



April 2023

THE SIMPLE SAVINGS CHALLENGE | April 17– May 8th

Healthy ME is excited to bring to you the Simple Savings Challenge! The Simple Savings Challenge is a 3-week challenge that helps individuals identify ways to save on expenses utilizing simple behavior changes and hacks that can be used throughout the day. Everyone who completes this challenge and submits a final check-in will be entered into a raffle drawing for **1 of 5, \$25 Amazon Gift Cards!**

REGISTER ON PASSPORT FOR GOOD (P4G)

1. [Click to Register](#)
2. Scan QR Code and add your login **OR**
3. Log into www.p4g.app/Ellis and
 - Scroll down to **Your Active Groups**
 - Select **Join More Groups**
 - Click **Join a GROUP**



2022 HEALTHY ME SATISFACTION SURVEY Through April 15th

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

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>



Follow Healthy ME Online & Win!

This month's winner: Kaitlyn Loucks

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!

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

In-Person Butt Stops Here Session

The Butt stops Here is a six-week tobacco-cessation program that can help you quit smoking, or help you quit other tobacco products. This program has helped THOUSANDS to QUIT! The program includes a workbook, and two weeks of nicotine patches or gum. It is an award-winning program.

WHERE: McClellan Campus First Floor Conference Room

WHEN: 7 Consecutive Wednesdays, May 3- June 12 | 5:00-6:00 PM

Facilitator: John White, BS, RRT, Tobacco Treatment Specialist
Call 518-831-6957 to register.



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!

ELLIS FITNESS 4-Week Group Exercise

Challenge!

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

The Spring Into Fitness Group Exercise Challenge runs April 10 through May 4. Register for the Challenge at Ellis Fitness by scanning the QR code on the Ellis Fitness white board or with the flyer in your Ellis Fitness Email. At the end of the 4 weeks, fill out the final survey and let us know which classes you participated in. Participate in at least 4 classes in the 4 weeks and qualify to enter raffles for a FitBit Charge, a \$25 Amazon gift card or Healthy ME Swag!



Join! Ellis Fitness NEW
MEMBER Registration
QR Code

Spring Into Fitness Group Exercise Schedule

Mondays 5:-5:45 PM | April 10, 17, 24, and May 1 | Cardio/Strength Intervals with Stacie- A little bit of everything to get your heart and muscles pumping!

Tuesdays 5:00-6:00 PM | April 11, 18, 25 and May 2 | Small Group Training Class with Sarah. Learn how to use equipment and free weights with Sarah, 5 member maximum.

Wednesdays 5:00-6:00 PM | April 12, 19, 26 and May 3 | Yinvasa Yoga with Amy. After warming up the joints and muscles, the body will maintain movement in seated, standing and balancing sequences. The Vinyasa Yoga class is fun, challenging and provides for an opportunity to destress. The class is suitable for all levels and abilities

Thursdays 12-12:30 PM | April 13, 20, 27, and May 4 | Core and More with Stacie

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

Capital EAP and AIG Webinars:

Webinar format workshops for employees and families.



No More Stinkin' Thinkin'



April 13 | 12-1 PM

This is a stress management training that helps individuals change the way they view stress to help boost resiliency and improve work-life satisfaction. Participants will learn how to identify the signs and symptoms of stress by looking at their thoughts, feelings, physical sensations and behaviors.

Register at:

https://us02web.zoom.us/webinar/register/WN_je63-GDIToyGPtKPmtt3xQ

How to Set and Enforce Boundaries



April 27 | 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 your place of 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_r3HmSw8mQSuOIBwHmj2h3A

Conflict Resolution



April 20 | 12-1 PM

In this training participants will learn how to more effectively set a positive communication climate with others, reverse a negative communication climate, avoid conflict generating statement & actions, take responsibility for managing conflict, pinpoint the seven cause of conflict, utilize all five conflict management styles and self-mediate a conflict.

Register at:

https://us02web.zoom.us/webinar/register/WN_BPcpiZq1ReS1DvMXRCxFdA

AIG/VALIC-Managing Life in Retirement



April 20 | 12-1

This presentation is specially designed for those who have already made the transition to retirement. Now that you've been retired for a few years, it's important to take time to think about some of the special circumstances that come with managing life in retirement.

Register at

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdltt5PAW8bHN0WR13QvyD3qPEzGMipp+0m52gQjY=&AviSeats=True>

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



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

<https://www.mvphealthcare.com/members/health-and-wellness/healthy-lifestyle/>

Mediterranean Salad

Ingredients

- 1 medium head lettuce (green leaf, red leaf or romaine), cut into thin strips
- 1 medium cucumber, chopped
- 1/2 cup tomatoes, chopped
- 1 15.5-ounce can no-salt-added chickpeas, rinsed and drained
- 1/2 medium red onion, finely sliced
- 1/2 cup crumbled fat-free or low-fat feta cheese **OR** 1/2 cup shredded Parmesan cheese
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons red wine vinegar **OR** 2 tablespoons cider vinegar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper



Directions

1. In a large bowl, gently toss the lettuce, cucumber, tomatoes, chickpeas, onion, and feta.
2. In a small bowl, whisk together the oil, vinegar, garlic powder, and pepper.
3. Pour the dressing over the salad, tossing to combine.

Nutrition facts:

Serving size- 1/4 recipe. Makes 4 servings Calories 142, total fat 5.0 grams, Saturated fat .5 grams, Sodium 229 mg, Total Carbohydrate 17 grams, Total Sugar 3 grams, Protein 8 grams, Cholesterol 0 grams.

Source: American Heart Association

<https://recipes.heart.org/en/recipes/mediterranean-salad>

UPCOMING 2023 HEALTHY ME ACTIVITIES

- **2023 Passport For Good**
- **2023 Simple Savings Challenge**

