



# Pathway to Wellness July 2019 EVENTS

[www.upstate.edu/wellness](http://www.upstate.edu/wellness)  
[www.facebook.com/UpstatePTW](https://www.facebook.com/UpstatePTW)



## Team Results 2019 JP MORGAN Corporate Challenge

### First Place -Upstate Medical University Mixed Team

Lee Berube; Jacob Pusey; Christine Phelan; Amanda Brown  
Congratulations and best wishes as you move forward in the Championship Series!

### 4<sup>th</sup> Place-Upstate Women's team;

Anne Dotzler; Danielle Kawryga; Jessica Boulia; Katelyn Lagatella

### 5th Place Upstate Men's team;

John Kolh; Christopher Loughlin; John Sierotnik; Stephen Rusinko!

**Great Job Everyone!**

## Research Employees; Virgin Pulse Wellness

Congratulations to Anne Peer! "Top Stepper" for the Virgin Pulse Amazing Architecture Challenge. Congratulations also to "The Amazing Upstate" team as **first place team** in the challenge; Anne Peer, Maureen Corcoran, Brian Azzoto.

- **RF Remember** you can double points in July for entering your measurement in to the Virgin Pulse dashboard.

## WELLNYS Wall of Wellness WOW Congratulations to:

Dr. Jarrod Bagatell,	Nicole Bunyca	Lisa Carroll,	Brittane Cerio,
Vicki Chard,	Sharon Evens,	Patty Gooden,	Shayna Greene,
Dawn Kelly,	Lisa Kozma,	Becky Ossevoort	Anne Peer

-for completing the May GOER Monthly Challenge to "try a different exercise each day". Join this list next month by registering for the GOER WELLNYS challenge <https://wellnys.goer.ny.gov/>

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

## New on Website

Minute Meditations, Monday Meditation and other short meditations available at [www.upstate.edu/Wellness](http://www.upstate.edu/Wellness)

## GOER 5K Magnet

Did you know you could go to <http://wellnys.goer.ny.gov> and register any 5k or longer race you completed this year for your 5k certificate and magnet? Do it now!

## 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 July 24, August 28, September 25 and October 23.

Meet at Community Campus, main lobby; 10 am on July 25, August 22, September 26 and October 24.

Please consider taking an hour of your time to help with this mission. Questions? Contact Theresa Hankin

[Hankint@upstate.edu](mailto:Hankint@upstate.edu)

## Monday Mile walks

Monday Mile walkers walk inside or outside. Meet at UH Information Desk near EspressoOasis. July 1- Welcome new walkers!



### GOER Monthly Challenge

“Stay Hydrated with Water”. Can you do that for 19 days? Online registration starts July 1<sup>st</sup>

<https://wellnys.goer.ny.gov/>

**\*\*Watch for “Water Cooler Wellness” pop ups to help you register for GOER, ask questions or log into Well Being Index or find out how to access more wellness online! Plus keep you hydrated!**

**July 1, 2, 3, 8, 9 around UH**

**July 23- Community Campus outside Class room A and B; 9 am-10 am and 11-1pm**

### GOER Daily tips

Would you like a daily wellness tip in your mailbox each day? Register at <https://wellnys.goer.ny.gov/>

### Easy For You

**July, 9<sup>th</sup>**, 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>

### **Websites for more wellness!**

To schedule Employee/Student Health appointments through the portal:

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

[www.upstate.edu/wellness](http://www.upstate.edu/wellness) self care, weight management resources and more

[www.mywellbeingindex.org](http://www.mywellbeingindex.org) helpful self-evaluation tool

<http://goer.ny.gov> monthly challenges, daily health tips sent to your email and 5k Magnets

[www.facebook.com/UpstatePTW](https://www.facebook.com/UpstatePTW) Keep up with events, recipes, photos and fun!

[Lernercenter.syr.edu](http://Lernercenter.syr.edu) newsletter or weekly population health briefs.

**CITY &  
COUNTY  
Offerings!**

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

**Wellness Wed 6:30 am, 12:15 and 5:15 Clinton Square**

<http://www.syr.gov.net/Parks/FitnessAndWellness.html>

**Fun Runs on Thursday evenings at Onondaga Lake Park**

<http://events.onondagacountyparks.com/view/616/thursday-night-fun-runs>

**Onondaga County Fresh Food truck- on the VA parking lot nearest Upstate; Fresh fruits and veggies every other Monday – July 8 – July 22, etc.**

