



Healthy ME Know Your Numbers Screenings

March 21st, 28th and 30th

Keeping track of your numbers for blood pressure, blood sugar, cholesterol, and body mass index (BMI) can provide a glimpse of your health status and risk for certain diseases and conditions.

All it takes is 15 minutes and a finger stick to participate! No fasting is required, and the screening is **FREE** and open to ALL Ellis Medicine employees! Spouses are welcome at all 3 locations.

BELLEVUE WOMAN'S CENTER	MCCLELLAN STREET HEALTH CENTER	ELLIS HOSPITAL NOTT STREET
Tuesday, March 21 7:00 AM-10:30 AM MVP Room 1	Tuesday, March 28 8:30 AM-3:30 PM Robb Auditorium	Thursday, March 30 7:00 AM-3:30 PM Graham Auditorium

REGISTER NOW! Registration closes the day before each screening.

Returning this YEAR! InBody Composition Analysis-Opt in for a comprehensive body composition analysis: learn more than just your body mass index (BMI) and body fat percentage, including lean mass, fat mass, skeletal muscle mass, and distribution of muscle

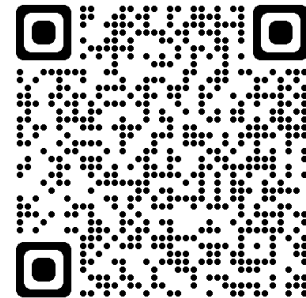
REGISTER

All Registrations Must Be Completed Online by using the link below or the QR Code:

Ensure you have a screening appointment by registering at <https://testclientscheduling.as.me/Ellis> (on-line registration closes EOB day before each screening).

PRIZES

All participants will be entered into a raffle to win a Healthy ME Phone Charging Battery Pack and Phone Stand, Instant Pot or Healthy ME swag! 3 employees per screening site!!



2022 Healthy ME Satisfaction Survey

Ellis Medicine Leadership is committed to creating a culture of health and vitality by providing wellness resources and making it convenient for employees to make healthy choices. The Healthy ME Employee Wellness program is for **ALL** Ellis Medicine employees.

Please share your opinion on past 2022 programs and what type of programs you would like to see in 2023. Your feedback is important and anonymous.

All employees who complete the survey will have a chance to enter a raffle to win one of three Nutribullets, a FitBit Charge 5 or Healthy ME swag! **The raffle survey is not linked to your responses on the Healthy ME survey!**

Please take the survey now – it takes less than 5 minutes and is mobile friendly! Copy and paste our link or scan the QR code.

Healthy ME Survey Link: <https://forms.office.com/r/pYabUEVY0i>

**New Survey Format!
Open Through April 15!**



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!



Call the NY State Smokers' Quitline for FREE Nicotine Replacement Therapy (patches and gum)

Look for an Ellis Medicine in-person session this May!

ELLIS FITNESS

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 Registration QR Code

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

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 March 1st, 8th and 15th | **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.

Capital EAP and AIG Webinars:

Webinar format workshops for employees and families.



Compassion Fatigue: Healing the Helper

March 8 | 12-1 PM

In this training, participants will learn the effects of compassion fatigue on one's mental, physical, and spiritual well-being. Individuals will be provided preventive measures as well as solutions to assist in overcoming compassion fatigue. This training will be ideal for individuals working in the medical or mental health field, as well as for those providing care to the elderly, developmentally disabled or anyone interested in learning more about nurturing oneself while caring for others.

Register at:

https://us02web.zoom.us/webinar/register/WN_S7GM3UxnRkq-yb-7Uetsiw

Unconscious Bias and Inclusion

March 22 | 12-1 PM

Unconscious bias exists in every organization and the objectives of this training are to review the various types of this bias, what the cost can be for a company and how it impacts everyone in the workplace. We will also discuss how to eliminate unconscious bias with proven inclusion strategies, management support and employee awareness.

Register at:

https://us02web.zoom.us/webinar/register/WN_9Ux503QiQsK1xvL0geNUTQ

Work-Life Balance

March 29 | 12-1 PM

In this training, participants will explore beliefs and perspectives of the meaning of a balanced life, map a true picture of their current life and their ideal balanced life and walk away with applicable, practical strategies to create greater balance in their lives.

Register at:

https://us02web.zoom.us/webinar/register/WN_IgLwppRTTbCnVn2DFJgEYQ

CAPCOM- How to Buy a House

March 22 | 12-1

Learn how to afford one of the largest purchases you'll make.

Register at

https://capcomfcu.org.zoom.us/webinar/register/WN_jeQulvN7Tb2u7_9srmsJKg

AIG/VALIC-Plan for 100

March 23 | 12-1

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=Nt8mdlt5PAW8bHNOWR13QvYD3qPEzGMipp+0m52gQjY=&AvlSeats=True>

Follow Healthy ME Online & Win!

This month's winner: Michele Park

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

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/>

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.

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

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

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**
- **2023 Simple Savings Challenge**



Curry Stuffed Bell Peppers

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

Ingredients

- 4 medium bell peppers (any color) tops cut away, seeds and white membrane removed
- 1 Tbsp. extra virgin olive oil
- 1 small onion (diced)
- 1 lb. extra-lean ground turkey or chicken
- 1 medium zucchini (diced)
- 1 tsp. curry powder
- 1 tsp. no-calorie sweetener, granulated, 1/2 packet
- 1/2 tsp. cloves
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- 1 cup low-sodium chicken broth
- 1 1/2 cups quinoa (cooked to package instructions)
- 1/4 cup chopped, fresh cilantro



Directions

1. Preheat oven to 375.
2. In a large skillet, heat oil over medium heat. Add onions and cook 2-3 minutes until translucent.
3. Add turkey and brown - breaking up clumps and stirring until cooked through (it will turn greyish white).
4. Add zucchini, curry powder, no-calorie sweetener, cloves, garlic powder and pepper. Stir and cook 2-3 minutes more. Remove from heat.
5. Stir in chicken broth, quinoa, and cilantro until well mixed. Spoon 1/4 of mixture into each bell pepper. Place peppers in an 8x8 baking dish, standing up. Add enough water to cover the bottom of the baking dish about 1/8 inch deep.
6. Bake 25-30 minutes in preheated oven until peppers are tender and mixture is heated through.

Nutrition facts:

Serving size- 1 stuffed pepper

Calories 436, total fat 9.2 grams, Saturated fat 1.1 grams, Sodium 93 mg, total carbohydrate 51 grams, total sugar 9 grams, protein 40 grams

Source: American Heart Association

<https://recipes.heart.org/en/recipes/curry-stuffed-bell-peppers>