

JACOBI RADIOLOGY

RADIOLOGY WELLNESS

Upcoming events

Tour de Jacobi

Summer Blood Drive

Yoga and Meditation

Outdoor Movie Night

Peace and Love Tie-Dye Event

Bronx Zoo and Botanical Gardens

FREE TICKETS

Other Info

Mental Health Resources

Tips for daily wellbeing

AUGUST 2020



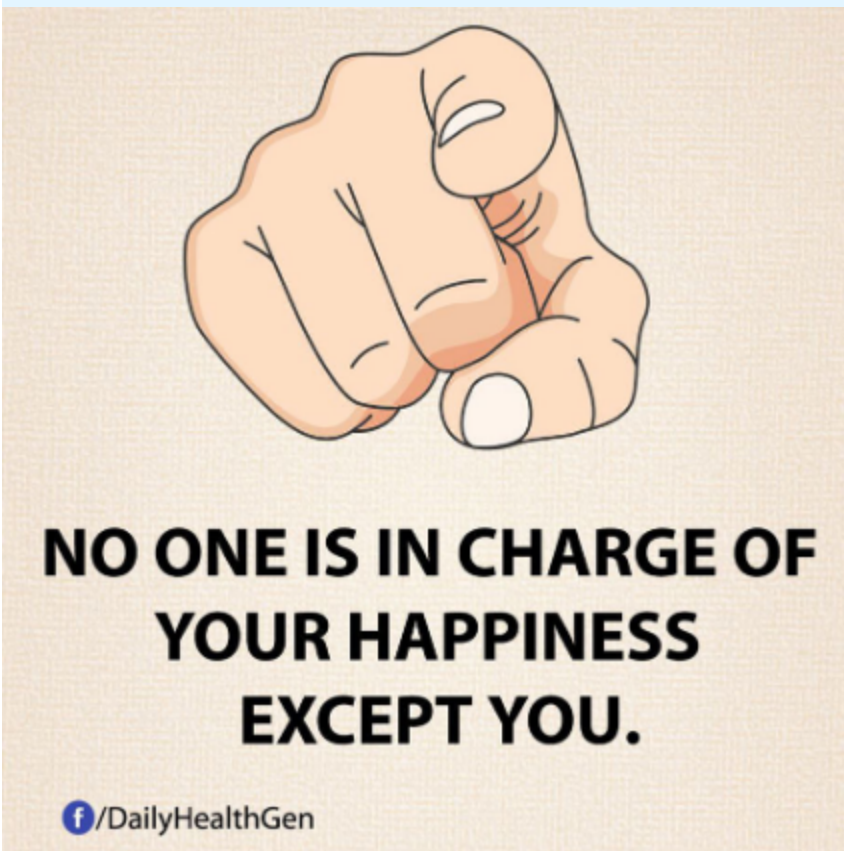
Wake up Start fresh See the bright Opportunity in Each new day




Daily Tips

Start your day with a wholesome breakfast! A good breakfast can change your mood for the entire day!

If you wake up feeling tired or in a bad mood, try playing some music to lift yourself up and get you pumped for a better day!



**NO ONE IS IN CHARGE OF
YOUR HAPPINESS
EXCEPT YOU.**

 /DailyHealthGen

Is your gym closed due to COVID? Check out this link for home workout tips:
<https://www.barbellmedicine.com/blog/how-to-exercise-at-home/>



Tour de Jacobi

FIRST ANNUAL BIKE TOUR
GUIDED BY OUR VERY OWN ARIEL KANEVSKY

Please join us for the first ever group biking event! The Tour de Jacobi will be led by Ariel Kanevsky and co-led by Dr. Friedman. The group will be departing JMC and riding to City Island along the East Coast Greenway.

Don't have a bike? Don't worry! Several bikes are being lent out, so just reach out and we will do our best to accommodate those that are interested.



When: Thursday August 20, 2020 at 5:00 PM

Where: JMC (Departure site)

RSVP: kanevska1@nychhc.org

Because patients can't afford to wait,

Be a first responder,

GIVE BLOOD



NYC Health + Hospitals / Jacobi

SUMMER BLOOD DRIVE

Tuesday, August 11, 2020

10:00 am – 4:00 pm

1400 Pelham Parkway South, Bronx, N.Y

Building 8 / 1st floor Atrium

Register to donate at:

https://donate.nybc.org/donor/schedules/drive_schedule/281932

Or call 1 800 933 2566

For more information, please contact:

Tina Rivera, Account Manager, NYBC (914) 879 - 4693

To remain in compliance with the federal guidelines for social distancing

APPOINTMENTS PREFERRED

Walk-ins welcome if drive capacity permits

DONORS PRESENTING:

- Must wear a mask or face covering
- Will have their temperature taken
- Must be 14 days symptom free if recovered from COVID-19
- May **NOT** donate if they have had a positive diagnostic test or experienced symptoms of COVID-19 in the last 14 days
- May **NOT** donate if they are currently on self-quarantine restrictions

*Please be aware that we **DO NOT** test for COVID-19.*

You should contact your health care provider if you want to be tested.

