



Pathway to Wellness November 2021



Understanding Alzheimer's and Dementia (will not record)

Monday, November 15 at 4 pm. Family members are welcome to watch with you.

Please register at: <https://bit.ly/3CUAQK4> Alzheimer's Association of CNY will present.

Practice Thankfulness- GOER Monthly Challenge

Register at: <https://wellnys.goer.ny.gov/> Daily tips makes the challenge easy. WellNYS GOER

Move More-Sit Less

Thursday November 11, 12 noon. A recorded voice thread from Carol Sames, PhD on why and how to get moving more! Let's listen together! Join in at: <https://upstate.webex.com/meet/brisks>

Or on your own at: <https://www.upstate.edu/health/wellness/monthly-events.php> column "recorded events" password nDwM5NfD.

Ginger Basil Chicken recorded 10:35 minutes

Tuesday November 16, 12 noon; Morrison Teaching Kitchen, featuring Chef Bal Arneson

Join others at: <http://upstate.webex.com/meet/brisks>

On you own: <https://www.youtube.com/watch?v=f6yYyupPfcY>

Monday Mile

Walk a Monday Mile with others see below. (walk anytime on your own or with your department)

Monday, Nov. 1st. at 12 noon. Meet Suzanne at the corner of the circle driveway by the donate life flag for a 20-minute Monday Mile.

Monday Mile Nov 8th at 12 noon. Meet at above location.

Monday Mile trails are all over the county or mark your own in your neighborhood depending on your work location. Trails are marked around Downtown and Community Campus. Other trails are listed at <https://www.upstate.edu/health/wellness/trails.php> Please follow your Physicians recommendations for exercise.

Upstate RESEARCH FOUNDATION Employees and Virgin Pulse

Contact Mark Miller, Millerm@upstate.edu for more information. Join the SUNY Upstate Pulsers Find out about the Virgin Pulse incentivized wellness program for RF employees. Get involved.

Well-Being Index



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". **Well-Being Committee**

Therapy Thursday Pet Partners & UMHSL

November 4th; 11:30 -1 pm in the Upstate Medical University Health Science Library!



Walk with Ease

https://www.health.ny.gov/diseases/conditions/arthritis/walk_with_ease.htm

The DOH continues to work with us to provide the Walk with Ease Program.

This self-directed program can be done at your own time, at your own pace over six weeks.

Participants are encouraged to walk up to 30-minutes, three times per week. However, the program can be modified to suit your individual needs and goals. Upon registering, participants receive a free guidebook in the mail which provides tips on getting more physically active, a stretching and strengthening routine, and information on health-related topics. This document is also available Wellness Resources page. <https://wellnys.goer.ny.gov/wellness-resources.cfm>

Quitting and Cooking Café

November 4th from 10 to 12 in the Cancer Center Lobby (First Thursday each month)

Theresa Hankin can help answer your questions on quitting vape, chew, tobacco! RD on hand with a recipe!

EASY FOR YOU

Upstate's tobacco treatment program, will be held **Tuesday, November 9th 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 (NRT) is available. For more information contact Theresa Hankin or Carolyn Walczyk at 315-464-3519 or walczykc@upstate.edu

GASO – Great American SmokeOut

November 18- watch for events at Upstate Cancer Center or contact Theresa Hankin.

Kick Butts

Tues., **November 9th 11-11:45 Downtown** **November 17th, 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 (NRT- Nicotine Replacement therapy) 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*”. We are a Tobacco Free Campus and that designation means we have no location anywhere on campus where smoking is permitted. The Tobacco-Free Task Force will be picking up butts and reminding people 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. Or contact Beth Sellers/Sara LaPointe at Community Campus 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

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>

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>

Positive Pain Management for a Happier YOU.

[Positive Pain Management For A Happier You! - Community Online Academy \(perksatwork.com\)](https://www.perksatwork.com)

Command Your Mindset

[Command Your Mindset - Perks at Work | COA](#)



FLU SHOT INFORMATION:

- Flu shots are available at Employee/Student Health, or at one of the upcoming clinics or mobile carts. For the most up to date times, and clinic locations go to: <https://www.upstate.edu/health/calendar.php>
- Flu shot general information is at: <https://www.upstate.edu/health/fluinfo.php>

COVID vaccine clinics will be announced separately.

Pathway to Wellness Committee Wednesday, November 10, 2 pm;
<https://upstate.webex.com/meet/brisks>