



Workforce Team Challenge: May 21



Top left picture – (top row left to right), Christina Mariotti, Shae Crow, Susan Bhuiyan, Amy Manning, Jacquelyn Murray, John Karlo Carreon, Ralph Feinstein (bottom row, Marissa Bernhardt, Daniel Farley. Top right picture - Jackie Gunn, Daniel Farley, Randy Gunn (Randy is a GE employee but is Jackie's father). Bottom left picture – John Karlo Carreon, Virma Blanco (Virma is the daughter of Ellis psychiatric NPP Vivian Blanco) Middle picture – Sandra Nolan and her daughter, Alexis Hooten, RN Bottom right picture – Susan Bhuiyan, Amy Manning, Marissa Bernhardt

For the second year in a row, Ellis Healthy ME sponsored free registration on the Ellis Medicine Team! Thank you team captain, Dan Farley for leading the team, the photos and the race summary below!

Ellis Medicine proudly fielded a 21-member team at this year's CDPHP Workforce Team Challenge on May 21, 2026, joining more than 8,000 participants representing over 400 local companies for the annual 3.5-mile road race and walk around the Empire State Plaza. The event once again showcased the strong spirit of wellness, camaraderie, and community that defines the Capital Region workforce. With beautiful weather and an energetic atmosphere, the evening provided the perfect setting for participants of all experience levels to come together in support of healthy living and teamwork. Team Ellis delivered an impressive showing on the course, highlighted by several standout performances. Leading the men's field for Ellis Medicine was Daniel Farley, who crossed the finish line in a swift 30:59. On the women's side, Christina Mariotti paced the team with an outstanding time of 31:01.

Director of Nursing Jackie Montgomery earned a strong third-place team finish with a time of 37:10, followed closely by Marissa Bernhardt in 37:44 and Jacquelyn Murray in 38:09. Every member of the Ellis contingent contributed to a memorable evening filled with encouragement, determination, and team pride. Beyond the race results, the event served as a great opportunity for colleagues from across the organization to connect outside the workplace while representing Ellis Medicine in one of the region's premier wellness events. The enthusiastic participation and support from team members helped make the evening a tremendous success. With momentum continuing to build, Ellis Medicine looks forward to an even greater presence at the Workforce Team Challenge in 2027.

EAP and Financial Webinars:

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

EAP: Understanding Anger

June 11 | 12-1 PM

This training will explore the roots, masks, and risks of anger. The training will also focus on practical strategies for managing anger and creative alternatives to anger

Register at:

https://us02web.zoom.us/webinar/register/WN_ChEdKEbXTKOmR42bo4B-Uw#/registration

EAP: Successful Communication

June 30 | 12-1 PM

This training will heighten awareness of the ways we communicate with our co-workers. Participants will identify communication strategies to overcome resistance and conflict.

Register at:

https://us02web.zoom.us/webinar/register/WN_IHAjX9-FTjecjaSip_NrDg#/registration

QUALIFYING
HEALTHY ME
ACTIVITY

Broadview FCU: Quick Tips for Budget Success

June 10 | 12-12:30 PM

Find out how you can make room in your life for two intertwined priorities: your finances and personal well-being.

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_owY7R63NTD6FgiNzjfn_uA#/registration

Broadview FCU: Homebuying 101

June 17 | 12-1 PM

Find out how to buy a home you can afford with the know-how to make it happen! A mortgage representative will join us!

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_bTbplRcaQdO-113l8TMOcW#/registration

Broadview: Managing Credit

June 23 | 12-1 PM

This 30-minute Zoom session skips the theory and takes you straight into relaxation with guided meditation techniques designed to ease stress, clear your mind, and restore focus..

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_nF7vH4-HQDqTBxqvqu2kiA#/registration

MVP Living Well Programs FREE and Open to ALL!

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 2026 Wellness Passport on Passport 4 Good!