Remember to eat, drink and bring your Donor ID or ID with name and photo

Eligibility Information:

<https://www.nybc.org/donate-blood/become-donor/can-i-donate-blood/>

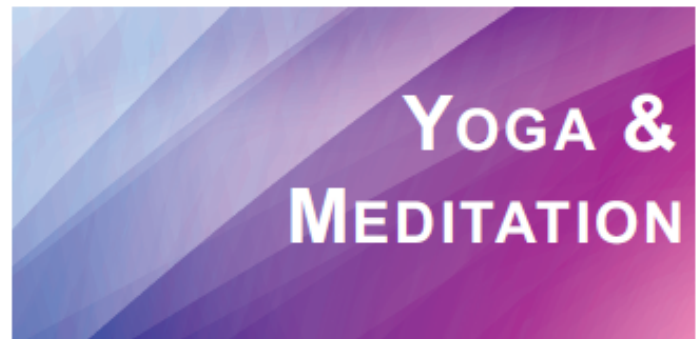


1.800.933.2566
www.nybc.org

New York Blood Center

H³ HELPING HEALERS HEAL

Free program for all staff



Tuesdays/Wednesdays/Fridays

8 am - 9 am (1 hour session)

9 am - 10 am (20 minute sessions)

3 pm - 5 pm (20 minute sessions)

Noon - 1 pm (1 hour session)

Building 1

9th Floor, Room 904

Class limited to 5 people.

Pre-register:

929-243-6018

Riverag7@nychhc.org



THE SUMMER OF HOPE

A series of experiential programs and events in which we as healthcare workers can decompress, vent, keep ourselves whole, and support each other, both emotionally and spiritually.



Employees, family and friends, join us at the movies!

ONWARD (PG) - Thursday August 13th (rain date August 20th)
Parking Lot 9

Bring your own chairs or blankets to sit on.

Movie starts at 8 pm

Popcorn, cotton candy, and ice cream will be available at 7:30 pm

Masks required. Social distancing will be maintained by having designated spots.





“Peace & Love” Tie-Dye Event

Join us on
Thursday, August 6th
12 noon - 2 pm
on the Patio
behind Building 4
to Tie-Dye
t-shirts and bandanas.

(while supplies last)





TO OUR HEALTHCARE HEROES

Thank you!

from



We at the Wildlife Conservation Society are so grateful to all of the medical staff who have selflessly put their lives on the line to protect our communities during the COVID-19 crisis.

Your next visit to the Bronx Zoo, New York Aquarium, Central Park Zoo, Prospect Park Zoo, or Queens Zoo is on us.

We would like to invite you to relax, explore a wildlife park, and reconnect with nature and our animals.

To ensure a safe and enjoyable experience for everyone, our parks will be open to a reduced number of guests.

One-way paths will help with social distancing, and sanitizing stations are available throughout the parks.

Healthcare heroes invited to a free visit to a WCS park include medical professionals, healthcare workers, EMTs, and paramedics with valid professional IDs.

Healthcare Heroes are also eligible for a 50% discount on Family Zoos Plus Memberships for new Members, available in-park only*.

