



June 2022

CONGRATULATIONS TO OUR 2021 HEALTHY ME SURVEY RAFFLE WINNERS!

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.

We appreciate the feedback and opinions from the nearly 300 employees who took the anonymous and confidential survey.

The winners of the \$25 Amazon Gift Cards from our raffle survey are:

**Kathia Maracayo
Gary Miller
Kim Rosenberg
Kristen Miaski
Gina Martinelli-Painter**



CONGRATULATIONS TO OUR 1st Quarter PHA Raffle Winners!

Throughout 2022, everyone who completes (or has already completed) the MVP Personal Health Assessment will be entered into a raffle drawing for Healthy ME swag (pullover, water bottles, yoga mats, etc.) Three winners will be drawn quarterly. The earlier you complete your MVP PHA, the more chances you have to win!

The MVP PHA is accessed online at www.mvphealthcare.com. See full details, including a PHA instruction guide, on the HEALTHY ME website Passport For Good tab <https://ellishealthyme.org/passport/>



January through March's winners were:

**Ma Victoria Feliciano
Ashley Ostrander
Kirsten Lynch**

Follow Healthy ME Online & Win!

This month's winner: Ann Marie Nolan

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!

ELLIS FITNESS: Yoga and Zumba Classes

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!

Beginning May 12th – A 4-week Zumba session with Omoye Cooper. Join Omoye for four weeks of Zumba® in the Ellis Fitness group exercise studio! Zumba® is an exciting and fun aerobic workout set to Latin dance rhythms. All fitness levels are welcome! The class meets on 4 Thursdays: May 12, 19, 26 and June 2, from 4:30-5:15 pm. **Please wear comfortable fitness attire and sneakers and bring a water bottle.**

Sign up on the Ellis Fitness Group Exercise Room door.

60 Minute Vinyasa Yoga Class with Amy Waylett

The focus of this class is to connect your breath with continual movements and flows of yoga poses. After warming up the joints and muscles, the body will maintain movement in seated, standing and balancing sequences. The Vinyasa Yoga class is fun, challenging and provides for an opportunity to destress. The class is suitable for all levels and abilities. Come enjoy some good tunes while you work on building strength and flexibility.

Ellis Fitness Registration Survey Link <https://forms.office.com/r/MDF9T4K7XX>

Email fitness@ellismedicine.org

You must be a member to participate in Ellis Fitness classes.



Ellis Fitness Registration
QR Code

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.**

MVP LIVING WELL PROGRAMS: FREE YOGA at the HARBOR is BACK!

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

MVP Living Well Programs is excited to announce a continuation of our proud partnership with Inner Bliss Yoga to offer free Meditation and Yoga on Sunday mornings, June 5 through August 28th at the Mohawk Harbor Amphitheater, 220 Harborside Drive, Schenectady, NY 12305.

Inner Bliss will be offering instruction for breath techniques (Pranayama) and guided meditation from 8:30-8:50am and Yoga from 9:00-10:00am. Registration is open on our Living Well Program Calendar! Click on or copy and paste the direct link to Harbor Yoga registration:

<https://www.mvphealthcare.com/about-mvp/community-events/details/inner-bliss-yoga-at-the-harbor-6363/>

or scan our QR code to see all of our Living Well Programs!



Capital EAP and AIG Webinars: Healthy ME Qualifying Activities

Webinar format workshops for employees and families.

Nutrition and Stress

June 9 | 12-1 PM

A Registered Dietitian will walk you through how we experience stress, the dangerous health effects of stress, and how real food and decreased stress levels can work together to prevent adverse health effects. The Registered Dietitian will go through several foods that can help mitigate stress levels and improve your quality of life. She will also touch on lifestyle changes outside of just what you eat that can decrease stress levels

improving your health. **Register at:**

https://us02web.zoom.us/webinar/register/WN_XRGP23gfRBSMfIdrvDHH7w

LGBTQIA+ Awareness in the Workplace

June 22 | 12-1 PM

The LGBTQ+ training reviews the basics surrounding sexual and gender identity. It then explores avenues and tactics to make the workplace a safe environment including a discussion about language. The training will have an educational component covering statistics on the LGBTQ+ workplace experience and provide examples of companies who have successfully created true equality and a safe haven for all employees.

Register at:

https://us02web.zoom.us/webinar/register/WN_PT2ZhVQMSkClkyO9wYckkg

Diversity and Cultural Competency

June 14 | 12-1 PM

In this training, participants will gain an increased awareness of diversity as well as increase their ability to value diversity and inclusion in the workplace and our personal lives. Participants will learn how to...

- Define the current definition of diversity and inclusion
- Understand changing viewpoints on diversity
- Apply employee engagement practices
- Handle conflict in the workplace as it relates to diversity issues
- Explore the role of hidden bias and the current demographic trends that demonstrate the reality of diversity.

Discussion will also address sensitivity and awareness of gender issues to promote effective working relationships. We will look at the legal responsibilities for individuals and organizations as well as behaviors, which, while not specifically illegal can cause undue stress and harm.

Register at:

https://us02web.zoom.us/webinar/register/WN_tOSLndYoTQ2sOwKcegENFQ



UPCOMING 2022 HEALTHY ME ACTIVITIES

- Kona Ice Truck-July
- Shape Up, Measure Up-July
- Valley Cats-August



RECIPE CORNER

Chicken Shawarma

Ingredient Checklist

- 2 teaspoons olive oil
- 1 small onion (chopped)
- 1 pound boneless, skinless chicken breasts, all visible fat discarded, cut into 1/2 x 2-inch strips
- 1/2 cup fat-free, low-sodium chicken broth
- 4 medium garlic cloves (minced)
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon ground turmeric
- 1 /2 teaspoon black pepper ((coarsely ground preferred))
- 1/4 teaspoon salt
- 1/2 medium unpeeled cucumber, sliced, and 1/2 medium unpeeled cucumber, chopped, divided use
- 1 medium tomato, sliced, and 1 medium tomato, chopped, divided use
- 2 cups torn romaine lettuce
- 2 tablespoons minced, fresh Italian (flat-leaf) parsley
- 2 tablespoons crumbled, low-fat feta cheese

Chicken shawarma is a garlicky Middle-Eastern dish. While it's often served in a pita, it's equally delicious served on a bed of romaine and topped with cucumbers, tomatoes, and feta. This easy-to-make dish will become a favorite go-to on those extra-busy nights

Nutrition Facts 4 Servings (1 serving equals 3 ounces chicken, 3/4 C vegetables, and 1 1/2 teaspoons feta)
 Calories 202 | Total fat 6g | Sodium 356mg
 | protein 27g | Cholesterol 74mg

Directions

- Heat the oil in the pressure cooker on sauté. Cook the onion for 3 minutes, or until soft, stirring frequently. Add the chicken. Cook the chicken for 4 to 6 minutes, or until lightly browned, stirring frequently. Turn off the pressure cooker.
- Stir in the broth, garlic, cumin, paprika, turmeric, pepper, and salt. Secure the lid. Cook on high pressure for 4 minutes. Quickly release the pressure.
- Arrange as follows on a platter: the sliced cucumber, sliced tomato, and romaine. Using a slotted spoon, place the chicken on the romaine. Top with the remaining chopped cucumber and chopped tomato. Sprinkle with the parsley and feta.



Recipe courtesy of the American Heart Association; heart.org