

August 2022

## FOOD AS MEDICINE: Dr. Benita Zahn, Ph.D.

### **Sponsored by the Diversity, Healthy Equity and Inclusion Committee.**

Benita Zahn is a certified Health and Wellness Coach working with clients at Capital Cardiology Associates. She recently achieved National certification- NBC-HWC. Benita spent more than 40 years as a health reporter and news anchor at WNYT in Albany, NY. She covered issues such as wellness, treatment breakthroughs, aging, nutrition, and the latest health care trends. Benita's work has taken her around the world and across the USA.

She covered the aftermath of Hurricane Sandy, Hurricane Katrina, the inauguration of President Obama and both Republican and National Conventions.

Benita has won numerous awards for her work including a NY EMMY, International Radio and Television Award, NYS Broadcasters Award and has been honored by numerous health organizations.

• **Wednesday, August 10 | 12:00 – 1:00 PM**

• **Register with Zoom meeting link:** <https://us02web.zoom.us/meeting/register/tZ0rc-gogTvwHt1GAvNBC6hukYbw86NLzqNS>

QUALIFYING  
HEALTHY ME  
ACTIVITY



NUTRITIONAL



## ELLIS FITNESS

Located in the McClellan Campus, Ellis Fitness offers employees the opportunity to continue or kick-start all their health goals in one convenient location. Stop by to 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!

**Tuesdays 12:05-12:35 PM | Core Conditioning Class with Stacie. Please wear comfortable fitness attire and sneakers and bring a water bottle.**

Yoga with Amy will resume in September.

Members- Look for our Group Exercise Survey **Coming Soon** to your registered Ellis Fitness Email!

**Ellis Fitness Registration Survey Link** <https://forms.office.com/r/MDF9T4K7XX> or scan our QR code | Email [fitness@ellismedicine.org](mailto:fitness@ellismedicine.org)

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



## THE BUTT STOPS HERE!

The Butt Stops Here is a six-week tobacco-cessation program that can help you quit smoking, or help you quit other tobacco products. This award-winning program has helped thousands quit! The program includes a workbook, relaxation CD, and two weeks of free nicotine patches or gum. This session is open to Ellis Medicine employees and to the community. **FREE** for Ellis employees, MVP Members and CDPHP members. Register: [ellismedicine.org/smoking](https://ellismedicine.org/smoking) OR call 518.831.6957.



**September 14 – October 19**  
Wednesdays, 5:00 – 6:00 PM  
McClellan Campus  
First Floor Conference Room

Prefer a virtual program? Join one of our fall virtual sessions **FREE**, with the Virtual Butt Stops Here! Register at [sphp.com/quitsmoking](https://sphp.com/quitsmoking).

**Being tobacco free, or participating in a cessation course, is necessary for credit on your 2022 Wellness Passport!**

## Follow Healthy ME Online & Win!

**This month's winner:** Jessica Touchette, Pharmacy Technician

### Following Us is Easy!!

**Two Steps:** Go to [ellishealthyme.org](https://www.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

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 TROY 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 **FREE Meditation and Yoga** on Sunday mornings with Inner Bliss Yoga. Join us through August 28th at the Mohawk Harbor Amphitheater, 220 Harborside Drive, Schenectady, NY 12305. Register here: <https://www.mvphealthcare.com/about-mvp/community-events/details/inner-bliss-yoga-at-the-harbor-6363/>

**NEW Adirondack Adventure \$20 discount.** Register here: <https://www.mvphealthcare.com/about-mvp/community-events/details/adirondack-adventure-center-voucher-6498/>

**NEW Troy Fitness Court!** MVP Health Care is proud to sponsor 5 weeks of free fitness classes at the new Troy Fitness Court! The Fitness Court is located at Knickerbocker Park, 103rd St & 8th Ave, Troy, NY 12182. Join Certified Personal Trainer, Sarah James- The Balance Beast, for a moderate intensity class with modifications for **ALL** fitness levels! Classes will meet Thursdays at 5:15-6:00 PM on August 11th, 18th, 25th and September 1st and 8th. Please bring water and wear comfortable, breathable exercise clothing! Register here <https://www.mvphealthcare.com/about-mvp/community-events/details/troy-fitness-court-strength-and-conditioning-class/>



Scan our QR code for our on-going Capital Region and virtual classes!

