



WELLNESS NEWSLETTER

A MONTHLY COMMUNICATION FOR ALL ELLIS MEDICINE EMPLOYEES

April 2022

Know Your Numbers Screenings

- April 6th | Ellis Hospital-Nott St. Graham Auditorium (7am-3:30pm)
- April 7th | McClellan Health Center Robb Auditorium (8:30am-3:00pm)
- April 12th | Bellevue Woman's Center MVP Rm 1 (7am-11am)
- April 12th | Medical Center of Clifton Park Suite 2400 (1pm-4pm)

This is the only chance for onsite KYN in 2022!

REGISTER: All Registrations Must Be Completed Online by using the link below or the QR Code. Ensure you have a screening appointment by registering at <https://www.ehealth scheduling.com/wpv/ellisbio/> (on-line registration closes EOB day before each screening)

Returning this YEAR! InBody Composition Analysis-Opt in for a comprehensive body composition analysis.

RAFFLE PRIZES – All participants will be entered into a raffle to win a Healthy ME Phone Charging Battery Pack, Phone Stand and more Healthy ME swag! 3 employees per screening site!!

For ALL details, visit our link at <https://ellishealthyme.org/events-programs/know-your-numbers/> or copy and paste it into your browser.



NEW! THE SIMPLE SAVINGS CHALLENGE | April 18 – May 8th

Healthy ME is excited to bring to you the Simple Savings Challenge!

The Simple Savings Challenge is a 3-week challenge that helps individuals identify ways to save on expenses utilizing simple behavior changes and hacks that can be used throughout the day. Everyone who completes this challenge and submits a final check-in will be entered into a raffle drawing for 1 of 3 Nutribullets!

REGISTER ON PASSPORT FOR GOOD (P4G)

1. [Click to Register](#)
2. Scan QR Code and add your login **OR**
3. Log into www.p4g.app/Ellis and
 - Scroll down to **Your Active Groups**
 - Select **Join More Groups**
 - Click **Join a GROUP**



QUALIFYING
HEALTHY ME
ACTIVITY



FINANCIAL

THE HEALTHY ME WELLNESS SURVEY: Now Through – April 15th

Ellis Medicine Leadership is committed to creating a culture of health and vitality by providing wellness resources and making it convenient for employees to make healthy choices. The Healthy ME Employee Wellness program is for ALL Ellis Medicine employees.

Please give us your opinion, feedback on our 2021 offerings, and what type of programs you would like to see in 2022. **Your feedback is important and anonymous.** All individual responses will be held confidential.

Please take the survey now with the link below; or scan our QR code - the survey is mobile friendly (and takes less than 5 minutes to complete!) At the end of the survey, you will find raffle entry instructions (optional) for a chance to win one of five, \$25 Amazon Gift Cards. **The raffle survey is not linked to your responses on the Healthy ME survey!**

Healthy ME Survey Link: <https://forms.office.com/r/hU6DdiFWhk>



Quitting smoking is the best thing a smoker can do for their health! Start your quit journey by registering for the Virtual butt Stops Here TODAY!

Virtual Butt Stops Here Tobacco Cessation Programs

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

Virtual Butt Stops Here Program (VBSH):

With the cooperation of many regional partners, including MVP and St. Peters, a virtual version of the Butt Stops Here has been in operation for well over a year now. The VBSH follows the same format as the in-person BSH in that there are weekly, one-hour sessions that run for 7 consecutive weeks at a specific time and date.

Register/More Info: www.sphp.com/quitsmoking (or scan the QR code)

Questions? Email buttstopshereny@gmail.com



Ellis has an arrangement with The NYS Smokers Quit Line (NYSQL) which allows us to connect any willing patient to the Quit Line via Cerner, at which point that patient will be contacted by the Quit Line to arrange counseling. Anyone can call the **Quit Line at 866-697-8487** to self-refer for counseling. Anyone who calls the Quit Line for help, can mention that they heard about it through Ellis. Ellis and the Quit Line are friendly collaborators.

Virtual BSH Testimonials

- *We learned many different techniques, and could discuss what was working and what wasn't. Most importantly, people encouraged me not to quit trying when I had a slip up.*
- *I realized I can live without cigarettes.*
- *I became much more aware of my smoking habits, my triggers, what it's done to my body... and how much it controlled my daily activities. What a waste of time and money.*

The tobacco free attestation OR participating in a tobacco cessation program is a metric on the 2022 Wellness Passport!

City Mission Weekend Backpack Program

Ellis Medicine Wellness Champions provided helping hands to the City Mission in March. They packed backpacks for the *Weekend Backpack Program* which provides food for local children to take home over the weekend!

Through a partnership with The Schenectady Foundation, MVP Health Care, SEFCU, Regional Food Bank of Northeastern NY, Whitson's, Price Chopper, The Schenectady City School Foundation and many individual donors, the program has been able to help over 1,200 children have enough to eat on the weekend!

