

## **Pathway to Wellness**

### **August 2020**



[www.upstate.edu/wellness](http://www.upstate.edu/wellness) - Loaded with Wellness!

RECORDED EVENTS, handouts, recipies, monthly challenges HERE:

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

[www.facebook.com/UpstatePTW](https://www.facebook.com/UpstatePTW)- Daily program, tips, & event reminders

### **Eat a Variety of Fruits and Vegetables**

...is the <http://wellnys.goer.ny.gov> August challenge. When you register online you will get a tip every day to help you succeed in the challenge.

### **Be Here Now: Follow up to Solutions for Managing Stress Webinar**

Tuesday, August 4, 2020 Time: 12:00 pm.

Session number: 169 276 1199 Session password: WellNYS2020 Go to:

<https://meetny.webex.com/meetny/k2/j.php?MTID=t7b29e7efcf58cad8e38f6d4922789e76> (will be recorded)

### **Upstate Community and Wellness Garden events**

Wed Aug.12<sup>th</sup>; 12 noon,

Theresa Hankin talks on “*Creating your own indoor or Outdoor Herb Garden*”. Theresa is an RRT and also a Master Garden and she generously shares her knowledge with us (will try recording –weather dependent)

Thurs, Aug13<sup>th</sup>; 12 noon.

Sara LaPointe talks on “*How to Dry and Freeze Herbs for Healthy Flavors*” Sara is part of the Professional Development and Learning team and has a lifetime of canning, freezing and preserving foods! (will try recording)

**Thank you! SARA AND THERESA!**

The garden located at the side of Jacobsen Hall, in front of Campus Activities Building. The garden is organized by Sumana and is part of the Center for Civic Engagement. This past fall, the garden partnered with PTW.

<https://www.facebook.com/UpstateCommunityGarden/> facebook page

<https://forms.gle/MRLKCzPk4R8Fo9a58> sign up to help

<https://www.noblehour.com/go/QQYK1TUU1-> register volunteer hours

**NYS Quits** is offering an amazing promotion, and it's three months of nicotine gum.. Check it out, this may be a good way to promote the Quitline and the WellNYS Everyday site. Click on NYS Quits in the third row. <https://wellnys.goer.ny.gov/>

### Healthy Living for Your Brain & Body, Alzheimer's Association

- a two-part program, 30-minutes each, beginning noon on Mon., August 17th & Tuesday, August 18<sup>th</sup> (no permission to record, will offer again)

Meeting number: 160 425 9748 Password: 6gPXM8vvu3H

<https://upstate.webex.com/upstate/j.php?MTID=m1e7a7bec295f0c601a08a8d8d7a7d285>

### Have you seen this? Coping Circles-

NYS Dept of Mental Health offers 6 people, 6 weeks of coping together. Free, supported resilience groups by phone, or video with licensed mental health professionals. <https://rc-1.nyspi.org/surveys/?s=44YWTJMF3T>

Hey did you hear the joke about germs? Never mind. I don't want to spread it!

### Easy for You is Aug. 11

Easy for You, Upstate's Tobacco Treatment program, will be held Tuesday, Aug. 11 from 11:30 a.m. to 12:30 p.m. in room 7335B (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 is available. For more information call Theresa Hankin or Carolyn Walczyk at [315-464-3519](tel:315-464-3519).

### "Managing Finance\$ through Covid"

– webinar is offered every week, free, Tompkins County Cornell Cooperative Extension <https://www.eventbrite.com/e/managing-finances-through-covid-19-simple-strategies-in-a-time-of-crisis-tickets-110964413548?aff=erelexpmlt>

### Headspace

Want to try the app? <https://www.headspace.com/ny>

### Happiness! Science of Wellbeing!

<https://www.coursera.org/learn/the-science-of-well-being>

The course is completely online and broken up in to 10 weeks of "classes" that you can progress through at your pace. There is no fee to take the class and Upstate, nor Pathway to Wellness, nor does anyone at Upstate benefit from promoting Coursera or this course.

Roberto Perez; Salsa de Family-offering **Salsa** at Thornden Park in Syracuse. 6:30PM; Wednesdays - at the Thornden Park amphitheater; Sundays - at Thornden Park at the Pond. I believe it is free. **I could not find all the details and it sounds fun!**

## Onondaga County Library

**Overview:** Each workshop will begin with an interactive dialogue on the day's topic and will then feature a brief cooking demonstration featuring seasonal produce.

\*\*\* Participants should plan on stopping by the JSY tent at the Downtown Farmers' Market the Tuesday after each workshop *to pick up packets containing \$4 in Health Bucks coupons, a helpful kitchen tool, and any recipes and handouts* featured in that week's session. One packet will be available for each registrant.

++++If you are interested in attending, **please register** and include your email to receive the event link in your registration confirmation. <https://onlibcentral.evanced.info/signup>

MyPlate - 8/5/2020 3:30 PM - 4:30 PM

**MyPlate:** Familiar with the MyPlate? We will review this graphic tells us and use it as a tool for making healthy food choices.

### Meal Planning

8/12/2020 3:30 PM - 4:30 PM

**Meal Planning:** Taking the time to plan out your meals and snacks each week can be a big help when it comes to managing your food budget and having a well-balanced diet.

### Portion Size

8/19/2020 3:30 PM - 4:30 PM

**Portion Size:** Portion sizes have gotten larger in recent years, which means that it has gotten quite easy to eat more than we need. <https://onlibcentral.evanced.info/signup>

## Solutions for Managing Stress During a Crisis- Now online

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

Change and stress come from many different directions. This recorded webinar, provides a realistic view of the unhealthy habits people rely on to manage stress and provides positive solutions that can reduce their stress.

## Well-Being Index

.... a validated screening tool to evaluate depression, burnout, anxiety/stress, and mental/physical quality of life. Index has resources you can use immediately. Physicians Wellbeing Taskforce.

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

**Pathway to Wellness Committee meeting September 9, webex- 2 pm; [brisks@upstate.edu](mailto:brisks@upstate.edu)**

[www.upstate.edu/wellness](http://www.upstate.edu/wellness) self care, weight management, diabetes education, resources and more

[app.mywellbeingindex.org](http://app.mywellbeingindex.org) wellbeing index Login with "upstate"

<http://goer.ny.gov> monthly challenges, daily health tips sent to your email

[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

<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