



Baked Apple and Oats Fall Crisp

Servings per recipe:
9
Calories per serving:
275
Cost per serving:
\$1.25

Ingredients

Apple Filling

6 c Cortland apples
2 tbsp fresh lemon juice
1 tsp cinnamon

Oat Topping

1 1/2 c spelt flour
1/2 c cold margarine or butter
1 c rolled oats
1/4 c Medjool dates
2 tbsp warm water
1/4 tsp fine-grain sea salt

Preparation

Preheat oven to 375° F

Apple Filling

Dice apples and place them in an ovenproof cast iron skillet. Sprinkle with cinnamon and lemon juice. Stir to combine.

Oat Topping

In a medium bowl, cut the cold margarine into the flour until the mixture is crumbly. Use a pastry cutter, food processor, or fork to combine.

In a high-speed blender, combine the Medjool dates and the warm water. If you do not have a blender, mash the dates and the water with your hands.

Transfer the mashed dates to the medium bowl with the flour mixture. Add the oats and salt to the medium bowl. Mix all the ingredients together with a fork. Crumble handfuls of the mixture on top of the apples in the skillet.

Bake

Place the skillet in the preheated oven. Bake for 45-50 minutes until the apples are tender and the topping is golden brown. Allow the crisp to sit a few minutes to cool before serving.

“Pause to consider what you are harvesting this fall a renewed sense of purpose in your work, the deepening of a new friendship, or putting into practice good nutrition, exercise, and sleeping regimes that prepare you for the crisper days of autumn and the upcoming holiday season.”

—Jane Maksoud, Chief Human Resources Officer (read the full article on page 2)



Harvest Time

Benefits questions? Please keep these numbers handy

- **Contact Accolade at 844-287-3868** for personal assistance with claims processing, appeals, and benefits plan-related inquiries.
- **Contact ADP at 866-700-6762** for all questions regarding the enrollment system as well as to reset passwords and address questions related to logon identification numbers.
- **Contact WageWorks at 866-414-8455** for guidance with Flexible Spending Accounts and transit benefits.



> A Message from the Chief Human Resources Officer



**JANE MAKSLOUD
RN, MPA**
Senior Vice President and
Chief Human Resources
Officer, Mount Sinai Health
System

Fall is surrendering to the end of summer, back-to-school for students, and an intense focus on fourth quarter deliverables. As sunset comes early, it may feel as though we have less time to get things done. This seasonal shift affects us all, but for farmers in the field, fall is a race against the clock. For them, fall means bringing in the harvest.

Harvest brings an abundance of pumpkins and apples to greenmarkets and grocery bins, hayrides, apple picking, and pumpkin patch treasure hunts. The cornstalks really are as “high as an elephant’s eye” and the whirl of the combine means fresh corn-on-the-cob next summer and feed to nourish livestock.

Fall is all about reaping the benefits of the waning sun’s warmth, preparing for winter extremes, and anticipating the promises this cycle of nature provides.

Pause to consider what you will harvest this fall—a renewed sense of purpose in your work, perhaps the deepening of a new friendship, or putting into practice good nutrition, exercise, and sleep regimes that prepare you for the crisper days of autumn and the upcoming holiday season.

Jane

The Warmth and Calm of Tea

Busy, chilly fall months are a great time to practice self-care by drinking your favorite tea. Tea is a perfect way to enhance your physical and mental health. Spending just a few moments a day preparing and holding a warm cup of tea, especially in the late afternoon, can help you reset, refocus, and reduce stress while maximizing relaxation and joy.

Sipping tea is a long-standing tradition in many cultures. Centuries ago, tea was only available in teahouses and elegant salons for those in the highest social classes and in the most respected professions. Today, drinking tea can take you out of the humdrum to make you feel special. Some even use the rituals of preparing and drinking tea as a meditative practice. When sipping your tea, embrace a spirit of gentleness and tran-

quility and fully experience these moments of calm.

For your added pleasure, you may want to read more about the history of tea online at <http://www.coffeeteawarehouse.com/tea-history.html>.

In addition, if your team is interested in experiencing the calming effects of tea, you may want to arrange a special Chi Cart staff visit. Learn more about the Mount Sinai Chi Time™ Program online at <https://www.mountsinai.org/patient-care/spiritual-care-and-education/staff-support-chi-time>.

Enjoy.

Winning Results of the Reach Your Peak Walking Challenge

This year, 4,000 Mount Sinai Health System faculty members and employees participated in the Reach Your Peak (RYP) 3.0 Walking Wellness Challenge designed to inspire personal health and well-being by walking and tracking 10,000 steps per day.

More Activity and Improved Nutrition

In addition to increasing their teams’ activity, captains of the 11 winning teams shared stories about how RYP changed how they approached nutrition and their eating habits, as they became more health conscious and active.

Many teams got together and walked during of their lunch breaks. Others started enjoying both old and new activities, as they felt increasingly fit.

Enjoying Each Other

Many team members are feeling happier and healthier; some lost weight; and others lowered their blood pressure by increasing the number of steps they took each day.

One of the surprising benefits of RYP is feeling close to other team members as they took on the challenge together.



Mount Sinai Brooklyn **The Demolition Crew**, “*We all realized that it was a stress reliever. RYP allowed us to get in better shape and gave us more energy.*”

—Lashawn Taylor, captain

2019 Winning Teams

See all the winning teams and their average daily step counts, on the Reach Your Peak page on the Mount Sinai Wellness website at <https://www.mountsinai.org/about/ms-fit/wellness>.

>>> See You Next Year

We encourage everyone to keep on stepping and stay tuned for our next RYP Walking Challenge in 2020.



Mount Sinai Beth Israel **MSDW 14th St INNOVATORS** “*It got us to change the way that we eat...we even had healthy potlucks on Fridays.*”

—Allison Sherwood, captain



Mount Sinai South Nassau **F1 Steps and Stitches**

“*Participating was fun for all!*”

— Julia Biernacka, captain



Mount Sinai Downtown **3N Lab Elites** “*Everyone was pushing each other. We checked in with each other every day*”

—Ayesha Syed, captain

Icahn School of Medicine at Mount Sinai **Hemoglobin Trotters**

“*I was able to go back to dancing!*”

—Cansu Cimen Bozkus, captain

