



2025 Wellness Passports are Due October 31, 2025

***Save \$30 per month on Ellis/MVP insurance premiums. Visit our Passport Tab on ellishealthyme.org for all information <https://ellishealthyme.org/passport/>**

***Bargaining unit employees should reference the CBA.**

2025 Healthy ME Passport Assistance

Looking for help completing your Passport on Passport For Good (P4G), getting online to take your MVP personal health assessment (PHA), or need a question answered? Drop in for help at any of these locations or make an appointment by emailing wellness@ellismedicine.org for a different date.

Mon., Oct. 6, 3:30-4:30 PM | Ellis Hospital Dining Room 1 & 2

Wed. Oct. 8, 12-1 PM | Bellevue Cafeteria

Tues. Oct. 14, 3:30-4:30 PM | Ellis Hospital Dining Room 1 & 2

Thur. Oct. 16, 12-1PM | Bellanger School Small Conf. Rm

Tue. Oct. 21, 12-1 PM | 433 State Street

Thur. Oct. 23, 12-1 PM | Ellis Hospital Dining Room 1 & 2

Tue. Oct. 28, 12-1 PM | Bellevue Cafeteria

Fri. Oct. 31, 12-1 PM | Ellis Hospital Dining Room 1 & 2

Passport 4 Good Website www.p4g.app/Ellis - enter your Ellis email address.

- Password is your Birth Month Birth Day and Last name (no spaces or capitals).
Example: 0131smith (unless you have already changed it)

Ellis Wellness Champions-Any employee wearing the Wellness Champion badge buddy is available to help you!

MVP Living Well Programs Open to ALL! In person

highlights. Copy and paste into browser or select links.

Riverview Orchards \$10 Voucher September 6 – October 5:

<https://www.mvphealthcare.com/about/events/discounts/riverview-orchards-discount-0725> 1 per employee

Indian Ladders \$10 Voucher September 6 – October 5:

<https://www.mvphealthcare.com/about/events/discounts/indian-ladder-farm-discount-0623> 1 per employee



LWP calendar

Visit <https://www.mvphealthcare.com/members/resources/health-wellness/healthy-lifestyle> to see all programs and select registration. All LWP are open to members and non-members and are qualifying wellness activities for the 2025 Wellness Passport on Passport 4 Good!



SOCIAL | MIND | SPIRIT



PHYSICAL

October is Breast Cancer Awareness Month

Breast cancer occurs when cells in the breast divide and grow without their normal control. Tumors in the breast tend to grow slowly. By the time a lump is large enough to feel, it may have been growing for as long as 10 years. Some tumors are aggressive and grow much faster.

About 70% to 80% of breast cancers begin in the milk ducts, about 10% to 15% begin in the lobules and a few begin in other breast tissue. The warning signs of breast cancer are not the same for all women.

The most common warning signs in women are:

- A change in the look or feel of the breast
- A change in the look or feel of the nipple
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away
- Lump, hard knot or thickening in the breast, chest or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling, puckering or redness of the skin of the breast

In 2025, it's estimated among US women there will be:

- 316,950 new cases of invasive breast cancer (This includes new cases of primary breast cancer, but not breast cancer recurrences.)
- 59,080 new cases of ductal carcinoma in situ (DCIS), a non-invasive breast cancer
- 42,170 breast cancer deaths
- **Breast cancer is most common cancer among black women** with estimated 40,530 new cases in 2025 and is the leading cause of cancer death

The most common warning signs in men are:

- Lump, hard knot or thickening in the breast, chest or underarm area (usually painless, but may be tender)
- Change in the size or shape of the breast
- Dimpling, puckering or redness of the skin of the breast
- Itchy, scaly sore or rash on the nipple
- Pulling in of the nipple (inverted nipple) or other parts of the breast
- Nipple discharge (rare)

In 2025, it's estimated among US men there will be:

- 2,800 new cases of invasive breast cancer (This includes new cases of primary breast cancers, but not breast cancer recurrences.)
- 510 breast cancer deaths

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

Find the resources, support and community you need — because everyone deserves the chance to survive and thrive. Start by reaching out to the Komen Patient Care Center.

Monday – Thursday: 9 a.m. – 7 p.m. ET

Friday: 9 a.m. – 6 p.m. ET

Email: helpline@komen.org

Call the patient care center at 1 877-465-6636

Follow Healthy ME Online & Win!

This month's winner: Robert Stubbs

Two Steps: Go to ellishealthyme.org, enter your email address (Ellis email is preferred but not necessary) 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!**

October is Domestic Violence Awareness Month

In the United States, 1 in 4 women and 1 in 9 men experience domestic violence.

Domestic violence (DV) is best understood as a pattern of abusive behaviors—including physical, sexual, and psychological attacks as well as economic coercion—used by one intimate partner against another (adult or adolescent) to gain, maintain, or regain power and control in the relationship. Batterers use of a range of tactics to frighten, terrorize, manipulate, hurt, humiliate, blame, often injure, and sometimes kill a current or former intimate partner.

Domestic violence, also known as intimate partner violence, is a serious and widespread problem. In the United States, 1 in 4 women and 1 in 9 men experience contact sexual violence, physical violence, and/or stalking by an intimate partner in their lifetime and report negative impacts such as injury, fear, concern for safety, and needing services.

