



***"It takes three weeks to change your habits,  
but only one day to change your mindset."***

*– Dr. Joseph Barry*

*Preventive Medicine Associates/Signature MD  
Member of the Crouse Health Network*

## **Congratulations to our 21 Day Challenge Participants!**

If you successfully finish the "21 Day Challenge" and [complete this online form](#),

You will be entered into an ongoing monthly raffle drawing.

Visit [www.crouse.org/21daychallenge](http://www.crouse.org/21daychallenge) to learn more.

### **November 2019**

***This month's raffle winner is...***

***Roland Caver, IT Technical Support Specialist***

#### **Nancy, Engineering**

Goal: Select an item from my closet each day, which will be donated to charity and free up closet space.

Result: Challenge complete

#### **Phyllis Radford; Interventional Radiology**

Goal: Work on posture, sitting up straighter with shoulders back.

Result: Challenge complete and will continue daily.

#### **Rodneisha Fair; Med/Surg 4S Irv Oncology**

Goal: No social media.

Result: It was a really good habit to break and I found other productive things to keep myself busy!

#### **Maudie St. Denis; Commonwealth**

Goal: No candy and cut down on sugar intake.

Result: This was a great challenge for me. I am five days past my 21 days and still have not had any candy.

Don't even miss it. On to my next 21 day challenge.

#### **Betty Strong; Med/Surg 6N Irv Neuroscience**

Goal: Stop drinking diet coke.

Result: Some days were much harder than others to go without the caffeine, but I plan to continue this habit regularly.

#### **Linda O'Donnell; Human Resources**

Goal: Encourage someone daily.

Result: Challenge complete and I plan on continuing this daily.

#### **Susan Buza; Med/Surg Administration**

Goal: Cut down on sugar intake.

Result: Challenge complete and I plan on continuing this daily.

### **October 2019**

***This month's raffle winner is...***

***Christine Chunko, CMP***

**Ashley Haugstatter, Nursing Student Resource Pool**

**What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days**

Goal: Drink at least 64 oz. of water each day

Result: I always feel better when I'm properly hydrated. This challenge kept me feeling my best! Hopefully I can maintain this new habit!

**Helen Bain, Intensive Care ICU**

Goal: Eat a garden salad everyday

Result: My body felt better having fresh vegetables

**Kim Mineker, Communications**

Goal: Track my food daily in the WW app

Result: Challenge complete and will continue every day!

**Stacy Hernandez, Med/Surg 7 Mem**

Goal: Give up donuts for the rest of the year

Result: Challenge complete and will continue until the end of the year!

**Linda O'Donnell, Human Resources**

Goal: Continuing to stretch every morning.

Result: Challenge complete and will continue every day! Feel so much better afterwards.

**Alyssa Jorgensen, Risk Management**

Goal: I wrote out 10 affirmations daily to remind myself of what I'm capable of.

Result: Challenge complete and plans to continue regularly!

**Maudie St. Denis, Commonwealth**

Goal: Any form of exercise for 20 minutes per day.

Result: Challenge complete and plans to continue regularly!

**Kim Lee, CMP**

Goal: Walking or Stationary Bike Riding 8 miles Per Day

Result: Challenge complete and will continue every day!

**Susan Buza, Med/Surg Administration**

Goal: To only drink one cup of coffee a day.

Result: Challenge complete and plans to continue regularly!

**Donna Losito, Radiology Breast Program**

Goal: No Pepsi (or other soda)

Result: Challenge complete and will continue every day!

**Beth Gula, Respiratory Therapist**

Goal: Walk at least 300 steps everyday

Result: Challenge complete and will continue every day!

**Ashlee Barbano, General Administration**

Goal: Move more and walk at least 10,000 a day.

Result: Challenge complete and plans to continue regularly!

**Kate Day, Managing Chaplain, Spiritual Care**

Goal: Log all food and drink every day for every meal

Result: Challenge complete and will continue every day!

