



November is Diabetes Month

Every 26 seconds, someone in the U.S. is diagnosed with Diabetes. In 2021, 38.4 million Americans, or 11.6% of the population, had diabetes. Of those, 2 million Americans have type 1 diabetes, including about 304,000 children and adolescents.

In type 2 diabetes, your body does not use insulin properly. Treatment for people with type 2 diabetes can include an eating plan, physical activity, and oral or injectable medications (including insulin) to help you meet your target blood glucose levels.

Prediabetes: In 2021, 97.6 million Americans age 18 and older had prediabetes. For some people with prediabetes, early treatment as well as moderate lifestyle changes can actually return blood glucose (blood sugar) levels to a normal range, effectively preventing or delaying type 2 diabetes.

The following symptoms of diabetes are typical. However, some people with diabetes have symptoms so mild that they go unnoticed.

Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss—even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

Tools and Resources

Ellis Medicine employees on Ellis/MVP health insurance have access to **Care Advantage nurses**. Reach out to our Care Advantage nurses if you are concerned about diabetes or any chronic condition! **Call 1-866-942-7966 to connect with your MVP Case Manager Monday–Friday, 8:30am–5 pm**

Concerned about diabetes and prediabetes? Take the diabetes risk test here: <https://diabetes.org/diabetes-risk-test>

Check out MVP Living Well Programs free 7-webinar series on diabetes management. <https://vimeo.com/showcase/11127161>

Visit the Diabetes Food Hub for amazing, diabetes-friendly recipes, free virtual cooking classes, meal planning and more! <https://diabetesfoodhub.org/>

Source: <https://diabetes.org/>

Join Us for the Employee Benefits Fair

Get your Flu Shot from
Ellis Works!

*Free 10-minute Chair
Massage | 11am-2pm

Notf Street Dinning Rooms 1-2: Wednesday,
November 12 | 11am-3pm

Vendors Include: Broadview FCU, MVP Health Care, Delta Dental, NFP, Capital EAP, BSON, Ellis Foundation, Jack's Place, Benefit Resources (BRI) Reliance/Matrix, AT&T/First Net and more!

***With Thrive Holistic Healing. Compliments of Healthy ME!**

Run, Walk, Volunteer Cardiac Classic

Join us for our 44th Annual Cardiac Classic on Thanksgiving morning, November 27 at Central Park, Schenectady. Registration is now open!

When: Thursday, November 27, 2025 (Thanksgiving Day)

8:00 a.m. 2 Mile Wellness Walk

9:00 a.m. 5K Race - (pre-registration is required)

10:00 a.m. 1 Mile Kids' Fun Run

Where: Central Park, Schenectady

Cost: \$20 per Wellness Walker (+ \$2.24 fee) = \$22.24

\$30 per 5K runner (+ \$2.74 fee) = \$32.74

Register Now!

Free: Kids' Fun Run

Volunteers: Are needed and welcome! **For more information and to register visit:**

<https://www.raceentry.com/ellis-cardiac-classic/race-information>

Register by 11/23 to be guaranteed a t-shirt!



The Best Turkey Meatloaf

This ground turkey meatloaf is a lighter spin on a classic comfort food. It's packed with lean protein and tastes moist, tender and super flavorful.



Ingredients (meatloaf)

- 2 pounds 90% lean ground turkey, or 1 pound ground beef and 1 pound ground turkey
- ½ cup panko breadcrumbs
- ¼ cup whole milk, or beef broth, plus more as needed
- 2 large eggs, whisked
- 2-3 Tablespoons fresh parsley, or 2 teaspoons dried parsley
- 2 Tablespoons Worcestershire sauce
- 2 Tablespoons ketchup
- 1 ¼ teaspoons Kosher salt
- ¼ teaspoon ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

Ingredients (sauce)

- ½ cup ketchup or BBQ sauce, I like to mix half and half
- 2 Tablespoons light brown sugar

Instructions

1. Preheat the oven to 375°F. Line a baking sheet or 9×5-inch loaf pan with foil. Lightly spray with nonstick spray and set aside.
2. In a large bowl, mix the turkey, breadcrumbs, milk, eggs, parsley, Worcestershire sauce, ketchup, salt, pepper, garlic powder, and onion powder until combined. Don't overmix or the meat won't be as tender.
3. Form the mixture into a loaf shape on the baking sheet. In a small bowl, mix together the ketchup and/or BBQ sauce and brown sugar. Pour over the top of the meatloaf. Add pepper on top, if desired.
4. Bake meatloaf 45 to 55 minutes, or until the center reaches 160°F. Allow to rest 5 to 10 minutes before slicing into 8 to 10 slices.

