

› **A Message from the Chief Human Resources Officer**



**JANE MAKSOD,
RN, MPA**

Senior Vice President and Chief Human Resources Officer, Mount Sinai Health System

Dear friends and colleagues,

The dark grey of bare trees has finally given way to a fringe of green leaves with sprays of purple and pink. It is time to get outdoors, connect with others, and change-up your workout routine. Reach Your Peak 3.0 (RYP 3.0) is a great place to start. Our 12-week, team-based walking challenge begins this June. Visit our

Wellness website at mountsinai.org/reachyourpeak for more details on participation.

Walking is a great way to appreciate nature, learn about the environment, and meet new people. It is also a great form of exercise. On weekends, I have the privilege of wandering through green spaces and soaking in nature. During the week, I pound the pavement with the throngs of others traversing the city, and if I am mindful, I always witness something special.

Throughout New York City, homeless and transient people spend many hours a day out in the elements. They are young and old, sick or recovering, loud and engaging, or quiet and withdrawn. Many folks rush pass them, seemingly oblivious, intent on their individual destinations. But if you watch, you might witness a simple and inspiring act of kindness. A man or woman stops, crouches down, and looks into the eyes of the person on the ground. They speak, they connect, and in that moment humanity blooms.

Disconnect from the digital world. Take out your earbuds and get outside with a friend, a colleague, or someone you would like to get to know better. Become part of the world and nurture your personnel connections. Breathe deeply and be grateful. Wellness and wholeness begin, and are sustained, by being present.

Jane



Cultivating Closeness for Well-Being and Happiness

Relationships with close friends and family enhance our lives, offer emotional comfort and support, and can actually improve our health. Researchers have found that people who take the time to establish and nurture closeness with others are more positive and have better health outcomes.

One of the major challenges to making time for others is that we lead such busy lives, including the hours we spend at work. What if instead of stressors such as deadlines and deliverables, work offered us opportunities to foster calm and deepen ties with colleagues?

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Spring into Wellness with Fresh Ingredients



Spring is an ideal time to add local produce to your meals and snacks. You can find locally harvested ingredients at farmers markets and grocery stores that offer local produce.

Purchasing locally and seasonally has its benefits. In-season fruits and vegetables provide the most nutritional value, as produce consumed closest to harvest are less likely to lose nutrients.

Additionally, spring produce brings new varieties to market. Now is a good time to switch up the fruits and vegetables that you have been eating during the winter months.

The following is a list of spring vegetables and fruits that may inspire you to make some new selections for your meal and snack planning. They make perfect eating on their own, as well as ingredients for the salad recipe in this newsletter.

- **Strawberries**
- **Artichokes**
- **Asparagus**
- **Carrots**
- **Cherries**
- **Green beans**
- **Radishes**
- **Rhubarb**
- **Spinach**
- **Spring peas**

Keep in mind, the more colorful the fruit and vegetable, the more vitamins and minerals.

Dietitians at the Mount Sinai Health System can help you incorporate fresh, seasonal produce into your diet. The Health System offers free, personal nutrition counseling to faculty and employees. To make an appointment, or for more information about this program, email wellness@mountsinai.org.

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Staying connected with friends and family and creating bonds with coworkers requires only intent, commitment, and outreach. Foster connections by establishing a shared ritual with a team member in your office or a new staff member you would like to get to know. Simply carve out a few minutes for a weekly lunch, a daily cup of tea, or a mid-day walk around the block.

To ensure that we are cultivating closeness during our daily interactions, we can also focus on being mindful and present by listening actively. Bringing ourselves to the party, so to speak, is key to having gratifying and

meaningful interactions with others.

Throughout the Health System, Mount Sinai Calm offers occasions for self-care and calm that you can share with your colleagues. Discover times and places at mountsinai.org/about/ms-fit/self-care. You can also find inspiration for cultivating closeness by joining our private Mount Sinai Calm Facebook Group.

By **Mari Umpierre, PhD, LCSW, Director, Mount Sinai Calm**

Spring into Wellness with Reach Your Peak



Spring is finally here. The days are getting longer, and it is the perfect time to begin, or refresh, your personal wellness plan. Jump start your program and put your best foot forward by signing up for the 2019 Reach Your Peak challenge.

Back by popular demand, Reach Your Peak 3.0 (RYP 3.0) is this year's spring and summer team-based wellness walking challenge. Designed to reinforce the benefits of setting, achieving, and sustaining personal health goals, RYP encourages participants to achieve a daily count of 10,000 steps. By forming teams with your colleagues at the Mount Sinai Health System, you will discover that the camaraderie of walking as a group prompts you to walk longer distances and simultaneously improves your social connections. During the challenge, you will have many unique opportunities to focus on movement and exercise, nutrition, and a balanced approach to managing life's daily stressors.

By **Jennifer Kartashevsky, RD, CDE, CDN**

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| RYP: | A fun and easy way to embrace your journey to fitness and well-being |
| WHEN: | Begins June 2019 and runs for 12 weeks. More information to come. |
| LEARN MORE: | mountsinai.org/reachyourpeak |
| WINNERS | Teams with the highest average weekly step count over the 12-week challenge |
| PRIZE: | Celebration dinner at Epicured's Test Kitchen for the winning team from each site |
| QUESTIONS: | Email wellness@mountsinai.org for more information about the program. |



Snap Pea and Radish Salad with Avocado and Olive Oil Dressing



Ingredients

Salad:

1/2 lb fresh wax or green beans
1/2 lb fresh sugar snap peas
2 cups water
6 large radishes, thinly sliced

Dressing:

1/2 avocado mashed
2 tbsp extra virgin olive oil
1 tbsp lemon juice

125 calories per serving

Makes 4 servings

Preparation

To prepare the vegetables, slice the radishes thinly and place in a medium bowl.

Snip ends off the beans and sugar snap peas. Be sure to remove the strings from the peas.

In a large saucepan, bring water to a boil over high heat. Add beans and reduce heat. Cover and simmer for approximately five minutes. Add sugar snap peas. Simmer, covered, until both beans and peas are crisp-tender, another two-three minutes. Remove from hot water to avoid overcooking.

To prepare the dressing, mash the avocado with a fork in a small bowl. Slowly add in the olive oil and lemon juice. Mix the avocado, olive oil, and lemon juice together until emulsified.

In a medium bowl, mix the beans and peas with the radish slices. Toss all the vegetables with the dressing and serve.

