



## Pathway to Wellness March 2020

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

### Advocates for Upstate offers incentive, March GOER Monthly Challenge

“Make better food Choices”. Online registration/tracking starts **March 1<sup>st</sup>**. **Advocates for Upstate** will give a **\$5 coupon toward a purchase at Perk Up or Upstate Bistro to anyone with an Upstate ID badge** who completes the WellNYS March Monthly Challenge. Using the honor system, participants must complete one healthy Monthly Challenge behavior for the first 20 days in March and track their progress on the online or on the paper “To Do” form available through Pathway to Wellness. Begin the Challenge by registering at: <http://wellnys.goer.ny.gov>. The coupon will be presented when you complete the March Monthly Challenge online or turn in the Daily To Do form to Suzanne Brisk, Pathway to Wellness coordinator. In addition to the coupon, certificates will be awarded to those who complete the Challenge. For more information or for copies of the paper tracking form, contact Suzanne Brisk at [brisks@upstate.edu](mailto:brisks@upstate.edu), **315-464-4565**. **Perk Up**, located in the lobby of Upstate University Hospital and **Upstate Bistro**, located on the 2<sup>nd</sup> floor of the Academic Building, offer Starbucks-brand coffee, food, and other hot and cold beverage items.

**Become an Advocate for Upstate Thank you Advocates for Upstate!**

### Do this to make Better Food Choices

**A 20-minute phone presentation from Linda Carignan-Everts, EAP, WellNYS GOER**

Wednesday, March 4, 12:35 – 12:55 Room UH E8405A

Friday, March 13, 12:05 – 12:25 Room UH E8405A

Eventually this will be offered at [www.Upstate.edu/wellness](http://www.Upstate.edu/wellness)

### DeStress for Success Continues!

The SU Lerner Center will continue to bring the *Healthy Monday* program, DeStress for Success, to the Upstate Bistro (Academic Building) on Mondays, from 4:15-5 pm.

Coffee/Tea provided and participants will have the opportunity to **win \$10 gift card to the Upstate Bistro** each week. Drop-in’s are welcome.

Topics include:

3/2: Identify and Use Your Strengths\* Please note you will need access to a phone or computer

3/9: Strengthen Communication Skills

3/16: Create Healthy Habits & Goals.

### Healthy Monday Syracuse University Campus Programs

Meditation: 12-1pm, Hendricks Small Chapel

Yoga: 1-2pm, Barnes Center Meditation Room

*\*all skill levels and faith traditions welcome\**

Bring your  
Upstate ID

### **National Nutrition Month; *Eat Right Bite by Bite***

March 5th - Pistachio Almond Cranberry Farro Salad

*RD Live* March: 11; 12 pm *Dieticians Day*

March 12th - Whole Grain Penne with Eggplant and tomatoes

March 19th - Quinoa Tabbouleh

March 26th - Chef Special

Items will be for sale that day. Samples and recipes at Café 750

**Medical Nutrition Therapy** available w/ Morrisons. Call Central Scheduling 315-464-2778

## Meatless Monday Tasting; Second Monday

Every Monday is Meatless Monday. Meatless Monday is a day to reset your health goals and add fruits/vegetables to your diet. Although meat options are available; think about your choices. Use Monday to get back on track with healthy choices. The second Monday of every month will be a Meatless Monday Taste and Try, 11:30-1 pm at Cafe750 and UCH Cafe. Want meatless recipes? Go to: <https://www.upstate.edu/health/wellness/programs.php> Scroll to second program listed.

## Monday Mile walks

Meet at UH first floor lobby; Main Elevators; 12 noon.  
<https://www.upstate.edu/health/wellness/trails.php>

**Pathway to Wellness Committee Meets March 11**, 2 pm; rm 122 CAB, [brisks@upstate.edu](mailto:brisks@upstate.edu)

## First Thursday; Therapy Thursday dog visits

March 5; 11:30-1 pm Pet Partners; Upstate Health Science Library. Come & get your love!

## Quitting and Cooking Café; First Thursday

Quitting and Cooking Café – Thurs., March 5; 10 a.m. to noon; atrium of Upstate Cancer Ctr. Advice on quitting tobacco, healthy food samples, recipes, and light refreshments will be available to Upstate employees, students, volunteers, and patients. **Contact: Theresa Hankin**  
[hankint@upstate.edu](mailto:hankint@upstate.edu)

## Easy for You; Second Tuesday

March 10, 11:30-12:30. **Location: 7th floor, Rm 7335B in the west wing.** Anyone with an Upstate ID is welcome to come get help quitting tobacco. 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. Contact: Carolyn Walczyk  
<http://www.upstate.edu/hospital/health/healthlink/smokefree.php>

## Diabetes ALERT DAY Tuesday, March 24

Discover if you or loved ones are at risk for type 2 diabetes- easy [Diabetes Risk Test](#).

## 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.  
<https://app.mywellbeingindex.org/login> access code: "Upstate".

## A gentle reminder for all: Sacred Spaces

### Downtown Campus

- Treehouse Chapel, 12th floor of the tree house
- Meditation room, Health Science Library, Weiskotten Hall
- Interfaith Chapel on first floor lobby, opposite the gift shop
- Cancer Center Meditation Room, near piano on first floor
- Healing Garden on second floor of the Cancer Center

### Upstate Community Hospital

- Meditation Chapel on first floor
- Third Floor Spiritual Care Office
- Healing Gardens, one by café and the other access via front entrance between parking and employee health offices.

### 2020 Vision for Wellness

20 minute recorded presentation on creating a vision for your health and wellness presented by Linda Carignan-Everts (WellNYS.GOER.NY). Gather your department or listen to as individual. Go to: <https://www.upstate.edu/health/wellness/programs.php> scroll down to first program – Vision for Wellness. Link for printable worksheets and recorded presentation.

### 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](mailto: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? Meditations available at: <https://www.upstate.edu/health/wellness/self-care.php>

### Websites for wellness

[www.upstate.edu/wellness](http://www.upstate.edu/wellness) self care, weight, diabetes education, resources and more  
[www.mywellbeingindex.org](http://www.mywellbeingindex.org) helpful self-evaluation tool logon with "Upstate"  
[app.mywellbeingindex.org](http://app.mywellbeingindex.org) wellbeing index  
<http://goer.ny.gov> monthly challenges, daily health tips sent to your email and 5k Magnets  
[www.facebook.com/UpstatePTW](http://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.  
<https://eshportal.upstate.edu> Employee/Student Health appointment portal  
<https://www.upstate.edu/health/maskreqs.php> masks  
<https://www.upstate.edu/health/fluinfo.php> flu information  
<https://www.upstate.edu/pated/intra/education-tv.php> The Upstate Wellness Channel

*March- Make Better Food Choices with the help of Advocates for Upstate!*

<https://www.upstate.edu/advocates/fundraising-service/index.php>

Why not become an advocate?

**Why is the JP Morgan CORPORATE CHALLENGE different than other races?**

**One reason is the Championship Series.**

**Upstate's 2019 first place Co-Ed team;**

**Lee Berube, Jacob Pusey, Amanda Brown and Christina Phelan,**

**move up in the series and prepare to run in**

**London, UK, Monday, June 28 – Thursday, July 2.**