

*The Avenue*

*The Stanton*

*The Orchard*

*The Mountain View*

*The Springs*

*The Crossings*

*The Country Manor*

*The Dutch Manor*

**In this issue:**

Your 401k Plan: Meeting Highlights	1
Think About What You Drink!	1
Quarterly Quote	1
Stretching your dollars at the pharmacy	2
Online Doctor Visits	2
Quick Tips	2

## Think About What You Drink!

Just like food, beverages contain calories (sometimes lots) that many people do not realize are there. They can add up quickly and will affect your waistline if you don't take them into consideration when determining how many calories to consume daily. Here is the calorie content of some of your favorite drinks, both from home and at your local eatery:

Type of Drink	Calories	Healthier Option	Calories
16 oz. café latte made with whole milk	265	12 oz. café latte made with fat-free milk	125
20 oz. non-diet cola	227	20 oz. diet cola	0
16 oz. sweetened lemon iced tea	180	Sparkling water with natural lemon flavor	0
12 oz. sports drink	99	12 oz. fitness water	18
12 oz. fruit punch	192	12 oz. orange juice	168
8 oz. chocolate milk made with whole milk	208	8 oz. one percent chocolate milk	158
8 oz. two percent reduced-fat milk	120	8 oz. skim milk	90

## 401k Retirement Plan Presented by M&T Bank

In late October through early December, Tom McGimpsey from M&T Bank headed out to visit all our facilities and meet with employees about our 401k Plan offered through Prudential. Employees from all of our locations learned about investment choices, contribution options, and the company match. For those who were unable to attend the 401k meetings to learn more about the plan, Tom McGimpsey offered the following advice:

“The use of Lifetime Funds [contribution options offered through Prudential] is a great idea for anyone, especially those that are unsure of where to put their contributions. Increasing contributions on an annual basis is critical to meeting retirement needs”. He added that “starting the plan is the most difficult part of the process, once the paperwork is completed the hard part is over”.

As an added benefit, M&T also offers Financial Consultation services to our employees to assist them in reviewing all of their retirement options. If you are interested in learning more about this service, contact your facility benefits representative.

## Empire Blue Cross webVisit®

Empire Blue Cross has introduced a new online health care tool called webVisit®. This service enables members to have online consultations with doctors as well as receive other types of information online and Empire assures its members complete privacy because all webVisits are HIPAA compliant. So, what are the benefits of using webVisit? Here are a few:

1. Get in touch with doctors any time
2. Skip unnecessary office visits (saving you time, travel expenses and office co-payments)
3. Send a quick email vs waiting on hold over the phone
4. Members are charged only a \$5 co-payment for each webVisit that is considered a medical consultation\*

Interested members should first find out if their doctors participate in the program. Go to [www.empireblue.com](http://www.empireblue.com) and click on “Find a Doctor”. If you see “Consult with this Doctor Online” under a doctor’s name, then this doctor participates in the program. All participating Empire Network doctors, with the exception of some specialties, are eligible for this program so if your doctor does not participate you may want to encourage him/her to do so.

-Empire Inside Benefits Newsletter

\*Please note that WebVisits are treated as office visits with respect to deductibles, lifetime or annual benefit limits and out-of-pocket expenses

## NYSHFA Scholarship Awarded to Certified Nursing Assistant

### PICTURE HERE

Meghan Louer (seen above), Certified Nursing Assistant at The Crossings Nursing and Rehabilitation Centre in Minoa, was recently awarded a scholarship to assist in her education goals toward becoming a Licensed Practical Nurse.

Meghan who currently attends OCM BOCES and plans to graduate next fall, received \$750 from New York State Health Facilities Association (NYSHFA) **District 4** which represents many nursing homes in the Central Region.

Meghan has worked for The Crossings as a Certified Nursing Assistant for over 6 years. Her dedication and commitment to the care and services she provides the residents will make her an excellent Licensed Practical Nurse in the future and an asset to the long term care community. Congratulations Meghan!

## Quarterly Quick Tips

### No More Mosquitoes

Place a dryer sheet in your pocket and it will keep the mosquitoes away.

### Making Your Dryer Last Longer

At least every 6 months, clean your dryer lint screen using warm, soapy water and a toothbrush. This will remove the waxy build up that is caused by using dryer sheets. Doing this may increase the efficiency of the dryer which could help reduce your electric bill and may also double the life of your dryer.

### Easy Deviled Eggs

Put cooked egg yolks in a zip lock bag. Seal the bag and mash the yolks until they are all broken up. Add the remainder of the ingredients, reseal and mash and mix thoroughly. Cut the tip of the baggy,

### QUARTERLY QUOTE

“Cheers to a new year and another chance for us to get it right”. -Oprah Winfrey