



ELLIS MEDICINE
Helping me be a
HEALTHY ME

WELLNESS NEWSLETTER

A MONTHLY COMMUNICATION FOR ALL ELLIS MEDICINE EMPLOYEES

KNOW YOUR NUMBERS: ONSITE BIOMETRIC SCREENINGS

September 21-23, 2021

September 2021



Mark your calendars and **sign-up for an appointment at:**

www.wpvinc.com/ellis-medicine or scan our QR code

Do you KNOW YOUR NUMBERS?

Blood Pressure, HbA1c (blood glucose level), Total Cholesterol, "Good" Cholesterol (HDL), and a simple or a 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, Sept. 21 | 7:00 AM - 11:00 AM
- **Medical Center of Clifton Park Old Ortho Suite:** Tuesday, Sept. 21 | 1:00 PM - 4:00 PM
- **McClellan Street Health Center Auditorium:** Wednesday, Sept. 22 | 8:30 AM- 3:00 PM
- **Ellis Hospital Auditorium:** Thursday, Sept. 23 | 7:00AM- 3:30 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.

QUALIFYING
HEALTHY ME
ACTIVITY



SOCIAL | MIND | SPIRIT



PHYSICAL

The 2021 Wellness Passport is DUE October 31 on PASSPORT FOR GOOD (P4G)

Only 61 days remain for employees to complete your Healthy ME Passport for 2022 Ellis Insurance Savings!
Employees without Ellis insurance can qualify to win great prizes!

How to Access your Passport For Good!

Go to www.p4g.app/Ellis or by scanning the QR Code

1. User Name is **Ellis** email address
2. Password is your **Birth Month, Birth Day & Last Name**
(no capitals or spaces) **ie. 0131smith**

Employees must achieve seven metrics to complete the 2021 Passport:

1. Preventative Physical Exam by a Primary Care Provider (11/1/2019 – 10/31/202). PCP follow up visits, specialist exams or Employee Health Physical does **NOT** satisfy this requirement!
2. MVP's online Personal Health Assessment (complete between 11/1/2020 and 10/31/2021)
3. Tobacco Free Attestation (**Currently a tobacco user? Learn about cessation classes and an opportunity for credit on next page.**)
4. 4-7 are your wellness activities which include 1 in each category: Nutritional Wellness, Physical Wellness, Financial Wellness and Social | Mind | Spirit Wellness.

Learn more at <https://ellishealthyme.org/passport/>, including instruction guides to completing your online MVP PHA!



PASSPORT **4** GOOD[®]

Employees who complete all 7 metrics may qualify for a 15% premium discount on their Ellis Health Insurance Rates in 2022!

Capital EAP Webinars: Healthy ME Qualifying Activities

Webinar format workshops for employees and families.

Suicide Awareness and Prevention September 7 | 12-1 PM

This class will cover the basic principles of suicide risk, including who is at risk and how to identify signs of suicidality. Participants will also develop communication strategies to engage someone who may be at risk and where to go for help. For those interested in getting more involved in suicide prevention efforts, a list of community and national resources will be provided. **Register at:**

https://us02web.zoom.us/webinar/register/WN_s8KCKay-SLmcPYULyylmA

De-stress for Work Success September 8 | 12-1 PM

This workshop will teach participants the effect of stress on the mind and the body, how to cope with stress using breathing techniques, and mindfulness to promote energy and concentration at work. This program also includes simple stretches that may be used at work. It will end with a short, guided meditation to promote tension release and relaxation.

Register at:

https://us02web.zoom.us/webinar/register/WN_pkkmS9F6R0SkkxNI7fyE8g

Reducing Stress Through Self-Care September 21 | 12-1 PM

Participants will learn what self-care is, and how a failure to take care of oneself in one area can affect them in another area. A Self-Care Assessment Tool will be given to you to help you identify self-care strategies in the following areas: physical, psychological, emotional, spiritual and professional.