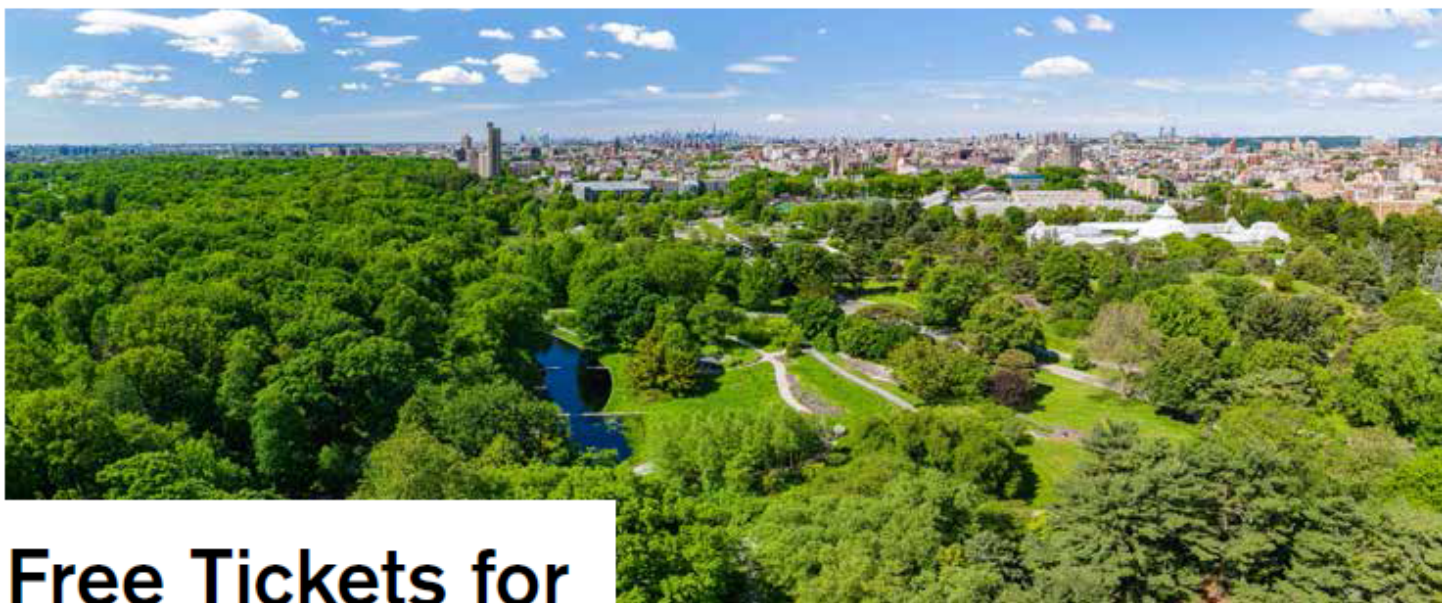


Visit wcs.org/heroes and use the code **HERO2020** to reserve your date specific tickets. Valid 7/24/20 through 9/07/20.

DISCLAIMER: Free admission for Healthcare Heroes applies to medical professionals, healthcare workers, emergency medical technicians and paramedics only. A valid work ID must be presented with your ticket at the time of entry in order to validate admission. Offer is valid for online transactions only and limited to one ticket per order. Timed tickets must be reserved online prior to visit. *Membership discount applies to Family Zoos PLUS Membership products only - no other membership levels are eligible. Valid for first-time Member enrollment only. Membership discount is only available onsite at our parks. A valid work ID must be presented with your health care heroes admission ticket at the time of your membership purchase. Health care hero must be listed as the primary adult on the membership account. Both offers are not applicable towards prior purchases; no cash back or credit will be issued. Cannot be combined with any other discount or promotion. Both offers end 9/7/20 and are not transferable. All sales final. No refunds or exchanges.

NYBG

BRONX HEALTH CARE HEROES



Free Tickets for *Garden Pass* Admission

We are proud to honor the dedicated health care heroes in our Bronx community with complimentary *Garden Pass* tickets to all employees of the eight public and private hospitals in the Bronx. Enjoy special access during our Appreciation Week July 21–26 and all summer through September 13.

Plan the perfect summer escape to our 250 acres. Walk the shaded trails of our old-growth forest, and relax near a sparkling natural waterfall in the Bronx River. Take in a sea of fragrance and color in the Peggy Rockefeller Rose Garden, and stroll along the Native Plant Garden's breezy promenade and meadow. There's so much to see—from vibrant palettes of hibiscuses and hydrangeas to the tranquil beauty of water lilies and lotuses. Plan your visit today.



Safety Is Our Priority

The safety of our visitors and staff is our priority. Let's work together so the Garden can remain open to all.



Timed Entry



Face Coverings



Social Distancing



Cleaning and Disinfecting



Staff Health Checks

Tuesdays–Sundays, July 21–September 13
Monday, September 7
11 a.m.–4 p.m.

Advance Tickets and ID Required
Book Tickets: nybg.org/bxhospital
Use Code: **bxhospital**

*Hospital employees must reserve Garden Pass tickets online in advance at nybg.org/bxhospital using the code **bxhospital**. Valid employee identification is required upon arrival at the Garden. Valid forms of ID include employee photo ID, business card, or pay stub (note: a photo ID is required with a business card or pay stub). Offer is non-transferable; additional tickets for family and friends may be purchased when reserving the complimentary ticket online. Confirmation will be e-mailed with the option to print or download mobile ticket(s) to present upon arrival with ID. Parking fee not included.*

Bronx Hospitals Eligible Only:

BronxCare Health System • Calvary Hospital
• Jacobi Medical Center • James J. Peters
VA Medical Center • Lincoln Medical Center
• Montefiore Health System • North Central
Bronx Hospital • St. Barnabas Hospital

SYSTEM-WIDE EMOTIONAL STAFF SUPPORT



646-815-4150

Monday - Friday, 9:00am – Midnight (12:00am)

*Hours may be extended upon demand **Note:** this is not a general information line

Anonymous support hotline for all NYC Health + Hospitals employees.

Please reach out and call if you are experiencing:

- + Fatigue / Stress
- + Burnout
- + Anxiety / Fear
- + Depression

Licensed mental health clinicians will be available for psychological and emotional support.

Referral opportunities for other services if needed.

For any other general COVID-19 questions,
please visit the COVID-19 Guidance and Resources intranet site:

hcin Insider.nychhc.org/sites/COVID-19/Pages/Index.aspx

NYC
HEALTH+
HOSPITALS