

## 2022 Wellness Passports are DUE October 31, 2022



## 2022 WELLNESS PASSPORT 4 GOOD

October 31, 2022, is the deadline to complete the 7 metrics on the 2022 Ellis Healthy ME Passport/Passport 4 Good and qualify for up to 15% off your 2023 Ellis Health Insurance Premium!

Learn everything you need to know by visiting the Passport Tab on the Ellis Healthy ME website:

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

Do you need help with your MVP online Personal Health Assessment or the Passport 4 Good? Check out our Passport Assistance Schedule below.

### WELLNESS PASSPORT ASSISTANCE SCHEDULE

Ellis Hospital Cafeteria	MSHC HR Conference Room	Bellevue Cafeteria	Clifton Park Conf. Room	Center City Conf. Room
Monday Oct 3 11:30am-1:30pm	Tuesday Oct 4 12:30pm-2pm	Thursday Oct 6 11:30am-1:30pm	Friday Oct 14 11:30am-1:30pm	Monday Oct 10 11:30am-1:30pm
Tuesday Oct 11 8:30 am-10:30am	Wednesday Oct 12 2pm-4pm	Thursday Oct 13 11:30am-1:30pm		
Monday Oct 17 2pm-4pm	Tuesday Oct 18 12:30-2:30pm	Thursday Oct 27 11:30am-1:30pm		
Wednesday Oct 26 11:30am-1:30pm	Wednesday Oct 26 2:00-4:00pm			

#### How to Access your 2022 Healthy ME Passport on Passport For Good:

Go to [www.p4g.app/Ellis](http://www.p4g.app/Ellis)

Enter your [Ellis](#) email address

Password is your **Birth Month, Birth Day & Last Name** (no capitals or spaces) **le.0131smith**

(Use above password, unless you previously updated it, if you do not recall what you changed your Password to, click "forgot password")

Problems getting in? Email [wellness@ellismedicine.org](mailto:wellness@ellismedicine.org) for help.



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!

## NEW Group Exercise Class Schedule

Members-Check your email for registration links. No registration is necessary for Core Class.

**Tuesdays 12:05-12:35 PM through October 18 | Core Conditioning Class**

**Tuesdays 5:00-5:45 PM through October 25 | Beast Strong Interval Class**

**Wednesdays 5-6 PM October 5-November 2 | Vinyasa Yoga**

**Thursdays 5:00-5:45 PM through October 27 | Beast Strong Strength Building Class**

Please wear comfortable fitness attire and sneakers and bring a water bottle.

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 Ellis Fitness member winners of  
the Group Exercise Survey Raffle  
Fitness Swag Pack are:

Tatiana Mazur  
Ralitsa Gencheva  
Lisa Rendina

**Congratulations!**



## Follow Healthy ME Online & Win!

**This month's winner: Dede Hildreth**

**Following Us is Easy!!**

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

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.**

**Do you need last minute wellness activity credit for your 2022 Passport 4 Good? ALL EAP/AIG and MVP Living Well Programs qualify!**



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

Webinar format workshops for employees and families.

### Preventing and Coping with Burnout

**October 5 | 5:30-6:30 PM** This class will cover the basic This workshop will help participants understand what burnout is and how to identify it in their own lives. Participants will learn various techniques to prevent burnout from happening and will gain strategies they can use to cope with it.

Register at:

[https://us02web.zoom.us/webinar/register/WN\\_D1i19JUYRYWyrNY3X-Ks1A](https://us02web.zoom.us/webinar/register/WN_D1i19JUYRYWyrNY3X-Ks1A)

### Chill Out! Identifying and Calming Childhood Anxiety\*NEW Training

**October 12 | 12-1 PM** This training will help participants learn how to identify anxiety in children. Participants will learn common triggers for childhood anxiety, the impact it has on children, and ways to support those struggling. Participants will also learn about the common interventions used to treat their children and/or students.

Register at:

[https://us02web.zoom.us/webinar/register/WN\\_B5dBy0B6TgeZQS3Srth0Fw](https://us02web.zoom.us/webinar/register/WN_B5dBy0B6TgeZQS3Srth0Fw)

### General Capital EAP Benefits Overview

**October 26 | 12-1 PM**

This workshop will walk members through the wide variety of benefits that they have available to them; from nutrition guidance, to legal aid, mental health supports, and so much more! Members will leave this workshop with knowledge of an overview of their free benefits, when they might come in hand, and how to use them.

Register at:

[https://us02web.zoom.us/webinar/register/WN\\_u2Gip3mLTfaUW026-uS88w](https://us02web.zoom.us/webinar/register/WN_u2Gip3mLTfaUW026-uS88w)

### AIG Retirement Income Strategies

**October 20 | 12-1 PM**

Have you considered how you will manage all the risks associated with retirement? What if you couldn't pay for food, housing or fuel? What if you couldn't pay for medical expenses? If you're wondering about these or other issues, join us for this educational workshop. In this workshop, you will learn about:

- The new retirement realities
- The five risks of retirement
- Essential income planning

Register at:

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdlt5PAW8bHN0WR13QvyD3qPEzGMi pp+0m52gQjY=&AvlSeats=True>

## MVP LIVING WELL PROGRAMS:

MVP Living Well Programs are open to ALL employees (Ellis health insurance members and non-members). Copy and paste our link into your browser to register!

### Mental Health Association in NYS: The Practice of Self-Care Webinar

**November 1 | 12-1 PM**

In partnership with the Mental Health Association in New York State (MHANYS). The practice of self-compassion is a skill that can be developed. The relationship we have with ourselves influences all our other relationships and is central to our wellbeing. This training provides a framework for practicing three components of mindful self-compassion that assist in managing wellbeing.

Register at:

<https://www.mvphealthcare.com/about-mvp/community-events/details/the-practice-of-self-compassion-for-mental-health-6470/>



Scan our QR code for our on-going Capital Region and virtual fall 2022 classes!

## TASTY LOW SODIUM CHILI



### Ingredients

- 1 lb. lean ground beef
- 1 can no-salt-added pinto beans
- 1 can no-salt-added kidney beans
- 1 can low-sodium crushed tomatoes
- 1 can low-sodium tomato puree
- 4 teaspoons oregano
- 4 tablespoons paprika
- 2 tablespoons garlic powder
- 1 tablespoon onion powder
- 2 teaspoons Tabasco sauce
- 1/4 teaspoon salt
- 1 1/2 teaspoons black pepper
- 1 teaspoon cayenne pepper
- 2 teaspoons ground cumin
- 2 teaspoons minced garlic
- 1 1/2 cups chopped onions
- 1 1/2 cups chopped green peppers

### Directions

1. Brown ground beef, rinse under water.
2. Saute peppers, onion and garlic on stove top with a little olive oil in a pan.
3. Mix ground beef, peppers, onions and remaining ingredients in crock pot.
4. Let cook at low heat for 4- 8 hours.

### Nutrition Information

#### Serves 8

Serving size: 1/8 recipe or 137 grams  
 Calories 148.1, Fat 6.4 g,  
 Carbohydrate 10.5 g. Protein 13.3 g,  
 Sodium 128.7 mg

Recipe found on Food.com: <https://www.food.com/recipe/tasty-low-sodium-chili-17226>

**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>.

