



April 2022

Reducing Financial Stress

April 6th at 12 noon-12:30

Rethinking Debt will join us again this year for a 30-minute presentation on Reducing Financial Stress! Have you ever paid a bill late because you forgot the due date? Many individuals cause themselves unnecessary stress, lose money, and time by not having an organized household. Put a stop to unnecessary fees and additional stress by creating a solid plan to manage finances and declutter your space. This workshop will review a plan to stay organized, get your budgeting system together, and become debt free so you can live a balanced lifestyle. Join us at: <https://upstate.webex.com/meet/brisks>

Upstate Poison Center Celebrates 65 Years

April 19th at 12 noon-12:20 (will record)

Lee Livermore, Public Education Coordinator, will present. Attend this session to learn about the Upstate New York Poison Center its purpose, mission, and services.

Join us at: <https://upstate.webex.com/meet/brisks>

10 minutes at 10 am on the 10th April Fools- it will be the **11th** this month !

Monday, April 11th at 10 am join us for 10 minutes. At **10 am for 10 minutes** Suzanne will have some cartoons and a bit of humor to share. Laughter is the best medicine. Take 10 minutes and join us at: <https://upstate.webex.com/meet/brisks>

Share 10 Jokes

Patient: Doctor, doctor! My son just swallowed a roll of film!
Doctor: Don't worry. He'll be fine. Let's just wait and see what develops.

Keeping with our theme of 10, the Wellness Committee invites you to **share 10 jokes**. Norman Cousins told us how laughter heals. Laughter is like cardio workout for the heart and lungs.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6609137/>- Journal of Hospital Medicine

The **Gesundheit Institute**, Patch Adams <http://patchadams.org/>.

<https://laughteryoga.org/>

<https://www.upstate.edu/health/wellness/trails.php>

Want to go for a walk?

Heart Walk – April 24

April 6th is also National Walking Day!



Digital Commensality;

Tuesday, April 4 at 12 noon to 12:20pm; 20 minutes

Eat, talk and connect with coworkers. Time to visit & be social. Like eating in your break room only on webex. Where would you like to go on a vacation might be a conversation starter or maybe a joke? <https://upstate.webex.com/meet/brisks>

GOER (Governor's Office of Employee Relations) WELLNYS April Challenge: Plan a Vacation

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

Plan a Vacation!"

Thurs, April 7th at 12:00 noon,

The April Monthly Challenge is to plan a vacation. We all need one. Why not get help? On Thursday, April 7 at 12:00 noon, 30 minutes; Linda Carignan-Everts; NYS Statewide EAP Wellness Coordinator will share tips on how to plan a vacation, promote EAP, the website and also Work Life Services programs. Watch for flier or email with link.

**Find GOER (Governors' Office of Employee Relations)
WELLNYS program recordings here!**

[Wellness Resources \(ny.gov\)](https://www.wellnessresources.ny.gov/)



Recordings and links of PTW (Pathway to Wellness) 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>

Managers- miss the introduction on **EAP? Employee Assistance Program?** It's here.

Shift workers- miss the presentation on **Sleep?** It's here!

NY Project Hope Emotional Support Helpline (844) 863-9314 – 7 days a week, 8 a.m. to 10 p.m.

“10 Year Challenge” Share your photos of an event from 10 years ago or a photo of you now and 10 years ago. Do you have a memory to share? Submit to: brisks@upstate.edu.

Looking for **10 Success stories-** <https://www.upstate.edu/health/wellness/success.php> If you have lowered your cholesterol, managed your diabetes Whatever your health success story- we want to share it! Send to brisks@upstate.edu

ER Doctor: How are things with that kid who swallowed the roll of quarters?

Nurse: No change yet!

Handy wellness links

Nutrition: <https://www.eatright.org/food>

Morrison Healthcare: <https://www.weeatlivedowell.com/mindful-eating-exercises/>

Diabetes: <https://www.upstate.edu/health/wellness/diabetes.php>

Joslin Center: <https://www.youtube.com/playlist?list=PLTRingYNAhMKFdqTr-RKIW4PGIBS-TTez>

American Diabetes Association: <https://diabetes.org/healthy-living/recipes-nutrition>

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



Therapy Thursday April 7 Pet Partners & Upstate Health Science Library

Therapy dog visits will be held in the library on April 7th from 11:30–1 pm.

In addition, the library will be hosting a *summer* therapy dog visit from 11:30 to 1:00 on *Wednesday*, June 22.

EASY FOR YOU

Upstate's tobacco treatment program, will be held **Tuesday, April 5th** 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

April 22 Earth Day

Clear the Air Tobacco Butt clean up on campus begins



Self-care

<https://www.upstate.edu/health/wellness/self-care.php>

<https://wellnys.goer.ny.gov/5k.cfm> My First or Next 5k

Magnets will be back for 2022

Annemarie, our new Employee Assistance Program, (EAP) counselor, is offering a *Managing Stress* workshop on Thurs., April 21; 1- 1:45 pm,

<https://upstate.webex.com/upstate/j.php?MTID=ma30e713ea1fd52f93d96edc5900e3844>

Meeting number (access code): 2316 998 1726

Contact: CristinaA@upstate.edu