



## JOIN THE SHAPE UP, MEASURE UP CHALLENGE!

### JULY 11- August 7

The Shape Up, Measure Up Challenge provides guidance, resources and weekly goals for participants. These tools help challenge members make small changes in portion sizes and build on positive habits. Participants will learn nutritional information including:

- Portion vs serving size
- Choosing whole grains
- Hydration
- How to create a healthy plate



### REGISTER: On Passport For Good (P4G)

#### REGISTER ON PASSPORT FOR GOOD (P4G)

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

Learn more on our challenge page! <https://ellishealthyme.org/challenges/2022-shape-up-measure-up-challenge/>

QUALIFYING  
HEALTHY ME  
ACTIVITY



NUTRITIONAL

## ELLIS NIGHT OUT WITH THE VALLEY CATS!



Join Ellis Healthy ME as we cheer on the ValleyCats  
Thursday, August 18 at 6:30 PM- Fireworks to follow!

Request up to **5 FREE grandstand tickets**, pre-loaded with \$5 for the concession, with our survey link:

<https://forms.office.com/r/H9BMmirRHA>

Please only request the number of tickets you will use so that more employees have a chance to attend!

Tickets will be available for pick-up at \*Joe Bruno Stadium the evening of the game at the "Will Call" booth. **Remember, you must**

**pre-order your tickets with our survey link!**

<https://forms.office.com/r/H9BMmirRHA>

If at anytime you need to cancel your tickets, please email

[wellness@ellismedicine.org](mailto:wellness@ellismedicine.org).

QUALIFYING  
HEALTHY ME  
ACTIVITY



SOCIAL | MIND | SPIRIT

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## HEALTHY ME EMPLOYEE APPRECIATION!

Healthy ME wants to show our appreciation to the employees of Ellis Medicine! Enjoy some shaved ice on us! The Kona Ice truck will be making its rounds to:

**Nott Street Campus Tuesday, July 26<sup>th</sup>** | Noon – 2 PM | Rosa Rd.

Parking Lot / Shuttle Drop Off Area

**Bellevue Woman's Center Thursday, July 28<sup>th</sup>** | 11 AM – 12:45 PM |

Employee Entrance at Back of Building

**McClellan Campus Thursday, July 28<sup>th</sup>** | 1 – 3 PM | Loading Dock in

Back of Building

Find nutrition information on all shaved ice options, including their 40% lower sugar and 0% added sugar options on their website, [Kona Ice > Shaved Ice Truck \(kona-ice.com\)](https://www.kona-ice.com)



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## CONGRATULATIONS To Our Simple Savings Challenge Winners!



**Maygen Cardona**

**Randal Hebert**

**Janis Wilson**

**Each won a Nutribullet and Healthy ME swag!**



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### **Follow Healthy ME Online & Win!**

**This month's winner: Ann Marie Nolan**

**Following Us is Easy!!**

**Two Steps:** Go to [ellishealthyme.org](https://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 Core 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 June 14 | 5-weeks of Core Conditioning with Stacie Hebert.** The class meets on Tuesdays, 12:05-12:35pm. **Please wear comfortable fitness attire and sneakers and bring a water bottle. There is no class on July 5<sup>th</sup>.**

**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](mailto: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 and FITNESS CLASS!

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

MVP Living Well Programs is excited sponsor 2 outdoor programs in Sch'dy. Free **Meditation and Yoga** on Sunday mornings with Inner Bliss Yoga. June 5 through August 28th at the Mohawk Harbor Amphitheater, 220 Harborside Drive, Schenectady, NY 12305.

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

Join Jenna Stankus, CSCS of Hardwired Fitness for a free **Strength and Conditioning Class** Wednesdays at 5-5:45pm. Located at SUNY Sch'dy Bikeway entrance on the new MVP Fitness Court (map provided with registration confirmation).

<https://www.mvphealthcare.com/about-mvp/community-events/details/schenectady-fitness-court-strength-and-conditioning-class-6468/>



# Capital EAP and AIG Webinars: Healthy ME Qualifying Activities

Webinar format workshops for employees and families.

## Understanding Anger Behavioral Workshop

July 7 | 5:30 -6:30 PM **NEW TIME**

This training will explore the root, masks, and risks of anger. The training will also focus on effective strategies for managing anger and creative alternatives to anger.

