



Phelps Hospital Weekly Nursing Newsletter May 18th, 2020



We have been treating COVID-19 patients here at Phelps Hospital for over 2 months. All the staff have been amazing in caring for our community during this crisis. Everyone (within the hospital and community) recognizes how hard you are working to take care of all our patients and each other.

Antibody Testing: COVID-19 antibody testing is available to friends and family members. Please have your friends/family call 914-366-3555 Monday –Friday between 9a-7:30p to schedule their appointment.

Infection Control Department Information: All staff must wear a hospital issued surgical/procedure mask at all times while in our facilities.

No fabric face coverings or fabric face masks within the facility.

Tranquility Tent - Mon. - Fri. 11:30 AM – 8PM. Located outside the MRI building, our Tranquility Tent is available as a space to unwind, relax and refuel.

Relaxation Room – this is a quiet place (Boardroom- C Level) for solace and reflection open 23 hours per day, 7 days per week. Within the space are lounge chairs, diffusers, eye masks, and water and snacks to help escape workplace tension and to focus on self-care. The room is closed for cleaning between 11pm and midnight.

Northwell's Emotional Support Resource Center is here to provide assistance and reassurance to you and your loved ones during the COVID-19 pandemic. Experts trained in emotional well-being will answer questions, provide resources, or just listen. Call the 24/7 Emotional Support Resource Center at 516-344-4155. This service is free and 100% confidential. Your information will not be shared with your manager, colleagues or Northwell Human Resources.

Free Yoga & Meditation Classes:

Wellness experts at Northwell Health's **Center for Wellness and Integrative Medicine (CWIM)** in Roslyn have moved a range of services to a virtual platform in the age of social distancing and business closures, offering free online yoga and meditation classes and other programs to help people in the community manage their stress and stay connected. For more information and to schedule a class: www.northwellcwim.com or 516-858-3095.


Limited Time Complimentary Offerings: on the following page are several different online programs that you can sign up for because you are a Northwell employee. They include programs for: fitness, sleep improvement, meditation sessions, as well as other programs for your well-being.

This newsletter is compiled, edited, and distributed by: Alicia Mulvena (Organizational Development). If you would like to submit information for publication please contact: Alicia Mulvena, amulvena@northwell.edu, or ext. 3165

Expanded programs for your well-being

Limited-time complimentary offerings



Program name	Program descriptions	How to sign-up*
Daylight	Daylight is an approachable way to address worry and anxiety. Daylight listens and talks to you, understands your challenges and goals, and guides you through learning and practicing proven strategies for reducing worry and anxiety in your life.	 Register by May 31 for a year subscription to Daylight http://trydaylight.com/access Use your Northwell email to register
Sleepio	Sleepio is a six-week sleep improvement program designed by sleep expert Professor Colin Espie that features the latest Cognitive and Behavioral Therapy (CBT) techniques. It is clinically proven to help you fall asleep faster, stay asleep through the night and feel better during the day –whether you’ve had poor sleep for weeks, months, or even years.	 Register by May 31 for a year subscription to Sleepio http://sleepio.com/access Use your Northwell email to register
Headspace Weathering the Storm	Headspace offers meditation sessions that suit your mood, lifestyle, and time. Weathering the Storm includes sleep, meditations, and movement exercises to help you through the day.	 https://www.headspace.com/ny
NEOU	NEOU fitness is an online platform that offers unlimited access to thousands of live and on-demand workouts at your fingertips. On NEOU, you will find yoga, HITT, core strength, endurance exercises, and tons more to keep you engaged and inspired.	 Sign up by May 31 to enjoy a 60 day free trial. https://northwell.neoufitness.com/ (No credit card required)
SilverCloud Health	SilverCloud Health is a clinically-proven, online platform that helps you navigate stressful, overwhelming, or anxiety-inducing situations through self-guided behavioral health programs and activities. Participate in one or all of the program offerings: <ul style="list-style-type: none"> • Resilience - Enhance your well-being and build work-life balance • Sleep Issues - Build healthy sleep habits • Stress - Overcome and manage your stressors 	 care.silvercloudhealth.com/signup Password: Northwell2020
WaQi	WaQi means youthful energy. It is a practice that enhances the body, mind and spirit through a combination of qigong and chi based movements. The WaQi program helps to decrease stress, and anxiety; while at the same time improve energy, mood, and sleep quality among participants.	https://wa-qi.com/waqi-for-stress-mood-sleep.html
myWellness	Visit the Virgin Pulse app to explore all the expanded programming that is available to you until Sunday, May 31. For example, checkout Ziponga or Aaptiv, which can help you meet your meal planning and workout goals.	 Northwell.edu/mywellness

Sponsored by Employee Wellness

*Visit Google play or the Apple app. store to download apps.
Note: WaQi does not offer an app.

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