

www.upstate.edu/wellness

June 2022



- June Challenge - **Start your Morning with a Positive Habit**
- June 1st 12 noon – **Start your Morning with a Positive Habit** webinar
- June 2nd, 10 am & 2 pm - **10 Minute Low Impact Workout for Energy**
- June 2nd, 4:30 pm - **Planning Your Next Vacation in NYS**
- June 3rd, 12 noon - **Digital Commensality**
- June 6th, 9:45 am - **10 Minutes of Humor**
- June 7, 2 pm - **4-minute Arm Tone Up**
- June 7th, 11:30 -12:30 - **EASY FOR YOU**, tobacco cessation
- June 9th, 4:30 pm - **Movement is Medicine**
- June 10th; 10 am - **10 minutes at 10 am on the 10th - Making Mammography Easy**
- June 13th, 12 noon - **10-minute Standing Glutes and Abs workout**
- June 14, 12 noon - **Chair Yoga**
- June 16, 12 noon - **Staying Positive in a Crisis**
- June 22nd 11:30-1pm - **Therapy Dog Visit**
- June 24, 10 am - **10 Minute Standing Stretch**
- June 24, 9 am to 3 pm - **Mobile Mammography Unit**
- June 28, 10 am – **Dance Break**, Stomp, Cha Cha Slide

OER WellNYS JUNE Challenge: “Start Your Morning with Positive Habits.”

Register at: <https://wellnys.oer.ny.gov/>

NOTE: OER- Office of Employee Relations WELLNYS; The Governor’s Office of Employee Relations is now called OER, (Office of Employee Relations.) The new website is <https://wellnys.oer.ny.gov/>

Wednesday, June 1st, 12 noon-12:30 P.M.

Start Your Morning with A Positive Habit! will record

This 30-minute presentation by Linda Carignan-Everts; Linda Carignan-Everts, EAP Wellness Coordinator; NYS Work-Life Services/Employee Assistance Program, will share tips on how to start your day and develop positive habits, promote EAP, the website and also Work Life Services programs. Every single morning you get the chance to begin your day in a positive way. There are many positive habits to engage in. Join us as we discuss 22 positive habits and their benefits! **To register for this training session** go to:

<https://meetny.webex.com/meetny/k2/j.php?MTID=t50dfd06b1c2d06c5df1b82202cf13a46>

Gina said to offer more! We feel great!

Thursday, June 2nd, 10 am and 2pm not recorded

Low Impact Workout to Increase Energy

This recorded routine from trainer Lucy Wyndham-Read is low impact, no jumping and no floor work designed to give you energy. Join us for 10 minutes of re-charging:

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

Or on your own at: <https://youtu.be/E7xNk5cqBcs>

Always consult with your physician before beginning any exercise program.

Thursday, June 2nd, 4:30pm 40 minutes

Planning Your Next Vacation in New York State.

This is the recording of the April EAP program that was very popular and worth seeing again, especially with gas prices so high, here are ideas close by. Join us at:

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

Or on your own at: <https://wellnys.oer.ny.gov/wellness-resources.cfm> scroll down

Friday, June 3rd, 12 noon, 20 minutes not recorded

Digital Commensality, Aka breakroom or water cooler chat

20 minutes, not recorded. Eat, talk and connect with coworkers. Time to visit & be social. Like eating in your break room only on WebEx. Last month we talked about discounts on computer purchasing, where to take children for day trips and more. Join us at:

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

Monday, June 6th at 9:45 am will record

10 Minutes of Humor- one comment from April's program was "a great way to start the week" so let's view a few jokes, a couple of comedy clips and laugh a bit together. Lower stress levels, blood pressure and helps heal your funny bone. Laughter is the best Medicine! Build resilience. Join us at: <https://upstate.webex.com/meet/brisks>

Tuesday, June 7, 2 pm will not record

Arm Tone Up take a 4-minute break to move and tone your arms. Feel better on the job. Always consult a physician before starting exercise. Go slow, go at your comfort level. No weights needed. Space and comfortable clothes. Join us at:

<https://upstate.webex.com/meet/brisks> Always consult with your physician before beginning any

exercise program. Or on your own at: <https://youtu.be/a42wtkZsAfl>

Tuesday, June 7 from 11:30 -12:30pm

EASY FOR YOU

Upstate's tobacco treatment program, will be held **Tuesday, June 7** 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 walczyk@upstate.edu

Thursday, June 9th 4:30 pm,

Movement is Medicine, webinar

Join us to watch Carol Sames, PhD, popular presentation during hospital week on Movement is Medicine. Find out how to get more activity in to your day, what activity to choose and how much activity do you need. Join in at: <https://upstate.webex.com/meet/brisks>

Friday, June 10th at 10 am;

10 minutes at 10 am on the 10th Making Mammography Easy will record

Wendy Hunt, Program Manager for Upstate **Mobile Mammography** will talk for 10 minutes about what to expect at a mammogram, current standards, statistics and let you know about the services at Upstate. If you have questions, you are welcome to stay on a bit longer and ask.

