



Pathway to Wellness

October 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/>

For recordings and links of 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>

Eat NYS Apples, challenge

...is the <http://wellnys.goer.ny.gov> **October** 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>

***NYS Quits**; 5K 2020; WellNYS Tips, farmers markets & **Headspace** accessible at this site.

Staying Positive During a Crisis Webinar, will record

Tuesday, October 6 at 12 noon. Host: Linda Carignan-Everts, Director of WellNYS GOER EAP. Negative news is coming from all directions. Can you find ways to be positive when everything is negative? Yes, you can. The presenter will discuss the *PERMA Model*, the Scientific Theory of Happiness which will guide participants to find happiness through difficult times.

<https://meetny.webex.com/meetny/k2/j.php?MTID=t253e4280cccd4998db259c776ddbaaf9>

Session number: 161 000 7359

Session password: WellNYS2020

To join the training session

1. Go to <https://meetny.webex.com/meetny/k2/j.php?MTID=t253e4280cccd4998db259c776ddbaaf9>
2. Enter your name and email address (or registration ID).
3. Enter the session password: WellNYS2020
4. Click "Join Now".
5. Follow the instructions that appear on your screen.

To view in other time zones or languages, please click the link

<https://meetny.webex.com/meetny/k2/j.php?MTID=tcaddee2b36dfbbae60ea6bd66be78915>

Destress for Success, webinar, not recorded

5 weeks – **Drop in** Positive Psychology workshops Host: Mary Kate of the SU Lerner Center. Mondays from 3:30 - 4:30pm via ZOOM. <https://syracuseuniversity.zoom.us/j/5238104458>)

Oct 5- Connect During Corona

Oct 12- Discover your Strengths

Oct 19- Build Healthy Habits.

Thank you, Mary Kate Lee, and SU Lerner Center! (Flier attached to email)

Take Back Your Day, webinar, not recorded

October 23rd, 8 am -10 am Professional Development and Learning Department offers a class on organization, time and stress management. Interested? Register through self-serve tracker and Mary Ann Stark will send out the zoom link. Less stress!

October 23 is also

National Take Back Medications Day

Mole Day 6:02 am- 6:02 pm celebrating Chemistry & Avogadro's number- ahh, moles & molecules.

Healthy Cooking- Mayo Clinic & Morrisons HealthCare-watch party!!

30-minutes **Thursday, October 15**, 12:30pm. Mayo Clinic experts explain the health benefits of the foods that Chef Bal cooks, as she cooks them. Truly a teaching kitchen. Chef Bal will make **Chai tea, warm cauliflower and veggies with hummus and turmeric popsicles**. Experts talk about benefits of Turmeric, cauliflower, spices and more. Join others to watch at:

<https://upstate.webex.com/upstate/j.php?MTID=m20787d8b4b3dfa5f985891d4b1dba243>

Recipe links below.

Chai <https://www.dropbox.com/s/u1v53lrnala67d/Chai.pdf?dl=0>

Warm Cauliflower, veggies and hummus

<https://www.dropbox.com/s/henp0lw7ljm2ucz/Warm%20Roasted%20Cauliflower%20with%20Golden%20Cashew%20Hummus.pdf?dl=0>

Mango turmeric popsicles <https://www.dropbox.com/s/oq4f4mf1v97qzty/Popsicle.pdf?dl=0>

Watch on your own at- https://www.youtube.com/watch?v=9A_pHeO5oqc

Cooking class with Morrison Chef Bal- watch party, 10 minutes

Coconut Chick Pea bowl- learn how to cut at mango too! This is a great break for you mentally as well as help you with ideas for dinner. Join us on **Thurs., Oct.22** at 12:30pm at:

<https://upstate.webex.com/upstate/j.php?MTID=m7af2b4bcc3bb32f0f0d2709603f170f8>

Watch on your own at; <https://www.youtube.com/watch?v=dG-egPRc5G0>

Please contact your physician before starting an exercise routine

Reduce Neck and Back Pain- watch party.

