



# Pathway to Wellness

## February 2019

Congratulations Sharon; Galleries, 4 years completing every WellNYS monthly challenge

### GOER Monthly Challenge

“Choose a healthy soup and or a salad for lunch.”

Online registration starts Feb. 1<sup>st</sup> <https://www.wellnys.goer.ny.gov/>

-Feb 1<sup>st</sup>; Go Red **SOUPer Bowl** Celebration sheet attached.

American **Heart** Association recipes at:

<https://recipes.heart.org/en/collections/courses/soups>

-Feb 1<sup>st</sup>, Café 750 UH, Morrison, our food vendor, will serve **Heart Healthy Vegan Kale and Bean Soup**. This soup available **EVERY Friday in Feb!**

\*Morrison has a healthy salad bar options or you can organize a healthy salad <http://www.upstate.edu/health/pdf/healthysaladluncheon.pdf>



### Monday Mile walks are always heart healthy!

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

-Feb 4th *Welcome new walkers. Walk to and inside the SU DOME*. Please note this walk will take longer than the usual 20-minute walk.

<http://www.upstate.edu/health/wellness/trails.php> Upstate trails, IHP indoor walking info

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

### Make a Valentine good for the heart to laugh and express feelings!

8<sup>th</sup> floor UH Feb 5<sup>th</sup> from 10-10:30am

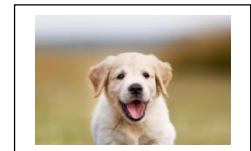
5<sup>th</sup> floor UH Feb 5<sup>th</sup> from 10:30-11am

Upstate Health Science Library Feb 6 from 11-1am

Café 750 UH , Feb 8 from 11:30-1pm

### Dog Therapy good for the heart!

Feb 7<sup>th</sup> Upstate's Health Sciences Library, 11:30-1pm. (first Thursdays).



### Cooking and Quitting

February 7th; 10 am –12 noon in the Cancer Center Atrium Lobby. All are welcome.

### Easy For You Heart Healthy to Quit!

Feb 12<sup>th</sup>; 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 cost of spouse quitting too. (2<sup>nd</sup> Tuesday of the Month)

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

Upstate is **Heart Healthy**- there is no smoking, vaping or chewing anywhere on the Upstate Campus.

### RD Live, Taste and Try

Feb 21, 11-1pm café 750 UH. Morrison Registered Dieticians feature chili to try.

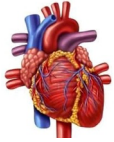
### Upstate Well-Being Task Force

- reminds you <http://www.mywellbeingindex.org/signup> access code: “Upstate” is a tool and resource for **YOU**. Questions? Dr. Paula Trief

### Have you seen this?

-on the Pathway to Wellness website? 6-minute video on Gratitude. Watch it.

<http://www.upstate.edu/health/wellness/self-care.php> scroll to bottom and click. Enjoy.



## Recipe

<https://recipes.heart.org/en/recipes/rustic-italian-tomato-soup>

Servings 4

- 16 oz. frozen mixed **bell pepper** strips (may be labeled stir-fry mix)
  - 14.5 oz. canned, no-salt-added diced **tomatoes**, undrained
  - 1 3/4 cups fat-free, low-sodium **chicken broth**
  - 1/2 can no-salt-added **navy beans** (drained, rinsed)
  - 3 Tbsp. chopped, fresh **basil**
  - 2 Tbsp. chopped, fresh **parsley**
  - 1 Tbsp. **balsamic vinegar**
  - 1 medium **garlic clove** (minced)
  - 1/2 tsp. dried **oregano** (crumbled)
  - 1/8 to 1/4 tsp. crushed **red pepper flakes**
  - 1 Tbsp. **olive oil** (extra virgin preferred)
  - 1/4 tsp. **salt**
1. In a food processor or blender, process the bell pepper strips, tomatoes with liquid, broth, beans, basil, parsley, vinegar, garlic, oregano, and red pepper flakes until slightly chunky or smooth.
  2. Pour into a large saucepan.
  3. Bring to a boil over high heat.
  4. Reduce the heat and simmer, covered, for 20 minutes, or until the flavors are blended.
  5. Remove from the heat.
  6. Stir in the oil and salt.

## Weigh-In Wed

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

Starting Wed Feb 20<sup>th</sup>- 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 near registration/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 2244, 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, Resistance bands 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

