



ELLIS MEDICINE
Helping me be a
HEALTHY ME

WELLNESS NEWSLETTER

A MONTHLY COMMUNICATION FOR ALL ELLIS MEDICINE EMPLOYEES

January 2023



HAPPY NEW YEAR!

2023



ELLIS FITNESS UPDATES



Ellis Fitness Hours Monday through Friday | 6:00 AM – 8:00 PM
Saturday | 8:00 AM – 7:00 PM
Sunday | 8:00 AM – 5:00 PM

Ellis Fitness QR Code

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!

Ellis Fitness Anyone Can Tri Triathlon January 16-March 5

Are you-

- looking for a new, exciting exercise challenge in 2023?
- curious about trying multi-sport events but don't know where to start?
- liking the idea of someone else planning your workouts for 5 weeks?

If you answered "yes" to any of the above questions, the Anyone Can Tri Triathlon is for you!

The Ellis Fitness Anyone Can Tri Triathlon consists of 3 indoor events:

1. A 500-meter row on the Concept 2 Rower
2. Dragon Fire 5-mile ride on the Espresso Bike
3. 1.5-mile walk, jog or run on a Precor treadmill

You must be a member of Ellis Fitness to participate in the Anyone Can Tri Triathlon! Members have received all the information and FAQs in their Ellis Fitness registered e-mail. You can also find information on our Ellis Fitness white board inside the facility.

NEW 2023 Group Exercise Class Schedule

Members-Check your Ellis Fitness email for registration links or use the registration QR codes located inside Ellis Fitness on the white board!

Mondays 5-6 PM Beginning January 9 | Vinyasa Yoga with Amy

Tuesdays 5:00-5:45 PM Beginning January 10 | Beast Strong Interval Class with Sarah

Wednesdays 5-5:45 PM January 18- February 15 | Zumba with Annie – please note this is the week after Vinyasa Yoga and Beast Strong begin.

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

Capital EAP and AIG Webinars:

Webinar format workshops for employees and families.

De-Stress For Work Success

January 4 | 5:30-6:30 PM

This workshop will teach participants the effect of stress on the mind and the body, how to cope with stress using breathing techniques, and mindfulness to promote energy and concentration at work. This program also includes simple stretches that may be used at work. It will end with a short, guided meditation to promote tension release and relaxation.

Register at:

https://us02web.zoom.us/webinar/register/WN_pqtOkqMFSnSzH3WrRo1rTg

Reducing Stress Through Self-Care

January 25 | 12-1 PM

Participants will learn what self-care is, and how a failure to take care of oneself in one area can affect them in another area. A Self-Care Assessment Tool will be given to you to help you identify self-care strategies in the following areas: physical, psychological, emotional, spiritual and professional.

Register at:

https://us02web.zoom.us/webinar/register/WN_yzb92LGNQ2OsoG4u-yT--w

Promoting Kindness and Compassion in the Workplace

January 12 | 12-1 PM

This training is intended to create a kinder and more compassionate workplace. Participants will first learn about different types of workplace cultures and gain a deeper understanding on how workplace culture can have a direct influence on workplace attitudes and how we treat each other within our workplace. Participants will also gain insights on ways to become a more compassionate employee and ways to inspire compassion in others.

Register at:

https://us02web.zoom.us/webinar/register/WN_RaQexz6cQiamDLXCxhR58g



Follow Healthy ME Online & Win!

This month's winner: Michele Kennedy-Santiago

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!

UPCOMING 2023 HEALTHY ME ACTIVITIES

- 2023 Passport For Good
- 2022 Healthy ME survey
- Month in Motion



Virtual Butt Stops Here Tobacco Cessation Programs

What's your reason to quit smoking? Pets? Family? Opportunities?

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 **2023** sessions through the St Peter's Health Partners:

<https://www.sphp.com/health-and-wellness/community-wellness-programs/the-butt-stops-here>



FOUR sessions available in January

- Tuesdays - Jan 10 to Feb 21, 7pm (VIRTUAL)
- Wednesdays - Jan 11 to Feb 22, 12pm (VIRTUAL)
- Thursdays, Jan 12-Feb 23, 7pm (VIRTUAL)
- Wednesdays, Jan 18-Mar 1, 7pm (VIRTUAL)

Being Tobacco Free OR Participating in a Tobacco Cessation Course is a required metric on your 2023 Passport 4 Good!

