



Pathway to Wellness October 2021



Employee Student Health Flu Shot calendar

<https://www.upstate.edu/health/calendar.php>

For more information please see page 3

Weigh in Wednesday

Who wants help with weight management? Please email brisks@upstate.edu before October 13th. By sending me your email of interest, I can give you a Disney Character or Superhero secret name to help you track your weight on a google spread sheet for the group only and no one knows who is who. You will weigh in on your own each Wed. This is to help with accountability. Each week you will receive a recording and supplement materials to help track your goals. Starts Wednesday October 20 and will run through Dec. 29th. 10 weeks. (break for Thanksgiving week and Christmas week) Weekly topic and out line will be sent with secret names email. You do not have to use the secret accountability google sheet to join. Accountability google sheet is one tool we will use. Sending me your email of interest will make sure you get the weekly information and support,

Itty Bitty Bites of Wellness

These are going to be 5 minutes on various topics. Join us at: <https://upstate.webex.com/meet/brisks> Where possible I will have links to “go on your own” and each will be recorded to view on your own.

Wed October 6 at 9 am to 9:05 am *Learn to Belly Breathe and Square Breathe*. Good breathing can give the relaxation response as well as help us manage stress and shift to a better mind set to accomplish tasks. Join others at: <https://upstate.webex.com/meet/brisks>

On your own: [Practice Square Breathing this DeStress Monday with Our Helpful GIF \(mondaycampaigns.org\)](https://www.mondaycampaigns.org)

Wed October 13 at 9 am to 9:05 – *Milk-* let’s take a quick look a some of those milk options you see! Oat, grass fed, low fat, whole, A2- what?!

Wed October 20 at 9 am to 9:05. There is sugar in that? Who knew! *Where is added sugar?*

Wed October 27 at 9 am to 9:05- *you tell me the topic*. What questions do you have about wellness? Well being? or Grocery shopping confusion? Send your question to brisks@upstate.edu by October 12. If no one has a question- we will talk about *eggs*; pasture raised, pasture raised and finished, and free-range or cage-free? Are you confused? Me too!

Enjoy the Fall Harvest October GOER Monthly Challenge

Register at: <https://wellnys.goer.ny.gov/> Daily tips makes the challenge easy. WellNYS GOER

Monday Mile

Walk a Monday Mile with others see below. (walk anytime on your own or with your department)

Monday, October 4th at 12 noon. Meet Suzanne at the corner of the circle driveway by the donate life flag for a 20-minute Monday Mile.

Monday Mile October 18 at 4 pm. Meet at above location.

Monday Mile October 25 at 12 noon; meet at sign in front of WKH.

Monday Mile trails are all over the county or mark your own in your neighborhood depending on your work location. Trails are marked around campus, starting out front of Weiskotten/Setnor Halls. Other trails are listed at <https://www.upstate.edu/health/wellness/trails.php> Please follow your Physicians recommendations for exercise.

Upstate RESEARCH FOUNDATION Employees Team Spirit Challenge

Team Spirit Challenge using Virgin Pulse. Starts October 9th and runs for 2 weeks. Contact Mark Miller, Millerm@upstate.edu for more information. Join the SUNY Upstate Pulsers Group for more details!

WELLOWEEN 2021 Flier with **details** will be out first week **October**.

This year Welloween will be a combination of online and in person programming. Carol Sames, from IHP will present on *Move More, Sit Less* in an online voice thread. Theresa Hankin, from Respiratory, will have educational material on vaping in the library the week of Welloween. The library staff will do a Halloween theme stone painting craft. Employee Student Health will offer flu shots Wed Oct 27 from 9- 12 noon. Student Counseling office will have a presentation on managing Test Anxiety for Students. Monday Mile Walk on Mon., Oct 25 at 12 noon. Dogs will visit on October 27 and **more!** In person events will be at the **Upstate Medical University Health Science Library**.