Register at:

https://us02web.zoom.us/webinar/register/WN_8rkouMFFSbiGdhBJ9oX7gQ

AIG Webinar:

Cash Management

Thursday, September 23 2-3PM

Register at:

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdIt5PAW8bHN0WR13Qlz7QeQBuoFQpV+0TS8B15LI=&AvlSeats=True>



Get the Tobacco Free Attestation credit for the 2021 Passport! Virtual Butt Stops Here Tobacco Cessation Programs

The Virtual Butt Stops Here program is a **FREE** 7-week tobacco cessation program made possible through a collaboration of several community health partners, including Ellis Medicine and MVP Health Care. Participants will learn about nicotine addiction, nicotine replacement therapies, stress management and coping techniques, share experiences and goals, and utilize a private, online social support network to aid in their tobacco cessation. Register for upcoming **FALL** sessions through the **MVP Living Well Programs link:**

<https://forms.office.com/Pages/ResponsePage.aspx?id=RVJhxz4kHEy5SnwA7HpFYcxsJazVjWxHqxY0825pKvNUNjhKSkJGT1dKRU5IUkISWTXT1dCREVTOSQIQCN0PWcu>

Or on the St. Peter's Health Partner's website: <https://www.sphp.com/health-and-wellness/community-wellness-programs/the-butt-stops-here>

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Have You Heard?

ELLIS FITNESS IS OPENING SOON!

Welcoming Ellis Fitness to the McClellan Street Campus this Fall

Ellis Fitness will offer employees the opportunity to continue or kick-start all their health goals in one convenient location. While an official date is still in the works, we are thrilled to share that this fresh new space lined with rows of treadmills, ellipticals, stationary bikes, free weights, and over 10 exercise machines has something for everyone!

Safety is a Top Priority

We want you all to know that our standard of fitness and safety is a top priority for us. We are dedicated to the disinfection and cleaning protocols of our fitness center to ensure a healthy and safe environment for our employees and the community.

Keep an eye out for future communications with details on an opening date, membership rates, COVID guidelines, group classes, and more!

Follow Healthy ME Online & Win!

This month's winner: Sonja Stracke – Mental Health Clinic.

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!

KELSEY'S RECIPE CORNER

Balsamic Brussel Sprouts

Ingredients

- 2 lbs. of Brussel sprouts
- 3 garlic cloves, minced
- 1 tbsp. honey
- 2 tbsp. olive oil
- Salt & pepper
- 2 tbsp. balsamic vinegar + drizzle

Directions

1. Preheat oven to 375 degrees.
2. Mix in a bowl garlic, honey, oil, and vinegar. Salt and pepper to taste.
3. Quarter all Brussel sprouts.
4. Mix sprouts in dressing and lay in flat layer on baking sheet.
5. Bake for 30-45 min, stirring every 10 min to get the sprouts to brown on all sides.
6. Serve with fresh drizzle of balsamic vinegar over all sprouts.

Serves 4 | Vegan, vegetarian

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

How to Get Involved in Your Wellness!!

PASSPORT FOR GOOD (P4G)

- Locate all the Great Activities Ellis is Offering **ALL YEAR**
- Track your Wellness Goals and Completions
- Complete your Healthy ME Passport for 2022 Insurance Savings!



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INTEGRATIVE THERAPIES ARE BACK

The Volunteer Integrative Therapy Program for staff is back after a pause during the COVID Pandemic. Healing Touch – Therapeutic Touch – and Reiki are offered **FREE for staff every Tuesday at Ellis Hospital in the Integrative Therapy Room from 10:00AM-1:00PM.**

Healing and Therapeutic Touch Therapists place their hands on or near their patient's body with the intention to help or heal. In doing so, therapists believe that they are consciously directing or modulating an individual's energies by interacting with his or her energy field. The focus is on balancing the energies of the total person and stimulating the body's own natural healing ability rather than on the treatment of specific physical diseases. **Sign-up sheets for are located on the door of A6.**

MVP PHA Raffle Winners

Remember, your online MVP Personal Health Assessment is 1 of 7 metrics necessary to complete the 2021 Wellness Passport on Passport For Good! Deadline for completion on October 31, 2021!

Our PHA July promotion winners are:

**Colleen Pieniazek
Paula Rider
Melissa Wilson**

**Mike Brownell
DeYonia Johnson
Jordyn Godfrey**

Congratulations!