



## “10 years of Wellness Celebration” starts February 2022 for Pathway to Wellness.

[www.upstate.edu/wellness](http://www.upstate.edu/wellness)

Help celebrate with a “**10 Year Challenge**” Share your photos of an event from 10 years ago or a photo of you now and 10 years ago. Your department 10 years ago and now. Look through your photos. Do you have a memory to share? Submit to: [brisks@upstate.edu](mailto:brisks@upstate.edu).

Looking for **10 Success stories**- <https://www.upstate.edu/health/wellness/success.php> If you have lowered your cholesterol, managed your diabetes, started walking; started exercising, quit smoking, managed your stress, started cooking healthier, started hiking.... Whatever your health success story- we want to share it! Send to [brisks@upstate.edu](mailto:brisks@upstate.edu)

### **10 minutes at 10 am on the 10<sup>th</sup> Starts Thursday Feb 10<sup>th</sup> at 10 am**

Join us at: <https://upstate.webex.com/meet/brisks> Together we are going to look at the American Heart Association **10 Under 10**: Easy Winter Meals (and more!)

**10 Recipes for under \$10 with 10 ingredients** or less!

This booklet has information on mindful eating, gratitude, will power and chicken gumbo. Hope to see you there for 10 minutes!



### **Random Acts of Kindness Day- Feb 17 – all day long**

Think and **act on 10 Simple** acts of kindness today. Ideas:

Take Care of Yourself. Kindness starts with being kind to yourself. ...Write Someone A Letter of Gratitude. ...Donate to a Charity. ...Send Flowers to Someone You Love. ...Send a Positive Text. ...Record a Birthday Greeting Video. ...Pay It Forward. ..Thank a Veteran....Leave money on a vending machine for someone.....Bake cookies, share.....Serve at a homeless shelter...Do a 5k for a good cause...Help at a veterinarian office...Pick up litter....Let someone go in front of you in line...Give a stranger a compliment...Listen without distractions. ...Share your affirmations out loud. ...Give Blood. ..Offer technology help. Share your story [brisks@upstate.edu](mailto:brisks@upstate.edu)



## **February Challenge: Create a Bucket List or a Vision Board**

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

## **“Someday is today to create a bucket list or vision board.” 12 noon on Feb 3<sup>rd</sup>**

Linda Carignan-Everts; NYS Statewide EAP Wellness Coordinator presents During this 30-minute webinar Linda will share tips on the February Monthly Challenge, promote EAP, the website and also Work Life Services programs. Use this link to register: <https://meetny.webex.com/meetny/k2/j.php?MTID=t69fe1aca41c9948b97e7d3e61982af4d> When you register, you will immediately receive a confirmation email and a reminder the morning of the webinar.

## **GOER WELLNYS CONGRATULATIONS**

**Congratulations** to **Sharon Evans**, Patient Financial Services and **Patricia Gooden**, Academic Affairs Administrative Assistant!! Both completed every WellNYS GOER Challenge of 2021. Well Done! If you want tips on how it is possible and the health achieved by participating; kindly ask Sharon or Patricia! **ShaRon Johnson**, Bariatric Secretary, completed all of the Monthly Challenge since she started in February of 2021. **Kayla Jandrew and Susan Phillips** are also honorable mentions! **Congratulations all!**



<https://wellnys.goer.ny.gov/5k.cfm> My First or Next 5k

## **Weigh in Wed Starts Wednesday Feb 16; 8 weeks; goes to April 6<sup>th</sup>**

Please email your interest to [brisks@upstate.edu](mailto:brisks@upstate.edu) and I will get information out to you. Each week there is a video and topic sent to your email to help with weight management. Each week participants are asked to weigh in and track on a super-secret Google sheet for accountability.

**Practical Solutions to Reducing the Spread of Infections at Home and Work; Feb. 9<sup>th</sup> 4:30 pm.** This 45-minute, recorded webinar is presented by Bob Lebits, MD, MPH. Dr Lebits offers solutions to help reduce infections. This webinar was recorded by the National Wellness Institute and is not available to link on website or share again. Join us at: <https://upstate.webex.com/meet/brisks>

## **Digital Commensality: Eating and Drinking in the Company of Coworkers**

**Feb 7 noon, TOPIC- Share Your Bucket List or ideas for a vision board** (not recorded, no formal presentation. Talk and connect with coworkers. Give other an idea. **Bring your lunch- feel free to eat/drink. Approx. 15 minutes;** <https://upstate.webex.com/meet/brisks>

**Feb 7 12:30 TOPIC – talk, share goals for 2022.** 15 minutes. Bring your lunch and talk with others. Not recorded, no formal presentation. <https://upstate.webex.com/meet/brisks>

## **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”.

## **Therapy Thursday Feb 3rd Pet Partners & UMUHSL**

Therapy dog visits will be held in the library on the following spring semester dates (the first Thursday of each month) from 11:30–1 pm. Mark calendar for: March 3, April 7  
In addition, the library will be hosting a summer therapy dog visit from 11:30 to 1:00 on Wednesday, June 22.

## **Quit Café Thurs., Feb 3rd**

10 to 12 in the Cancer Center Lobby (First Thursday each month)  
Theresa Hankin can help answer your questions on quitting vape, chew, tobacco!

## **Upstate RESEARCH FOUNDATION Employees and Virgin Pulse**

Contact Mark Miller, [Millerm@upstate.edu](mailto: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.

## **EASY FOR YOU**

Upstate's tobacco treatment program, will be held **Tuesday, Feb 15th**, 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](mailto:walczykc@upstate.edu)

## **Recordings and links of PTW programs**

Please go to [www.upstate.edu/wellness](http://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 meets **Wed., March 9, 2 pm;****

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

NY Project Hope Emotional Support Helpline (844) 863-9314 – 7 days a week, 8 a.m. to 10 p.m.

**World Cancer Day- Feb 4** to significantly reduce illness and death caused by cancer

**National Wear Red Day®** February 4, 2022. [www.WearRedDay.org](http://www.WearRedDay.org) Kicking off American Heart Month in February American Heart Association

**Want more help with a vision board?\_ read** [How a Vision Board can help you accomplish your Goals | NWI Journal](#)

**Humor** – Send me some jokes so we can have a “happy humor half-hour” in April. [brisks@upstate.edu](mailto:brisks@upstate.edu) These are from Jenny Mirling and the Humor Project <https://humorproject.com>

🤪 You can tune a piano, but you can't tuna fish 🤪 To write with a broken pencil is pointless 🤪 The thief who stole a calendar got 12 months 🤪 When a clock is hungry, it goes back four seconds.