



WELLNESS NEWSLETTER

A MONTHLY COMMUNICATION FOR ALL ELLIS MEDICINE EMPLOYEES

November 2022



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!

EXTENDED Group Exercise Class Schedule through December 15th

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

Tuesdays 12:05-12:35 PM November 8-December 13 | Core Conditioning Class

Tuesdays 5:00-5:45 PM through December 13 | Beast Strong Interval Class

Wednesdays 5-6 PM through December 14 | Vinyasa Yoga

Thursdays 5:00-5:45 PM through December 15 | 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. Members can walk-in for class and register onsite by scanning the class QR codes on our Ellis Fitness bulletin board.



Ellis Fitness
Registration QR
Code

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

Run, Walk, Volunteer Cardiac Classic

Join us for our 40th annual Cardiac Classic on Thanksgiving morning, November 24 at Central Park, Schenectady! Registration is now open!

When: Thursday, November 24, 2022 (Thanksgiving Day)

8:00 a.m. 2 Mile Wellness Walk

9:00 a.m. 5K Race - (pre-registration is required)

9:45 a.m. Awards Ceremony

10:00 a.m. 1 Mile Kids' Fun Run

Where: Central Park, Schenectady

Cost: \$20 per Wellness Walker

\$25 per 5K runner until 10/24

Register Now!

Free: Kids' Fun Run

Volunteers: Are needed and welcome! Click here to see a listing of volunteer opportunities and register to help.

Questions: Call The Foundation for Ellis Medicine at 518.243.4600 or [email.schmitzr@ellismedicine.org](mailto:schmitzr@ellismedicine.org)

Visit <https://www.ellismedicine.org/cardiac-classic/> to register!



Follow Healthy ME Online & Win!

This month's winner: Casey Stearns

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!

Capital EAP and AIG Webinars: Healthy ME Qualifying Activities

Webinar format workshops for employees and families.

Seasonal Affective Disorder (SAD)

November 3 | 5:30-6:30 PM Participants will learn the common symptoms of SAD, theories for why it happens, as well as treatments that can be effective. Anyone concerned that they may suffer from this type of seasonal depression will leave with a plan for improving their symptoms to help them feel better throughout the year. **Register at:**
https://us02web.zoom.us/webinar/register/WN_KbrchxnFR9GGU9YWmcPxSQ

How to Set and Enforce Boundaries

November 10 | 12-1 PM

In this training you will walk away with a definition of what boundaries are and will learn about different types of boundaries. You will also be provided strategies to help you enforce and maintain boundaries, both in your personal life and at work. You will also learn what to do if someone accuses you of breaking their personal boundaries. Ultimately, you will learn about the importance and benefit of setting and keeping personal and workplace boundaries.

Register at:

https://us02web.zoom.us/webinar/register/WN_RM8kU_r7Rhecqz-fuhbUFQ



Emotional Eating with Kelly's Choice

November 17 | 12-1 PM

A Registered Dietitian will walk you through the different types of emotional eating, reasons why we do it, and suggestions to avoid these behaviors. She will discuss the science behind emotional eating which will show you that you are not alone and that you have the power to change. This presentation ends with actionable steps that you can take to improve your eating habits. This presentation is sure to motivate you to take control of your life, stress levels, and nutrition. **Register at:**
https://us02web.zoom.us/webinar/register/WN_1viE4t9S92JT0ZeV7UA9w

Navigating Student Loan Debt

November 17 | 12-1 PM

If you are one of many Americans burdened by student loan debt, there are programs that can assist, lessen, or even eliminate that debt. There is no denying the importance of education in helping improve lives - both personally and financially. Education is essential to remain competitive in an ever-developing world, but attaining an education can be very expensive. It is usually expected that at least a portion of a higher education will be financed through a student loan or other forms of borrowing. But that debt could become a huge financial liability even many years after graduation.

Register at:

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

Thursday, November 17th is the GREAT AMERICAN SMOKEOUT! Butt Stops Here Tobacco Cessation Programs

The Virtual Butt Stops Here program is a **FREE** 7-week tobacco cessation program made possible through a collaboration of several community health partners, including Ellis Medicine and MVP Health Care. Participants will learn about nicotine addiction, nicotine replacement therapies, stress management and coping techniques, share experiences and goals, and utilize a private, online social support network to aid in their tobacco cessation. Register for upcoming **2022** sessions through the **MVP Living Well Programs link: MVP Living Well Programs Calendar here: [Live a Healthy Lifestyle | MVP Health Care](#)**

Are you ready to quit for a day? Visit one of our Great American Smokeout 30-minute drop-in sessions:

- 12:00 PM on November 17th
- 12:30 PM on November 17th

Learn more or register on St. Peter's Health Partner's website: <https://www.sphp.com/health-and-wellness/community-wellness-programs/the-butt-stops-here>

Registration remains open for up to three weeks after the first session.

- Wednesday, 11/30/22-1/11/22 at 7pm

Join John White, BS, RRT for an **in-person** program offered at the McClellan Campus 1st Floor Conference Center on 6 consecutive Wednesdays, November 9-December 14 | 5:00-6:00 PM! Call 518.831.6957 to register!

ROASTED SWEET POTATOES WITH HONEY AND CINNAMON



Ingredients

- 4 sweet potatoes, peeled and cut into 1-inch cubes
- 1/4 cup extra-virgin olive oil, plus more for drizzling potatoes after cooked
- 1/4 cup honey
- 2 teaspoons ground cinnamon
- Salt and freshly ground black pepper

Nutrition Information 4 servings

Serving size: 1/4 recipe
 Calories 304, Fat 15 g,
 Carbohydrate 41 g, Protein 2 g,
 Sodium 216 mg, Dietary Fiber 5 g,
 Cholesterol 0 g

Directions

1. Preheat oven to 375 degrees F.
2. Lay the sweet potatoes out in a single layer on a roasting tray.
3. Drizzle the oil, honey, cinnamon, salt and pepper over the potatoes.
4. Roast for 25 to 30 minutes in oven or until tender.
5. Take sweet potatoes out of the oven and transfer them to a serving platter.
6. Drizzle with more extra-virgin olive oil.

A healthier version than traditional holiday sweet potatoes!

Recipe found on Food Network:

<https://www.foodnetwork.com/thanksgiving/photos/healthy-thanksgiving-recipes>

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>.



MVP LIVING WELL PROGRAMS:

MVP Living Well Programs are open to ALL employees (Ellis health insurance members and non-members).
 Upcoming fall virtual offerings:

- One Pot Mexican Cooking | November 9 (virtual)
- Bone Health | November 15 (virtual)

Scan our QR code or copy and past our link

<https://www.mvphealthcare.com/members/health-and-wellness/healthy-lifestyle/> into your browser to register for all classes!

