



61 DAYS UNTIL 2022 WELLNESS PASSPORTS ARE DUE!

September 2022

2022 HEALTHY ME WALKING CHALLENGE

THE GREAT OUTDOORS: Track Your Treks

September 12th through October 9th

- Captains build your team of 4 on Passport 4 Good (P4G).
- Each Walker tracks their own steps –Daily or Weekly in P4G.
- Fun & Friendly competition between coworkers and teams!
- **No Team?** No worry! You can still Join & we will find you one.

**Prizes for Most steps!
Random raffles!
Best team name (vote)!**

SET YOUR GOAL FOR TO REACH ONE OF OUR PARKS!

- ❖ **Niagara Falls State Park, NY:** 285 miles | **5,047** per Teammate* (56,5298 total)
- ❖ **Sky Meadows State Park VA:** 400 miles | **7,084** per Teammate* (79,3400 total)
- ❖ **Aroostook State Park, ME:** 493 miles | **8713** per Teammate* (97,5882)
- ❖ **Oak Grove Lake Park, VA:** 598 miles | **10590** per Teammate* (1,186,133 total)
- ❖ **Cliffs of the Neuse, NC:** 681 miles | **12060** per Teammate* (1,350,764 total)
- ❖ **The Arboretum, KY:** 758 miles | **13,424** per Teammate* (1,503,493 total)
- ❖ **Tahquamenon Falls, MI** 848 miles | **15,018** per Teammate* (1,682,008 total)

**Approximate average steps per day per Teammate*

THREE WAYS TO REGISTER YOUR TEAM BY September 9th

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



We want to see you! Please send team or individual walking photos to

wellness@ellismedicine.org for posting on

<https://ellishealthyme.org/challenges/2022-healthy-me-walking-challenge/>





ELLIS FITNESS New Class Schedule will be posted soon!

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.

New curl bar in the free weight section!

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

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



SMOKING AND DIABETES



You may have heard that the number of people living with diabetes has increased steadily in recent years, fueled in part by the notable rise in obesity. But did you know that **smokers have a 30 to 40 % higher risk of developing diabetes** than non-smokers, and that the risk of diabetes increases with the number of cigarettes smoked per day?

Another important fact: while approximately 30 million people in the US have been *diagnosed* with diabetes, it is estimated that one in four people are unaware of their condition.

Diabetes is a disease that causes blood sugar levels in the body to be too high. Research has shown that when people with type 2 diabetes – also known as adult-onset diabetes – are exposed to high levels of nicotine, insulin (the hormone that lowers blood sugar) is less effective. In other words, people with diabetes who smoke need *larger doses* of insulin to control their blood sugar.

Smokers with diabetes are also more likely to have serious health problems, including:

- Heart and kidney disease
- Poor blood flow in the legs and feet that can lead to foot infections and ulcers
- Peripheral neuropathy (damaged nerves in the legs that cause numbness and pain)
- Retinopathy (an eye disease that can lead to blindness)

Quitting is hard, but people with diabetes who quit are better able to manage their blood sugar levels. And the benefits of quitting start right away! Additionally, speak with your health care provider. Research shows that when clinicians discuss tobacco use and offer patients treatment and support, it increases the likelihood of success by 30%. Even brief discussions – lasting less than three minutes – are effective!

St Peter's Health Partners offers a free smoking cessation program – called the *Butt Stops Here* -- that has helped thousands of smokers achieve their goal of a smoke-free life. It offers group support, education, coaching and supplies, including assistance in obtaining a no- or low-cost supply of nicotine replacement supplies, such as patches and gum. **Groups meet once a week (virtual Zoom meetings) over the course of seven weeks. Each group session lasts one hour.**

Groups are available on different days of the week and at various times throughout the day ([virtual meetings](#)). New groups start in September and October! To register, or for more information, visit <https://www.sphp.com/health-and-wellness/community-wellness-programs/the-butt-stops-here>.