Register at:

[https://us02web.zoom.us/webinar/register/WN\\_VIQi5za8S3-tgO7XXCEsWg](https://us02web.zoom.us/webinar/register/WN_VIQi5za8S3-tgO7XXCEsWg)

## Work-Life Balance

July 13 | 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\\_r7uhbyhBTHeV1emlBZ9IsQ](https://us02web.zoom.us/webinar/register/WN_r7uhbyhBTHeV1emlBZ9IsQ)

## Proper Sleep for Ellis Medicine

July 20 | 12-1 PM

A Registered Dietitian will describe the undeniable connection between our sleep and eating habits. She will walk you through the guidelines regarding how much sleep you need and why they exist, as well as ways to support our bodies into a healthier and more natural sleep. This presentation discusses foods that you can eat to improve your sleep, lose weight, and live a more fulfilling life.

Register at:

[https://us02web.zoom.us/webinar/register/WN\\_WEc6SKTmQ2O1UDcn7PLq8Q](https://us02web.zoom.us/webinar/register/WN_WEc6SKTmQ2O1UDcn7PLq8Q)

## Understanding Personality Disorders

July 27 | 12-1 PM

This session is ideal for anyone interested in the complexities of personality disorders including individuals seeking to explore their own symptoms, family members and friends who support someone with a personality disorder, or professionals seeking professional development and increased understanding in the area of personality disorders.

Register at:

[https://us02web.zoom.us/webinar/register/WN\\_OS1rX69JQoeH-yEGA4yk3g](https://us02web.zoom.us/webinar/register/WN_OS1rX69JQoeH-yEGA4yk3g)

## AIG/VALIC: Risk Management

July 14 | 12-1 PM

Insurance is a necessary component of our financial plan. It is something that we purchase, hoping we'll never need to rely on it. This workshop identifies where we may be at risk and discusses how to protect ourselves at the lowest cost. It discusses health, long-term care, life, and disability insurance.

Register at:

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



## UPCOMING 2022 HEALTHY ME ACTIVITIES

- **Valley Cats-August**
- **Walking Challenge- Fall**



## RECIPE CORNER

# Chicken and Black Bean Tostados with Avocado Cream

### Ingredient Checklist

#### For the Avocado Cream

- 1 small avocado, halved, pitted, and coarsely chopped
- 1/2 cup fat-free or low-fat sour cream
- 2 tablespoons cold water
- 1 tablespoon chopped fresh cilantro OR 1 teaspoon dried cilantro
- 1/2 teaspoon honey

#### For the Black Beans

- 1 15.5-ounce can no-salt-added black beans, rinsed and drained
- 1 tablespoon chopped fresh cilantro OR 1 teaspoon dried cilantro
- 1/2 teaspoon fresh lime juice
- 1/2 teaspoon canola or corn oil

#### For the Chicken Tostadas

- 1/2 cup fresh or frozen corn OR 1/2 cup no-salt-added canned corn, rinsed and drained
- 1 medium Roma tomato, diced
- 3 tablespoons diced red onion
- 1 small jalapeño, seeds and ribs discarded, diced
- 1 medium garlic clove, minced OR 3/4 teaspoon minced jarred garlic
- Pepper to taste
- 4 6-inch corn tortillas
- 4 ounces shredded cooked skinless chicken breast, cooked without salt, all visible fat discarded
- Handful fresh cilantro leaves, coarsely chopped

### Nutrition Facts : Makes 4 servings

**Nutrition per 1 serving** Calories 280 | Total fat 8g | Sodium 199mg | protein 17g | Cholesterol 25mg

Cost per serving \$1.64

### Directions

#### For the Avocado Cream

In a small bowl, stir together the avocado, sour cream, water, cilantro, and honey. With the back of a spoon, mash the mixture until combined and creamy.

#### For the Black Beans

In a food processor or blender, process the beans, cilantro, lime juice, and oil until smooth.

#### For the Chicken Tostadas

Preheat the oven to 350°F.

1. In a small bowl, stir together the corn, tomato, onion, jalapeño, garlic, and pepper.
2. Place the tortillas directly on the oven rack. Bake for 8 to 10 minutes, or until crisp. Transfer to a work surface.
3. Spread the bean mixture on the tortillas. Add the chicken. Spoon the tomato-corn salsa over the chicken. Top with a dollop of the avocado cream. Sprinkle with the cilantro leaves.



Recipe courtesy of the American Heart Association; [heart.org](http://heart.org)