



Healthy ME Month in Motion Challenge

February 13th- March 12th

Join Month In Motion because it:

- helps keep exercise on your mind
- introduces you to new exercises
- gives you strategies for fitting exercise into your day
- offers reasonable and attainable daily goals

PARTICIPATE

- Each week, participants will receive an email with that week's Month in Motion Activities.
- Check-in all Four Weeks in Passport For Good (P4G) to qualify for prizes & credit for your Physical Healthy ME Activity!!

PRIZES

Raffle prize entries for all who complete the challenge! Prizes include: Instant pots, Fit Bits, Healthy ME swag and more!

TWO WAYS TO REGISTER by February 12th



1. Scan QR Code and add your login
- OR**
2. Log into www.p4g.app/Ellis and Scroll down to **Your Active Groups**
 - Select **Join More Groups**
 - Click

Join A Group

ELLIS FITNESS UPDATES

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 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 Registration
QR Code

2023 Group Exercise Class Schedule-Rolling Class Registrations-Register ANY Time!
Members-Check your Ellis Fitness email for registration links or use the registration QR codes located inside Ellis Fitness on the white board!

Tuesdays 5:00-5:45 PM | **Beast Strong Strength Class with Sarah**
Wednesdays 5-5:45 PM January 18- February 15 | **Zumba with Annie**

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 to have class flyer pdf with links sent to you.

February is Heart Health Month!

National Wear Red Day is Friday, February 3, 2023.

Here are 10 other facts you need to know about women and cardiovascular disease:

1. Cardiovascular disease kills more women than all forms of cancer combined and yet only 44% of women recognize that cardiovascular disease is their greatest health threat.
2. Among females 20 years and older, nearly 45% are living with some form of cardiovascular disease and less than 50% of women entering pregnancy in the United States have good heart health.
3. Cardiovascular disease is the No. 1 killer of new moms and accounts for over one-third of maternal deaths. Black women have some of the highest maternal mortality rates.
4. Overall, 10% to 20% of women will have a health issue during pregnancy, and high blood pressure, preeclampsia and gestational diabetes during pregnancy greatly increase a women's risk for developing cardiovascular disease later in life.
5. Going through menopause does not cause cardiovascular disease, but the approach of menopause marks a point in midlife when women's cardiovascular risk factors can accelerate, making increased focus on health during this pivotal life stage is crucial.
6. Most cardiac and stroke events can be prevented through education and lifestyle changes, such as **moving more, eating smart and managing blood pressure.**
7. 51.9% of high blood pressure deaths, otherwise known as hypertension or the "silent killer," are in women, and out of all women, 57.6% of Black females have hypertension — more than any other race or ethnicity.
8. While there are an estimated 4.1 million female stroke survivors living today, approximately 57.5% of total stroke deaths are in women.
9. Women are often less likely to receive bystander CPR because rescuers often fear accusations of inappropriate touching, sexual assault or injuring the victim.
10. Women continue to be underrepresented in Science, Technology, Engineering and Math (STEM) fields, as well as in research. In fact, women occupy nearly half of all U.S. jobs (48%), but only 27% of jobs in STEM fields. Furthermore, only 38% of participants in clinical cardiovascular trials are women.



February 3, 2023

Source: <https://www.goredforwomen.org/en/about-heart-disease-in-women/facts>

Quitting smoking is the best thing a smoker can do for their health! Start your quit journey by registering for the Virtual butt Stops Here TODAY!

Virtual Butt Stops Here Program (VBSH):

With the cooperation of many regional partners, including, Ellis Medicine, MVP Health Care and St. Peters, a virtual version of the Butt Stops Here has been in operation for nearly two years! The VBSH follows the same format as the in-person BSH in that there are weekly, one-hour sessions that run for 7 consecutive weeks at a specific time and date.

Register/More Info: www.sphp.com/quitsmoking **Questions?** Email buttstopshereny@gmail.com

The tobacco free attestation or participating in a tobacco cessation program is a metric on the 2023 Wellness Passport!



