



Pathway to Wellness October 2019

www.upstate.edu/wellness
www.facebook.com/UpstatePTW
<https://www.instagram.com/upstateptw/>

Please welcome Edwin Jung, PTW Work Study Student

New on Instagram! Check it out.

Weigh in Wednesday

Now-November 6th. Weekly accountability, education. Focus on healthy behavior changes.

Locations: 8:30am CAB lobby,
9 am Jacobsen Lobby;

*New location** 9:30am UH **first floor UH by the swipe in clock.** *New location*
2:30pm-3:30 Environmental Services Offices.

Winners of the August "Try It, Taste It, and Tally It Up" GOER Monthly Challenge

How many varieties of fruits and vegetables did you eat in August?

Rachael Grosvenor 66 Brittane Cerio 47 Jo Kukela 45 Lleda McCurty 43



October GOER Monthly Challenge

"Take two apples and share one with someone". Online registration/tracking starts
October 1st. <https://wellnys.goer.ny.gov/>

Morrison Café 750 is offering a BOGO special on apples in October.

Monday Mile walks

New-Meet at **1st Floor Elevator lobby**. Walk inside or outside depending on weather.

Oct.14. Holiday-no walk planned.

Special **Welloween** Monday Mile with a Mission; on Monday, Oct 28th starting at 11:30. Please meet a few minutes before 11:30 at the Upstate Medical Health Science Library

Welloween

The week of October 28th starts **Welloween**. A week of wellness activities Monday – Thursday at the Upstate Medical University Health Science Library. Yoga, Flu Shot Clinic, crafts, Monday Mile walk, Improve Posture, Back Pack Assessment, Doggies and more! See flier for details! Boo!

Healthy Monday

Bring your Upstate ID and participate in these Fall 2019 programs. No charge.

Meditation: 12-1pm in **SU** Hendricks Small Chapel (15ish minutes to settle in and work on posture, 20-30 of silent meditation, 10-15 minutes of questions and reflection).

Yoga: 1:30-2:30 **SU** Barnes Center meditation room. Please bring a mat if you can!

Walk a Monday Mile with a Mission: 12-12:30 outside the **SU** Barnes Center on the following dates: 10/7, 10/21, 11/4, 11/18, 12/2

Madison County and Healthy Monday partner for Walk with a Doc

October 12 from 10am –11 am. Meet at the Oneida Rail Trail Monday Mile Various Health Topics covered. <http://lernercenter.syr.edu/healthy-monday/programs/move-it-monday-monday-mile/>

Therapy Thursday dog visits

Thursday, October 3rd at Upstate Health Science Library. Stop by the library for a little canine therapy from 11:30 a.m. until 1:00 p.m.

Special **Welloween dog visit** on Tuesday, October 29th.

One Minute Wellness

Thurs, October 10th, 11:30 – 1 at UHCC 5th floor. Come try relaxing with an ocean drum; one-minute relaxation breathing, ask questions about Pathway to Wellness!



Welcome New Pathway to Wellness Committee Members

Lauren Rosenstein **Jodi** Butterfield **Stacey** Keefe **Martha** Ryan

Our next meeting is November 13th at 2 pm in the CAB room 115 a & b.

If you have an *idea to submit* contact: brisks@upstate.edu or call 4-4565



It's back RD LIVE Taste and Try- Feature Pumpkin!

Third Thursday of the Month- October 17, 11:30-1pm. Stop by Café 750 to try a pumpkin dish.

The Wellness Channel

Patient education television available at Downtown and Community campuses; is available to staff at:
<http://www.upstate.edu/pated/intra/education-tv.php>.

Downtown Campus: Patient Channel—59; HeartCare Channel—60, MedSerenity Channel—61
Community Campus: Newborn Channel—50, Patient Channel—5, HeartCare Channel—52

For more information, email pated@upstate.edu or visit

http://www.upstate.edu/hr/document/wellness_channels_flyer.pdf.

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 anytime. <http://www.mywellbeingindex.org/signup> access code: "Upstate".

Clear the Air Rounds

The Upstate Tobacco Free Task Force makes monthly Clear the Air Rounds on both campuses to spread awareness that we are a tobacco, smoke, vape free campus. Upstate offers free nicotine lozenges available to keep visitors comfortable while they are visiting. Meet in the Cancer Center atrium; 10am on October 23. Meet at *Community Campus*, main lobby; 10 am on October 24. Questions? Theresa Hankin Hankint@upstate.edu

Quitting and Cooking Café

The Quitting and Cooking Café – Thurs., October 3rd; 10 a.m. to noon; atrium of Upstate Cancer Center. Advice on quitting tobacco, healthy food samples (Pumpkin Seeds!), recipes, and light refreshments will be available to Upstate employees, students, volunteers, and patients. Contact: Theresa Hankin

Easy for You

October 8th, 2nd Tuesday of every month, 11:30-12:30, 2nd floor main elevator lobby downtown UH. Anyone with an Upstate ID is welcome to come get help quitting tobacco. Get **free** nicotine replacement therapy (NRT) making it easy for you! 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> Contact:Carolyn Walczyk

Weight Watchers at Work- Meets every Tuesday from 12:00 to 12:45. rm 10405A East Tower
Any questions contact Kim Hare 464-4891 or harek@upstate.edu

Tranquility Tuesday

Every Tuesday, at 12 noon, RM 1144, Academic Building, 30 min. meditation. Contact the COM Skaneateles Learning Community, Krystal Ripa for information.
Can't make it? A recorded version is available at: www.upstate.edu/wellness along with other meditations and resources.

Community Garden-

"One of Upstate Community Garden's missions is to promote **wellness** through healthy food supply and gardening activities. If you like to get involved with the garden please fill out this Google form to receive instructions, weekly updates and emails about the Upstate Community Garden (<https://forms.gle/5CMr5gM6Z3o5scj77>). If you have any questions about the garden, contact Sumana (sundaras@upstate.edu)"

Crunch Walk

October 16 at 5:30 pm **Clinton Square** Contact: City of Syracuse Parks and Recreation

Wed Walks downtown <https://www.downtownsyracuse.com/assets/Wednesday-Walks/Wednesday-Walk-Flyer-2019.pdf>



Websites for more wellness

Reminder-Flu Shot in clinic information <http://www.upstate.edu/health/calendar.php>
www.upstate.edu/wellness self care, weight management, diabetes education, resources and more
www.mywellbeingindex.org helpful self-evaluation tool logon with "Upstate"
<http://goer.ny.gov> monthly challenges, daily health tips sent to your email and 5k Magnets
www.facebook.com/UpstatePTW Keep up with events, recipes, photos and fun!
Lernercenter.syr.edu newsletter or weekly population health briefs.
<https://eshportal.upstate.edu> To schedule Employee/Student Health appointments through the portal