



## Pathway to Wellness

**March 2021** Rhymes with **fun!**

**Website:** [www.upstate.edu/wellness](http://www.upstate.edu/wellness) Make this a portable link on your phone!  
Go to PTW when you want!

**Recordings of past presentations:** <https://www.upstate.edu/health/wellness/events-tabs.php>  
**Facebook page:** [www.facebook.com/UpstatePTW](https://www.facebook.com/UpstatePTW)  
**Instagram:** <https://www.instagram.com/upstateptw/>  
**Pinterest:** [www.pinterest.com/pathwaytowellne](https://www.pinterest.com/pathwaytowellne)

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

### WHY CAN'T I GET ANYTHING DONE?

March 17 at 12 noon. (will record)

This presentation is on how Ergonomics can help improve productivity and will be presented by Becky Ossevoort, Ergonomic Specialist here at Upstate. Find out how to make your work space, where ever your work space is located, more efficient and healthier. There will be time for Q and A at the end of the 20-minute presentation. Join us at: <https://upstate.webex.com/meet/brisks>

### What am I Planning to Eat Today?

March 3 at 12 noon, 30 min, (will record)

To eat healthier, ask yourself a simple set of questions throughout the day, start with, "What am I planning to eat today?" Join us to learn more questions you can ask yourself every day to make healthier food choices. The presenter is Linda Carignan-Everts, the NYS EAP Wellness Coordinator. Linda has worked for New York State for 25 years as the Wellness Director for the Department of Health and the EAP Wellness Coordinator and manages WellNYS Everyday.

To Join the WebEx: 1. Go to

<https://meetny.webex.com/meetny/k2/j.php?MTID=tdb868ba2ac016857af0d4fb2b303d4e5>

2. Enter your name and email address.

3. Enter the session password: Wellnys2021

4. Click "Join Now".

5. Follow the instructions that appear on your screen; Session number: 178 145 2371; Session password: Wellnys2021

### WellNYS GOER March Monthly Challenge

Invite your department or family to take the challenge!

**March: Try a new healthy recipe. Register at:** <https://wellnys.goer.ny.gov/>

**If you sign up for the challenge or tip you will receive one new healthy recipe each day!**



MHC TK 8x5 Chef  
Bal Pear Cranberry C

### Pear Cranberry Crumble!

RECIPIE!!! Morrison Healthcare offers us this Chef Bal Recipe to try! Watch **together**

**Tuesday, March 16** at 12 noon at: <https://upstate.webex.com/meet/brisks>

Or on your own at: <https://www.youtube.com/watch?v=ub82mljTkZ4>

## National Nutrition Month theme: "Personalize Your Plate"

**Thank you, Registered Dietitians and Morrison HealthCare.** (our food vendor)

[www.eatright.org](http://www.eatright.org) Website of Registered Dietitians

National Registered Dietician and Nutritionist Day RDN is **March 10<sup>th</sup>**

Morrison will feature **recipes** and **events** around the following themes each week.

Week 1: Mindful Eating

Week 2: Food Waste Education

Week 3: Plants in Unexpected Places

Week 4: Whole Grain Sampling Day

Meatless Monday options are always available.

Looking for more recipes? Ideas to meal plan? How to cut an onion? Kids cooking? Go to: [we eat. live. do. well](http://weeat.live.do.well) or [www.WeEatLiveDoWell.com](http://www.WeEatLiveDoWell.com) Compass Group, Parent of Morrison HealthCare.

## Implement Morrison's Mindful Eating Exercise

Join *Pathway to Wellness* on Tuesday, Mar 2<sup>nd</sup> at 12 noon at

<https://upstate.webex.com/meet/brisks> to practice a Morrison **mindful eating exercise**. Have something to taste ready! About 7 minutes. Morrison uses an almond or raisin.

## Nutrition Month themed videos and websites

[Mindful Eating: Natasha Lantz at TEDxMarquette - YouTube](#)

[Lilian Cheung: "Savor: Mindful Eating, Mindful Life" | News | Harvard T.H. Chan School of Public Health](#)

<https://www.mondaycampaigns.org/destress-monday/mindful-eating>

[Home - Spend Smart Eat Smart \(iastate.edu\)](#)

## Headspace, Free for everyone page

Let's take 10 minutes to do a Relieving Stress Meditation together March 10 at 12 noon

Let's take 10 minutes to do: Walking meditation together March 11 at 12 noon

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

Ready to go on your own? <https://www.headspace.com/covid-19>

## 10-minute STANDING stretch

March 9 at 12 noon. Dedicated to all those who watch to stretch and stay standing. Got 10 minutes? Let's get started. Joins 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](#)

