



Pathway to Wellness April 2021!

Website: www.upstate.edu/wellness

Facebook page: www.facebook.com/UpstatePTW

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

Pinterest: www.pinterest.com/pathwaytowellne

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.

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

Make Wellness EASY-PEASY email me if you want calendar invites; or **send me one person in your department who will share the invites.**

Pathway to Wellness programs are for **everyone with an Upstate ID**- staff, students, volunteers, nurses, doctors, RF employees, administrative assistants, social workers. Everyone!

For programs specific to Doctors- contact Dr. Kohman.

For programs specific to Residents, Fellows, students contact Dr. Nanavati.

For programs specific to Research Foundation Employees contact Mark Miller or Lisa Schirtz

April Take a WellNYS To-Do Financial Challenge

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

Additionally, here is the SUNY Benefits link that may also be helpful:

<https://www.suny.edu/benefits/financial-education--planning-tools/>

AIG Retirement Services and NYS Deferred Comp 457 webinars offered through Human Resources AIG is hosting a free educational comprehensive financial planning workshop on the following topics: cash management, retirement planning, investment planning, tax planning, risk management, and long-term care. To learn more and register please visit the HR Benefits webpage at <https://www.upstate.edu/hr/intra/benefits/index.php>.

Managing Finances During a Crisis on April 13 at 12 noon (will not be recorded)

www.RethinkingDebt.org will present this session and you will learn how to create an emergency budget and manage your expenses on a reduced income. Additionally, you will receive helpful resources to help you with deeper financial issues related to debt repayment and credit. You can also get connected to a financial counselor if needed. Join us at: <https://upstate.webex.com/meet/brisks>

Defeating Your Debt April 15 at 12 noon (will not be recorded)

www.RethinkingDebt.org will present this topic. It is estimated that the average American House hold owes almost \$10,000 in credit card debt alone, representing minimum payment of almost \$400 a month. Covering strategies for negotiating interest rates, negotiating settlements and developing repayment plans, this class empowers consumers to take charge of their debt and work towards a debt-free lifestyle. Join us at: <https://upstate.webex.com/meet/brisks>

Dementia Conversations April 7th at 4 pm – 5pm (will not be recorded)

We all need to think about this conversation around advance directives and driving safety whether dementia is involved or not. Let's start the conversation with our loved ones; it's time to talk. Conversations with family about changing behaviors can be challenging and uncomfortable. This program offers tips on how to have honest and caring conversations to address some of the most common issues. Topics covered in the program include: Going to the doctor; Deciding when to stop driving; Making legal and financial plans Alzheimer's Association of CNY will lead the presentation. To join use the link below <https://bit.ly/3vfg8kS>
Meeting ID: 910 4410 0073 Passcode: 152786 Dial by: 1.646.876.9923

Indistractable: How to Control Your Attention and Choose Your Life

Join us on **April 8th at 4 pm** at <https://upstate.webex.com/meet/brisks> 45 minutes with 10 min Q &A. During the ergonomics presentation, Lee Livermore suggested a book by Nir Eyal- *Indistractable*. Also, the author of *Hooked*. You sit down at your desk to work on an important project, but a notification on your phone interrupts your morning. At home, screens get in the way of quality time with your family. This session will reveal the hidden psychology driving us to distraction. Participants will learn the secret of finally doing what you say you will do with a four-step, research-backed model and reveal the key to getting the best out of technology, without letting it get the best of us.

On your own at: [Indistractable: How to Control Your Attention and Choose Your Life - Perks at Work | COA](#)

10 minute STANDING stretch- April 21 at 12 noon

Specific for Hospital Staff who cannot get scrubs on the floor or work clothes dirty. Let's feel great!

Join us at: <https://upstate.webex.com/meet/brisks>

Ready to go on your own? [\(102\) 20 Minute Standing Stretch Flow | 30 Day At Home Workout Challenge Day 5 - YouTube](#)

Neck & Shoulder Pain - Perks at Work | COA April 21 at 12:30. 27 minutes

Allie Duffy is a Doctor of Physical Therapy and will lead this pre-recorded webinar. Have a mat and a towel ready. Wear comfortable clothes. Let's get rid of some pain!

Join us on <https://upstate.webex.com/meet/brisks>

On your own at: [Neck & Shoulder Pain - Perks at Work | COA](#)

Easy for You- Tues., April 13th; 11:30 am-12:30 pm in 7335B, west wing

Everyone with an Upstate ID can get help for quitting tobacco, chew or vape.

Hospital meet with Thresa or Carolyn. Free nicotine replacement therapy is available.

For more information contact Theresa Hankin or Carolyn Walczyk at 315-464-3519

or walczykc@upstate.edu.

Earth day/Kick Butts- Thurs., April 22nd

Due to COVID-19 restrictions, the Tobacco-Free Task Force asks that you support our mission by directing any visitors who are using tobacco on campus to get free nicotine lozenges at the main lobbies of both campus locations. Available 24/7. Please let visitors know there "is no where you can use tobacco on our campus"

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".

Monday Mile, 12 noon every Monday

Everyone wishing to walk the Monday Mile with others, please meet at the main first floor elevator lobby on Mondays! The outside trail is posted with signs. There are indoor trails a listed at:

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

Upstate Community and Wellness Garden-

Wants to know what your gardening interests are at: <https://forms.gle/XaKPdaCs5KHWFjJu6>

Like us on Facebook: https://www.facebook.com/UpstateCommunityGarden/?ref=page_internal

Did you know gardening can improve your physical health and feelings of well-being and connectedness? Join Penn State Extension Cooperative Extension Educators and Master Gardeners for **Horticulture, Health, and Wellness: Bringing It All Together** which will focus on mental wellness and health through gardening! This is \$15 on Sat April 24 from 8:30 – 1PM, live via zoom

<https://web.cvent.com/event/748efa16-826e-4c8e-ab49-9da940679a16/summary?locale=en-US>

Looking for **March's** Ergonomics' **Why Can't I Get Anything done?**

<https://www.youtube.com/watch?v=ODnViz-xmjg>

<http://www.upstate.edu/ergonomics/>

[Resources | Human Resources | SUNY Upstate Medical University](#) scroll down to:

- [Ergonomic Gardening](#)
- [Household Cleaning Ergonomics-](#) Spring Cleaning Ergonomics!

March 3rd recording- **What Am I Planning to Eat Today?**

<https://meetny.webex.com/meetny/lr.php?RCID=c4cd716f56f24b938508af4c52b25295>

Pathway to Wellness Committee Wednesday, May 12, 2 pm;

<https://upstate.webex.com/meet/brisks>

Races have started live and virtual- the Lake Effect ½ was live last weekend!



2021 Magnet. <https://wellnys.goer.ny.gov>

Earn your magnet by walking or running a virtual or a real live race! Then go to website and document your race to get magnet. (just training for one does not count)

April is Stress Management Month and Humor Month! Why use humor to manage your stress? Laughter is the best medicine!

<https://www.drybarcomedy.com/>

plan a trip to the National Comedy Center in Jamestown, NY

<https://comedycenter.org/lucy-desi-museum/>