



## April 2023 Events



Do you know about the Wellbeing Index? Online or app. Password "Upstate"



Recorded Events at: <https://www.upstate.edu/wellness/pathway/monthly-events.php>

*Waste Not 2.0* on April 3<sup>rd</sup>

*Narcan Training* on April 4<sup>th</sup>

*Create A Budget* on April 5<sup>th</sup>

*Orientation to Wellness* April 7<sup>th</sup>

*Managing Stress without Smoking/Vaping* on April 10

*10 minutes of Humor* April 11<sup>th</sup>

*Bees and Kick Butts* April 21

*What is Upstate KAREs?* April 25<sup>th</sup>

*Micro Meditation on Sound* April 27

*Emotional Intelligence with Dr. Lebowitz* on April 28<sup>th</sup>.

**Well  
BEEing**



### Waste Not 2.0, Sustainability and Waste Reduction

**Monday, April 3<sup>rd</sup> at 10 am-10:10 am**

Heather Farkas, will tell us about the *Waste Not* program Morrison, our food vendor, has implemented at both campus locations. How does this impact Upstate sustainability? **Join at:** <https://upstate.webex.com/meet/brisks>

### Narcan Training

**April 4, 10 am –10:10, plus a Q and A**

Grace Gugerty M.S., [grace@cnyahec.org](mailto:grace@cnyahec.org) Program Coordinator for the Central New York Area Health Education Center (CNYAHEC) and Tyler Gilyard [TylerGilyard@ongov.net](mailto:TylerGilyard@ongov.net); from Onondaga County Department of Health, Annabelle Fears ([annabelle@cnyahec.org](mailto:annabelle@cnyahec.org)), CNYAHEC Center Director will help you learn the signs of an opioid overdose and how to administer Narcan. **Free** Narcan kits mailed to you after participating. **Join at:**

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



**WellNYS  
Everyday**

Register for Create and Stick to a Budget-----



### **Create and Stick to a Budget**

**Wednesday, April 5 at 12:00 noon-12:30 pm.**

A budget can take you from where you are, to where you want to be with your finances. Join us as we share a monthly budget that assigns every dollar to a budget category which includes monthly bills, debt, savings, giving and an allowance for you. After it's created, we will share how to stick with it. *Presented by:* **Linda Carignan-Everts** EAP Wellness Coordinator. **To register, go to:**

**<https://meetny.webex.com/weblink/register/rf8d130897facbbcbcd112e38410aabf>**

### **Dog Therapy, 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the Month**

**11:30–1 pm, Upstate Health Science Library**

The library will be hosting therapy dogs from Pet Partners of CNY **twice** a month during spring semester; 11:30am to 1:00pm on the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of each month:

**April 6; April 20** May 4



Well BEEing

### **Orientation to Wellness at Upstate**

**Friday, April 7, 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. What? There is a gym on campus?

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

### **10@10 on the 10<sup>th</sup>, Managing Stress without Smoking/Vaping**

**Monday, March 10 at 10 am for 10 minutes**

Theresa Hankin, RRT, NCTTS, will share how to manage stress rather than use nicotine products. Let's manage stress in a healthy way! Let's talk. **Join us at:**

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

### **10 minutes of Humor**

**Tuesday, April 11 at 2 pm.**

Laughter is the best medicine and April is Stress month! **Join us at:**

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

### **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/cristinA>**.

Earth Day! Kick Butts and **Bees!**

**Come join the celebration on Friday, April 21**

**9:30 at Cancer Center**

**1 pm at Community Campus.**

## **What is Upstate KAREs?** (that's care with K for kindness 😊)

--- easy to remember phone number 315-464-KARE or 315-464-5273)

## **Tuesday, April 25, 12 noon to 12:10 plus a Q and A**

Upstate KAREs is a new wellness hotline established for anyone with an Upstate ID. Joey Angelina will tell us more about the hotline, services provided and what happens when you call 315-464-KARE. Join at: <https://upstate.webex.com/meet/brisks>

## **Mindful Leader- Micro Meditation on Sound**

### **Thursday April 27, 2 pm**

Taking 3-5 minutes to practice focusing on sound. Gentle practice to help you focus and be mindful. Join in at: <https://upstate.webex.com/meet/brisks>

## **Get into the Zone with Emotional Intelligence, EI**

### **Friday, April 28 at 12 noon. 10 minutes then 5 minutes Q and A**

Dr. Mickey Lebowitz will discuss Emotional Intelligence, EI, and the Zone. He will share how you can get back in your zone when you are out. Find out how you can benefit from Emotional Intelligence today. Come join us and learn a skill you can use today.

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



Well BEEing



“4-KARE” is one easy phone number to remember to call to access a wealth (wellness + health) of resources. The wellness hotline is available 24/7. The 4-KARE line provides callers with resources to support medical, physical, emotional, safety, and spiritual wellbeing. Everyone with a valid Upstate ID is welcome to take advantage of this resource. No identifying information is collected, and calls are completely confidential. Call [315-464-5273](https://upstate.webex.com/meet/brisks) or [315-464-KARE](https://upstate.webex.com/meet/brisks)

## **Scavenger hunt for more!**

Want to know more about Bees? <https://beecityusa.org/webinars-and-videos/>