

Visit Us at our Healthy ME Tabling Events March 11-15

Stop by our wellness table, **FOLLOW US** on your smart phone or on our tablet and receive a prize! Already a follower? You get a prize too!

Monday, March 11 8-9:30 AM | McClellan Campus Coffee Station

Wednesday, March 13 12-1 PM | Nott St. Café

Wednesday, March 13 12-1 PM | Bellevue Café

Thursday, March 14 11:30 AM – 12:30 PM | Center City

Information will be available on:

- 2024 Wellness Passport
- Up and Coming Wellness Programs
- Get Smart Financial Challenge
- MVP online PHA

**Healthy ME
GIVEAWAYS!**

The Healthy ME Get Smart Financial Challenge! April 8th – May 5th

Get Smart is a four-week, individual financial well-being program, encouraging you to improve your personal financial knowledge and inspiring you to make changes that can improve your overall financial wellness.

Each week an educational email be sent to your inbox on the following topics:

Week 1: Budgets

Week 3: Credit & Debt

Week 2: Emergency Funds

Week 4: Retirement

Register on P4G! **Registration opens March 25**

Log into www.p4g.app/Ellis and

- Scroll down to **Your Active Groups**
- Select **Join More Groups**
- Click **Join A Group**

QUALIFYING
HEALTHY ME
ACTIVITY



FINANCIAL

Prizes include: Magic Wallets, David Ramsey gift cards, Beats Solo 3 Headphones.



March is Colorectal Cancer Awareness Month



Take the colorectal cancer screening quiz here
<https://colorectalcaner.org/screening-quiz> or scan the QR code!

- Colorectal cancer is the 4th most common cancer in the US among men and women combined
- Each year, 150K Americans are diagnosed with Colorectal cancer
- With early detection, colorectal cancer has a 90% survival rate!

Regular screening, beginning at age 45, is the key to preventing colorectal cancer and finding it early, because even though there are symptoms, you can have colorectal cancer without them.

If you have symptoms, they might include:

- A change in bowel habits.
- Blood in or on your stool (bowel movement).
- Diarrhea, constipation, or feeling that the bowel does not empty all the way.
- Abdominal pain, aches, or cramps that don't go away.
- Weight loss and you don't know why.

Source: https://www.cdc.gov/cancer/colorectal/basic_info/symptoms.htm

Capital EAP Webinars:

Webinar format workshops for employees and families.

De-stress for Work Success

March 20 | 12-1 PM

Gain valuable insights into stress's impact on the mind and body. Learn practical coping mechanisms, including breathwork and mindfulness techniques, to enhance energy levels and concentration in the workplace. The program also incorporates easy-to-follow stretches that can be seamlessly integrated into the workday.

Register at:

https://us02web.zoom.us/webinar/register/WN_V-ujQf-vQrakP9NsbwRHfA#/registration

Dealing With Difficult People

March 26 | 12-1 PM

This training offers the insight needed to understand the difficult people in our lives. It includes introducing the behavioral dynamics and essential communication strategies designed to diffuse challenging encounters and move beyond conflict to problem resolution.

Register at:

https://us02web.zoom.us/webinar/register/WN_18z69nDCRGCCPs_rgHGO3g#/registration



QUALIFYING
HEALTHY ME
ACTIVITY

SOCIAL | MIND | SPIRIT

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!**

Delta Dental Oral Health and Wellness Education Webinars:

Webinar format workshops for employees and families.

The Whole “Tooth” About a Healthy Smile

The benefits of oral health extend well beyond a healthy smile! This engaging and informative wellness webinar, offered by our partners at Delta Dental, will provide valuable information to help you evaluate your own oral health habits to keep you and your family smiling now and in the future.

Topics will include:

- The mouth-body connection – the link between oral health and wellness
- Understanding tooth decay and gum health – knowledge is power
- The science of dentistry – why oral health care matters
- Oral health care tips for the whole family

Two sessions available this spring

March 20 | 3 PM

Register at:

https://deltadentalins.zoom.us/webinar/register/WN_H1BCewuZQtqIWodd-JNEOA#/registration

May 9 | 3 PM

Register at:

https://deltadentalins.zoom.us/webinar/register/WN_y26lrFx7RD6HBdRBHmeQuw#/registration

Follow Healthy ME Online & Win!

This month's winner: Brandie Beattie.

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!**

MVP Resources:

For Ellis/MVP Members

Remember Gia for urgent care! | Access 24/7 virtual care services including urgent/emergency care and advice you can trust.

- Connect with 24/7 virtual primary care (Galileo virtual primary care for 18+)
- View new and past claims
- View, order, and print MVP ID card
- See progress toward deductibles and limits

Download the Gia app for your Apple or Android phone!

For Members and nonmembers

MVP Living Well Programs are free and/or discounted for **ALL!** Registration for our spring 2024 session opens on March 26!

View our MVP Living Well Programs Calendar here: [Live a Healthy Lifestyle - MVP Health Care.](#)

In 2024 Gia virtual services are available with \$0 cost share!

Financial Wellness Webinars

Webinar format workshops for employees and families



FINANCIAL

Corebridge Financial

Your Future Starts Now

March 21 | 12-1

Register at:

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdlT5PAW8bHN0WR13QvyD3qPEzGMipp+0m52gQjY=&AvlSeats=True>

Broadview FCU Webinar

Build a Better Budget

Learn to build a budget that supports current needs and wants, along with a foundation for financial independence and future goals. Identify budget techniques and methods that work for YOU and explore ways to manage spending and saving in relation to current income.

March 26 | 12-1 PM

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_XRv7TJViSY2gtOF8d9T82g#/registration

Find more financial wellness webinars on our Healthy ME website:

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



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

Black Bean Chilaquiles

Chilaquiles is a traditional Mexican breakfast dish in which crisp tortillas are simmered in salsa or mole sauce and then combined with eggs, queso fresco (fresh Mexican cheese), and beans



Ingredients

- 6 large egg whites
- 2 large eggs
- 1/4 teaspoon salt
- 3 6-inch corn tortillas, stacked, cut into 3/4-inch strips, then cut crosswise into 1-inch squares
- 1/2 cup crumbled queso fresco or farmer's cheese and 1/4 cup crumbled queso fresco or farmer's cheese, divided use
- 3/4 cup canned no-salt-added black beans, rinsed and drained
- 1 teaspoon chipotle powder
- 2 teaspoons canola oil
- 1/2 cup chopped onion
- 1 medium jalapeño, seeds and ribs discarded if desired, chopped
- 1/2 cups chopped seeded tomatoes
- 1/3 cup chopped fresh cilantro

Directions

1. In a large bowl, using a fork, lightly beat the egg whites, eggs, and salt. Stir in the tortilla squares and 1/2 cup queso fresco.
2. In a small bowl, stir together the beans and chipotle powder. Fold into the egg white mixture. Set aside so the tortillas can soften.
3. In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the onion and jalapeño for 3 minutes, stirring occasionally.
4. Stir the tomatoes into the egg white mixture. Pour into the skillet. Cook for 4 to 5 minutes, or until the eggs are set, stirring occasionally. Just before serving, sprinkle with the cilantro and the remaining 1/4 cup queso fresco.

Makes 4 servings | Nutrition facts: 1 serving = 3/4 cup)

Calories 235, Saturated fat 3.5g, Total fat 9g, Cholesterol 108mg, Fiber 4g, Sodium 345mg, Carbohydrate 20g, Protein 13g; Sugars 5g

Source <https://recipes.heart.org/en/recipes/black-bean-chilaquiles>