



Pathway to Wellness

May 2019



www.upstate.edu/wellness
www.facebook.com/UpstatePTW

Clear the Air Challenge

On Monday, April 22, (Earth Day) The Tobacco-Free Task Force celebrated the 3rd annual Kick Butts Day at Upstate Cancer Center/**Upstate Community Campus** and announced the Clear the Air Challenge. Is your department looking for a way to get a healthy lunch for 10? Contact Theresa Hankin at 4-3519. You will get 10 Visitor NRT (nicotine replacement) cards. The first department that gets 10 cards distributed to visitors and helps the visitor turn in the card for NRT kits by May 7 gets lunch for 10. The next team to get the MOST cards also wins a lunch for 10. That is 2 team lunches at UH and 2 at CC. Please contact hankint@upstate.edu to learn more.



Monday Mile walks

Monday Mile walkers welcome new walkers on the first Monday of the Month; May 6th. Walk inside or outside. May 6- Try interval walking, May 13 and May 20 meet at UH information desk. Monday May 27 is Memorial Day – no planned walk.

May GOER Monthly Challenge

“Try a Different Exercise Each day” Online registration starts May 1st <https://wellnys.goer.ny.gov/>
On May 1, 2 and 3 for 12-1 Suzanne will be handing out exercise Ideas on the 2nd floor lobby of UH.

Dog Therapy

May 2nd, Upstate's Health Sciences Library, 11:30-1pm.

JP MORGAN Corporate Challenge T- Shirt pick up

Team t-shirt distribution – 12-1 pm Mon. May 20; UH 2nd Floor elevator lobby
12-1 pm at Café Community Campus; Beth Sellers is your contact.

Quitting and Cooking Café

May 2nd; 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

May 14th, Second Tuesday of the every month, 11:30-12:30, 2nd 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 is **9 (nine) questions** and has resources you can use immediately. This screening tool is available online anytime. Go to <http://www.mywellbeingindex.org/signup> access code: “Upstate”.

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

Meditation Wednesday

Every Wednesday, rm 1406 meditation room at **Community Campus**, 15 minute meditation. Contact Chaplain Services for more information.

Ten Minute Topics



Watch for the flier with dates/times/locations for 10 minute topics like: 10 minute relaxation, What I learned at the Busyness workshop, Empathy Mapping, Mindful Eating, the Power of Yet, Quick Gardening Greens and more.

Research Employees Virgin Pulse Wellness

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

Pathway to Wellness Kits

Tennis Ball Massage, Happiness Bag, & Relaxation kits are a part of the Pathway to Wellness Well-being offerings.

Websites for more wellness!

www.upstate.edu/wellness
www.mywellbeingindex.org
<http://goer.ny.gov>
www.facebook.com/UpstatePTW
<http://www.upstate.edu/health/fluinfo.php>

To schedule Employee/Student Health appointments through the portal:

<https://eshportal.upstate.edu/>

Wednesday Walk

Downtown Committee Syracuse "Taking Steps Toward a Better Syracuse." Enjoy a little fresh air, get some exercise and learn something new during one of our guided Wednesday Walks. All walks step-off from Clinton Square unless otherwise noted. Scheduled walks run from May through October as follows: May 15: Birds of Prey (5:30 pm)

June 12: Syracuse 2020 (12:00 pm)

July 10: Street Games (5:30 pm, Hanover Square)

July 17: A Peek Behind the Curtain (12:00 pm)

August 14: History Walk (TBD)

September 11: **Mindful Walk (12:00 pm)**

October 16: Crunch Walk (5:30 pm)

PRIZES!

<https://www.downtownsyracuse.com/get-involved/wednesdaywalk/>

Syracuse Parks and Recreation

<http://www.syracuse.ny.us/Parks/FitnessAndWellness.html>

May is:

National Employee Health and Fitness Month

Mental Health Month

Stroke Awareness Month

Hospital Week, Nurses Week

Older Americans Month

Blood Pressure Awareness-

Exercise is a great way to celebrate all of them!



Bike to Work Day is Friday May 17.
Upstate has lots of bike parking.
Trauma has helmets.

Also Tick Awareness

https://www.cdc.gov/ticks/?fbclid=IwAR1JUxrL9mlbUIQYYIghabIsSQp3TRpXSZzbihPvc-BidC9_OMxh2H66z0M

<https://www.health.ny.gov/diseases/communicable/lyme/?fbclid=IwAR29i1Kss98YFmXXILMWI4IT6OkrBAu1PQDKhzLM-sPluUDCulimDOLyCQ4>