Prefer an in-person 6-week program? FREE for Ellis employees, MVP and CDPHP members. September 14 - October 19 | 5:00 – 6:00 PM McClellan Campus First Floor Conference Room. Register at ellismedicine.org/smoking OR call 518.831.6957

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: **Linda Greenman**

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 to **extend FREE Meditation and Yoga on Sunday mornings with Inner Bliss Yoga through September 25!** Join us 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 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 at anytime throughout the series: <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 fall 2022 classes!

Capital EAP and AIG Webinars: Healthy ME Qualifying Activities

Webinar format workshops for employees and families.

Suicide Prevention and Awareness

September 7 | 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. You will also develop communication strategies to engage someone who may be at risk and where to go for help. If you are 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_D8VdmQQcRwSiNGXc8sLlmw

Revamping Self Care

September 28 | 12-1 PM

You will learn to identify healthy versus unhealthy self-care activities that will affect your physical, psychological, and emotional aspects. Revamping self-care will help to clarify the purpose of engaging in self-care activities, as well as to understand the myths and misconceptions of self-care

Register at:

https://us02web.zoom.us/webinar/register/WN_jigJDi5JSa--weoeUrUJEw

Seated Serenity

September 14 | 5:30 – 6:30 PM NEW Time

During this workshop, you will have the opportunity to learn breathing techniques, basic stretching and will be guided through a flow which includes using the combination of breathing and stretching poses while using the chair for support and balance. You will leave with the knowledge of how to promote a personal sense of calm for both your mind and body.

Register at:

https://us02web.zoom.us/webinar/register/WN_iL1HozgKTQiETzKqyxEQkg

AIG Retirement Services Plan for 100

September 8 | 12-1 PM

While living a long life was once relegated to a lucky few, today it's increasingly becoming the norm, thanks to medical advances and healthier lifestyles. As you think about your future and plan for retirement, it's important to recognize that life expectancy is a mid-point, not an end-point.

Register at:

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nf8mdlT5PAW8bHN0WR13QvyD3qPEzGMipp+0m52gQjY=&AvlSeats=True>



**QUALIFYING
HEALTHY ME
ACTIVITY**

UPCOMING 2022 HEALTHY ME ACTIVITIES

- **Passports DUE! October 31, 2022**
- **Month in Motion**



RECIPE CORNER

Easy Lentil Soup

Ingredient Checklist

- 2 tablespoons olive oil or cooking oil
- 1 large red, yellow, or white onion (chopped)
- 3 carrots (finely diced)
- 3 garlic cloves (minced)
- 2 cups lentils (1 pound, rinsed)
- 1 can diced tomatoes (14 1/2 ounce can)
- 8 cups low-sodium vegetable or chicken broth (2 quarts)
- 1 bay leaf
- 1/4 teaspoon red pepper flakes
- 1 teaspoon salt
- 1 teaspoon black pepper



Directions

1. Sauté onions, carrots, red pepper flakes, and garlic in oil until soft.
2. Add tomatoes, bay leaf, salt and pepper and stir well.
3. Add rinsed lentils and broth and simmer until lentils are soft, about 30 minutes. Keep checking lentils until they are done.

Makes 10 servings

Serving Size 1/10 recipe

Amount per serving:

Calories 202, fat 4g, Sodium 353mg,

Carbohydrate 29g, protein 14g, Cholesterol 0mg

Recipe provided by [MyPlate](https://www.myplate.gov) | U.S. Department of Agriculture

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/easy-lentil-soup>



Looking for healthy foods to feed your family? Check out the American Heart Association's Heart-Check Certified Foods! This is product list (updated monthly) which includes products that meet the Heart-Check Food Certification Program Nutrition Requirements!

<https://www.heart.org/en/healthy-living/company-collaboration/heart-check-certification/heart-check-in-the-grocery-store/certified-foods-in-the-grocery-store>.