NEW MVP LIVING WELL PROGRAMS in 2023! FREE and OPEN TO ALL (MVP members and non-members)



To register, copy and paste links into your browser or scan our QR code

Creating a Wellness Mindset

Wednesday, 2/22, 12-1pm

In partnership with the Mental Health Association in New York State (MHANYS). A sense of wellbeing is the integration of body, mind, and spirit; This training provides a framework for how to create a 'wellness mindset' that will support the practice of continuous self-care.

To Register: <https://www.mvphealthcare.com/about-mvp/community-events/details/creating-a-wellness-mindset-6798/>

Breast Health Workshops

In partnership with To Life! Learn about lifestyle and risk factors that affect breast health and disease development, as well as screening guidelines, insurance coverage, genetic testing and more.

Session 1 | Wednesday, 1/25, 12-12:45pm

To Register: <https://www.mvphealthcare.com/about-mvp/community-events/details/breast-health-workshop-6720/>

Session 2 | Wednesday, 3/8, 12-12:45pm

To Register: <https://www.mvphealthcare.com/about-mvp/community-events/details/breast-health-workshop-6721/>

Mediterranean Cooking Class

Friday, 1/13, 12-1pm

In collaboration with Cornell Cooking Cooperative. Join us for a cooking demonstration highlighting heart-healthy Mediterranean dishes.

To Register: <https://www.mvphealthcare.com/about-mvp/community-events/details/mediterranean-cooking-class-6712/>

Stress Less in 2023: Relaxation Methods That Work!

Try them all!

To keep stress at a minimum and reduce its effects on your life, research shows it is helpful to find and practice healthy ways to manage it.

Take a breath: Start by sitting up straight. Breathe in so your rib cage expands, and then breathe out slowly. Breathing in this way relaxes muscles. This helps to reduce tension. It also reduces the likelihood of muscle and back pain.

You can focus on a word, a mantra, or even your breath by focusing on your nostrils. Feel the breath coming in and going out. What you're trying to do is put the focus on something other than your problems. Do this for 10 to 20 minutes, twice a day.

Relax slowly: Sit or lie down, if you can, and close your eyes. Starting at your head, tense your face by clenching your teeth and furrowing your brow. Hold the tension for 5 seconds, then release it. Next, tense your shoulders by bringing them up to your ears. Hold for 5 seconds, then release. Tense your arm muscles and hold for 5 seconds, then release. Continue to tighten and release each group of muscles in your body until you reach your toes. Focus on the warmth and heaviness of your body as you relax. Breathe gently for a few moments, and then open your eyes.

Visualize: Sit or lie down and close your eyes. For 5 to 10 minutes, imagine you're in a place you love. This may be the beach, the mountains, or the house you grew up in. Breathe slowly and deeply as you imagine what you see, feel, hear, taste, and smell in your special place.

Be patient: Be patient with yourself and with this process. It's important to find a method that works for you on an ongoing basis, not just when your life is out of control. Doing this regularly can give you a place of calm to return to when the going gets rough.

Source: EAP Premium

20-Minute Chicken Creole

Heart healthy recipe

This Creole-inspired dish uses chili sauce and cayenne pepper to spice it up. Tomatoes, green pepper, celery, onions and garlic spices also surround the chicken with delicious color. This main dish can be cooked on the stovetop or with an electric skillet.



Ingredients

- 1 tablespoon vegetable oil
- 2 chicken breast (whole, skinless, boneless)
- 1 can diced tomatoes (14 1/2 oz., with juice)
- 1 cup chili sauce
- 1 green pepper (chopped, large)
- 2 celery stalk (chopped)
- 1 onion (chopped)
- 2 garlic clove (minced)
- 1 teaspoon dried basil
- 1 teaspoon parsley (dried)
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt

Directions

1. Heat pan over medium-high heat (350 degrees in an electric skillet). Add vegetable oil and chicken and cook until the chicken reaches an internal temperature of 165°F (3-5 minutes).
2. Reduce heat to medium (300 degrees in electric skillet).
3. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt.
4. Bring to a boil; reduce heat to low and simmer, covered for 10-15 minutes.
5. Serve over hot, cooked rice or whole wheat pasta.
6. Refrigerate leftovers within 2 hours.

Nutrition information

1 serving = 1/8 of recipe (makes 8 servings)

76 calories, Protein 8 g, Fat 3 g, Carbohydrates 6 g Cholesterol 0 g, Sodium 251 mg, Dietary Fiber 2 g

Source: www.myplate.gov

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/20-minute-chicken-creole>