SUNY Perks offers a class taught by Physical Therapist. Grab mat/towel and wear clothes you can move in. You need space on the floor for your mat. These are 30-minute classes to focus on neck and back. 12 noon **Tues. Oct 13, Thurs Oct 15, Tues Oct 20 and Thurs Oct 22**

<https://upstate.webex.com/upstate/j.php?MTID=me65e8e55f9eee475162beab6225a762e>

Watch on your own at: https://edu.perksatwork.com/course/neck-shoulder-pain/?class_uuid=1445ca9d-9bd3-11ea-ac6f-0282475f5451

Reduce Back Pain watch party.

SUNY Perks offers classes taught by Physical Therapist. Grab mat/towel and wear clothes you can move in. You need floor space for your mat. These are 30-minute classes to focus on your back. 12 noon **Mon. Oct 19, Wed. Oct 21, Mon 26 and Wed. Oct 28**. Join us!

<https://upstate.webex.com/upstate/j.php?MTID=m03c84c3e6aa3c7547ee4d06197cb9be1>

Watch on your own at:https://edu.perksatwork.com/course/back-pain/?class_uuid=4731fdb-96a7-11ea-9365-0255b9c5cc9d&usource=video_search

10-Minute Walking-watch party and walk right in your home or office

Join the webinar on **Tuesdays** at 5 pm now to Nov 3rd. Join in. We feel great after just 10 minutes, less stressed and ready to go! We meet our goal every time!

<https://upstate.webex.com/upstate/j.php?MTID=m8bb1162dfba2fa0fedc096dec70b4445>

Meeting number:172 798 4220 Password:6sFRqhMw5i7

The goal is to walk for 10 minutes. Try a few different styles of walking routines from different YouTube leaders.

*On your own try-Lucy Wyndham-Reed, Leslie Sansone or Tamayo- Reps to the Rhythm

Please contact your physician before starting an exercise routine.

Easy for You, in person event

Easy for You, Upstate tobacco treatment program, will be held **Tuesday, Oct. 13** from 11:30 am to 12:30 pm in 7335B of the west wing at Upstate University Hospital's Downtown Campus.

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

November is the **Great American SmokeOut**- Theresa Hankin, RT, NCTTS will be on hand with a webinar on Vaping, what you should know as parents, why NOW is a great time to Quit and on GASO, a day of relaxation and meditations!

WELLOWEEN! Virtual

A Week of Wellness **October 26 – Oct 30th**. Watch for flier with specifics on programs, links and times. Organized by *Upstate Health Science Library* and *Pathway to Wellness* with our students in mind. Many Welloweens ago, Rebecca Kingdon, Librarian, sparked this idea.

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".

Details on Headspace- Free options

Headspace app offers a 2-week free trial. \$69 per year or \$99.99 family or \$9 for students!

*If you are a **doctor** or a provider with a National Provider Identifier number or a **US nurse**-
<https://help.headspace.com/hc/en-us/articles/360045161413-Headspace-for-Healthcare-Professionals> **FREE until the end of 2020**

Headspace currently has a section set up within the Headspace app — **free for everyone** — called ***Weathering the storm***. It includes meditations, sleep, and movement exercises to help you out. You can access this by logging into the app on your iOS or Android device, selecting the "Explore" option, and clicking on the "***Weathering the storm***" category.

If you do not have a Headspace account or do not have access to the app, we have a special website that we've created in partnership with New York's State called [New York State of Mind](#). Everyone is welcome to utilize this content during this difficult time on NYS GOER.

Other apps you might like- CALM, Breathe, Insight Timer (completely free), The Mindfulness APP; 10% Happier, Happify (I like this one as it is a game format) or visit the play store or google apps.

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

Weigh in Wednesday is now filled.. **Healthy Holiday** will start in Nov.

Art and Science of Wellbeing Session is underway.

On your own go to :<https://www.coursera.org/learn/the-science-of-well-being>

My First or Next 5K in 2020 magnet or Zero to 5K training is underway.

On your own Find in formation any time at: <https://wellnys.goer.ny.gov/5k.cfm> or https://wellnys.goer.ny.gov/my_5k/resources.cfm

Please see your physician before starting any exercise program.

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

Coming in November-

Great American Smokeout (GASO) and Healthy Holiday!

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