms, sliced
- 1 lb. oyster mushrooms, sliced
- 2 tbsp. butter
- 1 tbsp. fresh rosemary, destemmed & chopped
- 1 tbsp. fresh thyme, destemmed & chopped
- 1 tbsp. fresh parsley, chopped
- 3 cloves garlic, minced

Directions

1. Melt 1 tbsp. of butter in large skillet, add all 3 cloves of minced garlic. Cook on low until aromatic. Be careful not to burn garlic.
2. Add all mushrooms in, stirring occasionally. Add rosemary and thyme.
3. Cook until mushroom liquids have evaporated, usually about 45 minutes.
4. Top with parsley and 1 tbsp of butter.

*Recipes provided by Kelsey Munn, RD, IBCLC BWC/Wellness Champion

Follow Healthy ME Online & Win!

This month's winner:

Teri Decrescenzo-Abu
 CT Technologist

Following Us is Easy!!

Two Steps: Go to ellishealthyme.org, enter your email where it says "Follow" then "confirm follow" from the email confirmation that is sent to you.

You will be entered to win prizes and receive Healthy ME related communications. And, it's mobile friendly!