To learn more about how the City Mission transforms lives, empowers employment feeds the hungry and more, visit their website at <https://citymission.com/>

To learn how to become a volunteer visit: <https://citymission.com/volunteer/>



Pictured left to right (spouse-Matt Loucks, Madeline Keegan, Emily Spinner, Kaitlyn Loucks, Sarah Valentine and Cathy Lawyer)

Interested in becoming a Wellness Champion? Email wellness@ellismedicine.org

CONGRATULATIONS TO OUR 2021 WELLNESS PASSPORT RAFFLE WINNERS!

Each year, **all** Ellis Medicine employees are encouraged to complete a Wellness Passport. Employees on the Ellis medical insurance plan (MVP) can save 15% on the following year's premiums and **all** employees who complete it are entered into a raffle for awesome prizes! **The raffle prize for 5 lucky winners in 2021 was an Apple Watch!**

The winners are:

Bruce Skala- RN, PACU – Nott
Amanda Adkins – RN, Special Car Nursery, Bellevue
Alexandra Talarico- Ultrasound Tech, Radiology - Nott
Ashley Daniels- Accounts Payable Clerk, Finance- MSHC
Maryanne Assini- Social Worker- Nott



To learn more about your 2022 Wellness Passport visit:

<https://ellishealthyme.org/passport/>

How to Access your 2022 Healthy ME Passport

1. Go to www.p4g.app/Ellis
2. Enter your **Ellis** email address
3. Password is your **Birth Month, Birth Day & Last Name** (no capitals or spaces) For example: 0131smith

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

Follow Healthy ME Online & Win!

This month's winner: Linda Greenman– Ultrasound-Mammography

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!

UPCOMING 2022 HEALTHY ME ACTIVITIES

- **Simple Savings Challenge**
- **EAP Seated Serenity**
- **Walking Challenge**



ELLIS FITNESS: **NEW** Saturday Hours!

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 **Saturdays 8am-7pm (New)**.

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?

Vinyasa yoga with Amy Waylett has begun! Wednesdays at 4:30pm-register on group exercise room door.

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,

Email fitness@ellismedicine.org

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.**

Capital EAP and AIG Webinars: Healthy ME Qualifying Activities

Webinar format workshops for employees and families.

De-Stress for Work Success

April 5 | 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_syfskgmuSdO6Hi93dy0OPg

Missing Nutrients

April 13 | 12-1 PM

In this presentation from a Registered Dietician we will discuss which nutrients typical American diets are lacking and why these nutrients are so important! You'll also get tips on which foods to choose for optimal nutrition!

Register at:

https://us02web.zoom.us/webinar/register/WN_MlvSPfHxTKmF6RoZhAlmBg

Suicide Awareness and Prevention

April 19 | 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_OLwLhMDKSmOwDvHFfsKBVPQ



AIG/VALIC Financial Wellness

April 14 | 12-1 PM

Successful financial planning begins with knowledge and continues throughout your life. This workshop will provide a comprehensive financial planning overview on the following topics: cash management, retirement planning, investment planning, tax planning, risk management, and long-term care.

Register at:

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdlT5PAW8bHN0WR13QvyD3qPEzGMipp+0m52gQjY=&AvlSeats=True>

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MVP LIVING WELL PROGRAMS

MVP Living Well Programs are open to **ALL** employees (Ellis health insurance members and non-members)

Register for any of our ongoing programs, webinars and in-person classes by scanning our **QR code** or on our **MVP Living Well Programs Calendar link here:** <https://www.mvphealthcare.com/members/health-and-wellness/healthy-lifestyle/>

Registration opens in April for our Mental Health Awareness programs throughout May! Programs include, 15-minute Guided Meditations, Mindful Doodle and Chair Yoga sessions, Mental Health Association in NY webinars, Alzheimer's Association webinars and much more!



RECIPE CORNER

JAMAICAN JERK CHICKEN

Ingredient Checklist

- 6 green onions trimmed and roughly chopped
- 1 small onion trimmed and roughly chopped
- 2 teaspoon chopped fresh ginger
- 3 cloves garlic (peeled and minced)
- 2 habanero or 1 scotch bonnet chili pepper
- 2 Tbs white vinegar
- 1 Tbs soy sauce
- 1Tbs canola oil
- 2 Tbsp brown sugar
- 2 tsp fresh thyme
- 1 tsp salt
- ¼ tsp black pepper
- 1/8 tsp ground cinnamon
- ¼ tsp ground nutmet
- 1 tsp ground allspice
- 2 cups water
- 1 ½ lbs boneless skinless chicken thighs

Nutrition Facts Per 1 Serving (1 chicken thigh | makes 6 servings):

205 calories; 21g protein; 10 g carbohydrate; 2g fiber; 9g fat; 350mg sodium.

Directions

1. Place all ingredients except chicken in a food processor and blend until smooth.
2. Place chicken and blended mixture in a dish or large zip-top bag. Seal and refrigerate to marinate for 3 to 24 hours.
3. Remove chicken from the container and discard remaining marinade.
4. Heat a grill on medium-high heat. Oil the grill rack, then add chicken and cook on each side for about 10 to 12 minutes.
5. Chicken should reach 165° F before removing from the grill.



Recipe courtesy of the [American Diabetes Association](#)