## The Science of Well-Being

I finished The Science of Well Being class .... It was so good. I loved the practical applications as well as the science that backed up the teachings. Hearing about common habits that were proved through experiments and research to impact happiness really brought Professor Santos' teachings down to earth. The self-assessments at the beginning and end of the class also gave me data about myself... Colleagues told me about it as I had missed that email somehow. ... I started it, and could not wait for the next week to learn more. Again, this email is just my expression of gratitude for this opportunity.  
Kimberlee Garver

Join others on **Monday, March 8 at 12 noon** to help get you get logged in and navigate the online course. <https://upstate.webex.com/meet/brisks>

Ready to go and want to start? <https://www.coursera.org/learn/the-science-of-well-being>



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)

### [10minutes of Walking](#)

Need to get some exercise in somewhere? Join others on Monday, March 15 at 12 for 10 minutes of walking right near your desk. <https://upstate.webex.com/meet/brisks>

Ready to go on your own? YouTube Leslie Sansone, Reps to Rhythm or Lucy Wyndham Read. Here is 8 minutes by Reps to Rhythm <https://www.youtube.com/watch?v=8JVII8ai52U>

### [Easy for You March 9th](#)

Everyone with an Upstate ID can get help for quitting tobacco, chew or vape. On Tuesday, March 9<sup>th</sup> from 11:30 am to 12:30 pm in 7335B of the west wing at Upstate University 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](mailto:walczykc@upstate.edu).

### [Kick Butts Day March 18](#)

Kick Butts Day is to help avoid nicotine addiction in our youth, electronic cigarettes (known as vaping), the very popular nicotine pouches that contain nicotine salts, smoking or chewing tobacco. All of these lead to nicotine addiction in our youth.

<https://www.upstate.edu/cancer/cancer-care/support/tobacco-cessation.php>

### [Financial WellNYS Challenges](#)

Come join us as we use the 30-day April Monthly Challenge to share creative ways to save more and spend less.

March 31 12 noon – E-mail if interested and I will send you link [brisks@upstate.edu](mailto:brisks@upstate.edu)

### [Resilient Optimism; the Key to Preventing Burnout.](#)

Happify Webinar, 50 minutes, watch on your own

<https://happify.com/hd/resilient-optimism-the-key-to-preventing-burnout-webinar/>

### [Working on your habits?](#)

BJ Fogg Series <https://community.virginpulse.com/bj-foggs-habits-101?submissionGuid=5d17dba4-15b3-487f-b90b-28d98dcf1169>

### [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. Wellbeing Council.

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

**Monday Mile** Please follow your Physicians recommendations for exercise.

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. 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.

## Sneak Peek at April

**Dementia Conversations** *(will not be recorded)*

We all need to think about this conversation around advance directives and driving safety whether dementia is involved or not. April 7<sup>th</sup> at 4 pm. Let's start the conversation with our loved ones. Alzheimer's Association of CNY will lead the presentation.

**How to Manage Finance During a Crisis** on April 13 at 12 noon

**Defeating Your Debt** April 15 at 12 noon  
[www.RethinkingDebt.org](http://www.RethinkingDebt.org) will be presenting both presentations.

**Webex Pathway to Wellness Committee Wednesday, March 10, 2 pm;**  
-contact [brisks@upstate.edu](mailto:brisks@upstate.edu) for link

**Looking for a snack? Why not an exercise snack? 7-minute standing workout.**

<https://www.nytimes.com/2021/01/04/well/move/for-an-exercise-snack-try-the-new-standing-7-minute-workout.html>

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

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

## **REMINDER for Research Foundation Employees**

It's easy to earn up to **\$400 a year** while improving your health. Complete simple healthy behaviors to earn money that can be deposited right into your bank account. Or, you can use it to purchase gift cards or certain wearable devices. Any money earned is considered taxable income. To sign up for the **Virgin Pulse Program**, go to:

[join.virginpulse.com/rfsuny](http://join.virginpulse.com/rfsuny)

[https://www.upstate.edu/hr/document/virgin\\_pulse.pdf](https://www.upstate.edu/hr/document/virgin_pulse.pdf)

[https://www.upstate.edu/hr/document/rf\\_special\\_bulletin.pdf](https://www.upstate.edu/hr/document/rf_special_bulletin.pdf)

## **Handy Wellness Websites.**

<https://www.upstate.edu/health/fluinfo.php> flu information. Make an appointment for your flu shot!

[www.upstate.edu/wellness](http://www.upstate.edu/wellness) self care, walking trails, resources and more

[app.mywellbeingindex.org](http://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](https://www.facebook.com/UpstatePTW) keep up with events, recipes, photos and fun!

[Lernercenter.syr.edu](http://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