



# Pathway to Wellness

## February 2020

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

### 2020 Vision for Wellness

**20 minute** recorded presentation on creating a vision for your health and wellness presented by Linda **Carignan-Everts** (WellNYS.GOER.NY). Gather your department or listen to as individual. Go to: <https://www.upstate.edu/health/wellness/programs.php> scroll down to first program – Vision for Wellness. Link for printable worksheets and recorded presentation.

### Meatless Monday Tasting; Second Monday

Every Monday is Meatless Monday. Meatless Monday is a day to reset your health goals and add fruits/vegetables to your diet. Although meat options are available; think about your choices. Use Monday to get back on track with healthy choices. The second Monday of every month will be a Meatless Monday Taste and Try, 11:30-1 pm at Cafe750 and UCH Cafe. Want meatless recipes? Go to: <https://www.upstate.edu/health/wellness/programs.php> Scroll to second program listed.

### February GOER Monthly Challenge

“Get more sleep”. Online registration/tracking starts Feb 1<sup>st</sup>. <https://wellnys.goer.ny.gov/>  
This year the WellNYS challenge offers a *paper tracker* and *“to-do” list*. Get To-Do” list at: <https://www.upstate.edu/health/wellness/monthly-events.php>

### Monday Mile walks

Meet at UH first floor lobby; Main Elevators; 12 noon.  
<https://www.upstate.edu/health/wellness/trails.php>

### **New- DeStress for Success for Upstate students**

The SU Lerner Center will bring the 5-week *Healthy Monday* program, **DeStress for Success**, to the Upstate Bistro (Academic Building) on Mondays starting Feb 17 from 4:15-5 pm. Coffee/Tea provided and participants will have the opportunity to win \$10 gift card to the Upstate Bistro each week. Drop-in’s are welcome.

Topics include:

2/17: Cultivate Resistance

2/24: Increase Mindfulness and Engagement

3/2: Identify and Use Your Strengths\* **Please note you will need access to a phone or computer**

3/9: Strengthen Communication Skills

3/16: Create Healthy Habits & Goals.

### Weigh-in-Wednesday

Weigh in Wednesday is now accessible to all locations! Weigh in accountability handouts are available to anyone interested in weighing yourself on Wednesdays. This can be done individually or with accountability buddy/buddies. Participants will also receive a weekly video. Contact [brisks@upstate.edu](mailto:brisks@upstate.edu) to receive the weekly emails and “one sheet” handout. Program will start Feb 19 and go for 8 weeks to April 8<sup>th</sup>.

**At UCH:** Beth Sellers has a scale and the weekly handouts and links from PTW.

**At Joslin:** Maureen Franklin has a scale and will share the PTW handouts and links

**Pathway to Wellness Committee Meeting is March 11**, 2 pm; room 122 CAB, [brisks@upstate.edu](mailto:brisks@upstate.edu)

### First Thursday; Therapy Thursday dog visits

February 6; 11:30-1 pm Pet Partners; Upstate Health Science Library. Come & get your love!

### Quitting and Cooking Café; First Thursday

Quitting and Cooking Café – Thurs., Feb 6; 10 a.m. to noon; atrium of Upstate Cancer Ctr. Advice on quitting tobacco, healthy food samples, recipes, and light refreshments will be available to Upstate employees, students, volunteers, and patients. **Contact: Theresa Hankin** [hankint@upstate.edu](mailto:hankint@upstate.edu)

### Easy for You; Second Tuesday

February 11, 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. Contact: Carolyn Walczyk <http://www.upstate.edu/hospital/health/healthlink/smokefree.php>

### RD LIVE Taste and Try; Third Thursday

Feb 20; 11:30-1pm. Stop by Café 750. Sample and recipes.

**Medical Nutrition Therapy** available w/ Morrisons. Call Central Scheduling 315-464-2778

### 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.

<https://app.mywellbeingindex.org/login> 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? Meditations available at: <https://www.upstate.edu/health/wellness/self-care.php>

### Websites for 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"  
[app.mywellbeingindex.org](http://app.mywellbeingindex.org) wellbeing index  
<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  
<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

*March- Make Better Food Choices with the help of Advocates for Upstate!*

<https://www.upstate.edu/advocates/fundraising-service/index.php>

Why not think about becoming an advocate?