

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



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The heat is suffocating and heavy. It radiates off the roads and buildings and bends the light into shimmering waves. Sirens punctuate the steady thrumming of traffic, accompanied by sizzling food trucks and the excited squeals of children freed from school – summer has enveloped the city. In July and August, New York's

hustle ratchets down a notch. As folks lounge on park benches and at outdoor cafes, time seems to expand.

Music floats through the air from open windows, rooftop restaurants, street performers, and subway musicians. From Central Park to the Highline, along the wide avenues of Battery Park City and the narrow cobblestone streets of the West Village, there is music everywhere. I welcome the transformative opportunity music offers whenever and wherever I hear it. You may hear it too – the pulsing beat coaxed from plastic paint cans, the echo of the rapper's rhythm in the caverns beneath Grand Central, the soloist performing an aria in front of the Times Square Shuttle.

Music, especially jazz, is important to me. It has the power to shift my mood, increase my energy levels, and make an average day better. Seeking out opportunities to listen to your favorite music pop, rock, classical, show tunes, opera, hip-hop, or jazz is a great way to get the most out of any season. In the summer, there are dozens of ways to find free outdoor music events in and around New York. I invite you to check out the listings in this newsletter.

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Experience Tai Chi *the Martial Art of Calm*

There is much more to martial arts than self-defense and Kung Fu movies. The deliberate and graceful practice of Tai Chi allows those who practice to ease stress while building strength.

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Tai Chi may reduce the symptoms of chronic conditions, helping you feel a general sense of well-being.

➤ Experience Tai Chi the Martial Art of Calm *continued from page 1*

Ancient Art Form

Tai Chi has been practiced for thousands of years and is referred to in the ancient Chinese text, the *I Ching* which focuses on balancing opposites—the yin and the yang—to create inner harmony. Tai Chi manifests the yin and yang by combining soft and slow movements with their opposite, bold and fast movements.

Tai Chi combines spiritual, philosophical principles with physical movement, while increasing mindfulness and reducing tension to lift your mood and enhance your health.

Health Effects of Tai Chi

The practice of Tai Chi can increase your flexibility, balance, strength, energy, and stamina. According to *Lifestyle Psychology* by D.L. Noordsy, MD, through regular practice, you may notice the following health benefits:

- Easing stress
- Lessening joint-pain
- Lowering blood pressure
- More restful sleep
- Strengthening breathing during exertion

Your Turn to Try Tai Chi

Working in the healthcare industry can be stressful. Equip yourself with coping tools by incorporating the practice of Tai Chi into your schedule. Mount Sinai Calm offers weekly opportunities to try Tai Chi for employees of all fitness levels. We encourage you to take advantage of these free classes. Beginners are welcome. Email 4Calm@mountsinai.org to reserve your spot. Arrive wearing comfortable clothes that allow you to move freely. Please join us at one of these Tai Chi locations:

The Mount Sinai Hospital Tai Chi

Thursdays, 5:30 to 6:30 pm
Guggenheim Pavilion, Seventh Floor Atrium
Seventh Floor behind the Gift Shop
Teachers Provided by New York School of Tai Chi

Mount Sinai Corporate Office Tai Chi

Thursdays, 5:15 to 6:15 pm
150 East 42nd Street
Fourth Floor, Room 4-A.8
Instructor Mr. Lafi Vargas

Relax and Enjoy, Practicing Wellness on Vacation

Have you ever tried to maintain or start new wellness routines during your vacation? It may be easier than you think. Whether you are in a faraway land or choose to staycation, try these creative tips to incorporate wellness into your time off.





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Have you noticed that the right music can carry you through a particularly challenging workout? You are not alone. A recent study in *Psychology of Sport and Exercise* concluded that music has the potential to improve performance and enhance enjoyment during high intensity workouts.

The positive effect of music on our sense of wellbeing highlights the value of feeling good. When we feel well, we move more, sleep better, and make healthier choices.

The type and variety of exercise that supports your health and wellness goals is as personal as the type of music you enjoy. The Mount Sinai Wellness Program offers a variety of modalities to support good health. We are committed to working with you to develop a customized program designed to support your near term and long range goals. Check out our offerings at mountsinai.org/mswellness

This summer, enjoy the music of life and share it with those you love.

Jane

Sample Listings of Free (and Almost Free) Music in and around New York City

NYC Parks features free music at nycgovparks.org/events/free_summer_concerts

Lincoln Center free concert series lincolncenter.org/free

NYC Free Concerts at nycfreeconcerts.com

doNYC lists free shows at donyc.com/topfreeshows

Thrillist outdoor summer concerts at <https://www.thrillist.com/events/new-york/free-summer-outdoor-concerts-music-festivals-in-nyc>, and you can search by other locations near you, too

NewYorkLed “free and cheap” concerts around the Metropolitan area at newyorkled.com/nyc_events_free_concerts

TripSavvy free NYC concerts at tripsavvy.com/free-nyc-summertime-concerts-4140089

MommyPoppins features family-friendly music and events at mommypoppins.com/ny-kids/the-best-outdoor-music-festivals-for-families-in-nyc

On Your Way

Wherever you are, one of the best ways to see a place is to walk or bike. As you explore neighborhoods, museums and shops, you will likely walk thousands of steps without realizing it. Hike through a forest and up a mountain along a trail or path, and take a long stroll on a beach for fresh air, views, and wellness.

Just Think about It

Going on vacation, does not mean disregarding all you know about wellness. Being relaxed on vacation may be the very best time to keep in mind and enjoy how eating well and exercising makes you feel good. Allow yourself to have a few special vacation treats, but avoid adopting an anything-goes mindset of overindulgence. This way you can skip worrying about post-vacation regrets.

You Are Not Alone

Sharing your vacation walks and meals with someone can enhance your experience. By sharing your meal with someone, you may sample more flavors without over eating.

Take It with You

Carrying snacks to stave off hunger and drinking water to stay hydrated are also important. Keep some snacks in your bag—a small apple and a packet of almond or peanut butter, or a piece of cheese along with carrot and celery sticks or sliced peppers and cucumbers—to help keep up your energy. Hydration is especially important if your vacation locale is experiencing high temperatures or situated at a high elevation. Always have a bottle of water in your bag. Dehydration can make you feel dizzy and lethargic—not what you want while on vacation.

Fun in the Sun

It is essential to protect your skin while enjoying your time in the sun. Remember to apply and reapply sunscreen if you are going to be outdoors to avoid a painful sunburn and the negative health effects of sun exposure.

Relax and enjoy your time off!



A Welcome New and Delicious Summer Salad



Salad Ingredients

- 1/2 pint cherry tomatoes, halved
- 1/2 jalapeno pepper, sliced
- 5 sweet mini peppers (red, yellow, and orange), sliced
- 1 cucumber, diced
- 1/2 avocado, sliced (optional)

Dressing Ingredients

- 1 tbsp Dijon mustard
- 1/8 c olive oil
- 1 tsp apple cider vinegar
- Black pepper, freshly ground

Preparation

Place chopped vegetables in a bowl and set aside.

In a small bowl, add Dijon mustard and slowly whisk in olive oil and apple cider vinegar until combined. Drizzle the dressing over the vegetables. Add freshly ground black pepper to taste. Toss vegetables in the dressing. Enjoy!

Servings per recipe:

One

Calories per serving:

487 (with avocado)
370 (without avocado)

Cost per serving:

\$7.10 (with avocado)
\$5.35 (without avocado)