

**June 2023  
Events**

**BEE POSITIVE**



**Social Media Resources!**

<https://www.facebook.com/UpstatePTW/>

<https://www.instagram.com/upstateptw/>

<https://www.upstate.edu/wellness/pathway/programs.php>

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



### **WellNYS Everyday Daily To-Do.**

**All month long**

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

**Theme:** Start and end your day with a positive habit. 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/cristina>.

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

Thursday, June 1<sup>st</sup>. 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>

## **GROUP MONDAY MILE WALKS RETURN!**

**We have had several requests for groups of people to "meet up" and walk together.**

**Walk with Dr. Bagatell,** Downtown Campus

**Monday, June 5<sup>th</sup> 12 noon**

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

Dr. Bagatell is super friendly. He is warm and welcoming. His enthusiasm for wellness is contagious. Talk about **Bee Positive!** Dr. "B" is an Upstate Graduate and Director of the Employee Student Health Department. Come walk with Dr. Bagatell!



### Walk with Beth Sellers, Community Campus

**Monday, June 26<sup>th</sup>, 12 noon**

Meet at Main hospital entrance by the gift shop. Rain or shine. Beth is a dynamic person who loves working and helping people at the Upstate Community Campus. Beth is an Administrative Assistant to Dr. Shepherd, Event Coordinator at Community & Co-Chair of the EAP Committee. Walk, be social and move more. **WIN, WIN, WIN.**

### Clear the Air

**Tuesday, June 6, 11 am**

Beautify the campus and tell everyone about the Nicotine Replacement Comfort Kits. Meet at the Cancer Center Lobby. Contact Jackson Tarr [tarri@upstate.edu](mailto:tarri@upstate.edu)

### 10 at 10 on 9<sup>th</sup> TOPIC: Mammography

**Friday, June 9<sup>th</sup>, at 10 am** (well because the 10<sup>th</sup> is a Saturday)

Program Manager, Wendy Hunt, will tell you what to expect at a mammography screening, statistics on importance of screening, and how to prepare for a mammography so your appointment goes well. *Plus, on Wednesday, July 12, 2023, 9 am to 3 pm in front of the Campus Activities Bldg. on Elizabeth Blackwell Street, Upstate Mobil Mammography will be offering appointments. Wendy will share how to sign up.*

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

### 10 minutes of Humor

**Monday, June 12 at 10 am.**

"A merry heart (laughter) doeth good like a medicine" Proverbs 17:22.

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

### Easy for You

**Tuesday, June 13, 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](mailto:walczykc@upstate.edu)

### WellNYS Everyday Webinar: Start & End Your Day with Positive Habits

**Wednesday, June 14, 12 noon - 12:30pm**

To register go to:

<https://meetny.webex.com/weblink/register/r2cdfdff21bc111a40dd2c338a9876c61>

A positive habit is something we repeatedly do every day that produces positive benefits. Join us as we share positive habits to start and end your day. Presented by: Linda Carignan-Everts, EAP Wellness Coordinator, Jenifer Geiss, OMH Senior Recreation Therapist



## **CARDIOVASCULAR WELLNESS: “How can I keep my heart from breaking?”**

**Wednesday, June 14, 10 am, 15 minutes, 10 talk, 5 min Q and A**

Dr. Carhart, will present information on improving your cardiovascular wellness.

Cardiovascular conditions were a concern during the pandemic and continue to be the number one risk factor for death. Find out why it is important to act and what steps can be taken to improve your cardiovascular wellness.

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

## **Financial Wellness Series!**

Welcome to our series of three 20-minute workshops on personal finance offered by [www.RethinkingDebt.org](http://www.RethinkingDebt.org). In this series, we'll cover three essential topics that are crucial for anyone looking to improve their financial well-being: budgeting, credit reports and scores, and managing debt. Attend as many as you can.

### **How to Set a Budget**

**Thursday, June 15, 12 noon, 20 minutes**

The first workshop will focus on budgeting, which is the foundation of any successful financial plan. We'll discuss the importance of creating a budget, how to set financial goals, and strategies for tracking your spending and managing your expenses. By the end of this workshop, you'll have the tools you need to create a realistic budget that works for you. **Join at:** <https://upstate.webex.com/meet/brisks>

### **Understanding Credit**

**Thursday, June 22, 12 noon, 20 minutes**

The second workshop will dive into credit reports and scores, which are essential for anyone looking to borrow money or make a big purchase. We'll explain how credit scores are calculated, what factors can impact your score, and how to read and understand your credit report. We'll also discuss strategies for improving your credit score and managing your credit wisely. **Join:** <https://upstate.webex.com/meet/brisks>

### **Paying off Debt**

**Thursday, June 29, 12 noon, 20 minutes**

Finally, we'll cover managing debt, which is a crucial skill for anyone looking to achieve financial stability. We'll discuss different types of debt, strategies for paying off debt, and ways to avoid falling into debt in the first place. You'll leave this workshop with a better understanding of how to manage your debt and achieve financial freedom. **Join us at:** <https://upstate.webex.com/meet/brisks>

Whether you're just starting out on your financial journey or looking to improve your existing financial situation, these workshops will provide you with the knowledge and tools you need to take control of your finances and build a better financial future. Join us for this series, and let's get started on the path to financial success!

## **7 Minutes of Moving! Choose sitting, standing or combo**

**Wednesday June 21, 12 noon**

Let's take 7 minutes to move! This is a gentle step routine that you can perform from a seated and/or standing position. Comfortable shoes and clothing.

**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=](https://www.instagram.com/reel/CqoH_MdpPw1/?igshid=MDJmNzVkMjY=)

## **Mindful Leader Micro Meditation; Body Scan-Focus on the Hand**

**Tuesday, June 27, 12 noon, 5 minutes**

Practice a brief mediation on your hands. Attention. Be in the moment.

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

### **Helpful Links**

[www.upstate.edu/wellness](http://www.upstate.edu/wellness)  
[www.facebook.com/UpstatePTW](https://www.facebook.com/UpstatePTW)  
[www.upstate.edu/hospital/health/healthlink/smokefree.php](http://www.upstate.edu/hospital/health/healthlink/smokefree.php)  
[www.upstate.edu/health/services.php](http://www.upstate.edu/health/services.php)  
<https://www.upstate.edu/eap/>

### **Wellbeing Index**



Access Code: Upstate

**EAP, Employee Assistance Program- Annemarie Cristino**