



Pathway to Wellness August 2021!

REIKI!

Monday, August 23; 12 noon; <https://upstate.webex.com/meet/brisks>

Robert Crandall, BS, LMT and REIKI Master from Spiritual Care will guide us through the origins of REIKI and into the current use here at Upstate. If you have ever wondered what REIKI is, the science behind it, how it is used and what it is used for; this is your class. 20 minutes with 10 minutes for Q & A. Come join us at: <https://upstate.webex.com/meet/brisks>. This session will be recorded.

Taste, Try and Talley It Up; A Fruit and Vegetable Challenge

Register at: <https://wellnys.goer.ny.gov/> Daily tips makes the challenge easy. WellNYS GOER August monthly challenge. **Monday, August 2nd, 12-12:30** watch the recorded webinar to help you start the *Taste, Try, Tally Challenge*. **Join others at: <https://upstate.webex.com/meet/brisks> or on your own anytime at: <https://www.upstate.edu/health/wellness/monthly-events.php>**

Thank you, Dr. Paolo! Emergency Department is going to have fun, team building and food on this challenge! What about your department? Let me know!

RETURNING TO WORK WELLNESS CELEBRATION

Some will return to the office, some are working from home and some are hybrid.

Ways to access Wellness 24-7

Aug 5th at 4 and August 27th at 12 noon Join us at <https://upstate.webex.com/meet/brisks>

Suzanne will share her screen and show you around the wellness websites so you know what is available and find it easily. PTW website, GOER Website. Monday Mile. WBI

Website: www.upstate.edu/wellness

Facebook page: www.facebook.com/UpstatePTW

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

Pinterest: www.pinterest.com/pathwaytowellne

Please go to _____ website under *monthly events* tab, click on the month the event occurred. _____

Monday Mile

Walk a Monday Mile with your department, unit or neighbor depending on your work location. *Please follow your Physicians recommendations for exercise.*

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

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.

Healthy Monday; Race Across the US

Please join Healthy Monday and the SU Lerner Center in congratulating the winners of the Healthy Monday Race, team **We Are Family** took 1st; **SU GODDESSES** 2nd and **Syracuse City School District, central Office** 3rd **and Upstate Pulsers** took 4th! Let's celebrate their *teamwork* in crushing this challenge.

New- Theresa Hankin success story going up on:

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

Tool available **anytime** to evaluate depression, burnout, anxiety/stress, and mental/physical quality of life. Index has resources you can use immediately. Wellbeing Taskforce.

<https://app.mywellbeingindex.org/login> access code: "Upstate".

This will be offered again in August. Please contact hinmana@upstate.edu for questions; zoom link. The event will teach you how to grow your food from kitchen scraps, your spice rack, and those pesky seeds in your produce!

Quitting and Cooking Café

Canceled for August. Will resume for September. Cancer Center Lobby (First Thursday each month) Theresa Hankin can help answer your questions on quitting vape, chew, tobacco!

EASY FOR YOU

Upstate's tobacco treatment program, will be held Tuesday, August 10 from 11:30 a.m. to 12:30 p.m. 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 or walczykc@upstate.edu

Kick Butts

Tues., August 10th & 24th, 11:30-12:30 DT Wed August 11th, 1-1:30 **Community Campus**
The Tobacco-Free Task Force asks that you direct 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". The Tobacco-Free Task Force will be picking up butts and reminding people on the Second and Fourth Tuesday of each month as weather permits. If you would like to help, please contact Jackson Tarr at the Cancer Center # 315-464-0480 or tarrj@upstate.edu and or meet in the Cancer Center lobby by 11:25am. Upstate Officers are on the Task Force and available if you need assistance 315-464-4000 Downtown or x44000 on campus 315-492-5511 Community or x5511 on campus

NY Project Hope

New Wellness groups! See attached sheet for details.

Pathway to Wellness Committee Wednesday, September 8, 2 pm;

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

Look Ahead! Mary Ann Stark announced:

Sept 10- **Get Your Bounce Back, Resiliency and Wellness:**

October **Emotional Intelligence** and Time management will reduce your stress-

December is **Journaling**- great skill for wellness!

Facebook NIH program on Sleep; Teens- Aug 10; 2:30 pm; **Adults-** August 17; **Seniors-** August 24.

National Institute on Health, NIH.

Penn-State Cooperative Extension has several webinars on food preservation. \$5. Example: fermented foods. [Home Food Preservation: Fermented Pickles and Sauerkraut \(psu.edu\)](https://www.psu.edu/home-food-preservation-fermented-pickles-and-sauerkraut)

Know anyone with a successful lifestyle change during the past year? Tell me. Adding new **success** stories to: <https://www.upstate.edu/health/wellness/success.php>