**What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days**

## **September 2019**

***This month's raffle winner is...***

***Linda O'Donnell, Human Resources***

### **Olivia Cowling, Crouse Health Foundation**

Goal: Limit my sugar intake (No desserts, candy, etc.)

Result: Challenge complete and plans to continue regularly.

### **Kathryn Rushmore, Lactation Services**

Goal: Work towards losing weight with the goal of losing 25 pounds.

Result: It is a life change, and I am eating healthier and feel much better! I plan on continuing until my goal is met.

### **Nancy, Engineering**

Goal: To plan ahead for the majority of meals, eliminating the last minute struggle of "what's for dinner"

Result: Planning ahead helps alleviate the last minute choices that are typically not as healthy and are more costly.

### **Linda O'Donnell, Human Resources**

Goal: Being mindful of sugar and eating less of it

Result: Challenge complete and will continue every day!

### **Tina Magargal, Surgical Suite/OR**

Goal: Exercise every day.

Result: Challenge complete and plans to continue regularly.

### **Heather Wilkins, General Administration**

Goal: Take the stairs instead of the elevator whenever possible

Result: Challenge complete and plans to continue regularly.

### **Alyssa Jorgensen, Risk Management**

Goal: My daily challenge goal was to eat breakfast every morning

Result: With a new living situation and a longer commute my mornings are busy. I used to not put myself first and start each day with a healthy breakfast. This last month I have focused more on my nutrition and know how important it is to start off each day with a healthy meal.

## **August 2019**

***This month's raffle winner is...***

***Peaches Edwards, Patient Access***

### **Tina Magargal, Surgical Suite/OR**

Goal: Complete an item from my wedding task list each day.

Result: Challenge complete and plans to continue regularly.

### **Alyssa Jorgensen, Risk Management**

Goal: Start each morning with a positive thought.

Result: Challenge complete and plans to continue every day.

**What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days**

**Linda O'Donnell, Human Resources**

Goal: Exercise daily in some way, bike riding, walking, etc.

Result: Challenge complete and will continue every day!

**Roland Caver, IT Technical Support Specialist**

Goal: Reduce carb consumption to 120 g daily.

Result: Challenge complete and it resulted in another 5 pounds lost!

**July 2019**

*This month's raffle winner is...*

**Jeanne Celso, College of Nursing**

**Kelly Martin, Crouse Medical Practice**

Goal: Exercise for 20 mins each day.

Result: Challenge complete and will continue every day!

**Linda O'Donnell, Human Resources**

Goal: Increasing my daily steps

Result: Challenge complete and will continue every day!

**Tina Margargal, Surgical Suite/OR**

Goal: each day do and complete a item on my wedding to do list.

Result: Challenge complete and will continue every day!

**Alyssa Jorgensen, Risk Management**

Goal: Drinking at minimum 60 ounces of water a day.

Result: I have been exceeding my daily goal and drinking over 75 ounces of water each day.

**Phyllis Radford, Interventional Radiology**

Goal: To take better care of my teeth and floss more regularly

Result: This Challenge is good for me. It helps me find the areas in my life I need to improve on and work on them.

**Brenda Ginter, Nutritional Services**

Goal: to find one thing each day to be thankful for

Result: Challenge complete and will continue every day!

**June 2019**

*This month's raffle winner is...*

**Nancy, Engineering**

**Kelly Mengel, Human Resources**

Goal: Drink more water daily.

Result: Challenge complete and will continue to increase my water intake every day!

**Christine Chunko, Crouse Medical Practice**

Goal: Intermittent fasting.

Result: Challenge complete! I didn't really know what intermittent fasting was prior to trying it, but I have learned a lot and it has helped me a great deal with evening snacking.

**What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days**

**Sheilagh Riley, Neonatology 9 Irving**

Goal: Drink 16 ounces of water every day.

