



Pathway to Wellness

November 2020

PTW Programs are for everyone with Upstate ID!

Website: www.upstate.edu/wellness

Facebook page: www.facebook.com/UpstatePTW

Instagram: <https://www.instagram.com/upstateptw/>

WELLOWEEN! Virtual

A Week of Wellness **October 26 – Oct 30th**. <https://library.upstate.edu/news/news-articles/20201021-welldown.php> Organized by *Upstate Health Science Library* and *Pathway to Wellness* with our students in mind. Many Welloweens ago, Rebecca Kingdon, Librarian, sparked this idea. Carol Sames, Director of Vitality, has recorded a presentation on [starting an exercise](#) routine and Kerry Walsh, DPT at Rehab in Camillus, has a recording on [stretching in your work space](#). Watch any time! Go to the library.upstate.edu website listed above!

*****For 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. Loaded at the end of each month.
<https://www.upstate.edu/health/wellness/events-tabs.php>

Express Gratitude WellNYS GOER Monthly challenge

...is the <http://wellnys.goer.ny.gov> **November** challenge. When you register online you will get a tip every day to help you succeed in the challenge. Calendar & tips are also at: <https://www.upstate.edu/health/wellness/events-tabs.php> so you can do a paper format.

Self-Care-Beyond Washing Your Hands Webinar, will record

Linda Carignan – Everts; Director of WellNYS EAP State Wide Wellness Program, will present. Linda is a Certified Health Coach, Certified Wellness Practitioner and super presenter. All of her presentations have received positive evaluations.

It's coming from all directions, wash your hands. This is one of best ways to prevent the spread of disease. The presenter will share **four other ways** to take care of yourself. These four simple acts can **keep you physically and mentally fit during your** work from home day

Tuesday, Nov 10 at 12 noon Go to:

<https://meetny.webex.com/meetny/k2/j.php?MTID=t4a12bc388c13a4077cca20128dad5e2>

2. Enter your name and email address.

3. Enter the session password: WellNYS2020

Please contact your physician before starting an exercise routine

Mid-day Stretch (mostly from your chair) watch party

Nov 12, 12 noon. SUNY Perks offers a class taught by Allie Duffie, Doctorate Physical Therapist. Wear clothes you can move in. 30-minutes

<https://upstate.webex.com/upstate/j.php?MTID=mc1570e5052a46b523fd87abee0bbcd4c>

Watch on your own at: **Community Online Academy #29 Mid-Day stretch.**

https://edu.perksatwork.com/course/back-pain/?class_uid=217c7f40-0908-11eb-9bd4-02461ec02d07

Are you ready to quit smoking or vaping for a day?

Easy for You, Nov. 10, 11:30 -12:30 – Get your NRT for GASO

Easy for You, Upstate's tobacco treatment program for Students and Staff, will be held Tuesday, Nov. 10 from 11:30 am to 12:30 pm 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 is available. For more information, contact Theresa Hankin or Carolyn Walczyk at [315-464-3519](tel:315-464-3519) or walczykc@upstate.edu.

Great American Smoke or Vape Out is Nov. 19 GASO

The Great American Smoke or Vape Out will be held Nov. 19. Receiving help through counseling and medications doubles or triples an individual's chance of quitting successfully. To talk with a tobacco treatment specialist and to receive free nicotine replacement products, contact Theresa Hankin at hankint@upstate.edu or call [315-464-3519](tel:315-464-3519).

COVID 19 and Tobacco Use – What are the Risks? Webinar- will record 15 min

Wed. Nov 4th, 12 noon – Theresa Hankin, RRT, Cancer Center NCTTS (Nationally Certified Tobacco Treatment Specialist) will present a live webinar about risk factors and COVID 19. Now would be a great time to consider quitting. Please join & ask questions!

<https://upstate.webex.com/upstate/j.php?MTID=ma66d09dc1ab2f7df518d8c987eb38273>

Parents, What You Need to Know about Vaping. Webinar- will record, 15 min

Wed. Nov 11th, 12 noon, Theresa Hankin, RRT, offers parents insight, knowledge and things to be aware of concerning your child and vaping. Questions welcome at this webinar! Let's talk!