Nutrition Facts: Servings per recipe: 8

Nutrition provided is an estimate. It will vary based on specific ingredients used.

Calories 244kcal, Total Fat 7g, Saturated Fat 3g, Sodium 717 mg, Total Carbohydrate 13g, total Sugars 8g, Dietary Fiber 1g Protein 24g, 8 Cholesterol 131 mg

Source: <https://www.iheartnaptime.net/turkey-meatloaf/>

MVP Living Well Programs Open to ALL!

Virtual highlights. Copy and paste into browser or select links.

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!

Beginners Guide to a Smoke Free Future | Tuesday, November 4, 5:30-6:15 PM

Register here: <https://www.mvphealthcare.com/about/events/living-well/beginners-guide-to-a-smoke-free-future-0711>

Mediterranean Cooking Class | Friday, November 14, 12-1 PM

Register here: <https://www.mvphealthcare.com/about/events/living-well/mediterranean-cooking-class-0632>



LWP calendar

The Great American Smokeout-Nov. 20

Being tobacco free or participating in a Tobacco Cessation Course is required for Wellness Passport Credit.

The Great American Smokeout was first held in 1977 in California and later became a nationwide event. It was initiated to encourage smokers to quit for at least one day and to raise awareness about the harmful effects of smoking. Since then, The Great American Smokeout has become a powerful platform for promoting smoking cessation and has contributed to reducing smoking rates in the United States. Learn about free smoking cessation programs with The Butt Stops Here!

<https://www.sphp.com/health-and-wellness/community-wellness-programs/the-butt-stops-here>



Out of the Darkness Walk

Association For Suicide Prevention

September 27 in Schenectady's Central Park was an important day for building community and supporting mental health awareness.

A big shout out to the Ellis Medicine Mental Health Clinic Staff for participating and fund raising for this important cause!

Pictured: Victoria (Tori) Daniels, Jennifer Sellick and Angie Eggelston with her 2 dogs Mayhem & Chaos. Missing Sonja Stracke and team captain, Ashley Ostrander



Follow Healthy ME Online & Win!

This month's winner: **Olivia Hansen**

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!**

EAP and Financial Webinars:

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

Capital EAP: Understanding Substance Use Disorder

Nov. 5 | 12-1 PM

This training is designed to help participants understand the basics of Substance Use Disorder and break down the stigma associated with it. Learn how to help a loved one or peer.

Register at:

https://us02web.zoom.us/webinar/register/WN_ZbgVm3hGSUeEoeC48z8AOA#/registration

Capital EAP: Effective Listening

Nov. 13 | 12-1 PM

This training will introduce participants to various types of listening, the anatomy of effective listening, and increase awareness unique listening styles.

Register at:

https://us02web.zoom.us/webinar/register/WN_DRcynu_SQDSRGhbkbAc1qw#/registration/

Capital EAP: Work-Life Balance

Nov. 18 | 12-1 PM

In this training, participants will explore beliefs and perspectives of a balanced life, map an accurate picture of their current and ideal balanced lives, and walk away with applicable, practical strategies to create better balance.

Register at:

https://us02web.zoom.us/webinar/register/WN_qEHkjq2MRf-QZTRs3MCyA#/registration

Broadview FCU: Build a Better Budget

Nov. 6 | 5 PM

Get ready to take control of your finances and your future!

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_fmjHvzkuQMULRJVxpk7zdA#/registration

Broadview FCU: Debt Knockout

Nov. 12 | 12 PM

Learn how to tackle your debt, step-by-step and manage your credit in the future.

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_WyF5xxGfTLyxkPzyie7tPg#/registration

Corebridge Financial: Navigating Student Loan Debt

Nov. 20 | 12-1 PM

Register at:

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

Coming in January 2026: The Healthy ME WELLcome Back to Wellness Challenge

Look for registration on P4G in December

The holiday season can be rough for even the most structured wellness routines and healthy habits. The WELLcome Back Challenge is a 4-week program created to help ease you back into a New Year's wellness routine, after a planned (or unplanned) holiday hiatus. This challenge is meant to be easy to follow and execute and you will receive weekly emails and guidance along the way!