Most summer program registration opens on **June 23**

Summer Highlights (select link or copy/paste into browser)

Yoga and Meditation at the Harbor | Sundays, June 7- September 27 (8:30AM meditation, yoga 9-10AM) Register with Inner Bliss

<https://www.innerblissny.com/yoga-at-the-harbor1.html>



LWP calendar

Grilled Basil Chicken and Tomatoes

Relax after work with a cold drink while this savory chicken marinates in an herby tomato blend for an hour, then toss it on the grill. It tastes just like summer.

Ingredients

- 3/4 cup balsamic vinegar
- 1/4 cup tightly packed fresh basil leaves
- 2 tablespoons olive oil
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 8 plum tomatoes
- 4 boneless skinless chicken breast halves (4 ounces each)



Instructions

1. For marinade, place first 5 ingredients in a blender. Cut 4 tomatoes into quarters and add to blender; cover and process until blended. Halve remaining tomatoes for grilling.
2. In a bowl, combine chicken and 2/3 cup marinade; refrigerate, covered, 1 hour, turning occasionally. Reserve remaining marinade for serving.
3. Drain chicken, discarding marinade. Place chicken on an oiled grill rack over medium heat. Grill chicken, covered, until a thermometer reads 165°, 4-6 minutes per side. Grill tomatoes, covered, over medium heat until lightly browned, 2-4 minutes per side. Serve chicken and tomatoes with reserved marinade.

Nutrition Facts | Servings Per Recipe: 4 | Serving Size | 1 piece of chicken, tomatoes and marinade

Calories 177, total carbohydrate 8g, Fiber 1g, Total Sugars 7g, 24g protein, Total fat 5g, Saturated fat 1g

Source:

<https://www.tasteofhome.com/recipes/grilled-basil-chicken-and-tomatoes/#RecipeCard>

Follow Healthy ME Online & Win!

This month's winner: **Ilyas Rasooliar**

Two Steps: Go to [ellishealthyme.org](https://www.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!**

June is Great Outdoors Month

Take a moment or two to enjoy your favorite greenspace!

Depending on where we live, sometimes reaching nature can be very difficult. Thankfully, upstate NY is packed full of outdoor opportunities to enjoy, some only a walk or bike ride away!

No matter our preferred mode of enjoying the great outdoors - hiking, biking, kayaking to name a few - nature is calling. Pursue the beauty and majesty of the big skies and open spaces the outdoors offers. Here are 5 easy ways to celebrate Great Outdoors Month along with some local suggestions!

1. **Visit a Local, State, or National Park**
 - Central Park, Schenectady
 - Washington Park, Albany
 - Thatcher Park, Voorheesville
 - Tawasentha Park, Guilderland
 - Lock 8 Park, Schenectady
 - Adirondack Park, North Country
 - Green Mountains of VT
 - Saratoga Spa State Park, Saratoga
 - Erie Canal Bike Trail (Schenectady-Buffalo)
2. **Plan a picnic**-May places mentioned above have picnic areas available-complete with grills!
3. **Try an outdoor activity you have never done before**
 - **Pickleball**-Indian Meadows Park, Glenville; Hillhurst Park, Sch'dy; Collins Park, Scotia; Gavin Town Park, Wilton; West Side Rec Park, Saratoga
 - **Kayaking**-Kayak Shack, Saratoga; Mohawk Harbor, Sch'dy;
 - **Hiking**-Check out All Trails for numerous local and Adirondack hikes. Local preserves include Plotterkill, Rotterdam; Lisha Kill, Sch'dy; Christman Sanctuary, Delanson; Tawasentha Park, Guilderland
 - **Disc Golf**- Schenectady Central Park, Colonie Acres, Thatcher Park
 - **Visit a free MVP Fitness Court**- SUNY, Schenectady, Tawasentha, 112th St. Park, Beman Park or Prospect Park, Troy
4. **Catch a sunrise or sunset**
5. **Host a backyard campout!**

Sources:

<https://parktrust.org/blog/celebrate-great-outdoors-month-easy-ways-to-get-outside/>

<https://nationaldaycalendar.com/celebrations/national-great-outdoors-month-june>



Upcoming Healthy ME Events

Drink 8 to Hydrate July/August

Kona Ice Truck | July 13, 15, 16

Cafeteria Salad Subsidy | July