



Pathway to Wellness **JULY 2021!**

Website: www.upstate.edu/wellness

Facebook page: www.facebook.com/UpstatePTW

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

Pinterest: www.pinterest.com/pathwaytowellne



July WellNYS To-Do Connect to Nature in NY Challenge

Register at: <https://wellnys.goer.ny.gov/> Daily tips makes the challenge easy and helps you develop healthy habits each day!

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!** They made it across the US, to the Golden Gate Bridge, in under 6 weeks. WOW! Let's celebrate their *commitment* and *teamwork* in crushing this challenge. Who will take second and third place? The fun is just getting started! 🦋 **Upstate Pulsers? Upstate Neurology or Upstate DPT 2024???** By actively participating in the Quest, you're automatically entered to win a **\$75 Amazon gift card**. Stay tuned for that drawing, which will happen in 2 short weeks! For details, visit our [website](#) and check out the [Healthy Monday Race Across the US program](#). If you have any questions! Mary Kate Schutt mkschutt@syr.edu

10 Warning Signs of Alzheimer's July 21 4-5 pm (will not be recorded)

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. The Alzheimer's Association® developed the new 10 Warning Signs of Alzheimer's education program to help people recognize common signs of the disease and know what to watch for in themselves and others. This free one-hour program explores typical age-related changes, describes common signs of Alzheimer's and dementia, and explains the importance of early detection and benefits of a diagnosis. Attendees will learn tips for how to approach someone about memory concerns and we'll review helpful Alzheimer's Association resources. The program will be held via Zoom webinar on Wednesday, July 21st from 4:00 - 5:00 p.m. **To receive joining information, please register in advance.** Everyone is welcome to join this webinar!

Kitchen Scrap Gardening July 1st, 7 pm, one hour

Contact hinmana@upstate.edu for questions and link details. The event will teach you how to grow your food from kitchen scraps, your spice rack, and those pesky seeds in your produce! If local, email Anna Maria for a microgreens seed kit for the program while supplies last!

Quit Smoking Café starts again! July 1st

Theresa Hankin can help answer your questions on quitting vape, chew, tobacco! It will be on the First Thursday from 10-12 in the Cancer Center Lobby

Kick Butts- Tues., JULY 13; 11:30-12:30

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". The Tobacco-Free Task Force will be picking up butts and reminding people on the Second 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.



RETURNING TO WORK WELLNESS CELEBRATION *

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



Work Life Balance in Hybrid Work Place-

As we make our way through this; how can we creatively reimagine our work lives and spaces Emma Willars, Director of Work Life Now shares practical insights on the core areas of effective remote working, strategies for work-life balance and ideas for the future. SUNY PERKS AT WORK watch any time at: https://edu.perksatwork.com/course/work-life-balance-in-a-hybrid-workplace/?class_uuid=1e26ec3d-b9e0-11eb-a3df-02461ec02d07&usource=video_search

Returning to the Workplace 11-minute podcast with PDF handout.

This will cover what emotions we can expect to come up when returning to the workplace and how to cope with them, ways to navigate reconnecting with coworkers, and tips for managers who want to help ease the transition for their teams put together by Optum EAP.

On your own at: https://optumeap.com/Work/Optum%20Podcast%20EP01?lang=en_us

PDF https://optumeap.com/server/pdfs/WF998385_203788-072020_PodcastEp1_Recap_070220_EN_US.pdf

Webinar slides

How to Care for Yourself as a Caregiver! Happify recorded webinar. Watch anytime at: <https://my.happify.com/hd/how-to-care-for-yourself-as-a-caregiver-webinar/>

PDF
Happify
Webinar_How to Ca

Monday Mile Please follow your Physicians recommendations for exercise.

Return to Work Wellness Celebration- walk a Monday Mile with your department, unit or neighbor depending on your work location.

NY Project Hope PDF's on returning to work or social situations.

Reopening anxiety? You're not alone! [Reopening anxiety?... You're not alone! - NY Project Hope](#)

[Coping with COVID-19](#)

[Anxiety in social settings](#)

Self-Care in the context of COVID 19 National Wellness Institute:

<https://nwijournal.com/dimensions-of-self-care-in-the-context-of-covid-19/>

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".

Trout swimming in a stream Watch these trout in a stream. Relaxing!

<https://www.facebook.com/watch/?v=466819031170580>

Pathway to Wellness Committee Wednesday, July 14, 2 pm; <https://upstate.webex.com/meet/brisks>

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.