



# Pathway to Wellness

March 2019



## GOER Monthly Challenge

“Reach for 2 healthy snacks.” Online registration starts March 1<sup>st</sup>

<https://www.wellnys.goer.ny.gov/> 19 days of the month makes you a challenge winner.

\*\*\*Need help getting started online? Contact [brisks@upstate.edu](mailto:brisks@upstate.edu) 4-4565. Healthy morning and afternoon snack or one to share with a friend.

## March is National Nutrition Month

Morrison Registered Dieticians (RD) will have *RD Live, Taste and Try* every Wednesday March, 6, 13, 20, 27 from 11-1 pm in café 750.

\*Upstate Food & Nutrition Department offers Medical Nutrition Therapy (MNT). Questions? Call 315-464-2778 or pick up brochure at Morrisons' Café 750 entrance.

\*\*The Academy of Nutrition and Dietetics is your source for **science-based food** and nutrition information. <https://www.eatright.org/>

## Monday Mile walks

Monday Mile walkers meet every Monday, 12 noon, circle driveway UH lobby, Mar. 4, 11, 18 & 25<sup>th</sup>

-**March 4th** Welcome new walkers. Walk over to **IHP** and walk the **inside track**.

You must bring clean footwear to wear at indoor track.

## Dog Therapy

March 7<sup>th</sup>, First Thursday of the Month. Upstate's Health Sciences Library, 11:30-1pm.

## Quitting and Cooking Cafe

March 7<sup>th</sup>; First Thursday of every month in the Cancer Center Atrium Lobby 10 am–12 noon. All are welcome. Get expert advice for you and your loved ones to quit tobacco use for a lifetime and healthy food samples, recipes and light refreshments.

## Easy For You

March 12<sup>th</sup>; Second Tuesday of the every month, 11:30-12:30 2<sup>nd</sup> floor lobby of Main Elevator. Anyone with an Upstate ID is welcome get help quitting tobacco, chew or vape. Get **free** nicotine replacement therapy (NRT), expert advice to help you quit and stay quit. Info available to help cover quitting cost of others on your insurance plan.

<http://www.upstate.edu/hospital/health/healthlink/smokefree.php>

## Well-Being Index

The Well-Being Index is a validated screening tool to evaluate fatigue, depression, burnout, anxiety/stress, and mental/physical quality of life. The index developed through a rigorous process with multi-step validation. The index is **9 (nine) questions** and has resources you can use immediately. This screening tool is available online any time. Go to

<http://www.mywellbeingindex.org/signup> access code: “Upstate”.

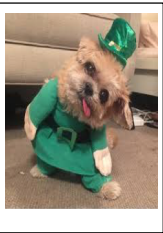
## Have you been to Upstate Health Science Library?

The Truth about Food – Dr. David Katz

Mindful Self-Compassion Workbook – Neff/Germer

## Wellness Website Watch

Tennis ball massage. <http://www.upstate.edu/health/wellness/self-care.php>



## What about Pathway to Wellness?

Galleries, **March 5<sup>th</sup>** in Cayuga/Seneca Conference Room, 4<sup>th</sup> Floor, 2-15 minute sessions, 12 noon and 12:30. Galleries employees come learn to navigate wellness websites to find wellness opportunities available when and where you are.

## Recipe

### **Honey Dijon Vinaigrette with Arugula, Pear and Walnut Salad Recipe**

<https://www.eatright.org/food/planning-and-prep/recipes/honey-dijon-vinaigrette-with-arugula-pear-and-walnut-salad-recipe>

**Vinaigrette** (makes 4 tablespoons)

2 tablespoons Dijon mustard

1 tablespoon honey

1 tablespoon olive oil

1 tablespoon lemon juice

#### **Salad**

8 cups arugula

2 red pears, thinly sliced

½ cup chopped walnuts

#### **Directions**

1. Whisk vinaigrette ingredients until smooth.
2. Toss vinaigrette with salad ingredients.

## Weigh-In Wed

Walk-up, weigh-in offering accountability and focus on behavior change.

Now through April 24 (no weigh in April 3<sup>rd</sup>)

CAB lobby; 8:30-8:50 am;

Jacobsen Hall lobby; 9 am- 9:20 am

UH lobby between information desk/ExpressOasis; 9:30-9:50am;

8th floor lobby 10–10:20 am

Environmental Services Area Basement UH; 2:45-3:45pm



## Tranquility Tuesday

Every Tuesday, at 12 noon, RM 1144, Academic Building, 30 min. meditation. Contact the COM Skaneateles Learning Community, Krystal Ripa for information.

- A recorded version is available at: [www.upstate.edu/wellness](http://www.upstate.edu/wellness)

Also try- <https://nccih.nih.gov/health/tips/meditation> or

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/multimedia/meditation/vid-20084741>

Upstate Medical Science Library has book/CD called “Crossing the Bridge to Health: A Creative and Symbolic Journey” by Penny H. Baron, PhD which is available to take out.

## Research Foundation Employees Virgin Pulse Wellness

Contact Mark Miller or Lisa Schirtz-Carroll for more information.

**Pathway to Wellness Kits:** Tennis Ball Massage, Positivity Packs, Happiness Bag, and Relaxation kits are a part of the Pathway to Wellness Well-being offerings.

[www.upstate.edu/wellness](http://www.upstate.edu/wellness) -information on diabetes, self-care, weight loss, walking and more

[www.facebook.com/UpstatePTW](https://www.facebook.com/UpstatePTW)

<http://www.upstate.edu/health/fluinfo.php> Flu shots 4<sup>th</sup> Floor Jacobsen Hall