Result: Challenge complete!

**Mary Theresa Geyer, Health Office**

Goal: Walk every day and complete 3 miles 4 times a week.

Result: Challenge complete and feels great.

**Ashley Haugstatter, Nursing Relations & Retention**

Goal: Take the stairs instead of the elevator. Especially from lower levels to the office on the 8th floor.

Result: It's awesome to see an improvement in stamina over time when going up stairs.

**Tina Magargal, Surgical Suite/OR**

Goal: To exercise for one hour each day.

Result: Challenge complete.

**Kelly Martin, Crouse Medical Practice**

Goal: To limit myself to one 20 oz. diet soda a day.

Result: Challenge complete.

**Betty Strong, Med/Surg 6N Irv Neuroscience**

Goal: To meditate every day for 21 days.

Result: It was nice to set a goal and work towards it.

**Phyllis Radford, Interventional Radiology**

Goal: To do at least 100 stair pushups each day.

Result: This challenge keeps me motivated to find areas of my life I may need to improve on.

**Linda O'Donnell, Human Resources**

Goal: To stretch daily.

Result: Challenge complete!

**Kristin Bidwell, Crouse Medical Practice**

Goal: To drink a gallon of water daily.

Result: Challenge complete!

**May 2019**

*This month's raffle winner is...*

**Sally Campbell, Employee Health Office**

**Sarah Feliu, Crouse Medical Practice**

Goal: Not to drink any soda.

Result: Challenge complete and will continue every day!

**Kim Lee, Crouse Medical Practice**

Goal: Walk up and down the stairs

**What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days**

Result: You never really know how out of shape you are until you have to climb a couple flights of stairs. I will say after doing this challenge my knees are not as bothersome as they use to be! I am up for a good challenge and this sure was one!!

**Maudie St. Denis, Commonwealth**

Goal: Go to bed no later than 10 PM every night.

Result: It was a struggle at first going to bed an hour earlier than normal, however, it has now become a routine and I feel better. This is something I definitely will continue.

**Tina Magargal, Surgical Suite/OR**

Goal: Exercise for an hour each day.

Result: Challenge complete and will continue every day!

**Ryan Barker, College of Nursing**

Goal: 45 minute metabolic workout weekdays and healthier eating every day.

Result: I'm involved in a workout and diet plan that will definitely help to create a healthier me.

**Linda O'Donnell, Human Resources**

Goal: Read sodium content on food labels and cook without adding salt.

Result: Challenge complete and will continue every day!

**Nancy, Engineering**

Goal: Increase water intake by 12 oz per day.

Result: Challenge complete and will continue every day!

**Rachelle Hopkins, Pharmacy**

Goal: My goal to loss at least 2 pounds a week.

Result: Challenge complete and will continue every day!

**Janyl Jones, Commonwealth**

Goal: Take a multi-vitamin.

Result: With significant dietary changes and the plan to start a family, I thought it best to start a multi-vitamin. I have never been able to "get in the habit" of doing it daily but, I completed my goal and intend to continue.

**Lori Griffin, Executive Administration**

Goal: To not use my employee badge to purchase anything in the hospital.

Result: This allowed me to be more accountable for what I was spending and reduced impulse purchases. I will continue this habit.

***April 2019***

***This month's raffle winner is...***

***Maudie St. Denis, Commonwealth***

**Janyl Jones, Commonwealth**

Goal: Eat keto diet foods.

Result: I lost 12lbs since starting it in January. I plan to continue but periodically switch to a healthy diet for a week or two every few months.

**What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days**

**Maudie St. Denis, Commonwealth**

Goal: The goal was no chocolate and to be kinder than necessary to all.

Result: I will continue to be kinder than necessary that includes not only to humans, but to animals and our environment. To be honest, I will have chocolate at the end of the Lenten season, but limit the intake in the future. I enjoy participating in the 21 day challenges, it allows me to work on becoming a better me.

