

July 2022



The Pathway to
Wellness Committee
invites everyone to
send
10 thank you notes
this month!

“The Top 10 reasons to work out with a friend.”

Thursday, June 30 from 12:00 noon – 12:30 P.M.

Presenter: Linda Carignan-Everts, EAP Wellness Coordinator, NYS Work-Life Services/Employee Assistance Program

Are you planning to be more physically active this summer? Instead of doing it alone, reach out to a friend to join you. The July Monthly Challenge is to “*Form a team of two and make plans to be active together*”. This 30-minute wellness webinar will share the reasons and benefits to gain when working out with a friend.

To register for this training session

Go to <https://meetny.webex.com/meetny/k2/j.php?MTID=t41dbc3321edb9d52b1716728ed00667f> and register. Immediately, you will receive a confirmation email with instructions for joining the session

OER (Office of Employee Relations) WellNYS Everyday July Monthly Challenge:

“Form a team of two and make plans to be active.” Register at: <https://wellnys.oer.ny.gov/>

10-minute Standing Stretch

Thursday, July 7 at 10 am

Stretch and feel better! Comfortable clothes and a bit of space is all you need. All standing stretches. **Let’s do this:** <https://upstate.webex.com/meet/brisks>

Or on your own at: <https://youtu.be/OyqfY0DQZGY> Always check with your physician before starting an exercise program.

Morrison Healthcare, our Café 750 and Community Campus Cafe Vendor, will be offering for 2 waters for \$2!
Hydration at a great price is part of Wellbeing!

Waste Not 2.0; 10 minutes at 10 am on the 11th

Monday, July 11th at 10 am; will record

Sustainability/Waste Reduction; Heather Farkas, Morrison Corporate Wellness & Sustainability Manager will tell you a bit about the new initiative that Morrison is implementing at our 750 and Community Campus Cafes. Morrisons is working to be more sustainable. Join us at: <https://upstate.webex.com/meet/brisks>

What is Diabetes? Will record

Tuesday, July 12, 12-12:30, 20-minutes, 10 minutes Q and A

Presentation by Naquia Lacey; MSN, RN, Clinical Training Specialist at Joslin. Discover the difference between normal and abnormal blood glucose, define diabetes, differentiate between different types of diabetes in our community, compare characteristics of Type 1 and Type 2. Discuss signs, symptoms and treatments for type 1, type 2 and gestational diabetes. **Join in to find out more about diabetes at:**

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

EASY FOR YOU

Tuesday, July 12, 11:30 – 12:30

Upstate's tobacco treatment program will be held in room 7335B of the Upstate University hospital's downtown Campus. 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 walczyk@upstate.edu

KICK BUTTS July 12 and July 26th at 11 am. Meet at Cancer Center Lobby. Help clean up campus and help make everyone aware of nicotine replacement kits. Contact: Tarri@upstate.edu

What Awaits you Outside in NYS, Summer Edition

Wednesday, July 13, 2022, 12:00 Noon – 12:30 P.M, will record

Join Laura DiBetta and Kayla Baker from NYS DEC as they discuss ways to get outside and get active! The summer season provides NY'ers with some unique outdoor adventures – from birding and hiking to paddling and fishing – just to name a few. Learn more about what awaits you outside! We'll also cover some ways you can stay safe while having fun this summer.

To register for this training session, Go to

<https://meetny.webex.com/meetny/k2/j.php?MTID=te3e9bcec04b67e54bef58734391b44f6>

Chair Yoga

Thursday, July 21 at 2 pm, 15 minutes

Join Suzanne for 15 minutes of Chair Yoga at 2 pm:

<https://upstate.webex.com/meet/brisks> We will go over Carl Dawson's chair yoga from the University of Vermont. Always check with your physician before exercising.

On your own go to: [Chair-yoga-Univ-of-Vermont.pdf \(udel.edu\)](https://www.udel.edu/~yoga/Chair-yoga-Univ-of-Vermont.pdf)

3 Good Things

Friday, July 22nd at 10 am, 10 minutes

3 good things- a gratitude exercise that goes along with the Pathway to Wellness theme in July to write, send, speak, share 10 "thank you" expressions this month. We will take 10 minutes to explain 3 good things, how to implement and encourage people to try it for a week. The results can help your mental health, outlook and feeling of happiness.

Join us at: <https://upstate.webex.com/meet/brisks> (thank you Zanette!)

10 minutes of Humor

Monday, July 25 at 10 am, will record

Laughter is good for the soul! 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! **Join us at:** <https://upstate.webex.com/meet/brisks>

4 Minute Arm Tone Up

Tuesday, July 26 at 2pm

Take a 4-minute break to move and tone your arms. Feel better on the job. Go slow and at your comfort level. No weights needed, just a bit of space and comfortable clothes.