<https://upstate.webex.com/upstate/j.php?MTID=mc3c03f32d2596068ab334bc2fbbf26f6>

Managing Stress while Quitting- webinar, will record. (replay Nov 19, 12 noon).

Nov 18th, 12 noon Upstate is so fortunate to have Theresa Hankin, RRT, to guide people who, want to quit smoking with compassion and care. In this webinar, Theresa demonstrates practical ways to manage stress which is a concern to people who have used smoking as stress management and are now quitting. Let's *all* join in to support those who are choosing to quit smoking this year! Come join in for 15 minutes of relaxation at:

<https://upstate.webex.com/upstate/j.php?MTID=md64a3c06151a5ede3820a95f2200f483>

replay on 19th 12 noon

<https://upstate.webex.com/upstate/j.php?MTID=m9d7053c90cc99f713892713e826cae19>

Let's get Cooking!

Cooking class with Morrison Chef Bal- watch party, 8 minutes

Friday Nov 13, Caramelize banana- Yummmm!

<https://upstate.webex.com/upstate/j.php?MTID=m90e51d29fbde359e1a722486206edd8e>

Watch on your own at: <https://www.youtube.com/watch?v=Cp8As5tezRM>

NOV 4TH - National Eat Smart Day! - American Heart Association.
www.heart.org/EatSmartMonth

Healthy Holiday Challenge!

The Healthy Holiday challenge is here again! All online! Runs from Nov 16- December 31 and this is one where your friends, neighbors, and coworkers can all participate. Get the family involved. Registration has started. <https://esmmweighless.com/holidaychallenge/>

Need a resource for ideas to move more?

<https://lernercenter.syr.edu/healthy-monday/move-it-monday-monday-mile/>

Need a one-minute meditation?

<https://www.mondaycampaigns.org/destress-monday/one-minute-meditations-just-need-minute>

Help me destress now!

<https://lernercenter.syr.edu/healthy-monday/destress-monday/>

Need help education on Diabetes?

<https://www.youtube.com/watch?v=am6ga3tSnpk&t=55s>

<https://www.upstate.edu/health/wellness/diabetes.php>

Ready for 2021?

2021 WellNYS Everyday Monthly Challenges

- January – Start or pursue a hobby
 - February – Take care of your mental health
 - March – Try a new healthy recipe
 - April – Take a financial challenge
 - May – Move more
 - June – Plan 21 fun and healthy things to do this summer
 - July – Connect to nature in New York
 - August – Try, taste, and tally it up: a fruit and vegetable challenge
 - September – Focus on foot health and posture
 - October – Enjoy the fall harvest
 - November – Practice thankfulness
 - December – Start each day with a positive affirmation
- <https://wellnys.goer.ny.gov/>

Well-Being Index- online tool available anytime

.... 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".

Hello! If you would like to get an invite in your mailbox/calendar to these events, please email brisks@upstate.edu. Some departments have one person get the invite and share with others. We want to make it fun and easy!

Monday Mile

Everyone wishing to walk the Monday Mile with others, please meet at 12 noon at the main first floor elevator lobby on Mondays! The outside trail is posted with signs. There are indoor trails as well listed at: <https://www.upstate.edu/health/wellness/trails.php> Trails at Upstate Community Campus, Downtown locations, places on SU hill or measure a mile near your home. Let's walk to become more resilient and manage our self-care. Please follow your Physicians recommendations for exercise.

Meatless Monday

Morrisons's *Café 750* - You can always find meatless options available.

Webex *Pathway to Wellness Committee November 11th*, 2 pm;
-contact brisks@upstate.edu for link

Wellness Websites.

FLU FLU FLU

<https://www.upstate.edu/health/fluinfo.php> flu information. Make an appointment for your flu shot!

www.upstate.edu/wellness self care, walking trails, resources and more

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 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

<https://www.upstate.edu/pated/intra/education-tv.php> The Upstate Wellness Channel