**Kristie Smith, Pharmacy**

Goal: No fast food.

Result: Challenge complete and will continue to do regularly but not every day.

**Tina Mohn, Care Coordination**

Goal: No soda or carbonated beverages.

Result: Challenge complete and will continue every day!

**Kim DuBois, Interventional Radiology**

Goal: Putting my phone away at work, trying not to be on it as much.

Result: Challenge complete and will continue every day!

**Tina Margargal, Surgical Suite/OR**

Goal: Drink 8 - 12 oz. glasses of water per day.

Result: Challenge complete and will continue every day!

**Nancy, Engineering**

Goal: To add an extra fruit/veggie each day.

Result: Great way to give me friendly reminders to be a bit healthier!

**Phyllis Radford, Interventional Radiology**

Goal: Pause twice a day to acknowledge at least 5 things I am grateful/thankful for.

Result: Challenge complete and will continue every day!

**Kim Lee, Crouse Medical Practice**

Goal: Park further from the entrance

Result: Challenging yourself for 21 Days is a great way to motivate yourself!! I have been parking on the 4th floor of the garage and walking down to the entrance on my way into work and on my way out to my car at the end of the day! Very simple, enjoyable and it feels good to start your day fresh and to walk off some of the stress of the day!!

**Christine Chunko, Crouse Medical Practice**

Goal: Walking from car in garage to door, no stairs, no elevator.

Result: I stopped using the elevator last year and have been using the stairs, feels better and I am getting more steps in.

**Sally Campbell, Employee Health**

Goal: Walk 2 miles a day - 5 days a week or more.

Result: Challenge complete and will continue to do regularly but not every day.

**Roland Caver, IT Technical Support Specialist**

Goal: Lose weight; cut back on carbs.

Result: Lost about 20lbs since starting. I feel good.

**March 2019**

**What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days**

**Deborah Patterson, Ostomy**

Goal: Eating right to promote weight loss.

Result: Joined weight watchers to help achieve goal. Working out well.

**Alicia Heneka, Neonatology 9 Irving**

Goal: Start Keto Diet – no sugar or carbs

Result: Challenge complete and will continue every day!

**Kecia Maas, Perinatal 8 Irving**

Goal: Daily meditation for at least 10 minutes

Result: Challenge complete and will continue every day!

**Peaches Edwards, Patient Access**

Goal: No coffee.

Result: Challenge complete and will continue every day!

**Phyllis Radford, Interventional Radiology**

Goal: Spend more time in prayer and meditation

Result: I feel starting my day with prayers and meditation helps me to strive to be a better person.

**Tina Mohn, Care Coordination**

Goal: Taking the stairs instead of the elevator at least once a day.

Result: The west tower elevator was down all day on 3/1/19, since a new challenge was starting I decided I would continue taking the stairs. Since I have no stairs at home, I park farther away from a store so I walk more. I plan to continue.

**Linda O'Donnell, Human Resources**

Goal: Increase number of steps taken and adding in aqua aerobics

Result: Challenge complete and will continue every day!

**Tina Margargal, Surgical Suite/OR**

Goal: Complete an hour and fifteen minutes of exercise.

Result: Challenge complete and will continue every day!

**Kim DuBois, Interventional Radiology**

Goal: Floss everyday

Result: Challenge complete and will continue every day!

***February 2019***

**Helen Bain, ICU**

Goal: 5 miles of stepping every day. My Fitbit says 2400 steps in 1 mile because of my stride

Result: Challenge complete and will continue to make and achieve little goals.

**Jeanne Celso, Admin at the College of Nursing**

Goal: Drink 3 Nalgene's of water per day (3L)

Result: It was definitely not easy, there were some days where I chugged half a liter of water RIGHT before bed to meet my goal but I did it and my skin is so clear and hydrated because of it!

