

July 2023 Events

BEE YOURSELF



Upstate KARE
315-464-5273
For anyone with an
Upstate ID

HELP!

Upstate Community and Wellness Garden would like your help. Watering & weeding are combined with socializing and fun. The crops support our student pantry. Contact: Anna Maria Hinman HinmanA@upstate.edu

REMINDER

There is no place on campus to smoke. Upstate is a Tobacco (vape) Free Campus which in this designation says there is **no place to smoke on campus**. Please take note that most of the facilities that surround Upstate are also a Smoke Free if not Tobacco Free designation as well. We do offer Nicotine Replacement Therapy or NRT to all visitors and a six-week supply to anyone with an Upstate ID to support quitting. Please contact Jackson Tarr, tarrj@upstate.edu for more help and information. Thank you for your support to create a healthy, healing environment for all.

WellNYS Everyday Daily To-Do

Go to: <https://oer.ny.gov/wellnys-everyday>.

Theme: Go Outside and enjoy Nature in NYS. Register online for a daily tip via email.

Watch for a new portal coming soon called: **"It's Move Time!"** Where you can get emails to encourage you to practice a simple movement during your workday.



Mindful Tuesday

Tuesdays, 11:00 to 11:15 am.

Annemarie Cristino, LCSW, CEAP, Upstate Employee Assistance Program Coordinator, will offer 15 minutes of mindful meditation instruction and information. Mindfulness centers on fostering connections between the brain, mind, body, and behavior.

To join the session, visit: <https://upstate.webex.com/meet/cristinaA>.

Orientation to Wellness at Upstate

Friday, July 7th. 12 to 12:20PM

Do you know what SUNY PERKS is? How about the Perks Online Academy? WellNYS Everyday? Where to find self-care ideas? Let me show you the wellness benefits many people do not know about. There is a gym on campus? What is WBI?

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

Walk with Dr. Bagatell, Downtown Campus

Monday, July 10th, 12 noon

Meet at Main Hospital Doors by Circle Driveway, if poor weather meet inside lobby for indoor walk. Dr. Bagatell is super friendly. He is warm and welcoming. His enthusiasm for wellness is contagious. Come walk with Dr. Bagatell!



10 at 10 on 10th TOPIC: Benefits of Laughter, Humor and Smiling with Opportunities to practice

Monday, July 10th, at 10 am

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

Clear the Air

Tuesday, July 11th, 11 am

Beautify the campus and tell everyone about the Nicotine Replacement Comfort Kits. Meet at the Cancer Center Lobby. Contact Jackson Tarr tarrj@upstate.edu

Easy for You

Tuesday, July 11, 11:30 – 12:30

Easy for You, Upstate's tobacco treatment program, will be held in the Multidisciplinary Suite (C3068) on the third floor of Upstate Cancer Center. 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

WellNYS Everyday Monthly Webinar

Hike New York: Exploring the Great Outdoors

Wednesday, July 12, 2023, 12:00 noon – 12:30 P.M.

Hiking is a great way to get exercise while enjoying your surroundings. Join us to learn about the great outdoor opportunities that New York has to offer. **Valerie Ryan, WellNYS Ambassador, NYS Department of Motor Vehicle.** To register, use:

<https://meetny.webex.com/weblink/register/r4826a8883444076ad98673d73917769a>

or use this QR code:



Mobil Mammography is on Upstate Campus

Wednesday, July 12, 9 am to 3 pm

Mobil Mammography Van is outside the CAB. Contact Wendy Hunt for appointments.

First time Home Buyer Information Webex!

Wednesday, July 12, 4:30-5:30 Mortgages

SONYMA, State of New York Mortgage Agency will explain their first-time homebuyer low down payment mortgages and down payment assistance up to \$15,000.

Have pencil, paper and yes, family members can watch with you.

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

Chair Yoga!

Wednesday July 13, 12 noon

This is a gentle routine that you can perform seated comfortable. Need comfortable clothing and chair without wheels.

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

See your doctor before beginning an exercise program. Nothing is on the floor, all standing or sitting,

On your own at: https://www.instagram.com/reel/CqoH_MdpPw1/?igshid=MDJmNzVkMjY=



Walk with Dr. Kohman, Downtown Campus

Monday July 24th, 12 noon

Meet at Main Hospital Doors by Circle Driveway, if poor weather meets inside lobby for indoor walk.

Dr. Kohman is the Upstate Chief Wellness Officer. Dr. Kohman has implemented new programs like Commensality Groups, and Peer Supports, as well as advocating for EAP (Employee Assistance Programs) programs, 4-KARES and the Well-being Index.



Walk with Beth Sellers, Community Campus

Monday, July 24, 12 noon

Meet at Main hospital entrance by the gift shop. Rain or shine.

Recognizing Signs and Symptoms of Addiction: self & others.

Tuesday, July 25, 12 noon, 20 minutes with 5-minute Q and A

Janet Price-Kurta Janet.Price-Kurta@nysna.org from SPAN, Statewide Peer Assistance for Nurses; will educate us on what is addiction, how to recognize addiction and where to seek help are topics. This is open to everyone with an Upstate ID.

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

DID you know?

Office of mental Health Resources

<https://omh.ny.gov/omhweb/resources/publications/>

BODY, BREATH, MIND (BBM) sessions from Office of Mental Health, (OMH)

Registration:

https://ccsi.zoom.us/meeting/register/tJAuf-mqpioiHtVTe0RSOc5aE_IUZCBoA8AM#/registration

Virtual Practice Session: Basic gentle BBM practices to soothe, balance, and strengthen the nervous system. Open to anyone. Offered every Tuesday at 6:00am for 30 minutes, 12:00pm for 30 minutes, and 8:00pm for 45 minutes beginning May 30, 2023. The capacity for these practice sessions is up to 100 people

Free Virtual Classes from Albany and High Mark

<https://empirestateplaza.ny.gov/fitness-plaza-presented-highmark-blue-shield-northeastern-new-york>

Variety of Wellness resources

<https://www.cdphp.com/members/classes-and-events/digital-wellness>

Helpful Links

www.upstate.edu/wellness

www.facebook.com/UpstatePTW

www.upstate.edu/hospital/health/healthlink/smokefree.php

www.upstate.edu/health/services.php

<https://www.upstate.edu/eap/>

Wellbeing Index



Access Code: Upstate

EAP, Employee Assistance Program- Annemarie Cristino