Join us at: <https://upstate.webex.com/meet/brisks> always consult with a physician before beginning any exercise program **or on your own at:**

<https://www.youtube.com/watch?v=a42wtkZsAfl>

5 Unexpected Ways to Boost Happiness, According to the Latest Science

Tuesday, July 27 at 10 am, 10 minutes

Article by Chelsea Hetherington, PhD. 5 minutes to read this article and 5 minutes to share your thoughts and discuss. **Join us at:** <https://upstate.webex.com/meet/brisks>

Or on your own at: https://my.happify.com/hd/5-unexpected-strategies-boost-happiness-according-to-research-science/?locale=en_US&et=e674549d-d283-46fd-9981-3ceed7897ea8

Are you Living a Mindful Life?

Thursday, July 28, 12 noon, 15 minutes

Want to reduce your stress, lower your risk of depression? Help your children be happier? 15-minute *Ted Talk*. Brain scientist Kristen Race is an expert on how stress affects the brain, and has used her knowledge to help teach people to live more mindful and less stressful lives. In this engaging and humorous talk, Dr. Race shares three simple ways to keep the brain happy. **Join in at:** <https://upstate.webex.com/meet/brisks>

Or on your own at: <https://www.youtube.com/watch?v=Awd0kqxcZws>

Glutes and Abs

Friday, July 29 at 10 am, 10 minutes

Standing workout. Abdominal exercises were requested by our nurses on the floors. 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, but not necessary. Always check with your physician before exercising. **Join us at:** <https://upstate.webex.com/meet/brisks>

Or on your own at: <https://www.youtube.com/watch?v=ly1aDbS>

Recordings and links of PTW (Pathway to Wellness) programs

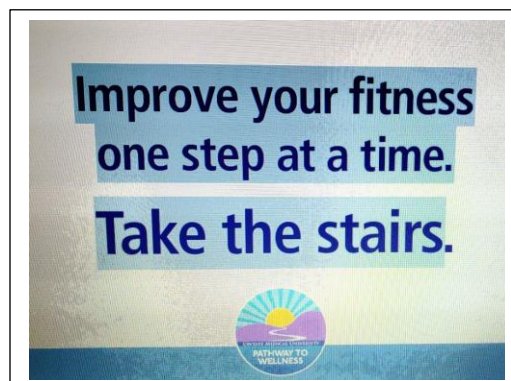


Please go to www.upstate.edu/wellness website under *monthly events* tab, click on the month the event occurred.

<https://www.upstate.edu/health/wellness/events-tabs.php>

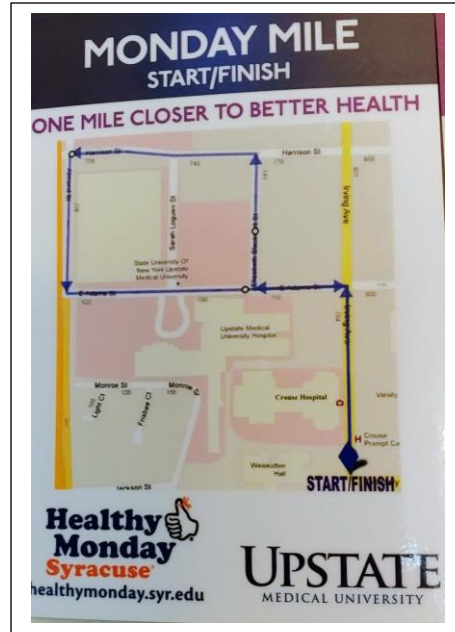
Well-Being Index

1001 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".





Walking Trails



INDOOR WALKING ROUTE
1/4 mile round trip or approximately 500 steps.
Relieve Stress. Enjoy artwork & live music.
Burn 25 calories per round trip.

START: 5th Floor Surgical Waiting Room

1. Turn right out of waiting room.
2. Turn left to gold elevators & take to 2nd floor.
3. Turn right out of elevator and take 'Hallway C' on the left.
4. Turn right at Blood Draw Lab towards 'Upstate Cancer Center'.
5. Go past security guard and turn left: enjoy the artwork!
6. Walk down past artwork to the Healing Garden on your left.
 - If weather is nice, please circle outer perimeter of healing garden 4 times. Enjoy the garden!
7. Return to the 5th floor for a complete 1/4 mile walk.

For more walking trails:
www.upstate.edu/health/wellness/trails.php

*Annemarie Cristino, MSW, CEAP, coordinator for UPSTATE's **Employee Assistance Program** offers this tip: **Talk to someone** Talk to a friendly face. In-person social interaction with someone who cares is one of the most effective ways to calm your nervous system and relieve stress. For more information on the Employee Assistance Program, visit <https://www.upstate.edu/eap/> or email Annemarie Cristino at CristinA@Upstate.edu*