



Upcoming Mental Health Activities

November 2021

Capital EAP Webinars: Healthy ME Qualifying Activities

Webinar format workshops for employees and families. These will count towards the 2022 Wellness Passport for 2023 premium discounts

Seasonal Affective Disorder

November 3 | 12-1 PM

Participants will learn the common symptoms of SAD, theories for why it happens, as well as treatments that can be effective. Anyone concerned that they may suffer from this type of seasonal depression will leave with a plan for improving their symptoms to help them feel better throughout the year.

Register at:

https://us02web.zoom.us/webinar/register/WN_Wc3dOICpTzmBz0yRNpC1ew

Introduction to Meditation

November 10 | 12-1 PM

This workshop will teach participants the history of meditation, how to practice meditation, and how to overcome difficulties with meditation practice. Participants will become aware of how to use meditation to cope with stress, anxiety, depression and more. This class promotes relaxation, stress release, mind clarity and focus.

Register at:

https://us02web.zoom.us/webinar/register/WN_j_Z23KqzTIKePt4J5R06TQ

MVP Living Well Programs Presents MHANY

MVP Living Well Programs is once again proud to partner with the Mental Health Association in NY to offer two free webinars!

Mind-Body Health & Healing

November 3 | 12-1pm

For those of us under chronic stress or managing our mental health its helpful to be aware of emotions and attend to them quickly. Tending to them quickly ensures we will not carry them with us throughout the day, week, month and for some of us years. Taking a leadership role over our thoughts will ensure our emotions don't have a life of their own.

Register for one or both through the LWP calendar link- [Live a Healthy Lifestyle | MVP Health Care.](#)

Feel free to share with friends and family as these programs are open to the community! MVP Living Well Programs count as Wellness Passport qualifying activities!

Creating a Wellness Mindset

December 1 | 12-1pm

Learn the characteristics needed for a wellness mindset. A sense of well-being is the integration of body, mind and spirit; and the appreciation that everything we do, think, feel, and believe has an impact on our health. This presentation provides a framework for how to create a 'wellness mindset' that will support the practice of continuous self-care.

Are You Waiting For A Passport 4 Good MVP PHA or Preventive Physical Exam Stamp?

It can take 45 days for your Physical or PHA report to show as completed

Please take note that the deadline for completing all 7 metrics was 10/31/2021. However, reports for Physicals will be pulled through the end of the year to make up for the time it takes for submitting claims and processing! The PHA report for October may not show in the P4G until late November. **As long as your PHA was completed on or before 10/31 and an actual Preventive Physical exam was completed between 11/1/2019 and 10/31/2021, you will get credit.**

Any activity completed starting November 1, 2021, will be counted towards the 2022 Passport and a 2023 premium discount.

Code Lavender is available at Ellis Hospital and Bellevue Woman's Center

Also, comfortable, Code Lavender Rooms at Ellis Hospital and Bellevue Woman's Center may be used by clinical staff at any time upon request.

Code Lavender is an intervention available to clinical staff. It is an intervention that's used when challenging situations threaten unit stability, personal emotional equilibrium, or professional functioning. Code Lavender uses evidence-based relaxation and restoration interventions to help people meet their immediate responsibilities and make enough sense out of the situation to let more lasting solutions emerge later.

How to call a Code Lavender:

- 8a-4p-Monday-Friday, notify the Nurse Manager/Associate Nurse Manager/Leader in your location
- After 4p, weekends and holidays-Call the operator and indicate it's a Code Lavender and your location

Follow Healthy ME Online & Win!

This month's winner: Dorothy Smith in Patient Financial Services

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

Portabello Mushroom Sandwich

Ingredients

- 4 large portabella mushroom caps
- 1 tbsp olive oil
- 1 tbsp red wine vinegar
- 4 ciabatta rolls
- Butter lettuce leaves
- 4 thick slices beefsteak tomato
- 3 tbsp mayo
- 1 garlic clove, minced
- 1 tbsp fresh parsley
- 1 tbsp lemon juice
- Zest from 1 lemon

Directions

- Make mayo for sandwich with the mayo, garlic, parsley, lemon juice and lemon zest. Set aside.
- Make mushroom marinade with olive oil, red wine vinegar, salt and pepper to taste.
- Clean mushroom caps. Brush with marinade.
- Grill caps on each side for 5-10 min until tender and grill marks noted (or pan fry if grill is not an option)
- Grill ciabatta roll lightly (or toast if grill is not an option)
- Layer mayo, mushroom cap, lettuce, and tomato.

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

Serves 4 | vegetarian

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 Winner

Our PHA Raffle Winner of the month is: **Alissa Denofio**

Congratulations!

November 18 is the GREAT AMERICAN SMOKEOUT!

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 **2022** sessions through the **MVP Living Well Programs link: MVP Living Well Programs Calendar here: [Live a Healthy Lifestyle | MVP Health Care](#)**

Are you ready to quit for a day? Visit one of our Great American Smokeout drop-in sessions

- 7 PM on November 17th
- 9 AM on November 18th
- 12 PM on November 18th

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