



Pathway to Wellness

January 2020

www.upstate.edu/wellness
www.facebook.com/UpstatePTW
<https://www.instagram.com/upstateptw/>

Start the Year 2020 Vision for Wellness

January 8, 12:35- 12:55pm; rooms E10405a East Tower and/or Setnor 4507. **20 minute** phone presentation on creating a vision for your health and wellness presented by Linda **Carignan-Everts** (WellNYS.Goer.NY)

Meatless Monday

Taste & Try Meatless Monday, Jan 6, 13 and 27th! Café 750 and CC Café 11:30- 1pm.

January GOER Monthly Challenge

"Choose a Wellness accountability partner". Online registration/tracking starts Jan 1st.

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

Want insight on accountability, accountability partners?

<http://prowellness.vmhost.psu.edu/the-benefits-of-having-an-accountability-partner>

<https://www.womansday.com/health-fitness/wellness/news/g3330/weight-loss-accountability-partner/>

<https://blog.myfitnesspal.com/how-to-find-an-accountabilitybuddy/>

Attached please find the GOER daily "to do" tips via email. This year "to do" will be available as a one sheet print out as well as online registration.

GOER "Souper Bowl Challenge" is Friday Jan 31st- Watch for flier.

Monday Mile walks

Meet at UH first floor lobby by the Main Elevators. 12 noon Jan 6, 13 & 27th.

Therapy Thursday dog visits – February 6th first Thursday!

Quitting and Cooking Café

Quitting and Cooking Café – Thurs., January 2nd; 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

January 14 (2nd 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

RD LIVE Taste and Try

Third Thursday of the Month-January 16, 11:30-1pm. Stop by Café 750.

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

Pathway to Wellness Committee Meeting is January 8

brisks@upstate.edu or call 4-4565 2 pm room 122 CAB

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.

app.mywellbeingindex.org **New Link for Well Being Index; January 1, 2020 the new link for the Well Being Index: app.mywellbeingindex.org** 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

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 with other meditations and resources.

Websites for wellness

www.upstate.edu/wellness self care, weight, diabetes education, resources and more
www.mywellbeingindex.org helpful self-evaluation tool logon with "Upstate"
app.mywellbeingindex.org **New Link for Well Being Index**
<http://goer.ny.gov> monthly challenges, daily health tips sent to your email and 5k Magnets
www.facebook.com/UpstatePTW Keep up with events, recipes, photos and fun!
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

Health and Happiness to all in 2020!

January 2020 Re-Fresh Meatless Monday program

March-Better Food Choices challenge with the help of Advocates for Upstate! <https://www.upstate.edu/advocates/fundraising-service/index.php>

April 2020- Heart Health, MyLifeCheck

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

• 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.