



Pathway to Wellness September 2021

September Focus on Foot Health and Posture Challenge

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

Ankle Alphabet September 1, 12 noon; will record. Join others with a live 5-minute fun challenge to better your ankle health; <https://upstate.webex.com/meet/brisks> Take 5 minutes of self-care, join w/others, ask about challenge. Recording will be on www.upstate.edu/wellness website under "monthly events" "recorded" asap.

Foot and Ankle Movement September 3rd at 12 noon, 30 minutes, pre-recorded. Lindsey Van den Dungen, DPT; leads practical demonstrations to improve your foot and ankle mobility as we follow along. You will need a chair, a hand towel, comfortable clothes and a floor mat or larger towel.

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

Or on your own at: [Mid Day Movement Series - Foot and Ankle - Perks at Work | COA](#) #70

Shoulder Injury Prevention and Management; September 10, 12 noon, 30 min; pre-recorded, Gabby Goshtigian, DPT; provides information on how your shoulder works, how to prevent injury along with a few exercises you can try. Shoulders are a link to good posture.

Watch presentation with others: <https://upstate.webex.com/meet/brisks>

Watch on own: [Shoulder Injury Prevention and Management - Perks at Work | COA](#)

Therapy Thursday Pet Partners & UMHSL

September 2; 11:30 -1 pm in the Upstate Medical University Health Science Library! **The dogs are back!**

The Science of Well-Being

September 9, 12 noon, live; Suzanne will show you how to log on to this popular course on Coursera. From there you can go at your own pace as you learn about what will really make you happy, gratitude, the practice of exercise and sleep. Why what we think will make us happy, does not make us happy and what really helps our well-being. The course is free and people who take it have implemented changes for a happier life.

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

Go on your own: <https://www.coursera.org/learn/the-science-of-well-being>

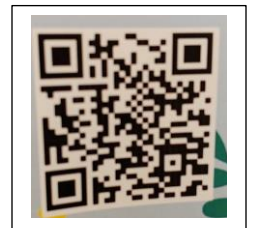
NEW- Pathway to Wellness is piloting a Hiking Club on Teams.

Please email brisks@upstate.edu if you want to join the club.

New- Sara LaPointe success story
is up on: <https://www.upstate.edu/health/wellness/success.php>

Upstate Community & Wellness Garden Events

Use the QR code at right side to sign up for mailings on a Google form.



Monday Mile

Walk a Monday Mile with others, your department, unit or neighbor depending on your work location. Trails are marked around campus, starting out front of Weiskotten/Setnor Halls. Other trails are listed at <https://www.upstate.edu/health/wellness/trails.php> Please follow your Physicians recommendations for exercise.

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

Quitting and Cooking Café

September 2 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, September 14 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

Kick Butts

Tues., Sept. 14 & 28th, 11:30-12:30 **Downtown** Wed September 15 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>

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

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

Look Ahead!

Employee-Student Health-Be alert for further notices about Flu shot opportunities at Upstate

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!

Pathway to Wellness October – Music in Your Wellness Practice Weigh in Wed Bites of Wellness

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>