Capital EAP and AIG Webinars:

Webinar format workshops for employees and families.

Understanding Depression and Mood Disorders

February 7 | 12-1 PM

This overview of depression will consider its wide-ranging effects on an individual. Participants will engage in activities that allow them to learn to experience uncomfortable emotions and thoughts and continue to be in control of their day. Participants will benefit by understanding depression and learn tools to cope with the associated symptoms.

Register at:

https://us02web.zoom.us/webinar/register/WN_1hBo7W-gRcyzWBTkzc7Xhw

Time Management

February 21 | 5:30-6:30 PM

Attendees will add the following tools to their professional tool kit: key concepts about time management, positive affirmations, the 3-Tests of Time, short and long-term planning aids, how to organize and pros and cons of technology & multi-tasking.

Register at:

https://us02web.zoom.us/webinar/register/WN_1WiyQ6RbTFekP4FTnorOQw

AIG/VALIC

Tax Planning

February 16 | 12-1 PM

Understanding taxes and tax planning is a basic financial planning necessity. This workshop discusses income taxes, tax advantaged investing, tax strategies for homeowners, and tax filing tips.

Register at:

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdlIt5PAW8bHN0WR13QvyD3qPEzGMipp+0m52gQjY=&AvlSeats=True>



Follow Healthy ME Online & Win!

This month's winner: **Tricia Larose Vicedomine**

Following Us is Easy!!

Two Steps: Go to 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!

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

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

Managing Money: A Caregivers Guide to Finances

Tuesday, 3/7, 12-1pm

In partnership with the Alzheimer's Association. If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

To Register: <https://www.mvphealthcare.com/about-mvp/community-events/details/managing-money-a-caregivers-guide-to-finances-6723/>

Beating the Winter Blahs

Thursday, 3/16, 12-1pm

Winter comes with some great benefits – snow, winter sports, and cozy surroundings! But it can also bring with it some difficulties, as days grow shorter, and many individuals experience a dip in mood. Join us for a presentation on techniques to improve your mood this Winter

To Register: <https://www.mvphealthcare.com/about-mvp/community-events/details/beating-the-winter-blahs-6813/>

UPCOMING 2023 HEALTHY ME ACTIVITIES

- **2023 Passport For Good**
- **2022 Healthy ME survey-New Format**
- **Month in Motion**
- **Know Your Numbers-March**



Chickpea and Potatoe Curry

Vegan recipe Prep time 25 minutes, cook 6 hours in slow cooker on low.

Ingredients

- 1 tablespoon canola oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 teaspoons minced fresh gingerroot
- 2 teaspoons ground coriander
- 1 teaspoon garam masala
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground turmeric
- 1 can (15 ounces) crushed tomatoes
- 2 cans (15 ounces each) chickpeas or garbanzo beans, rinsed and drained
- 1 large baking potato, peeled and cut into 3/4-inch cubes
- 2-1/2 cups vegetable stock
- 1 tablespoon lime juice
- Chopped fresh cilantro
- Hot cooked rice
- Optional: Sliced red onion and lime wedges



Directions

1. In a large skillet, heat oil over medium-high heat; saute onion until tender, 2-4 minutes. Add garlic, ginger and dry seasonings; cook and stir 1 minute.
2. Stir in tomatoes; transfer to a 3- or 4-qt. slow cooker.
3. Stir in chickpeas, potato and stock. Cook, covered, on low until potato is tender and flavors are blended, 6-8 hours.
4. Stir in lime juice; sprinkle with cilantro. Serve with rice and, if desired, red onion and lime wedges.

Nutrition information

1 serving = 1 1/4 cups curry (rice excluded)

1-1/4 cups chickpea mixture: 240 calories, 6g fat (0 saturated fat), 0 cholesterol, 767mg sodium, 42g carbohydrate (8g sugars, 9g fiber), 8g protein

Source: Taste of Home

<https://www.tasteofhome.com/recipes/chickpea-potato-curry/>