



Pathway to Wellness **September 2020**

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

Positivity packs, relaxation kits, exercise kits, tennis ball massage kits too!

PTW Programs are for Upstate staff, students, residents, RF, Med Best, more- ALL w/ Upstate ID!

Boost Your Energy

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

Please Don't Take a Seat

Date: Tuesday, September 15, 2020, Time: 12:00 pm (planning to record)

Session number: 161 978 8241 Password: WellNYS2020

<https://meetny.webex.com/meetny/k2/j.php?MTID=t98bf9316825c2d5bac37a5703a9c5673>

To join the session by phone only: Local: [1-518-549-0500](tel:1-518-549-0500) Access code: 161 978 8241

Have you been sitting at your desk or in meetings all morning? Working from home provides flexibility to be more active, but it's up to you to make it happen. This fast-paced seminar will incorporate ways to increase your activity through your workday. The first tip will be standing up during the workday, so to add some fun to the seminar, participants will be encouraged to stand instead of sitting. Host: Linda Carignan-Everts

Destress for Success-

5 weeks – Drop in Positive Psychology workshops, Mondays from 3:30 - 4:30pm via ZOOM.

Starting Sept 21- Manage your Mindset

Sept 28- Focus on Flo

Oct 5- Connect During Corona

Oct 12- Discover your Strengths

Oct 19- Build Healthy Habits.

(<https://syracuseuniversity.zoom.us/j/5238104458>) student focused.

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

Weigh in Wednesday

Students, staff, nurses, RF, Med Best, volunteers- Everyone!

Starts Wed September 23 and goes 8 weeks to Wed Nov 11. (**Healthy Holiday** starts Nov.16)

If interested send your email address to brisks@upstate.edu. You will get weekly email, weigh-in accountability sheet, weekly recording and handouts. Group closes after week 2.

Art and Science of Wellbeing!

Would you like to do this together?

Start Thurs. Sept 17, 12:30 - End Tues. Oct. 20, (2 sessions per week)

<https://upstate.webex.com/upstate/j.php?MTID=m6804f06a4e28a6c4afe91abd52e31d3d>

Meeting number: 172 264 5153 Password: WpdTsBux333

The course is completely online and broken up in to 10 weeks of "classes". Join us, have fun learning, stay on track and discuss together.

Please see your physician before starting any exercise program.

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

Let's earn our 5K in 2020 magnet found on <https://wellnys.goer.ny.gov/5k.cfm> We are going to follow the Mayo Clinic Guidelines for Zero to 5K for beginners.

https://wellnys.goer.ny.gov/my_5k/resources.cfm We will "meet" online at <https://upstate.webex.com/upstate/j.php?MTID=m5bfc351662048aae50fe73a552021d>

Meeting number: 172 971 7165 Password: p8GDx5t3cq

Starting Wed Sept 16, 4:30 pm. Once a week for 7 weeks to talk, motivate, encourage and support each other to walk or run. Please see your physician before starting any exercise program.

10-Minute Walking

Join the webinar on Tues. September 15 at 5 pm for 8 weeks

<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. Please contact your physician before starting an exercise routine.

Reduce Neck and Back Pain

SUNY Perks offers a class taught by Physical Therapist. Grab mat/towel and wear clothes you can move in. These are 30-minute classes to focus on neck and back. 4 sessions. At 12 noon Wed. Sept 9; Mon Sept 17; Wed Sept 16; Friday Sept 18 link:

<https://upstate.webex.com/upstate/j.php?MTID=med1eadb4492e9568ee94771fe5370f8c>

Meeting number: 172 285 0309 Password: Jyn3JcHB3J2

Please see your physician before starting any exercise class.

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.

STUDENTS SOS Group STUDENTS

Stressed, Overwhelmed? **Student Counseling Services** has a program starting Sept 23rd; 4-5:30 pm contact stormernr@upstate.edu or yankowsj@upstaet.edu for Students

**** Now is a great time to quit tobacco, chew or vape! ****

**** Easy for You**

-will be on 9/8 at 11:30-12:30. Meet Carol W. Discuss your quit plan and get Nicotine Replacement Therapy.

**** HealthLink classes to quit smoking/vaping**

-Presenter Theresa Hankin, RT; starts 9/26 thru 9/30, 12:00 noon. Call (315) 464-8668.

Upstate Community and Wellness Garden "Harvest" event TBA

Recorded can be found at:

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

A micro minute of self-care www.upstate.edu/wellness

Cooking class with Morrison Chef Bal- watch party, 9 minutes

Sept 17, 12 noon, roasted veggies link to join-

<https://upstate.webex.com/upstate/j.php?MTID=med37fc2f066b1358d24278cb05cfcf42>

Meeting number: 172 573 9505 Password: PRmVSvzA742

Sept 24, 12 noon link to join- (same as above) Lentil soup

<https://upstate.webex.com/upstate/j.php?MTID=med37fc2f066b1358d24278cb05cfcf42>

Meatless Monday

Café 750 is offering a safe and distanced dining experience. You can always find meatless options available.

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".

Details on Headspace- Free options

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

*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.

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.

OTHER WELLNESS OPTIONS!!!!

Onondaga County Cornell Cooperative Extension programs

<http://cceaonondaga.org/nutrition-health>

Mind Health Diet Series

Cooperative Extension at Penn State- reasonably prices courses 3 webinars for \$15

<https://extension.psu.edu/mind-health-diet-series>

With focus on food and brain health, this three-part webinar, **Mind Health Diet Series**, get brain foods into your daily diet, form healthy eating patterns, use evidence-based resources. Food demonstrations and recipe sharing will also be featured!

Social Isolation and Loneliness

National Institute on Health- Social isolation and Loneliness, register at:

<https://www.nia.nih.gov/focus-aging-federal-partners-webinar-series>

September 28, 2-3:30pm Eastern time

A joint project of four agencies, Administration for Community Living, the Centers for Disease Control and Prevention, the Health Resources and Services Administration, and the National Institute on Aging. In addition to general topics of interest for older adults and those who work with them, each webinar will include information specific to individuals with Alzheimer's disease and other types of dementia, as well as their caregivers.

Onondaga County Library Online Workshops: Each workshop will begin with an interactive dialogue on the day's topic and will then feature a brief cooking demonstration featuring seasonal produce. **Please register** and include your email to receive the event link in your registration confirmation. <https://onlibcentral.evanced.info/signup>

Sept. 2- Nutrition **Facts Label:** Overwhelmed by the nutrition facts label? We make it easier to make healthy food choices.

Sept. 9 -**Healthy Beverages:** Do you know how much sugar is in your drink? We will compare the sugar content of popular drinks and discuss ideas for healthy drink options.

Sept. 16 -**Fiber:** We will cover the importance of fiber in a healthy diet.

Be sure to check other libraries by your home such as Liverpool Library for options.

Webex **Pathway to Wellness Committee September 9, 2 pm;**

-contact brisks@upstate.edu for link

FLU FLU FLU <https://www.upstate.edu/health/fluinfo.php> flu information

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