

Healthy ME Month in Motion Challenge

February 12th- March 11th

Register by February 10th

- Log into www.p4g.app/Ellis and
- Scroll down to **Your Active Groups**
 - Select **Join More Groups**
 - Click

Join Month In Motion to:

- keep exercise on your mind
- introduce you to new exercises
- learn strategies for fitting exercise into your day
- meet 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: Ninja Air Fryers (4), Fit Bits (2), \$50 Amazon Gift Cards (2), and Healthy ME swag



Capital EAP Webinars:

Webinar format workshops for employees and families.

Wellness Orientation

February 8 | 12-1 PM

Come join Capital EAP Account Manager, Lorraine, to learn all about the mental health and wellness benefits you have free access to through Capital EAP.

Register at:

https://us02web.zoom.us/webinar/register/WN_e_aTUwi4SL2xiBe94oZUjw#/registration

Time Management

February 21 | 12-1 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_Sgz5oHjeQsyFv4yymFQ9OQ#/registration



SOCIAL | MIND | SPIRIT

Seasonal Affective Disorder

February 13 | 12-1 PM

Participants will learn the common symptoms of SAD, theories for why it happens, as well as treatments that can be effective. Anyone concerned that they may suffer from this type of seasonal depression will leave with a plan for improving their symptoms to help them feel better throughout the year.

Register at:

https://us02web.zoom.us/webinar/register/WN_h18JkEV8SdCS9NqJDaP--g#/registration

Follow Healthy ME Online & Win!

This month's winner: Donald Botsford, RN

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. **It's mobile friendly!**



February is Black History Month

Visit Schenectady Chapter of NAACP at <https://www.schenectadynaacp.org/>

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history.

President Gerald Ford officially recognized Black History Month in 1976, calling upon the public to “seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.”

Today, Black History Month is a time to honor the contributions and legacy of African Americans cross U.S. history and society—from activists and civil rights pioneers such as Harriet Tubman, Sojourner Truth, Marcus Garvey, Martin Luther King Jr., Malcolm X and Rosa Parks to leaders in industry, politics, science, culture and more.

Learn about African American pioneers in healthcare here:

<https://www.everydayhealth.com/healthy-living/african-american-pioneers-who-changed-healthcare/>

Source: <https://www.history.com/topics/black-history/black-history-month>

February is Heart Health Month!



[Learn Hands-Only CPR in 60 Seconds](#)

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

Cardiovascular disease is the No. 1 killer of women. For too long, heart disease and stroke have taken the lives of the women we love. But we’re not backing down because we have something better, stronger, more powerful - we have each other. This American Heart Month, Go Red for Women is asking women everywhere to join us and the Nation of Lifesavers™. For your mother, your daughter, your friends, and for yourself. Because when women come together, we can motivate, educate, support, and help save each other. Now is your chance. There are many ways you can help save a life, both big and small.

LEARN HAND-ONLY CPR. Too many women go without help when suffering a cardiac arrest because bystanders are often afraid to touch them.

KNOW YOUR NUMBERS. Invite a friend to join you in starting a routine to regularly monitor your blood pressure and help keep the silent killer at bay.

JOIN RESEARCH GOES RED.™ Help more women be seen, counted and represented in cardiovascular research.

MAKE WELL-BEING WORK FOR YOU. Take a quiet moment alone to de-stress and practice self-care or reach out to a friend or mental health professional because we know your overall well-being is just as important as physical health.

RAISE AWARENESS. Wear red and make a donation at WearRedDay.org to support women's health.

Source: <https://www.goredforwomen.org/>

February is National Children’s Dental Health Month!

Join Delta Dental for a special webinar on **Thursday Feb. 8 at 1PM**

February is National Children's Dental Health Month and Delta Dental is offering a special webinar to raise awareness about the importance of developing good oral health habits and scheduling regular dental checkups from an early age.

Register today for the Children's Oral Health Special Edition webinar to learn about the science behind dentistry and why it's so important to give kids a strong foundation for a future with healthy teeth and gums.

Register with this link

https://deltadentalins.zoom.us/webinar/register/WN_WDg6dl73Tb2ilfq2Fk9PNQ#/registration

Financial Wellness Webinars

Webinar format workshops for employees and families



QUALIFYING
HEALTHY ME
ACTIVITY

FINANCIAL

Corebridge Financial

How Medicare Parts & Prices Fit Into Retirement

February 22 | 12-1

Register at:

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

Broadview FCU Webinar

Understanding and Managing Credit

Financial decisions made today greatly impact your future. When using credit, you are spending your future income. This concept will be the backdrop while you explore managing credit responsibly, how to obtain credit, and the meaning of credit scores and credit reports.

February 22 | 12-1 PM

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_B-kyLMEMTC6p-jSqrkeMzg#/registration

Find more financial wellness webinars on our Healthy ME website:

<https://ellishealthyme.org/resources/financial-wellness-resources/broadview-fcu-ongoing-webinars/>

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 Class Schedule

Tuesdays 5 PM - 6 PM | Small Group Training with Sarah
Wednesdays 5 PM – 5:45 PM | Core and Lower Body with Stacie



Ellis Fitness NEW Member
Registration QR Code

White Bean Hummus Wraps with Avocado and Bell Pepper

The silkiness of the white beans combined with the rich avocado and crunchy cucumbers and bell peppers make this Simple Cooking with Heart vegetarian recipe a winner of a lunch or dinner.



Ingredients

For the white bean hummus:

- 15.5 ounces canned, no-salt-added or low-sodium white beans (like cannellini) (drained, rinsed)
- 1 tablespoon lemon juice
- 3 tablespoons water
- 1/4 teaspoon ground, sweet paprika
- 1/4 teaspoon ground black pepper

For the wraps:

- 1 medium tomato (thinly sliced)
- 1 medium cucumber (thinly sliced)
- 1 bell pepper (seeded, thinly sliced)
- 1 avocado (peeled, pit removed, sliced)
- 4 handfuls lettuce
- 4 (10-inch) whole-grain, low-fat wraps

Source: Heart.org

<https://recipes.heart.org/en/recipes/white-bean-hummus-wraps-with-avocado-and-bell-pepper>

Directions

For the white bean hummus:

1. Drain and rinse the beans; add into the bowl of a food processor, along with remaining ingredients.
2. Puree until the mixture is smooth, about 1 minute.

For the wraps:

1. Chop all the vegetables: slice the tomato, cucumber, bell pepper, and avocado.
2. Spread about 1/3 cup white bean hummus over each wrap, leaving about a 1/2-inch border around the edges. Divide vegetables onto each wrap, placing over the hummus-not all the vegetables will be used.
3. Fold each side of the wrap up and then roll. Cut in half, if desired. Serve wraps with any extra vegetables and dip that is leftover.

Nutrition facts: 1 serving = 1/4 recipe (1 wrap)

Calories 345, Saturated fat 2.3g,
Cholesterol 0mg, Fiber 26g, Sodium 88mg,
Carbohydrate 49g, Protein 13g; Sugars 5g