



ELLIS MEDICINE
Helping me be a
HEALTHY ME

WELLNESS NEWSLETTER

A MONTHLY COMMUNICATION FOR ALL ELLIS MEDICINE EMPLOYEES

January 2022

2022 New Year's Resolutions (and Healthy ME) Focus on Mental Health

According to an American Psychiatric Association (APA) poll, more than 1 in 4 American adults want to improve their mental health in 2022. Ellis Medicine employees and their families can access free, monthly Mental Health Webinars through the Capital EAP!

Capital EAP Webinars: Healthy ME Qualifying Activities

Webinar format workshops for employees and families.

Anxiety Free: Restructuring Thoughts to Eliminate Anxiety

January 5 | 12-1 PM

Anxiety affects more Americans every year than any other mental health disorder but is also the disorder that can be treated most effectively. This class will outline approaches to anxiety management and reduction proven to work. Participants will learn about the physiology of anxiety and will have the opportunity to try out techniques in class such as identifying core beliefs, breathing and relaxation, and anxiety acceptance. Participants will leave with an understanding of tools that can be used to reduce anxiety and how the therapeutic process can be used to support this process.

Register at:

https://us02web.zoom.us/webinar/register/WN_BC_yO-MTvasmrey4exUKg

Work-Life Balance: The Secrets to Living a Balanced Life

January 19 | 12-1 PM

In this training, participants will explore beliefs and perspectives of the meaning of a balanced life, map a true picture of their current life and their ideal balanced life and walk away with applicable, practical strategies to create greater balance in their lives.

Register at:

https://us02web.zoom.us/webinar/register/WN_zAxvwiepTa6b-pmw10Cnlw

QUALIFYING
HEALTHY ME
ACTIVITY



SOCIAL | MIND | SPIRIT

INTEGRATIVE THERAPIES

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.**

Virtual Butt Stops Here Tobacco Cessation Programs

Ready to quit? We are here for you! Not quite ready? We are here for you too!

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.](#)**

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

January 2022

Ellis Fitness offers employees the opportunity to continue or kick-start all their health goals in one convenient location. Come and 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.

How to Register:

Use our link <https://forms.office.com/r/MDF9T4K7XX> or our QR code!



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,

Follow Healthy ME Online & Win!

This month's winner: Susan Arpei in Audit and Compliance

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!

RECIPE CORNER

Couscous with Olives and Sun-Dried Tomato

Ingredients –Cranberry Sauce

- 1 ¼ cups vegetable broth
- 1 ¼ cups water
- 2 cups pearl (Israeli) couscous
- 1 pinch salt
- 1 pinch ground black pepper
- 5 tablespoons olive oil, divided
- ½ cup pine nuts
- 4 cloves garlic, minced
- 1 shallot, minced
- ½ cup sliced black olives
- ½ cup sun-dried tomatoes packed in oil, drained and chopped
- 1 cup vegetable broth
- ¼ cup chopped fresh flat-leaf parsley

Prep: 20 mins; Cook: 30 mins

Servings: 4

Nutrition Facts

Per Serving: 528 calories; protein 13g; carbohydrates 55.5g; fat 29.3g; sodium 455.1mg.

Recipe from allrecipes.com

Directions

1. Bring 1 1/4 cup vegetable broth and water to a boil in a saucepan, stir in couscous, and mix in salt and black pepper. Reduce heat to low and simmer until liquid is absorbed, about 8 minutes.
2. Heat 3 tablespoons olive oil in a skillet over medium-high heat; stir in pine nuts and cook, stirring frequently, until pine nuts smell toasted and are golden brown, about 1 minute. Remove from heat.
3. Heat remaining 2 tablespoons olive oil in a saucepan; cook and stir garlic and shallot in the hot oil until softened, about 2 minutes. Stir black olives and sun-dried tomatoes into garlic mixture and cook until heated through, 2 to 3 minutes, stirring often. Slowly pour in 1 cup vegetable broth and bring mixture to a boil. Reduce heat to low and simmer until sauce has reduced, 8 to 10 minutes.
4. Transfer couscous to a large serving bowl, mix with sauce, and serve topped with parsley and pine nuts.

UPCOMING 2022 HEALTHY ME ACTIVITIES

- **2022 Passport For Good**
- **Gratitude Challenge**



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