For Domestic Violence Awareness Month (DVAM) 2025, the Domestic Violence Awareness Project Advisory Group is pleased to introduce a new theme: **With Survivors, Always | Con sobrevivientes. Siempre.**

1. Survivors deserve safety | Sobrevivientes merecen seguridad
2. Survivors deserve support | Sobrevivientes merecen apoyo
3. Survivors deserve solidarity | Sobrevivientes merecen solidaridad

If you are experiencing DV and need help visit the National DV Hotline [Domestic Violence Support | National Domestic Violence Hotline](#) or call 1-800-799-7233 or text "START" to 88788

Source: <https://www.dvawareness.org/blog/DVAM2025>

One-Pot Lentil & Vegetable Soup with Parmesan

This lentil-vegetable soup is packed with kale and tomatoes for a filling, flavorful main dish.

Ingredients

- 2 tablespoons extra-virgin olive oil
- 3 cups fresh or frozen chopped onion, carrot and celery mix
- 4 cloves garlic, chopped
- 4 cups low-sodium vegetable or chicken broth
- 1 ½ cups green or brown lentils
- 1 (15-ounce) can unsalted diced tomatoes, undrained
- 2 teaspoons finely chopped fresh thyme
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ½ teaspoon crushed red pepper
- ½ cup grated Parmesan cheese
- 1 tablespoon parmesan rind (optional)
- 3 cups packed roughly chopped lacinato kale
- 1½ tablespoons red-wine vinegar
- 4 tablespoon chopped fresh flat-leaf parsley for garnish

Instructions

1. Heat oil in a Dutch oven or large pot over medium heat. Add 3 cups chopped onion, carrot and celery mix; cook, stirring occasionally, until softened, 6 to 10 minutes. Add 4 cloves garlic; cook, stirring often, until fragrant, about 30 seconds.
2. Stir in 4 cups broth, 1 ½ cups lentils, 1 can tomatoes, 2 teaspoons thyme, ½ teaspoon salt, ½ teaspoon pepper, ½ teaspoon crushed red pepper and Parmesan rind, if using. Bring to a boil over medium-high heat. Reduce heat to medium-low; cover and cook, stirring occasionally, until the lentils are almost tender, 15 to 25 minutes, adding water as needed to thin to desired consistency.
3. Stir in 3 cups kale. Cook, covered, until the kale is tender, 5 to 10 minutes. Remove and discard the Parmesan rind, if using. Stir in 1 ½ tablespoons vinegar. Divide the soup among 6 bowls; sprinkle with Parmesan. Garnish with 4 tablespoon parsley, if desired.



Nutrition Facts: Servings per recipe:6

Serving size about 1 ½ cups

Calories 306, Total Fat 7g, Saturated Fat 2g, Sodium 446 mg, Total Carbohydrate 45g, total Sugars 6g, Dietary Fiber 9g Protein 17g, Total Sugar 16g Cholesterol 5 mg

Source:

<https://www.eatingwell.com/recipe/7917979/one-pot-lentil-vegetable-soup-with-parmesan/>

EAP and Financial Webinars:

EAP Registration Provides 24-hour post-webinar content access and P4G credit!

Capital EAP: Promoting Kindness in the Workplace

Oct. 2 | 12-1 PM

This training is intended to create a kinder and more compassionate workplace. Participants will also gain insights on becoming a more compassionate employee and inspiring compassion in others.

Register at:

https://us02web.zoom.us/webinar/register/WN_agtiCNAtSLOmc2dVtJNKpg#/registration

Capital EAP: Understanding Seasonal Affective Disorder (SAD)

Oct. 22 | 12-1 PM

In this training, participants will learn the common symptoms of SAD, theories for why it happens, as well as treatments that can be effective.

Register at:

https://us02web.zoom.us/webinar/register/WN_1nCoyDEBSEa7E_zhnDI5wA#/registration

Suicide Risk, Prevention and Intervention for First Responders

Oct. 28 | 12-1 PM

This training will cover the basic principles of suicide risk, including who is at risk and how to identify signs of suicidality. Participants will also develop communication strategies to engage someone who may be at risk and where to go for help.

Register at:

https://us02web.zoom.us/webinar/register/WN_5gQrLPbFQEu1eaQi3FJeeg#/registration

Broadview FCU: Understanding Credit

Oct. 2 | 5 PM

Learn to manage credit responsibly.

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_yGEEZlZQeu-dzbwD20tHg#/registration

Broadview FCU: Fraud Prevention

Oct. 16 | 5-6 PM

Take steps to protect your personal information.

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_NjVT6O1NSEyXJRV9-PKOMA#/registration

Corebridge Financial: Your Future Starts Now

Oct. 23 | 12-1 PM

Register at:

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdlt5PAW8bHN0WR13QvyD3qPEzGMipp+0m52gQjY=&AvlSeats=True>

Tri-City ValleyCats Game August 24



Photo courtesy of Constance Charboneau

It was another great night for baseball at Joe Bruno Stadium on August 24. Ellis Medicine employees enjoyed watching the ValleyCats win over the Joliet Slammers, 2-0. Tickets were subsidized by Ellis Healthy ME.