**What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days**



**June Edwards, Patient Access**

Goal: 95-100 fl oz water

Result: While working toward achieving one goal, I decided to start on another at the same time!

**Nancy, Engineering**

Goal: To not take the elevator at all, to use strictly stairs - up & down!

Result: Challenge complete and will continue every day!

**Janyl Jones, Commonwealth**

Goal: Eat Better & Cut Down on Carbs

Result: I plan on continuing to eat better and consume less carbs as I work to transition to the Keto Diet in March!

**Kim Lee, Crouse Medical Practice**

Goal: Giving Up Diet Soda

Result: Some days were harder than others! Drinking flavored sparkling water helped during this process!! It's not so bad after all not drinking soda! But I can say there were/are days that I do miss it!

**Tina Margargal, Surgical Suite/OR**

Goal: To walk or exercise for 1 hour

Result: Challenge complete and will continue to walk/exercise!

**Kim Mineker, Communications**

Goal: To log every single thing I ate to help me work towards my weight loss goals

Result: During those 3 weeks, I lost 7.6 pounds!

**Linda O'Donnell, Human Resources**

Goal: Walking and increasing steps.

Result: The challenge keeps me motivated; I like the challenge.

**Ngoc Pham, Clinically Integrated Network**

Goal: Drink more water.

Result: Challenge complete and will continue every day!

**Phyllis Radford, Interventional Radiology**

Goal: To drink more water

Result: This was a good goal for me. I am not good with my water consumption. I was apprehensive that I would not be able to do this. As time went on it got easier.

**Kristie Smith, Pharmacy**

Goal: 100 squats daily

Result: Challenge complete and will continue every day!

**Maudie St. Denis, Commonwealth**

Goal: Limit sugar intake and drink more water

Result: There seems to be sugar in almost everything, so it is hard to avoid, but I did not add any sugar to anything and stayed away from sugary stuff. I also increased water intake.

**January 2019**

**What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days**

**Kim Lee, Crouse Medical Practice**

Goal: To do 25 squats a day for 21 Days!! Then to bump it up by 5 each week until my 21 days ended!

Result: I love the 21 Day Challenges they keep me motivated to keep pushing myself each and every day!! I can do this with a positive mind body and soul and with the help from all of my Supporters! Thank you ALL!!

**Holly Skiff, Purchasing**

Goal: To weigh myself daily and track the results.

Result: Weighing in daily has been helpful in identifying good and bad habits that affect my weight.

**Phyllis Radford, Interventional Radiology**

Goal: Eat more vegetables.

Result: This has been good for me. It makes me pay attention to what I am eating.

**Kim DuBois, Interventional Radiology**

Goal: Drink at least 60oz of water a day.

Result: Drinking more water helps me feel less hunger, and it also helps my skin.

**Brenda Ginter, Nutritional Services**

Goal: To journal every day.

Result: I am surprised that I was able to do this on a daily basis and found that it kept me more in tune to my thoughts, feelings, and struggles. My plan is to continue the best I can to do it daily.

**Janyl Jones, Commonwealth**

Goal: Drink more water.

Result: Water is boring and has no "real" flavor. So I find it difficult to drink water over coffee. However, I have made an effort to drink more water at the end of the day and I have been successful. I keep a bottle behind my desk, in my SUV, on my night stand, in my refrigerator and in my lunch bag at all times. A little excessive but, it was effective!

**Maudie St. Denis, Commonwealth**

Goal: To recite at least one positive affirmation per day.

Result: Often times we are not very nice to ourselves, and it really takes a lot of effort to see the positivity in ourselves. Saying just one positive thing about yourself repeatedly throughout the day can make a big difference in your self-motivation.

**Tina Magargal, Surgical Suite/OR**

Goal: Walking

Result: Challenge complete and will continue every day!

**Linda O'Donnell, Human Resources**

Goal: To complete at least half mile daily, weight training 4x/month.

Result: Challenge complete and will continue every day!

**What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days**