



Pathway to Wellness

September 2019

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

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 September 25 and October 23. Meet at *Community Campus*, main lobby; 10 am on September 26 and October 24. Questions? Contact Theresa Hankin Hankint@upstate.edu



Quitting and Cooking Café

The Quitting and Cooking Café – Thurs., September 5th; 10 a.m. to noon; atrium of Upstate Cancer Center. Advice on quitting tobacco, healthy food samples, recipes, and light refreshments will be available to Upstate employees, students, volunteers, and patients. Contact: Theresa Hankin

Monday Mile walks

Monday Mile walkers walk inside or outside. Meet at UH Information Desk near Circle Driveway September 9- Welcome new walkers. Get information on tracking and trackers. *Students*- if you would like to get a group of walkers together to walk from Weiskotten Hall- send [brisks@upstate](mailto:brisks@upstate.edu) your meeting time & contact info.

September GOER Monthly Challenge

"Fall into Tracking" your food, or your finances, or your fitness, or your sleep, or your water intake, Or your blood pressure, etc. Online registration starts September 1st. <https://wellnys.goer.ny.gov/>



Easy For You

September 10th, second 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, and 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 [Caolyn Walczyk](mailto:Caolyn.Walczyk)

Weigh In Wed Weigh In Wed Weigh In Wed Weigh In Wed

Starts Wed September 18-November 6th. (Healthy Holiday starts in November). Manage your weight by weighing in weekly, accountability and a one sheet takeaway. Focus on healthy behavior changes.

Locations: 8:30am CAB lobby,
9 am Jacobsen Lobby;
9:30am UH first floor lobby by information desk;
2:30pm Environmental Services Offices.

Want to weigh-in at your house? Send your email address to: brisks@upstate.com. Each week send me your weight and I will send you the one sheet take away.



Pet Partners
Touching Lives, Improving Health

Therapy Thursday" dog visits will be starting up September 5th at Upstate Health Science Library. Stop by the library for a little canine therapy on Thursday, Sept. 5 from 11:30 a.m. until 1:00 p.m.!



One Minute Wellness- Thurs, September 5th, 9-10 am. **550 Harrison**; Come try relaxing With an ocean drum; one-minute relaxation breathing, ask questions about PTWellness!

Flu Season ahead, **be sure to get your annual flu shot!!** Flu shot clinics **will be starting in October.**

Mindful Wednesday Walk- September 11

12 noon at Clinton Square. Contact: City of Syracuse Parks and Recreation

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

National Women's Health and Fitness Day Events- Tues, Sept. 17, 11:30 -1:30pm Clinton Square. Farmers market and health fair event. Contact: **Lisa Vigliotti-Bane, (315) 464-4827**

Time management and Journaling can help you manage stress/be resilient, increase well-being; self-care Take Back Your Day will be held Sept. 25 from 8 to 11 a.m. in the East Lounge, Campus Activities Building.

Time management tips for getting organized, utilizing time more effectively and managing stress will be offered.

The Art of Journaling will be held Sept. 27 from 8 to 11 a.m. in the Community Room, Community Campus.

Journaling techniques to help you reflect, clarify and create self-awareness will be offered.

Both classes are offered by Organizational Training and Development. For more information, visit

<http://www.upstate.edu/hr/intra/training/index.php>.

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- Sumana Sundaramurthy- is your contact person. A garden is a great place to meditate. Stacie Keefe suggested a weeding meditation. Great idea!

You can sign-up for watering for the next consecutive weeks

<https://docs.google.com/spreadsheets/d/1Zwl1jnk9xtSoaY4ojbL-6hz2EjzCAmoT-k-qVH-rnWc/edit?usp=sharing>.

Don't forget to track your service hours in the garden using Noble hour. For more information about noble hour and why to track hours, please visit this site (<http://www.upstate.edu/engage/students/tracking-hours.php>):. In order to start using noble hour to track your service hours at the garden, you will first have to set up a profile (if you don't already have one) using: www.noblehour.com/upstatemedialuniversity . Then you will have to join upstate garden community group (<https://www.noblehour.com/opportunities/f0b60c15-3133-4bf2-7d08-97f6852a8f64/view>) and login your hours of service at the garden.



Staff, Students, Employees join Upstate Pathway to Wellness Committee. Out next meeting is Sept 11th at 2 pm in the CAB. WE would love to have new student members **especially**. We meet every other month. If you would like to attend or have an **idea to submit** to the committee contact: brisks@upstate.edu or call 4-4565.

Websites for more wellness!

www.upstate.edu/wellness self care, weight management 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

<http://www.upstate.edu/health/fluinfo.php> Flu shots Start in October

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