Well-Being Index



Tool available **anytime** to evaluate depression, burnout, anxiety/stress, and mental/physical quality of life. Index has resources you can use immediately. Wellbeing Taskforce. <https://app.mywellbeingindex.org/login> access code: "Upstate". **Well-Being Committee**

Therapy Thursday Pet Partners & UMUHSL

October 7; 11:30 -1 pm in the Upstate Medical University Health Science Library!

Plus, a special **Welloween** visit on October 26th.

New- Patricia Gooden success story

is up on: <https://www.upstate.edu/health/wellness/success.php>

Upstate Community & Wellness Garden Events

Use the QR code at right side to sign up for mailings on a Google form.



Walk with Ease

https://www.health.ny.gov/diseases/conditions/arthritis/walk_with_ease.htm

The DOH continues to work with us to provide the Walk with Ease Program.

This self-directed program can be done at your own time, at your own pace over six weeks.

Participants are encouraged to walk up to 30-minutes, three times per week. However, the program can be modified to suit your individual needs and goals. Upon registering, participants receive a free guidebook in the mail which provides tips on getting more physically active, a stretching and strengthening routine, and information on health-related topics. This document is also available Wellness Resources page. <https://wellnys.goer.ny.gov/wellness-resources.cfm>

Quitting and Cooking Café

October 6th from 10 to 12 in the Cancer Center Lobby (First Thursday each month)

Theresa Hankin can help answer your questions on quitting vape, chew, tobacco! RD on hand with a recipe!

EASY FOR YOU

Upstate' s tobacco treatment program, will be held **Tuesday, October 12 from** 11:30 a.m. to 12:30 p.m. in 7335B of the west wing at Upstate University Hospital. Those with an Upstate ID are welcome to receive help quitting tobacco, chew, and vape. Free nicotine replacement therapy (NRT) is available. For more information contact Theresa Hankin or Carolyn Walczyk at 315-464-3519 or walczykc@upstate.edu

Kick Butts

Tues., **Oct. 12 & 26th**, 11:30-12:30 **Downtown** **WED., Oct. 20** 15 1-1:30 **Community Campus**

The Tobacco-Free Task Force asks that you direct any visitors who are using tobacco on campus to get **free** nicotine lozenges (NRT- Nicotine Replacement therapy) at the main lobbies of both campus locations. Available 24/7. Please let visitors know “*there is no where you can use tobacco on our campus*”. We are a Tobacco Free Campus and that designation means we have no location anywhere on campus where smoking is permitted. The Tobacco-Free Task Force will be picking up butts and reminding people as weather permits. If you would like to help, please contact Jackson Tarr at the Cancer Center # 315-464-0480 or tarrj@upstate.edu and or meet in the Cancer Center lobby by 11:25am. Or contact Beth Sellers/Sara LaPointe at Community Campus Upstate Officers are on the Task Force and available if you need assistance

315-464-4000 Downtown or x44000 on campus 315-492-5511 Community or x5511 on campus

Website: www.upstate.edu/wellness

Facebook page: www.facebook.com/UpstatePTW

Instagram: <https://www.instagram.com/upstateptw/>

Pinterest: www.pinterest.com/pathwaytowellne

Recordings and links of PTW programs

Please go to www.upstate.edu/wellness website under *monthly events* tab, click on the month the event occurred. <https://www.upstate.edu/health/wellness/events-tabs.php>

Know anyone with a successful lifestyle change during the past year?

Tell me. Adding new *success* stories to: <https://www.upstate.edu/health/wellness/success.php>

Positive Pain Management for a Happier YOU.

[Positive Pain Management For A Happier You! - Community Online Academy \(perksatwork.com\)](http://www.perksatwork.com)

Command Your Mindset

[Command Your Mindset - Perks at Work | COA](http://www.perksatwork.com)



FLU SHOT INFORMATION:

- Flu shots are available at Employee/Student Health, or at one of the upcoming clinics or mobile carts. For the most up to date times, and clinic locations go to:

<https://www.upstate.edu/health/calendar.php>

- Flu shot general information is at: <https://www.upstate.edu/health/fluinfo.php>

COVID vaccine clinics will be announced separately.

Pathway to Wellness Committee Wednesday, November 10, 2 pm;

<https://upstate.webex.com/meet/brisks>