



December 2021

## Have You Heard? **ELLIS FITNESS IS OPEN on the McClellan Campus!!!**

### Look for official communications!

Ellis Fitness offers employees the opportunity to continue or kick-start all their health goals in one convenient location. Come visit the fresh new space lined with rows of treadmills, ellipticals, stationary bikes, free weights, and over 10 exercise machines; Ellis Fitness 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.

### Frequently Asked Questions

#### **Who can use the facility?**

The facility is open to full-time, part-time and per diem employees of Ellis Medicine (18 and over).

#### **What are the membership fees?**

The facility costs \$8 per month. This is paid for through a payroll deduction of \$4 twice monthly. Per diem employees will pay through the Payeezy portal via monthly credit card.

#### **Do I have to sign a contract?**

Employees must register and sign a waiver, but they can cancel at anytime.

#### **What are the facility hours?**

The hours are M-F 6am-7pm and subject to change.

#### **Is the facility staffed?**

The facility is primarily un-staffed, with some coverage provided by MVP Health Care. The facility is also under 24-hour security surveillance and has multiple call buttons located throughout the facility to reach security in case of emergency.

#### **Are there group exercise classes?**

Group exercise classes will be coming in 2022.

#### **Does the facility have locker rooms/showers?**

There are both men's and women's locker rooms, each equipped with several lockers, 2 showers, and toilets. The lockers are for day use only-employees must take their belongings with them when they leave.

#### **How do I access the facility during unstaffed hours?**

All employees who register will receive badge access to the McClellan Campus and the facility.

#### **With COVID-19 still present in the community, what precautions have been made to ensure the safest environment possible?**

We have placed multiple hand sanitizer stations throughout the facility, as well as sanitizing wipes for the equipment. Additionally, it is strongly encouraged that social distancing is practiced while in the facility.

#### **Do I have to wear a mask while I work out?**

Yes! Similar to being in any part of our health care facilities, all employees who use the fitness center are required to wear a mask at all times, except for when taking a drink,

## Capital EAP Webinars: Healthy ME Qualifying Activities

Webinar format workshops for employees and families.

### Understanding Stress and How to Stress Less December 12 | 12-1 PM

This class, facilitated by a professional therapist, introduces participants to the psychology and physiology of stress as a means for understanding and mitigating negative stress reactions. This session will demonstrate how variable levels of stress effect performance – positively and negatively. The class will discuss factors contributing to stress and how to minimize them and offer insight into practical ways to manage stress when it is unavoidable.

**Register at:**

[https://us02web.zoom.us/webinar/register/WN\\_9YzC2f4gRzGQH4T1CXUNG](https://us02web.zoom.us/webinar/register/WN_9YzC2f4gRzGQH4T1CXUNG)

### Compassion Fatigue – Healing the Helper December 14 | 12-1 PM

In this training, participants will learn the effects of compassion fatigue on one's mental, physical, and spiritual well-being. Individuals will be provided preventive measures as well as solutions to assist in overcoming compassion fatigue. This training will be ideal for individuals working in the medical or mental health field, as well as for those providing care to the elderly, developmentally disabled or anyone interested in learning more about nurturing oneself while caring for others.

**Register at:**

[https://us02web.zoom.us/webinar/register/WN\\_k1rLH4ThtTCiEdH7k89TQg](https://us02web.zoom.us/webinar/register/WN_k1rLH4ThtTCiEdH7k89TQg)

### Healthy Holiday Eating December 16 | 12-1 PM

This class, facilitated by a professional therapist, introduces participants to the psychology and physiology of stress as a means for understanding and mitigating negative stress reactions. This session will demonstrate how variable levels of stress effect performance – positively and negatively. The class will discuss factors contributing to stress and how to minimize them and offer insight into practical ways to manage stress when it is unavoidable.

**Register at:**

[https://us02web.zoom.us/webinar/register/WN\\_-iz-RT3VSQyBrrApgpTNHw](https://us02web.zoom.us/webinar/register/WN_-iz-RT3VSQyBrrApgpTNHw)

QUALIFYING  
HEALTHY ME  
ACTIVITY



SOCIAL | MIND | SPIRIT

## VALIC Financial Webinar- Social Security and Your Retirement

### December 14 | 12-1 PM

A secure, comfortable retirement is every worker's dream. Achieving this dream requires careful financial planning to anticipate your income and needs in retirement. As part of a comprehensive financial plan, Social Security is an important element in retirement security.

**Register at:**

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdlT5PAW8bHN0WR13Qlz7QeQBvFQpV+0TS8B15LI=&AvlSeats=True>

QUALIFYING  
HEALTHY ME  
ACTIVITY



FINANCIAL

## Follow Healthy ME Online & Win!

This month's winner: **Danielle Ferri in Accounts Payable**

Following Us is Easy!!

**Two Steps:** Go to [ellishealthyme.org](http://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!

# 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.**

## KELSEY'S RECIPE CORNER

### Cranberry Pancakes

#### Ingredients –Cranberry Sauce

- ¼ cup fresh cranberries, crushed
- ¼ cup sugar
- 1 orange, zested and juiced
- 1 tsp ground ginger
- 1 tbsp ground ginger

#### Ingredients –Pancakes

- 1 cup all-purpose flour
- 3 tbsp baking powder
- 2 tsp baking soda
- 1 tsp salt
- 3 tbsp sugar
- 1 egg
- 1 cup of milk of choice
- 1 tbsp melted butter or oil

#### Directions

1. Mix crushed cranberries, ginger, cinnamon, sugar and orange zest and juice in a saucepan and simmer for 30 min or until cranberry break down.
2. Mix all dry ingredients in a separate bowl.
3. Mix egg, milk, and melted oil into dry ingredients whisking thoroughly.
4. Scoop ¼ cup onto griddle, flip after pancake has bubbles.
5. Serve with butter and cranberry sauce

Serves 3-4 | vegetarian

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

## Virtual Butt Stops Here Tobacco Cessation Programs

### Drop-in virtual information sessions in December!

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](#)**

**Want to learn more? Visit one of our holiday drop-in sessions On the St. Peter's Health Partner's website:**

<https://www.sphp.com/health-and-wellness/community-wellness-programs/the-butt-stops-here>

**12:00 PM and 7:00 PM on the following dates:**

**December 7**

**December 14**

**December 21**