



# Pathway to Wellness

## December 2019

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

**December 1-7 is national handwashing and flu vaccination week!**

### Employees, friends, spouses, neighbors-2019 Online Healthy Holiday Challenge

Everyone can get in on this healthy support for the holidays.

Registration: <https://esmmweighless.com/holidaychallenge/>

The 2019 Online Holiday Challenge will consist of weekly newsletters, daily tips, weekly challenges, and healthy recipes delivered right to the participants inbox in addition to a private Facebook community they can join if interested. The Challenge goes until Dec 31. You can join the online challenge at any time. (no registration deadline) Paper trackers available at Café 750 at UH or from your ambassador.



### December GOER Monthly Challenge

“Practice Random Acts of Kindness”. Online registration/tracking starts Dec 1<sup>st</sup>.

<https://wellnys.goer.ny.gov/>

PTW “ambush” on Dec 6<sup>th</sup> on Kindness.

*Greet people when they arrive, wish everyone a safe trip home, smile, thank people for coming into work (Joyce Mackessy), hold the door open, write a note of thanks.*

### Monday Mile walks

*Until the lobby re-opens-* Meet at 1<sup>st</sup> Floor UH Elevator lobby 12 noon. Walk inside or outside.

### Therapy Thursday dog visits

Thurs., December 5<sup>th</sup> at Upstate Health Science Library. Stop by for some canine therapy from 11:30 until 1:00 p.m. *(Next visit -- first Thursday in February)*

### Quitting and Cooking Café

Quitting and Cooking Café – Thurs., December 5<sup>th</sup>; 10 a.m. to noon; atrium of Upstate Cancer Center. Advice on quitting tobacco, healthy food samples, recipes, and light refreshments will be available to Upstate employees, students, volunteers, and patients. **Contact: Theresa Hankin**

### Easy for You

December 11 (2<sup>nd</sup> Tuesday of every month), 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.

<http://www.upstate.edu/hospital/health/healthlink/smokefree.php> **Contact:Carolyn Walczyk**

### One Minute Wellness

Tuesday, December 17, 11-12 Upstate Health Science Library. Come relax with an ocean drum; play in a sand box, or rake your zen garden.

### RD LIVE Taste and Try

Third Thursday of the Month-December 19, 11:30-1pm. Stop by Café 750. Featuring TEA! Medical Nutrition Therapy available from Morrisons. Call Central Scheduling at 315-464-2778

### Pathway to Wellness Committee Meeting is January 8

[brisks@upstate.edu](mailto:brisks@upstate.edu) or call 4-4565



2020 Vision for Your Wellness- December 9, 12:02- 12:25, Dec. 18, 12:35-12:55, 20 min getting **your** vision for wellness in 2020. Watch for flier on room location and details.



## 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.

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

## 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? A recorded version is available at: [www.upstate.edu/wellness](http://www.upstate.edu/wellness) with other meditations and resources.

## Websites for more 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"  
<http://goer.ny.gov> monthly challenges, daily health tips sent to your email and 5k Magnets  
[www.facebook.com/UpstatePTW](https://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

## *Health and Happiness to all in 2020!*

### *Things to watch for in 2020!*

*January 2020 Re-Fresh of Meatless Monday program*

*April 2020- Heart Health*

*July 2020- Olympic Experience*

### **Monthly Challenges for 2020**

*January – Choose a wellness accountability partner*

*February – Get more sleep*

*March – Make better food choices*

*April – Practice managing stress*

*May – Be physically active*

*June – Go outdoors more often*

*July – Stay hydrated with water*

*August – Eat a variety of fruits and vegetables*

*September – Boost your energy*

*October – Eat NYS apples*

*November – Express gratitude*

*December – Make the holidays healthier*

• Register for the Monthly Challenge at

[https://wellnys.goer.ny.gov/registration/monthly\\_challenge\\_description.cfm](https://wellnys.goer.ny.gov/registration/monthly_challenge_description.cfm)

• The goal of the 2020 Monthly Challenge is to complete the challenge for the first 20 days of each month. Certificates are awarded to participants who complete 20 days. Then, try Beyond the Challenge for the last 10 days of each month, and register for the next month.

These will all become healthy habits by the end of 2020 just by practicing them one month at a time.