



Pathway to Wellness JUNE 2019 EVENTS



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

Well-Being Help for Employees, Students and Staff who care for Seniors in their family

Tuesday, June 18 from 11am-1pm **at the second floor Main Elevator Lobby** of UH the **Alzheimer's Association, University Geriatricians and the Upstate Health Science Library** will be challenging you to fun, educational games and opportunities to learn about resources for gerontology care and Alzheimer.



JP MORGAN Corporate Challenge 2019- Lee Berube wins again!

Congratulations to all who participated the 2019 Corporate Challenge. Congratulations to Lee Berube for coming in first for the 4th year in a row! We had outstanding men's team times and co-ed team times and will know soon how Upstate teams ranked and who might go further in the Championship series!

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 Challenge Winners Win Lunch for 10

Susan Roberts-Farrell, Lisa Berardi and Lisa Faiola; Cancer Center Concierge Team was the first team to complete the Clear the Air Challenge to distribute 10 NRT (Nicotine Replacement Treatment) visitors kits. The team won a lunch and enjoyed their winnings on Thursday, May 23. Thank you for letting people know about the free NRT visitor kits. Congratulations on winning lunch and keeping the air at Upstate clear!

Take the Stairs Day June 7th in honor of Jill Dungey!

Jill Dungey, PT, DPT, MS, GCS, PT faculty member here at Upstate has been telling students to "take the stairs". Jill will be retiring and PTW would like to encourage everyone to "take the stairs" on June 7th. At Jill's request, new "take the stairs" signs are going in the Academic Building. All "take the stairs" signs will be refreshed on this day as well. Take a selfie in front of the sign before you improve your fitness one-step at a time on June 7th (and every day after!) Send the photo to Brisks@upstate.edu Prize to the first 7 photos sent.

Improve your fitness
one step at a time.
Take the stairs.



Monday Mile walks

Monday Mile walkers walk inside/outside. Meet at UH Information Desk near ExpressOasis.

June 3rd Welcome new walkers

June 10, Join in a verbal gratitude exercise called "3 GOOD Things"

June 17; and 24 just join us!

**If you would like to walk at a different time, let me know and I will post your MM walk group information.

GOER Monthly Challenge

"Move, Eat Healthy or Relax for 1 minute at 1". At 1am or 1pm take one minute to focus on your health. Online registration starts June 1st <https://wellnys.goer.ny.gov/>

1-minute relaxation ideas

1 Minute Meditations from Mindful Monday and Destress Monday.

Here are 6 gifs from Mindful Monday to help you focus on breathe.

https://www.destressmonday.org/6-gifs-help-relax/?utm_source=twitter&utm_campaign=cd79d9d6-687b-423b-beb5-112ef15818ec

<https://www.destressmonday.org/one-minute-meditations-just-need-minute/>

1-minute healthy eating idea

Pause before eating your meals. Express gratitude or take a deep breath and relax before eating.

1-minute exercise ideas:

Clasp your hands loosely together and hold your arms out as if they were a giant pen and "write" the alphabet with your arms.

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-stretches/art-20046041>

WELLNYS Wall of Wellness WOW Congratulations to:

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

-for completing the **April Challenge Be Mindful and Meditate**. Join this list next month by registering for the GOER WELLNYS challenge <https://wellnys.goer.ny.gov/>

GOER Daily tips

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

GOER Success Stories

Want to share your healthy goals and accomplishments on the WellNYS website? <https://wellnys.goer.ny.gov/>

Easy For You

June 11th, 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>

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

Tranquility Tuesday

Every Tuesday, at 12 noon, RM 1144, 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

Meditation Wednesday

Every Wednesday, room 1406 meditation room at **Community Campus**, 15 minute meditation. Contact Chaplain Services for more information.

Research Employees Virgin Pulse Wellness

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

Pathway to Wellness Kits

Tennis Ball Massage, Happiness Bag, & Relaxation kits are a part of the Pathway to Wellness Well-being offerings.

New RESOURCES at website this month

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

Starting the conversation with your loved one on health, legal, financial and end of life wishes
Here is a check list of things you should know about your aging parents finances

Websites for more wellness!

To schedule Employee/Student Health appointments through the portal:

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

www.upstate.edu/wellness - self care, weight management resources and more

www.mywellbeingindex.org helpful self-evaluation tool

<http://goer.ny.gov> - for 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 - for newsletter or weekly population health briefs.

Wed Walk downtown June 12, noon meet at Clinton Square

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

Wellness Wed start June 12 at 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>

CITY &
COUNTY
Offerings!