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

Monday, June 13th 12 noon

Requested by nurses on 6th F1

Standing Glutes and Abs, *workout* 10 minutes.

Great core strength is important for everyone and especially important if you push, lift or pull. Your clothes should be comfortable. You may use a light weight like your water bottle if you wish, yet not necessary. Join us at: <https://upstate.webex.com/meet/brisks>

Or on your own at: https://www.youtube.com/watch?v=ly1aDbS__pw

Always check with your physician before exercising

Gina said more! We feel great!

Tuesday, June 14, 12 noon

Chair Yoga

Join in for 14 minutes of Chair Yoga at 12 noon: <https://upstate.webex.com/meet/brisks> We will go over Carl Dawson's chair yoga from the University of Vermont. *Always consult with your physician before beginning any exercise program.*

Or on your own at: [No Yoga Mat Required: Easy Stretches You Can Do In A Chair - Eat Smart, Move More, Weigh Less \(esmmweighless.com\)](#) or [Chair-yoga-Univ-of-Vermont.pdf \(udel.edu\)](#)

Thursday, June 16, 12 noon, 40 minutes, will record

Staying Positive in a Crisis

Negative news is coming from all directions. Can you find ways to be positive when everything is negative? Yes, you can. Linda Carignan-Everts will discuss the PERMA Model, the Scientific Theory of Happiness which will guide participants to find happiness through difficult times. Linda Carignan-Everts, NYS EAP Wellness Program Coordinator, and Annemarie Cristino, MSW, CEAP, UPSTATE's EAP Coordinator, invite you to register for this 40-minute session. Go to:

<https://meetny.webex.com/meetny/k2/j.php?MTID=tccdad69b77b98d0ef8d4d015c89036df>

and register. For more information on the Employee Assistance Program, visit

<https://www.upstate.edu/eap/> or email Annemarie Cristino at CristinA@Upstate.edu

Wednesday, June 22nd 11:30- 1 pm

Dog Day at Work Celebration **Pet Partners & Upstate Health Science Library**

Therapy dog visit will be held in the library. Everyone welcome!

Friday, June 24, 10 am Always consult with your physician before beginning any exercise program.

10 Minute Standing Stretch

Comfortable scrubs or clothes will make this standing stretch easy to do on the job. Join us at:

<https://upstate.webex.com/meet/brisks> Or on your own at: <https://youtu.be/OygfY0DQZGY>

Friday, June 24, 9 am to 3 pm

Mobile Mammography Unit

Upstate’s **mobile mammography** unit will be parked at the Campus Activities Building on Elizabeth Blackwell Street June 24 from 9 a.m. to 3 p.m. Members of the Upstate community interested in scheduling an annual mammogram on this day may call 315-464-2588 or visit <https://www.upstate.edu/mobile-mammography/> and for an appointment request form.

Tuesday, June 28th, 10 am; 10 minutes, not recorded

Dance Break

We had so much fun during hospital week working on the May Challenge to move or dance that we are going to do it again- Everybody Dance Now (Stomp), Cha Cha Slide. Take 10 minutes to elevate your mood! <https://upstate.webex.com/meet/brisks>



Recordings and links of PTW (Pathway to Wellness) 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>

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 Council. <https://app.mywellbeingindex.org/login> access code: “Upstate”.



Links to walking routes

The **Professional Development & Learning classes** below can help with your wellness. June, July and August. Follow this link to register: <https://www.upstate.edu/pdl/intra/register/index.php>

6/21/2022	8:00 AM - 11:00 AM	Managing Change
7/29/2022	8:00 AM - 10:00 AM	Get Your Bounce Back! (Resiliency and Wellness) (ICNE)
8/5/2022	8:00 AM - 10:00 AM	Art of Journaling
8/12/2022	8:00 AM - 10:00 AM	Time Management: Take Back Your Day! (ICNE)