



Pathway to Wellness May 2021!

Website: www.upstate.edu/wellness

Facebook page: www.facebook.com/UpstatePTW

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

Pintrest: www.pintrest.com/pathwaytowellne

NY Project Hope

Coping with COVID

Thursday, May 13th at 12 pm; [An Over View of NY Project Hope](#),

Presented by Cheryl Gerstler, M. Ed; Program Engagement Specialist of NY Project Hope.

NY Project Hope helps all New Yorkers understand their reaction and emotions during the COVID-19 pandemic and provides resources to help you take care of you.

Join us for this interactive presentation to learn about NY Project Hope's services, including our Emotional Support Helpline and supportive community resources.

Participants will also learn coping tips and relaxation exercises. More information about NY Project Hope can be found at www.nyprojecthope.org

Join the webinar at: <https://upstate.webex/meet/brisks>



SCAN ME

12-wk challenge starts Mon., May 17th [Healthy Monday; Race Across the US](#)

Get your team of up to 15 members organized and signed up online. Everyone is invited to participate, students, coworkers, friends in the Syracuse Area, relatives in the Syracuse Area, Volunteers, Residents, Fellows, Physicians, Administrative Assistants..... Healthy Monday Race Across the US is a free 12-week challenge designed to help participants create and continue healthy habits. We're hoping for some friendly competition while improving health through movement, healthy eating, and stress management techniques. The goal is to move from Syracuse, NY to the Golden Gate bridge by logging healthy behaviors. There will be routine drawings for a chance to win prizes. We're running it through the DIEMlife website/mobile app. For details, visit our [website](#) and check out the [Healthy Monday Race Across the US program](#). Please don't hesitate to reach out if you have any questions! Mary Kate Schutt mkschutt@syr.edu.

Tues, May 18th at 12 pm; [Walking and Hiking in Central New York](#)

Presented by Carol Sames, PhD. Associate Professor, CHP Physical Therapy. **The challenge for May is to Move More.** Dr. Sames has explored these trails and will show you how to get to them, what to expect, what to bring with you and ideas of what you will see. If you have been waiting to get out a bit more now that the weather is nicer and want to move more. Here is the information and motivation you need to get out there. **Join the 25 minutes plus Q&A webinar at:**

<https://upstate.webex.com/meet/brisks> Will be recorded.

May 12, [Move More](#)

Linda Carignan-Everts; WellNYS GOER EAP Program Manager will present Move More in May! Watch for flier with details.

May 1- 21, [May Move More WellNYS GOER Challenge](#)

Register at: <https://wellnys.goer.ny.gov/> Brief tips come to you each morning via email. Easy!

Tuesday & Thursday May 4th,6th; 10@10

Need to make a commitment with someone to take that break and move more? Join me for 10 minutes of stepping on Tuesdays at 10am and/or join me for standing exercises 30 seconds each exercise on Thursdays at 10am. Join [here 10 am - https://upstate.webex.com/meet/brisks](https://upstate.webex.com/meet/brisks)
Or at: www.facebook.com/upstatePTW Will record. Will continue 11th, 13, 18 & 20th if there is interest.

May 20th 12 noon or at 4 pm; Hope, Health and Gardens

Suzanne Brisk, MS, CWP, CWWPC, will talk about how mental health, exercise, nutrition, socialization and hope can be grown around a garden. 15-minute presentation with time after for you to share your ideas or experience around hope, healing and health from a garden. (Will record) [Join us at: https://upstate.webex.com/meet/brisks](https://upstate.webex.com/meet/brisks)

12 noon every Monday, Monday Mile Also ideas for Move More Monday if you scroll down

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>

Working remotely? 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.

May 11th, Easy for You

Upstate's tobacco treatment program, will be held Tuesday, May 11 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

ANY TIME, 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. Wellbeing Taskforce.
<https://app.mywellbeingindex.org/login> access code: "Upstate".

Meatless Monday

Morrison's's *Café 750* - You can always find meatless options available.

Upstate Community and Wellness Garden

Watch for events to come! Suggestion; watch Victory Gardens Revisited Series at: <https://extension.psu.edu/victory-garden-workshop>

Pathway to Wellness Committee Wednesday, May 12, 2 pm;
<https://upstate.webex.com/meet/brisks>

Wellness ideas:

NYS Department of Environmental Conservation- LOVE at NYS Park day- May 1 and 2nd
Central New York (Region 7)

Charles E. Baker State Forest (Saturday, May 1, Madison County) - [Register here](#)

Rogers Environmental Education Center (Saturday, May, Madison County) - [Register here](#)

NYS Department of Parks and Trails (Green Lakes; Chitnango Falls and more in this group)

<https://ptny.wufoo.com/forms/m4lajy61ieftrp/>

NYS Boilermaker and Empire state Trail Challenge

<https://runsignup.com/Race/NY/Utica/EmpireStateTrailChallenge>

Need more ideas to move more?

[Move More Together | American Heart Association](#)

Please follow your Physicians recommendations for exercise.

<https://youtu.be/y84Yvx0zfN4> 5-minute flexibility

<https://youtu.be/VHiQwXViF7s> 5 minutes core

https://youtu.be/sY9hW3Lg_7c 5 minutes upper body strength

Movement break 5 minutes <https://youtu.be/G8ijhnt3meQ>

Onondaga County Monday Miles at various locations- <https://lernercenter.syr.edu/healthy-monday/move-it-monday-monday-mile/onondaga-county-monday-miles/>

Madison county Monday Miles at various location- <https://lernercenter.syr.edu/healthy-monday/move-it-monday-monday-mile/madison-county-monday-miles/>

Details on **Monday Mile and Move More Monday!** <https://lernercenter.syr.edu/healthy-monday/move-it-monday-monday-mile/>

National Bike to Work Week May 17-23, with Bike to Work Day on Friday, May 21, 2021.

Employee Health and Wellness Month. National Employee Health and Fitness Day- Wed May 19th. Celebrate by doing a Monday Mile anywhere!

ANY TIME, SUNY Perks Academy Online - *Harnessing Your Brain Power.*

https://edu.perksatwork.com/course/harnessing-your-brain-power/?class_uuid=e5f22a8f-9bd3-11ea-ac6f-0282475f5451&usource=explore_cats 46 minutes

Want more info on Mental Health?

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

May 26th ***Pink Super Moon*** is showing out in the heavens!

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)



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>