

March 2022



10 minutes at 10 am on the 10th

Thursday, March 10th is World Kidney Day. At 10 am for 10 minutes Dr. Michael Lioudis; Division Chief of Nephrology at Upstate; will share information about kidneys, and the importance of kidneys to stay well. Take 10 minutes and join us at:

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

World Sleep Day Friday, March 18; 1:30 pm

At 1:30 pm, Dr. Culebras, Neurologist, Sleep Medicine Specialist; First Co-Chair member of World Sleep Day and Dr. Manta, Pulmonologist, Sleep Medicine Specialist; talk about sleep. Topics include: insomnia, narcolepsy, REM sleep behavior disorder, napping and shift work sleep. 20-minute talk with 5 –10 minutes for your questions. Join us at:

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

10-minute Siesta

Keeping with our theme of 10, the Wellness Committee invites you to try a 10-minute nap, 10 times in March. Want more information on napping? 3 sites listed below.

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/napping/art-20048319>

<https://lifelife.com/how-long-to-nap-for-the-biggest-brain-benefits-1251546669>

<https://www.webmd.com/sleep-disorders/features/got-60-minutes-for-a-nap-how-about-6>

GOER WELLNYS

March Challenge: Eat one meal without distractions

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

Are you Distracted When You are Eating?" Thurs, Mar. 3 at 12:00 noon,

The March Monthly Challenge is to eat one meal without distractions. On Thursday, March 3 at 12:00 noon, 30 minutes; Linda Carignan-Everts; NYS Statewide EAP Wellness Coordinator will share tips on the March Monthly Challenge, promote EAP, the website and also Work Life Services programs. Use this link to register:

<https://meetny.webex.com/meetny/k2/j.php?MTID=t681c179b4496142dda0a39d36f360aff>

When you register, you will immediately receive a confirmation email and a reminder the morning of the webinar.

EAP (Employee Assistance Program) OVERVIEW! March 16 at 12 noon,

Annemarie Cristino, LCSW, CEAP, SAP; our new EAP Coordinator will tell you a bit about her background, what the EAP can do for you and the services provided as well as the activities she plans to implement! EAP is located at Community Campus # 0276, phone 315-492-5296. Join us at:

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

Deliciously Present, March 8, 12 noon

A 10-minute mindfulness meditation to help you eat without distractions from Morrison Healthcare, our food vendor. Join us at <https://upstate.webex.com/meet/brisks>

Or on your own at: <https://www.weeatlivedowell.com/mindful-eating-exercises/>

Connect with Others. Monday, March 7 at 4:30 pm, 20 minutes

Talk and connect with coworkers. Time to visit and talk; be social. Like standing around a water cooler only on webex. What's new? <https://upstate.webex.com/meet/brisks>

“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, started walking; started exercising, quit smoking, managed your stress, started cooking healthier, started hiking.... Whatever your health success story- we want to share it! Send to brisks@upstate.edu

Do you have a joke you could send me? brisks@upstate.edu Looking for humor for April!

National Nutrition Month

“Celebrate a World of Flavors” <https://www.eatright.org/food>

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

Registered Dieticians Day- March 9th- Thank you to all our RDs!

Diabetes Alert Day- March 22

<https://www.niddk.nih.gov/health-information/community-health-outreach/diabetes-alert-day>

Diabetes Risk Test

<https://www.niddk.nih.gov/health-information/diabetes/overview/risk-factors-type-2-diabetes/diabetes-risk-test>

Let's Cook: Diabetes Management Tue., Mar. 29, 2022(12:00 PM - 1:00 PM ET)

Live Webinar to learn proper meal planning to prevent and manage diabetes; Penn State Extension. Recipes provided upon registration. **Who is this for?** Anyone with type 2 diabetes, pre-diabetes, or at risk for developing diabetes or caregivers for those with diabetes

Register here: \$10 non-refundable [Summary - Let's Cook: Diabetes Management \(cvent.com\)](https://www.cvent.com/event/summary/let-s-cook-diabetes-management)

March 4th wear Blue-Colorectal Awareness Day.

<https://www.cdc.gov/cancer/dcpc/resources/features/colorectalawareness/index.htm>

Find Jan. & Feb. GOER WELLNYS program recordings here!

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

Find *Pathway to Wellness* recorded programs here:

<https://www.upstate.edu/health/wellness/monthly-events.php>

Example: American Heart Recipes “10 under 10” is under recorded events column



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".

Therapy Thursday March 3rd Pet Partners & Upstate Health Science Library

Therapy dog visits will be held in the library on the following spring semester dates (the first Thursday of each month) from 11:30–1 pm. Mark calendar for: April 7
In addition, the library will be hosting a *summer* therapy dog visit from 11:30 to 1:00 on *Wednesday*, June 22.

Upstate RESEARCH FOUNDATION Employees and Virgin Pulse

Contact Mark Miller, Millerm@upstate.edu for more information. Join the SUNY Upstate Pulsers. Find out about the Virgin Pulse incentivized wellness program for RF employees. Get involved.

EASY FOR YOU

Upstate's tobacco treatment program, will be held **Tuesday, March 8** 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 walczyk@upstate.edu

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>

Pathway to Wellness Committee meets Wed., March 9, 2 pm;

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

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

The Importance of Sleep

According to [NIH's National Heart, Lung and Blood Institute](#), over fifty million Americans have sleep disorders and thirty percent of adults do not get the recommended amount of sleep each night. Poor sleep can be associated with type 2 diabetes, heart disease, obesity, and depression. Sufficient sleep is essential for healthy brain functioning, emotional well-being, and optimal daytime performance. The NIH website highlights the latest in [sleep science](#) and the effects of [sleep deprivation and deficiency](#), and offers a [guide to getting healthy sleep](#). For more information about addressing your sleep challenges, contact your EAP coordinator at [coordinator listing](#) or call 1-800-822-0244. **Happy Retirement Sarah-Lee!**
Welcome Anmarie!



<https://wellnys.goer.ny.gov/5k.cfm>

[fm](#) My First or Next 5k

Magnets will be back for 2022

Did anyone notice that on Microsoft Viva Insights there are 1-10-minute meditations you can do right at your desk from Headspace? What do you think of them?