



Pathway to Wellness November Events

November Monday Mile

Monday Mile walkers meet 12 noon circle
Driveway UH lobby November 5, 12, 19, 26

**On the 12th come walk the Academic Building addition.

<http://www.upstate.edu/health/wellness/trails.php> trails

<http://www.moveitmonday.org/mondaymile/> info Monday Mile



November Monthly WellNYS Goer Challenge <https://www.wellnys.goer.ny.gov>

“Offer an *unexpected* kind gesture” (18 days) online registration starts November 1st.

Megan Chase has one unexpected kind gesture-**Lifesaver Candy Grams for coworkers events are**

Oct 29 and Nov 1, 5, 7, 13, 14. Let your co-workers know that they are a "Lifesaver" by sending a Lifesaver Candy Gram at no cost. The schedule is as follows:

Monday, Oct 29 from 11:30 a.m. to 1 p.m., ninth-floor lobby Weiskotten Hall

Thursday, Nov. 1 from 11:30 to 1:30 p.m. Fourth-floor break room, Galleries

Monday, Nov. 5 from 11 a.m. to 1 p.m. cafeteria Community Campus

Wednesday, Nov. 7 from 11 a.m. to 1 p.m. second-floor, lobby Downtown Campus

Tuesday, Nov. 13 from 11:30 a.m. to 1 p.m. in the lobby of Jacobsen Hall

Wednesday, Nov. 14 from 11:30 a.m. to 1 p.m. fifth-floor, break room UHCC

To request candy-grams sent by interoffice mail, email **Megan Chase** at chasem@upstate.edu and include your name, location, department, and number of Lifesaver Candy Grams needed by Nov. 14.

More kindness ideas from the Management Forum Vision Board

Smile, (5 times) Smile more, Smile always, Smile at a stranger. Be kind to one another, tenderhearted.

Kindness does wonders; Kindness is infectious; Kindness is good, Be kind, Be nice,

Just be nice; Help others; Be happy, Be respectful, Be nice to everyone you meet,

Stay positive; Just be nice- Steve and Dr. B are awesome nice. Warm eye contact. Help others.

Say Good Morning to Everyone every day; Humor is good. Pay it forward. Compliment someone

Kindness is critical for a health work environment and for true happiness

Treat everyone the way you want to be treated. We are all connected; treat each other nicely

Learn something about your neighbor, Listen to understand, not to respond

Spread what was given to you. Kindness is free to give and makes you feel rich when received

Let them know you care. Be nice to one another. Compassion – walk in their shoes for just a bit.

Have a conversation with a stranger each day. My religion is kindness- the Dalai Lama

Weigh in Wednesday Continues (Healthy Holiday starts as this ends)

November 7 and 14 Walk-up, weigh-in offering accountability and focus on behavior change.

CAB lobby; 8:30-8:50 am: Jacobsen Hall lobby; 9 am- 9:20 am

UH lobby near registration/ExpressOasis; 9:30-9:50am (10th flr No longer offering on this floor.)

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

HEALTHY HOLIDAYS

Registration online starts now <http://www.esmmweighless.com> ; an online weight management program begins November 12- Dec 31. Get support, recipes, motivation and virtual “race”.

November 1 Therapy Dogs

Upstate's Health Sciences Library, 11:30-1pm. (First Thursday) *W*ellness week.

November 1 Cooking and Quitting

10 am –12 noon in the Cancer Center Atrium Lobby. All are welcome to come over.

Welloween continues Nov 1, 2 Upstate Health Sciences Library. (Flier attached)

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Nov. 2, SU Lerner Center/Healthy Monday **3 week kindness challenge** ends. Thank you!

November 13 Easy For You 2nd Tuesday of the Month

11:30-12:30 Small Cafe on 2nd floor of UH next to cafeteria. 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. There is no smoking, vaping or chewing.

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

November 15 GREAT AMERICAN SMOKE OUT & Cancer Center LUNG VIGIL

Nov 14th 11:30-1:30 employee's prepare for GASO and pick up NRT,
DT campus 2nd floor lobby
Community Campus inside the cafeteria

Nov 15th GASO event cancer center, come spin the wheel and learn more about the electronic cigarettes and our youth, free smoking cessation counseling for patients, families and employees 10-1 and 1-3

DT 11:30-1:30 GASO tabling event 2nd floor lobby
Community 11:20-1:30 tabling event in the cafeteria
Lung Vigil starts 5:00 at Cancer Center

Research Foundation Employees *Virgin Pulse* Incentive Based Wellness

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

Upstate Well-Being Task Force reminds you <http://www.mywellbeingindex.org/signup>

Access code: Upstate is a tool and resource for **YOU**. Questions- Paula Trief..

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

For more information on Diabetes, Healthy Eating, Upstate Walking Trails and more-

www.upstate.edu/wellness

www.facebook.com/UpstatePTW

Dr. Bagatell reminds you to take action against the flu.

<http://www.upstate.edu/health/fluinfo.php>

Be seen by a Pathway to Wellness Ambassador or committee member taking the stairs- you earn a pin!