## Capital EAP and AIG Webinars: Healthy ME Qualifying Activities

Webinar format workshops for employees and families.

### Compassion Fatigue: Healing the Helper

**August 4 | 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\\_BQ612qyXSwmnQVcc935pog](https://us02web.zoom.us/webinar/register/WN_BQ612qyXSwmnQVcc935pog)

### Food is Medicine Behavioral Workshop

**August 23 | 12-1 PM**

A Registered Dietitian will walk you through the conditions that a healthy lifestyle can prevent and how to prevent them. From chronic inflammation to Type-II Diabetes we will teach you how food can act as a form of medicine. She will explain how and why these illnesses appear; then she will offer hope, listing foods that can prevent and often reverse some of these conditions. This presentation will truly open you to the enormous power of real food in helping us all stay healthy.

Register at:

[https://us02web.zoom.us/webinar/register/WN\\_gdwXIAWgTfai\\_90orpw4Gg](https://us02web.zoom.us/webinar/register/WN_gdwXIAWgTfai_90orpw4Gg)

### Understanding Substance Use Disorders

**August 31 | 12-1 PM**

This training is designed to help its viewer understand the basics of Substance Use Disorder and break down some of the stigma that is associated with substance use. There is also a very brief overview of different types of substances and how they are typically administered. Different types of treatment for those living with a Substance Use Disorder are also explained, along with steps one can take to help a loved one or peer with a Substance Use Disorder.

Register at:

[https://us02web.zoom.us/webinar/register/WN\\_v1PVxbZbT7Spp8wUyFHe\\_g](https://us02web.zoom.us/webinar/register/WN_v1PVxbZbT7Spp8wUyFHe_g)

### AIG/VALIC: Cash Management

**August 11 | 12-1 PM**

The dream of financial independence during retirement is a common one. The key is preparation. Preparing for future financial freedom begins today, with a candid analysis of your financial situation. This course covers basic cash management disciplines and credit management tips.

Register at:

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdlt5PAW8bHN0WR13QvyD3qPEzGMip+p+0m52gQjY=&AvlSeats=True>



### UPCOMING 2022 HEALTHY ME ACTIVITIES

- **Valley Cats - August 18**
- **Walking Challenge - September**



## RECIPE CORNER

### Luscious Avocado-Strawberry Salad With Toasted Pine Nuts

#### Ingredient Checklist

- 1 ripe avocado, halved, pitted, and cut into chunks
- 1 cup strawberries (hulled and cut into ½ inch-thick slices)
- 2 tablespoons raspberry vinegar
- 2 cups bite-sized pieces of arugula or watercress
- Juice of 1 lemon or lime
- 1 tablespoon extra virgin olive oil, walnut oil or hazelnut oil
- 2 tablespoons toasted pine nuts
- 2 teaspoons honey
- Salt and pepper to taste

#### Directions

Combine avocado with lemon juice in a nonreactive large bowl. Add berries, oil, vinegar, honey, salt, and pepper and combine well. Serve over a bed of arugula or watercress on each of the four plates. Garnish with pine nuts.



#### Nutrition Facts | Vegetarian

Makes 4 servings

Serving Size ¼ recipe

Amount per serving:

Calories 160, fat 12g, Sodium 10mg,

Carbohydrate 14g, protein 2g, Cholesterol 0mg

Recipe provided by Diabetes Food Hub <https://www.diabetesfoodhub.org/recipes/luscious-avocado-strawberry-salad-with-toasted-pine-nuts.html>

## The Healthy ME Walking Challenge is coming in September!

Find your team of 4 or let us find a team for you. Registration will be open on the Passport For Good. Watch for communications!



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SOCIAL | MIND | SPIRIT  
or PHYSICAL