



May 2023

MAY IS MENTAL HEALTH AWARENESS MONTH

Check out these great resources available to ALL Ellis Medicine employees!

EAP Supportive Call Sessions

EAP supportive call sessions are available to all employees who may need help with stress management, work-life balance or emotional support. This line will be open **April 25-May 25 on Tuesdays and Thursday's from 11am – 1pm** and will be monitored by EAP clinicians. Ellis Employees can call this line during these open hours and take part in brief supportive sessions (that do not count against their EAP sessions). **Call 518-456-3813, press option 2 and ask for the Helpline!**

QUALIFYING
HEALTHY ME
ACTIVITY



SOCIAL | MIND | SPIRIT

MVP Living Well Programs

During the month of May, MVP Living Well programs will be offering **FREE** mental health and well-being opportunities. These programs are open to everyone, both MVP members and non-members. All MVP Living Well Programs qualify as Social | Mind | Spirit wellness activity credit on Passport 4 Good! Programs include, 15-minute meditations and chair yoga sessions, webinars and more! Register on our calendar or scan our QR code.



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

Capital EAP and AIG Webinars:

Webinar format workshops for employees and families.



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Mental Health Awareness and Assistance

May 3 | 12-1 PM

This training explores how to recognize the signs that someone is in distress and take effective, caring steps to help. This session will discuss preventing distress, signs and symptoms of distress, how a person might behave when they are experiencing mood problems addictions and suicidal thoughts, and focus on building trust and establishing rapport, not on diagnosing.

Register at:

https://us02web.zoom.us/webinar/register/WN_OBKushbHTVaxdxZg_p4yMg#/registration

Team Building

May 17 | 12-1 PM

This training is designed to maximize team productivity and growth. Tools are integrated to recognize individual needs and maximize individual strengths to benefit the entire team. Teams will be taught conflict resolution skills to maximize peak performance.

Register at:

https://us02web.zoom.us/webinar/register/WN_o-9PIXdT3CW0inchUd7WQ#/registration

Work-Life Balance

May 24 | 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_I0CeSu5HRiKO6w3Sa6LjUQ#/registration

AIG/VALIC Your Retirement Plan at Work

May 25 | 12-1 PM

With essential living expenses like housing, food, and fuel rising, you may be tempted to put off saving for your retirement. Don't miss "Your Retirement Plan at Work." At this educational workshop, you will learn why it's important to start saving for retirement and much more!

Register at

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdlT5PAW8bHNOWR13QvyD3qPEzGMipp+0m52gQjY=&AvlSeats=True>

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. **NEW 30-minute sessions (8-weeks) starting in May!**

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

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

Group Exercise Schedule

Mondays 5:-5:45 PM | May 1, 8, 15, 22 | Cardio/Strength Intervals with Stacie- A little bit of everything to get your heart and muscles pumping!
Tuesdays 5:00-6:00 PM | May 2, 9, 16, 30 | Small Group Training Class with Sarah. Learn how to use equipment and free weights with Sarah, 5 member maximum.

Wednesdays TBD

Thursdays 12-12:30 PM | May 4, 11, 25 (no class May 18) | Core and More with Stacie

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



Join! Ellis Fitness NEW MEMBER Registration QR Code

Follow Healthy ME Online & Win!

This month's winner: Donald Botsford, RN

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!

HEALTHY ME WINNERS

Congratulations to our Q1 program winners!

2022 Passport 4 Good Raffle Winners (each will receive an Apple Watch)

Tara Meaney
Emily Colvin
Pamela Fernandez
Ivan Khali

2022 Month in Motion Raffle Winners

Deborah Spooner | FitBit Charge 5
Patricia Brundige | Instantpot
Kristin Judski | Instantpot
Deborah Purcell | Healthy ME Swag

Southwest-Style Turkey Meatloaf

American Diabetes Association approved

Ingredients

- Nonstick cooking spray
- 1 ½ lbs. lean ground turkey
- 1 cup quick cooking oats
- 1 large yellow onion (finely chopped)
- 2 eggs (beaten)
- 1 green bell pepper (finely diced)
- ½ cup ketchup
- 3 cloves garlic (minced)
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- ¼ -½ teaspoon salt
- ¼ teaspoon black pepper

Directions

1. Preheat the oven to 350°F.
2. Coat a 9 × 5-inch loaf pan with nonstick cooking spray.
3. Add all remaining ingredients to a large bowl.
4. Gently mix the ingredients until well combined.
5. Spoon the mixture into the prepared loaf pan, using the back of the spoon or a spatula to even out the top.
6. Place the loaf pan in the oven and bake until a thermometer inserted into the center of the meatloaf reads 165°F, approximately 1 hour.



Nutrition facts: 8 servings | Serving size 1 slice

Calories 220, total fat 8.0 grams, Saturated fat 2.4 grams, Sodium 400 mg (less if omit salt) Total Carbohydrate 15 grams, Total Sugars 5 grams, Protein 20 grams, Cholesterol 110 mg, Dietary Fiber 2 grams

Source: American Diabetes Association

<https://www.diabetesfoodhub.org/recipes/southwest-style-turkey-meatloaf.html>

UPCOMING 2023 HEALTHY ME ACTIVITIES

- **2023 Passport For Good Guide**
- **Substance Use Disorder Presentation (6/13)**

